

February 2021 Help Me Help You Newsletter



Black History Month: Celebrating Greatness - Jerome Washington

In honor of Black History Month and celebrating the endless and outstanding achievements of our African American community, we'd like to share with you the story behind Help Me Help You and our inspiring founder.

[Learn More](#)



New Long Beach Food Pantry Location

New HMHY Food Pantry Location opens today at Casaer Chavez Elementary School to combat the rising food insecurity crisis in our community. This makes the 7th food pantry location offered by HMHY.

[Learn More](#)



New Changes Mean More People Qualify For CalFresh & Oher Benefits

Are your recently unemployed, struggling to feed your family or have been unemployed for some time but didn't qualify for CalFresh? There's good news; a recent change in rules and a stimulus package to combat the COVID surge in unemployment means you may be able to receive up to \$234 per month in CalFresh as an individual or as much as \$782 as a family of four.

[Learn More](#)



Are You Missing Out On Your Financial Entitlements?

Did you know thousands of Americans are missing out on their financial entitlements simply because they don't know if or how they can access them? HMHY Benefits Advocates specialize in claims enrollments and appeals for SSI, SSDI and CAPI. Still unsure? Start your free case review today and you may be on your way to accessing monthly benefits. [Learn More](#)



Monthly Giving - Donating on a Budget

Are you wanting to support HMHY to allocate funds to continue to service the community but also need to budget your spending? Monthly Giving is a convenient way to consistently allow a little contribution to make a big difference. [Learn More](#)



Join The HMHY Team As A Volunteer

Have you considered becoming a HMHY volunteer? With the increasing community need for our services, HMHY is always looking for volunteers to help at one of our seven food pantry locations. Join the HMHY team as a volunteer to pay it forward, learn new skills, gain experience and be part of the comradery. [Learn More](#)

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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.

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Contact us at:
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