

# January 2021 Help Me Help You Newsletter



## Help Feed Our COVID Impacted: Free Groceries Delivered To Their Door

You can help expand our Food Pantry Delivery Program to reach more people as well as cater to special dietary needs by contributing to our GoFundMe page. A donation from as little as \$10 can help us deliver free healthy groceries to the most vulnerable in our community.

[Learn More](#)



## Is Your Child Missing Out?

Do you have a child with a disability or are you an unmarried child of a deceased parent who was receiving Social Security Benefits? In California, you can receive over \$960 in monthly support. We provide national expert Social Security Benefits enrollment assistance.

[Learn More](#)



### New Partnership Ensures More Residents Receive Comprehensive Lifesaving Services

HMHY joins other providers in the Unit Us service continuum to receive and send referrals and track every patient's total health journey to improve health outcomes for individuals and the community at large. [Learn More](#)



### New Food Pantry Location

Due to increasing demand in our Food Pantry Program, HMHY will add an additional Long Beach, CA location in February 2021. This will be our 7th Food Pantry location. Stay tuned for more specifics in the following weeks. [Learn More](#)



### Support HMHY While You Shop

Did you know you can raise funds for HMHY when you shop at participating stores that include AmazonSmile, Ralphs, iGive.com and more? Simply, sign up by following the directions on our website and select Help Me Help You as your charity of choice. Start shopping and they will donate a proceed of your spending to HMHY at no cost to you. [Learn More](#)

**website:** [www.helmehelpu.org](http://www.helmehelpu.org)

**email:** [info@helpmehelpu.org](mailto:info@helpmehelpu.org)

Share With Friends



Established in 2004, Help Me Help You is a 501(c)(3) community based non-profit organization dedicated to uplifting homeless and low-income individuals/families by increasing access to food, public benefits, economic security, and affordable housing as well as providing Social Security Benefits enrollment assistance to the public.

Every week, Help Me Help You improves the lives of more than 1,000 residents in need.