

Monthly Newsletter September 2025

Shop & Donate

Thrift store needs:

- 4T-Size 16 boys and girls clothes for Headstart and Cass County schools

Pantry needs:

- Hygiene products, meats, cereal, pancake mix, produce, canned fruit/veggies

Give

- All of our services stay in Cass County. See our "GIVE" Page at helpinghandscassco.org
- YOUR TIME? We need volunteers for Thrift Store and Pantry.

Receive Services

- Call 211 for a referral or 269-445-8104 for our referral procedures.
- With referrals, we provide:
 - food boxes
 - certain household goods
 - hygiene products
 - clothing
 - limited utility support

This organization is operated exclusively for purposes described in Section 501C3 of the Internal Revenue Code. Helping Hands is an equal opportunity provider.



1984 – 2024

40+ years of service to Cass
County



Helping Hands of Cass County

SHOP, DONATE, GIVE, VOLUNTEER, & RECEIVE SERVICES

Our Mission: Serve the economically challenged who live in Cass County and help them bridge the gap.

* FOOD DISTRIBUTION DATES *

Helping Hands Food Pantry:

408 East State Street

Tues. & Thurs: 10 AM to 3 PM

Call 211 or other agency referral

Feeding America Mobile

Pantry Truck:

Open to all, must be present
+ At Pleasant View Church of
Christ, Crooked Creek & M60

Fri. Sept. 5: 12:00 PM

USDA Senior Food Program

At Helping Hands Thrift Shop:

Second Tuesdays

Sept. 9: 12:00- 2:00 PM

Sign-up at the store

Avoid Senior Scams & Fraud

Sept. 17: 10 AM/ 1 PM

See back page for details

A Salute to Volunteers



If there's one thing **Cheryl Groner** can count on, it's running into someone she watched in decades of operating a daycare in Dowagiac. Cheryl has shared 53 years of marriage with husband Floyd and together they volunteer for their church, the COA, the county CROP Walk, and Helping Hands. She has served on the Helping Hands board for 27 years, recording meetings and helping with the pantry. A big project she is working on now is preparing hygiene supplies for students at all the schools in the county. Speaking about HH, Cheryl said, "We are all there to serve others." Thank you, Cheryl, for your many years of faithfully helping others.

JOIN THE 37TH ANNUAL CASS CO. CROP Walk

Representatives of churches across the county are planning for the CROP Walk being held Oct. 5th to support local food pantries and Church World Service (CWS) global programs. This year's theme, "Chickens, Beans, and Big Dreams" aptly describes the work of CWS programs, like providing sustainable farming practices (drought resistant beans and water access) to prevent failed harvests caused by climate change. This year's event will be held at the Cass County COA pavilion in Cassopolis, register at 1:30, walk at 2:00. All are welcome to join, including dogs, to meet other Christians across the county and to help provide Chickens, Beans, and Big Dreams for our neighbors near and far. For more information or to obtain sponsorship forms, contact edwardsburgpc@gmail.com or call (269) 663-6815.



Contact Us:

Helping Hands of Cass County
130 S Broadway
Cassopolis, MI 49031

Need our Services:

269-445-8104
helpinghandsofcc@yahoo.com

Give:

Credit card



Venmo

helpinghandscassso.org

**Find us at:**

This institution is an equal opportunity provider.

THE "INS & OUTS" OF A FOOD PANTRY

Food is going **OUT** of the Helping Hands pantry at a record pace, with 179 families served in July, more than double last year's numbers. Thankfully, donated food is coming **IN** to the pantry. A coalition of generous community members donated over 1,000 pounds of ground pork sausage made from hogs purchased at this year's Cass County 4H fair.



THANKS FOR THE PORK!

Good Lyfe Farms
Penn Twn. Pickleball
Penn Township Fire Dept.
Paul & Judy Rutherford
Lisa & Sprague Fitzsimons
Brianna & Dan Pavlak
Herb & Joyce Miller
Bill and Amy Zimmer
John & Elieen Smith

Fresh produce for the pantry is being supplied by the Cassopolis Community Garden. Organizer Breanna Lee invited members of the community to help with the harvest on Saturdays between 9:00 a.m. and 1:00 p.m. at the garden on First Street next to the Church of Cassopolis.

Thanks also to Nelson's Herbs and Farm Market for bringing fresh Produce from their market.



Come and join our fun team!

To Volunteer: Call 269-445-8104

or email

helpinghandsofcc@yahoo.com

Thrift Store Specials:

\$5 Bag sales are held the last full week of each month.

Check out Facebook
for other specials.

Thrift Store Hours:

Mon. – Wed.

9:30 AM to 4:00 PM

Thurs.

9:30 AM to 6:00 PM

Sat.

10:00 AM to 1:00 PM



40th Anniversary Sponsors

The McLoughlin Family Foundation

Andrew Murray

Midwest Energy & Communications

Edward Lowe Foundation

G. W. Jones Exchange Bank

NOBO Michigan

Sunset Coast Provisions

Lippert Components

Jason Lippert

Attorney Stephen Woods

Lemoreaux Construction

The Lodges at Stone Lake

Frank Palumbo



Senior Scams & Fraud Prevention

Wednesday, September 17

10 a.m. *(Front Street Crossing)*

1 p.m. *(Lowe Center)*

**Learn how to protect yourself from common scams
and fraud targeting older adults.**

We'll also discuss how proper estate planning can help you avoid
the costly and time-consuming probate process.

Sponsored by: Helping Hands of Cass County & Huntington Bank

Call (269) 445-8110 for more information