

JOSEPH DREAMHOUSE CDC



Newsletter

NOVEMBER 2021 ISSUE



PRACTICE GRATITUDE

The holidays are just around the corner! This is the time of year to center yourself in gratitude for all the blessings you have in life, to really reflect on that for which you are thankful.

Granted, this may be easier some years than others, and these past couple of years have posed a real challenge for us all. Especially those suffering from food insecurity.

Here at Joseph Dreamhouse CDC, we have witnessed the increase in financial and economic stress that has hit South Florida over the course of the past two years. The number of food insecure individuals has grown rapidly. The disruptions to daily life generated by COVID-19 have created unique hardships, with widespread job loss, the general economic downturn, and the increase in food costs. As a result, between 2019 and

STATS AT A GLANCE

51,016 INDIVIDUALS FED IN OCTOBER

219,616 INDIVIDUALS FED SO FAR THIS YEAR

1,243,314 POUNDS OF FOOD GIVEN SO FAR THIS YEAR

2020, Joseph Dreamhouse CDC's clientele nearly tripled, going from 60,408 individuals to over 161,000 individuals. This year we are poised to exceed that number by a landslide, having served 219,161 individuals as of October 31, 2021—a 76.7% increase from the same date the year prior. So far this year we have distributed 1,243,314 pounds of nutrient dense groceries.

While the number of food insecure families in South Florida has risen significantly, Joseph Dreamhouse CDC is grateful that we have been able to help those in need put food on the table. We are grateful for the strength and resolve of all the single mothers, the hard workers just scraping by, and the families who are not sure how they will pay their rent this month. We are thankful for the opportunity to help them, to respectfully meet them at their time of need, and share in their joys and their sorrows.

Even with all of this chaos and through all of these hardships affecting so many of us and our loved ones, it is possible to find little scraps of light and joy every day.

Practicing gratitude has scientifically proven benefits. According to a 2015 study in the *Journal of Applied Psychology* gratitude improves physical and psychological health along with enhancing empathy and reducing aggression. It will even help you get better sleep and improve your self-esteem! In order to practice gratitude you can end each day by listing five to ten things for which you are thankful.



**WEAR GRATITUDE
LIKE A CLOAK,
AND IT WILL FEED
EVERY CORNER OF
YOUR LIFE - RUMI**

HOW TO HELP

This is the time of year when most of us get our holiday shopping done! You can support Joseph Dreamhouse CDC by utilizing Amazon Smile or purchasing a gift for the young one in your life through our eBay Store.

Donations are always a blessing, too, of course! We need all the help we can get to feed families in need!!



A SPECIAL THANKS TO:

In the spirit of gratitude, I would also like to give a special shout-out and heartfelt thanks to Dan Golka, the social media influencer from Youtube's iAllegedly for all of his support!

A big shout-out to Mrs. Laurie Jennings and her twin sons, Luke & Jake, for all of their invaluable assistance with Sunday deliveries from Trader Joes and Food Rescue US!

Thanks also to C&S Wholesale Grocers for awarding Joseph Dreamhouse CDC a grant this past month!

As always, thanks to our generous in-kind donors: Whole Foods, Target, Fresh Market, Walmart, Publix, Winn-Dixie, and Trader Joe's.



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You can follow us on Twitter @dreamhouse_corp, on Facebook at Joseph Dreamhouse, and Instagram @jdhdcd. Make sure to keep up with the latest issues that we are passionate about on our blog at <https://jdhdcd.org> ! New posts are added every weekday.

