



THE HELPING CENTER

CLIENT NEWSLETTER

MARCH 2023

NOTICES & COMING EVENTS

OUR MISSION:

The Helping Center of Marble Falls provides nourishment and limited financial support to our neighbors in need in a dignified and hope-filled setting. As a unified community of Christians, we also offer opportunities for education, fellowship, and referrals providing a path to self-sufficiency.

NEED HELP? WANT TO HELP?

Hours of Operation

M-F 9:30 am - 1:30 pm (food/assistance)
Tues 5:00 pm - 7:00 pm (food)
Thurs 5:00 pm - 7:00 pm (food)

Physical Address

1016 Broadway, Marble Falls TX 78654

Mailing Address

P. O. Box 402, Marble Falls TX 78654

Phone | 830-693-5689

Website | helpingcenter.org

Facebook | [Marble Falls Helping Center](https://www.facebook.com/MarbleFallsHelpingCenter)

Instagram | [thehelpingcenter](https://www.instagram.com/thehelpingcenter)

MARCH HOURS

The Helping Center will be open all regularly-scheduled times; there are no closures this month.

*Top-o-the-month
to you! Happy
St. Patrick's Day.*



COOKING DEMONSTRATION | Wednesday, March 8 | 9:30 am – 1:30 pm
This month, we offer “Aunt B’s Italian Meatballs”! Stop by the welcome table for a sample of these delicious meatballs, along with a FREE mixing bowl!

“ASK A DOCTOR” – FOCUS ON HEART HEALTH | Tuesday, March 14 | 9:30 am – 1:30 pm | This in-store event features Dr. Dale Moquist, who will answer your questions about heart and cardiovascular health. Also on hand will be Nurse Practitioner Sonia Stalker, who will conduct blood pressure screenings. Don’t trust your health to “Google search”!; stop by our welcome table to get answers from the professionals.

WELLNESS CLASS | “BE WELL, LIVE WELL” | The Helping Center partners with Texas A&M AgriLife to continue this 4-class series. Join us on Thursdays from 10:00–10:30 am: March 16, April 20, and May 18. Topics include general wellness and healthy eating and lifestyles. Information, samples, and giveaways are provided. A translator will be present for Spanish speakers. Those who attend all 4 classes will receive a certificate of completion and a \$25 HEB gift card. Join in the fun and bring a friend!

GRIEF SUPPORT | Have you experienced the loss of a loved one? If so, you may want support and encouragement for your grief journey. Weekly meetings offer small group discussion, informational videos, and personal study workbooks. For more information, contact Rusty Russey at 512.756.8796. Meetings held at Hill Country Fellowship, 200 Houston Clinton Drive, in Burnet.

IS YOUR GLASS HALF-FULL?

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice – you are creating a new habit, after all! Some strategies to help you become a positive thinker are found below:

- Identify areas to change: Identify areas of your life that you often think negatively about, such as work, life changes, or a relationship. Start small by focusing on one area to approach in a more positive way. Think of a positive thought, instead of a negative one, to manage your stress.
- Check yourself: Periodically during the day, stop and consider what you’re thinking. If your thoughts are mainly negative, look for a way to put a positive spin on the situation.
- The power of humor: Give yourself permission to smile or laugh, even during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.
- Healthy Lifestyle: Aim to exercise for about 30 minutes a day most days. Follow a healthy diet to fuel your mind and body. Get enough sleep.
- Surround yourself with positive people: Make sure that the people you depend on for advice and feedback are positive and supportive. Negative people can increase your stress level and create self-doubt.

If you tend to have a negative outlook, don’t expect to become an optimist overnight. But with practice, eventually your self-talk will contain less self-criticism and more self-acceptance. You may also become less critical of the world around you.

When your state of mind is generally optimistic, you’re better able to handle everyday stress in a more constructive way. AND, that ability may contribute to the widely-observed health benefits of positive thinking.