

Thanks to Our Major Donors!

While Bluffton Self Help could not continue to exist without the contributions of hundreds of individuals, we're also thankful for and very dependent on grants and large community donations. While some groups that have helped in the past have been unable to participate this year, a number of new local groups have stepped up.

Thanks in particular to:

Bargain Box
Beaufort County Alliance for Human Resources
Berkeley Hall
"Birdies for Charity"
Bluffton Lions Club
Bluffton Community Fund
Bluffton Rotary Club
Bluffton UMC
Caring Coins
Church of the Palms
Community Foundation of the Low Country
FEMA
Friends of Callawassie
Live Oak Church
Palmetto Bluff
Phillips Family Foundation
Sisters of Charity
St. Francis Thrift Shop
St. Gregory the Great
Sun City Donations

QUARTERLY
NEWS ABOUT
BLUFFTON
SELF HELP

Help Matters

4th quarter / 2009

FOUNDED IN 1987 TO HELP BLUFFTON AREA INDIVIDUALS IN CRITICAL NEED OF SHORT-TERM FINANCIAL ASSISTANCE, FOOD AND CLOTHING, WHILE URGING THEM TO BECOME MORE SELF-RELIANT.



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Tuesdays at Bluffton Self-Help

Tuesday at Morrie's chronicles the weekly visits to an old friend. Tuesday at Bluffton Self-Help is the busiest day of the week as many come to visit their old friend for some help.

Here's a day in the life of BSH:

8:30 Jenny Haney, Bluffton Self-Help Director, arrives to open up.

9:00 Several of the volunteers arrive. First job, open the fridges to see what the Second Helpings truck brought the day before. They always bring a lot of leftover sweets. The question is how much fruit, vegetables or meat came with the delivery. We hope that there will be enough to feed the 75-100 people who will be waiting for the doors to open at 10:30. This week we got lucky and we have a good supply of meat, which is a rare occurrence around here. When we don't have fresh food available, we have to supplement with canned tuna, chicken, Spam, hash, canned stew or pasta and sauce.

Today, we're low on fruits and veggies, so we go to our pantry and gather about 300 cans of vegetables and soups to add to what we have. Add some boxed rice or potatoes and everyone can take home a balanced bag of food.

10:00 The canned foods are out. Time to put whatever Second Helpings brought us out on the table.

10:15 Someone comes in with three big garbage-sized bags of clothing. We put that in the back for now. We'll sort that later.

10:25 We have a lady in a wheel chair. Let's bring her in early so that she can choose her food without having to worry about others crowding her.

10:30 Doors open. Everyone in place? Everybody ready to smile and be friendly to everyone? One volunteer opens the door and counts as people come in. Ten at a time, with Seniors coming first. The next volunteer gives everyone a plastic grocery bag. They can take whatever can fit in it except bread. That's extra. We are careful to keep things orderly so that everyone has a fair opportunity to collect their food. Other volunteers provide assistance to make sure our guests remember to take one meat and five cans of food, which is our way of making the food stretch to accommodate everyone. Today we feed 92 people! But it's the moments of joy and compassion that makes

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The 2009 Tiger Bass Run gets underway at Hampton Lake



Letter from our President

We all know that money and food are the keys to us helping all of our clients, and we certainly need as many donations of both as possible. However, it's important to realize that there are many other ways of giving.

We're certainly most appreciative of all the groups that have held food drives. It seems just as our pantry starts to empty, someone or some group has a food drive and replenishes it.

As for money, we're heavily dependent on the generosity

of those who provide grants, donations, and special contributions--from both groups and individuals. We'd be closing the doors fast without their help. It's a special day when someone surprises us with their generosity.

But, as you'll see in this newsletter, people have responded in so many other ways. From quilts to sneakers, coats to birthday party donation requests, every one makes a difference! Many are having their Hargray bill "rounded up" so the extra coins can be sent to BSH.

I'd be remiss if I didn't ask that you pay close attention to the article on Thanksgiving and Christmas sponsors. Without people responding, families could go without a Thanksgiving meal, and many kids may not receive Christmas toys.

Thanks to all of you for what you do for us all year! May you and your families have a blessed holiday season!

Linda Kaufman
President, BSH Board of Directors

SPECIAL THANKS Pennies Add Up!

Think pennies don't matter? Thanks to Hargray, they can add up to big bucks for BSH and other charities.

Just elect to round up your Hargray bill each month with their Caring Coins program. This averages \$5.78 per household each year, and provides some \$275,000 to local charities!

Visit www.caringcoins.org or call 1-877-HARGRAY or 843-341-COIN.

Hampton Lake Event Nets Dollars for BSH



Halloween brought out the fast ghosts and goblins at Hampton Lake to run in their 2009 Tiger Bass 5K Run. About 100 people registered for the event.

Another group brought their little ghosts and goblins to participate in a one mile

Family Fun Walk. Ten dollars of each 5K runner's registration went to BSH. A family could enter the walk for \$5 or a bag of food. A number of people also gave donations and the total amount raised was over \$1500 and ten bags of food.

Our thanks to Hampton Lake for choosing BSH as the recipient of their event. A special thanks to Kelly Mathews and Ryanne Boyd of Hampton Lake for organizing and coordinating the event and to BSH board member Peter Bromley for his help.

Learn More!

Visit us online anytime:
www.blufftonselfhelp.org

We would love to talk with you about ways you can join our volunteer team to serve Bluffton Self Help!

Phone: [843] 757-8000

Email: blfselfhelp@hargray.com



Gift Ideas for Kids

Children are in need of new toys in all age groups. Suggestions for each age group are below, although we greatly appreciate all donations.

Infants

Infant Rattles
Teething Toys
Crib Mobiles
Musical and Light-up toys

Toddlers

Cuddle Toys
Pop-up toys
Musical/talking play phones
Books

Pre-School

Hot Wheels/Matchbox cars
Popular action figures
Popular dolls
Legos
Books

School Age

Sports stuff
Educational toys
Small lego sets
DVD players/movies
Craft/Art kits
Electronic games
Anything Hannah Montana
Books

Teenagers

Gift cards
DVD players/movies
Video games
Music CDs
Books



Last year, thanks to the overwhelming generosity of individuals and local organizations, Bluffton Self Help made Christmas better for hundreds of kids in need by collecting and distributing over 1200 toys.

According to President Linda Kaufman, "This year, a significantly greater number of area families are struggling to make ends meet. We expect

toy donation requests to increase by 60%. "That means that this year, we need to provide 2000 toys and books to area children".

Here are a couple of ways that you can help make a child's Christmas much brighter.

1. Sponsor Christmas for one or more children. Just call us at [843] 757-8000 and we'll provide you information

Needed: 2000 Toys!

This is the time of year when we are most likely to hear the phrase, "I want to help area kids have a better Christmas, but I don't know how."

on each child, including age, gender and sizes. We suggest spending about \$25 per child.

2. Gather new, unwrapped toys and drop off at BSH prior to Dec. 15. We will wrap and deliver the toys as needed.

All families are verified and cross-checked with other agencies to ensure that there are no duplications.

Food Drive Needs Supported by Local Volunteers

We appreciate all the people who have organized teams from schools, churches, community groups, and clubs to be part of our Food Drives. Your involvement in this service is so appreciated:

- ◆ All Saints Episcopal
- ◆ Atlantic Community Bank
- ◆ Berkeley Hall
- ◆ Bluffton Academy
- ◆ Bluffton Elementary PTO
- ◆ Bluffton Family Chiropractic
- ◆ Bluffton UMC
- ◆ Bull Hill of Sun City
- ◆ Campbell AME Church
- ◆ Carolina First
- ◆ Colleton River Employees & Homeowners
- ◆ Congregation Beth Yam
- ◆ Cypress Hollow /Sun City
- ◆ Deer Haven
- ◆ First Presbyterian Church (two drives)
- ◆ Garden Walk of Sun City
- ◆ Grammy's Quilt & Fabric
- ◆ Interact Club of Bluffton High
- ◆ Joint-Effort Wellness Center
- ◆ Low Country Presbyterian
- ◆ Low Country Community Church (two drives)
- ◆ M.C. Riley Elementary
- ◆ Moss Creek
- ◆ Palmetto Place
- ◆ Pinecrest Neighborhood
- ◆ Red Cedar Elementary
- ◆ Rockin' Red Hat Ladies
- ◆ Seaford Place
- ◆ Spring Hill of Sun City
- ◆ St Luke's United Methodist Church (two drives)
- ◆ Stein Mart
- ◆ Stratford Village of Sun City
- ◆ Sun City Democratic Club
- ◆ Temple Oseh Shalom
- ◆ The Haven
- ◆ The Preserve
- ◆ Unity Church of Hilton Head



Coat Drive Warms Up BSH

30,000 Have Benefitted From FWDG Coat Drive

The highly successful Beaufort County Coat Drive is now underway and continues through December 31. And you can help! Just drop off new or gently worn coats, jackets or sweaters before year-end.

This is the 19th annual drive led by Furniture Warehouse Design Gallery in Beaufort, which has provided more than 30,000 coats, sweaters and jackets to Beaufort County citizens. Last year's drive included 677 garments to Bluffton Self Help for distribution.

Again, a big thanks to Larry Mark and Furniture Warehouse Design Gallery for their long

standing support of this important event.

To participate, you can drop off coats at Bluffton Self Help

Make Your Birthday Count!

During the past quarter, two people used their birthdays to benefit Bluffton Self Help. rather than receiving birthday gifts, Marsha Lewis and Peter Bromley asked guests to bring donations to Bluffton Self Help. One party group gave 18 bags of food and \$150 in donations, and the other gave several bags of food and \$500 in donations.

If you've got a memorable birthday or anniversary coming up, and don't want or need personal gifts, think of sharing your happiness and blessings with Bluffton Self Help.



Tuesdays [continued from page 1]

the day so rewarding. On this day Stanley became the self-proclaimed "Cookie Monster" making sure first and foremost he got some cookies. Another woman took only two of the few potatoes that were on the table, so that "there'd be some for others." We had some individual packets of instant oatmeal out. "Do you have more? My young child loves oatmeal." We go and find her a full box. One customer loves fruit cocktail, so we always have a can ready. Another little man is only wanting oil, two cans of black beans, and bread. We rarely have the oil, but when

we do we save it for him. We overhear a young girl say to someone she wishes she could take more than five cans. We take her aside and learn she has four children and two adults at home and is out of work. We tell her to come back at 1:00pm. Then we get the particulars and put three bags of groceries in her car.

11:15 The food is gone. Some bread is left. A few sweets. Time to turn on the computer and register people for clothing. Customers give us their ID's and are allotted pieces of clothing

each week. Most people come once a month. People sort through women's, men's and children's clothing and shoes. There are some books and kitchen utensils.

11:50 The Second Helpings truck has arrived, this time with tomorrow's food. Good thing we had meat today, because we've struck out for tomorrow! But good amounts of fruits and veggies. And of course, sweets. Everything has expired dates but no one cares. We get a big bag of frozen baked potatoes. We pry the

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SPECIAL THANKS

Flip Trick or Treat!

How's this for a twist on Halloween? Two neighborhoods of Sun City, namely Palmetto Place and Seaford Place, went door to door giving out candy to homeowners and getting cans of food for Bluffton Self-Help in return! The next Monday they brought their "loot" into BSH and helped re-supply the pantry. And the neighbors who got candy thought it was "sweet!"

SPECIAL THANKS

The Warmth of Giving

The blue lap quilt pictured here is handmade by Mary Frances Cone. Bluffton Self Help gave Mary Frances the yarn and she made ten of these for the Christmas baskets. She started making these when her husband's mother was in a nursing home and they didn't have an appropriate covering to keep her warm. They are 30" x 30", perfectly sized to fit the lap. Thank you Mary Frances!



Lap Quilt made by Mary Frances Cone, alongside quilts made by the Palmetto Quilt Guild

The Palmetto Quilt Guild

Thanks to the Palmetto Quilt Guild who made 45 quilts for the Christmas Baskets that Miss Ida Martin, our founder, makes up for senior citizens. Beautiful work that our seniors will love!

Tuesdays [continued from page 4]

spuds apart and make up bags of two or six for tomorrow. But we get a treat. A case of small size bottles of fresh orange juice. People like juice when we have it!

12:30 Food's divided and put away. We open back up to provide clothing only. A line of people is waiting. Some volunteers leave while others take the afternoon shift. Some stay all day. One volunteer straightens out the pantry or helps put food away from a weekend food drive or puts bags of groceries together for

families who come asking. Other volunteers are unloading bags of clothing and putting them on hangers on the racks. Lots of people must have been cleaning their closets as the back room is full.

1:00 We continue to offer clothing, and it's time to talk with people who need monetary help. We have two volunteers who interview them as to their predicament and need. Most are after rent or utility assistance. They can get this assistance once a year. The last week of the month is busy as rent and utility bills are

due and people have run out of money.

All of this activity goes on until 4:00, when BSH closes. Tomorrow and Friday will be additional food days, while clothing only is offered on Mondays and Thursdays. Daily between 1:00 and 4:00 we consider requests for assistance.

If you want to see for yourself what a typical Tuesday at Bluffton Self Help is like, come by! We can always use volunteers. We're directly across from the May River Grill.

About Help Matters

Help Matters is a publication of Bluffton Self-Help. If you would like additional copies, please contact us.

Publisher/Writer: John Orth
Editor: Bill Loeffler
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Help!
Please contact us if you are interested in donating printing services for this quarterly publication.



Baby Blankets Galore!

We appreciate the volunteer work of The Kiwi Club, an association of former American Airlines flight attendants. They recently donated 25 baby blankets to Bluffton Self Help!





What is Second Helpings?

Second Helpings is a valued service that is absolutely vital to the continued success of Bluffton Self Help. Twelve times a month we rely on the food they deliver to BSH.

Thanks to the use of a truck sponsored by local businesses, volunteer drivers make the rounds of various local grocery stores and restaurants, picking up meat, cheese, produce, sweets, bread and other items that may have passed their expiration dates. We're so grateful to the volunteers, and par-

ticularly the participating merchants who help stock our shelves three times each week.

Thank You to these Participants:

- ◆ Fresh Market
- ◆ Food Lion Grocery Stores
- ◆ Kroger Grocery Stores
- ◆ Longhorn Steakhouse
- ◆ Publix Grocery Stores
- ◆ Sam's Club
- ◆ Super WalMart

BSF LEADERSHIP

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Sole Searching

Thanks so much to the Moss Creek community for donating 75 pairs of new sneakers for children in our community. In addition to food, clothing and financial help for Bluffton families, Bluffton Self Help works closely with local

school social workers to identify children in need of fundamentals needed in the classroom. Your generosity has helped many children start the school year with the tools they need for success, including a new pair of sneaks!

Moss Creek ladies who coordinated the Sneaker Drive:
From left to right: Jenny Haney, Judy Meredith and Liz Treton

School social workers accepting sneakers. Denise Charles (Bluffton), Alana Tokar (Okatie), Cynthia Wibel (Red Cedar), Liz Esch (Mc Riley)



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