



# THE HELPING CENTER

CLIENT NEWSLETTER

APRIL 2023

## 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](http://helpingcenter.org)

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

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

## APRIL HOURS

The Helping Center will be closed on Friday, April 7 in observation of Good Friday.

Wishing you a  
Blessed Easter  
from the staff  
and volunteers of  
The Helping Center.

## NOTICES & COMING EVENTS

**BLESSINGS OF EASTER | April 3, 4 and 5 | 9:30 am – 1:30 pm & 5:00 – 7:00 pm on Tuesday evening** | Local pastors and church leaders will be on hand in the client shopping area to welcome shoppers. Smiles, Easter cards, and scripture eggs will be offered to clients, along with confidential prayer intention cards. This is a wonderful opportunity to submit your prayer requests, which will be delivered to the pastors of our sponsoring churches for prayer during worship services.

**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: April 20, and May 18. Topics include general wellness and healthy eating and lifestyles. Information, samples, and give-aways 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!

**ARE YOU HARD OF HEARING? | Tuesday, April 11 | 9:30 am – Noon** Sometimes, hearing phone conversations can be especially challenging. Karen Peebles of CaptionCall will be on hand in our client shopping area to demonstrate captioning phones that are free for qualifying individuals. How do you qualify? – If you feel you need captions to use the phone more effectively, you are qualified! The phone, home installation, and ongoing use are all FREE. Stop by our welcome table to learn more.

**SAVE THE DATE | Wednesday, May 3 | 9:30 am – 1:30 pm**  
**ARE YOU LIVING WITH DIABETES? COULD YOU BE DIABETIC? |** Diabetes is a serious health concern impacting the lives of millions of Americans. Sonia Stalker, retired nurse practitioner, will be on hand in our client shopping area to discuss your questions and concerns relating to diabetes. Mark this date on your calendar and plan to stop by our welcome table for information and informal health counseling.

## ALL ABOUT SALT

Salt, also known as sodium, is found in most foods. It enables our bodies to function well by regulating blood pressure and helping our muscles and nerves to work properly. But too much salt can lead to high blood pressure and heart disease. Studies show that most Americans consume too much salt.

There are two sources of salt: the salt found in ready-to-eat meals (restaurant meals or processed foods), and the salt we sprinkle on food. So, how can we cut back on salt? Here are a few tips:

- ✓ Taste food before adding salt.
- ✓ Use salt-free seasonings and spices instead of salt.
- ✓ For flavor, squeeze a little fresh lemon or lime juice on food.
- ✓ Like spicy? Mix in a few drops of hot sauce or a dash of cayenne pepper to stews, soups, or sauces for extra flavor.
- ✓ Try using less salt.
- ✓ Don't keep a salt shaker on the table during meals.
- ✓ Look for low-salt options.
- ✓ Try home-cooked meals instead of take-out or pre-packaged foods.