



**Heart + Hand**  
OUTREACH MINISTRIES

# News Flash

The Newsletter full of Good News



Heart + Hand Property Manager & Truck Driver, Michael, along with Dismas Charities volunteers built a wheel chair ramp for a neighbor in need. After our neighbor requested a walker and other medical supplies, we discovered she was in kidney failure. Sadly, she broke her leg and could not get out of her home to receive dialysis. Thanks to revenue from our thrift store, we had emergency funds available to help.

Heart + Hand provides donated medical supplies free of charge.



Heart + Hand volunteers prepare 66 weekend food bags each week for South Charleston Middle School students that might not have enough to eat at their home over the weekend. *Can you help?* These items would help: **Chef Boyardee type canned pasta, Mac & Cheese cups, soup, beef sticks, fruit cups, pop tarts, etc.** (SCMS is a “nut free” school due to allergies.) Please drop off donations Monday through Friday between 10am to 3pm.



Volunteers rang bells at the Riverwalk Kroger during the month of December to support Heart + Hand programs. A total of 245 volunteer hours produced enough in donations to benefit 400 individuals! Thank you to everyone that gave their time during the Christmas season. A special thank you

to Herman and Pat Nicely who have rung bells for Heart + Hand for 48 years! Neighbors helping neighbors.



If you or your group would like to volunteer, please call Jenny at 304-989-7609.

**Food Pantry Needs:** Macaroni&Cheese, Ramen Noodles, Chunky Soup, Cereal, and Granola Bars.

**South Charleston Middle School Needs:** Chef Boyardee, Ramen, Mac&Cheese Cups, Granola Bars, Crackers, Chips, Cookies---all foods must be individually wrapped, SCMS is a nut-free school.