



THE HELPING CENTER

CLIENT NEWSLETTER

MAY 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)

MAY HOURS

The Helping Center will be closed on Monday, May 29 in observation of Memorial Day.

MFISD Last Day of
School: May 25

Students, have a safe
and healthy summer!



DIABETES AWARENESS DAY | Wednesday, May 3 | 9:30 am–1:30 pm
Nurse practitioner Sonia Stalker will be on hand in the client shopping area to answer your questions about diabetes. We will provide free pre-diabetes and diabetes screening along with information about how your diet can help you avoid or manage diabetes. Join us with your questions and concerns for informal health counseling about this disease that impacts millions.

COOKING DEMO | Tuesday, May 9 | 9:30 am – 1:30 pm | Join us for this month's cooking demo featuring "Zippy Zucchini Bread"! Enjoy a sample, learn how to make this simple and tasty recipe, and take home a FREE stainless steel box grater!

WELLNESS CLASS | "BE WELL, LIVE WELL" | Thursday, May 18 | 10:00-10:30 am | The Helping Center partners with Texas A&M AgriLife to host the last class of this 4-part series. 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!

NEED INTERNET? | The Affordable Connectivity Program helps connect families struggling to afford internet service. Benefits are available to households participating in SNAP, Medicaid, Public Housing Assistance, Veterans benefits, SSI, WIC, or Lifeline. Save \$30 or more each month for internet service. Call 877.384.2575 or visit fcc.gov/acp to apply.

PROTECTING children is everyone's job. If you suspect abuse, call the Texas Child Abuse Hotline 1-800-252-5400 or the National Child Abuse Hotline 1-800-422-4453.

ALL ABOUT DIABETES

Diabetes is a disorder in which the body has high blood sugar levels for prolonged periods of time. Over 370 Million people are affected worldwide, and more than 37 Million Americans (11.3% of the U.S. population) are diabetic. It is estimated that 1 in 4 of the individuals who have the disease have not yet been diagnosed.

Diabetes occurs when the body fails to produce insulin (Type 1 diabetes), or when the body has developed insulin resistance (Type 2 diabetes). Gestational diabetes can also occur as a complication in pregnant women.

Symptoms of the disease include excessive thirst, excessive urination, rapid and unexplained weight loss, extreme hunger, weakness or fatigue, irritability, blurred vision, nausea, unpleasant breath odor, and/or itchy skin. If you have any or some of these symptoms, you should seek medical attention immediately.

Treatment plans can include insulin therapy, exercise and meal planning, weight loss programs, and/or other medications. If left untreated, diabetes can result in nerve damage, circulation problems, infections, changes in eyes and kidneys, along with a host of other problems. If ignored, diabetes can even result in death. If managed, however, individuals can lead full and active lives.

It is recommended that individuals be screened every year for diabetes, especially if they are in a high-risk group. Risk factors include having a family history of diabetes, having high blood pressure, being physically inactive, and having a high body mass index. Males, older individuals, and certain ethnic groups are more susceptible than others. Stop by our welcome table on May 3rd to learn whether you may be at risk for this potentially serious disease.