

# HELP ME HELP YOU - DECEMBER NEWSLETTER



## BREAKING NEWS: NEW SATURDAY FOOD PANTRY SERVES LONG BEACH 8TH DISTRICT RESIDENTS

This Saturday, December 18th, HMHY will commence its 10th food pantry at Perry Lindsey Academy, Long Beach to provide free nutritious groceries on the 3rd Saturday of every month. All in need are invited to receive FREE groceries, gifts, meet the Nutrition Knight, and more. Have your camera ready - A Long Beach 8th District Representative will formally open the food pantry festivities in a ribbon-cutting ceremony.

[Learn More](#)



## FREE 2022 WALL CALENDAR RECIPE BOOK WITH DONATIONS OF \$20 OR MORE

Celebrate the holiday season with the HMHY 2022 Wall Calendar that's bursting with nutritious recipes each month. Simply make a \$20 donation at [www.helpmehelpu.org/donate-now](http://www.helpmehelpu.org/donate-now) or by scanning the QR code. It's a great gift for you or a loved one to help start the new year with healthy eating habits. Donations to HMHY are tax-deductible.

[Learn More](#)



## ARE YOU ELIGIBLE FOR CONCURRENT BENEFITS - TWO TYPES OF SOCIAL SECURITY BENEFITS?

Are you struggling to make ends meet after receiving Social Security Disability Income or Social Security Retirement Benefits Payments? Don't despair, fortunately, you may be eligible to receive simultaneous monthly Social Security benefits (disability or retirement) payments and Social Security Income (SSI) payments, called Concurrent Benefits.

[Learn More](#)



## CALFRESH MEMBERS WILL RECEIVE P-EBT 2.0 PAYMENTS THIS MONTH

Great news for eligible CalFresh children! The third and final round of P-EBT 2.0 is coming in December. Keep your current EBT card and check your balance, as it will be reloaded soon with an extra \$375. Newly eligible children will receive cards with the \$375 in December 2021. Please call Help Me Help You with any questions or for free Calfresh enrollment assistance at 562-612-5001.

[Learn More](#)



## BECOME A HMHY VOLUNTEER TODAY

Join the Help Me Help You team of volunteers and support your community, learn new skills, gain experience, make new friends, and become part of a fun and productive team. Become a Help Me Help Me, Volunteer today!

[Learn More](#)

website: [www.helpmehelpu.org](http://www.helpmehelpu.org)

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