



# THE HELPING CENTER

CLIENT NEWSLETTER

OCTOBER 2024

## 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)

## OCTOBER HOURS

We will be closed on Monday, October 14, in observation of Columbus Day and Indigenous Peoples' Day.

Fall weather brings cooler temperatures! Boost your physical and mental health with a refreshing walk outdoors. Bonus: invite a friend or relative to share the experience!



## NOTICES & COMING EVENTS

**CLASS SERIES CONTINUES: "MONEY MATTERS"** | October 10, November 14 | 10:00 – 11:00 am | The Helping Center partners with Cadence Bank to bring you this popular series on managing your money. Bring a friend and take home a \$10 H-E-B gift card! CRC Meeting Room.

**NEW CLASS! | "FOOD AS MEDICINE: HEALTHY OILS"** | October 1 | 10:00 – 11:00 am | Did you know that oils can be a source of health and well-being? The Helping Center brings you this class to learn about the properties and benefits of healthy oils. Sample oils live in class via smell and feel. Free \$10 H-E-B gift card for participants! CRC Meeting Room.

**GRATITUDE PROJECT CONTINUES** | In a world that often moves quickly, the Gratitude Project encourages us all to pause and reflect on the positive aspects of our lives. Start by reflecting on the things you are grateful for – write them on the card provided at our intake desk, and drop into our "Gratitude Box". We will publish the results in November.

**DON'T FORGET OUR LITTLE FREE LIBRARY!** | Cooler temperatures invite us to enjoy outdoor activities. Bring your children to the Little Free Library in the seating area near our entry doors. There you will find free kids' books, native plants and artwork, and a spot to share reading time and a picnic.

**SENIOR HEALTH FAIR** | The Marble Falls Senior Activity Center will host its Annual Health Fair from 10:00 am to 1:00 pm on Friday, October 4<sup>th</sup>. This year's theme is "Kick Off to a Healthier Life". Location: Marble Falls Senior Activity Center, 618 Avenue L.

**FOR MORE INFORMATION,** see The Helping Center's website: [helpingcenter.org](http://helpingcenter.org). Each month we post this newsletter a few days prior to the first day of the month.

**RECIPE OF THE MONTH | Easy Butternut Squash Soup** | Fall is the perfect time to enjoy a healthy homemade soup; give this one a try! With only six ingredients, it is easy to make. Delicious!

## ALL ABOUT "YUKA"

Ever wonder which box of crackers is the healthiest? Wonder whether you should eat that package of chips? Is that hair spray or shaving cream safe for you and the environment? Wonder no more!

If you have a smartphone, consider downloading the free app "Yuka – Food & Cosmetics". Once you've signed in, you can scan the barcode of any product to determine its healthfulness. A "red" rating indicates less-than-healthy, while a "green" rating gives you the thumbs up. In addition to rating foods on a 0 – 100 scale, the app lists the positives and negatives of each food or cosmetic item. And, if your item doesn't meet a healthy standard, healthier alternatives will be suggested.

Educate yourself today with Yuka!