



HELPING HANDS CHANGING LIVES



One Hand

BRING OUR COMMUNITY TOGETHER

ABOUT

One Hand Foundation is a 501(c)(3) nonprofit organization based in State College, Pennsylvania, established in 2024 by three friends united by a vision of compassionate community care. The foundation is committed to uplifting individuals and strengthening communities through high-impact, low-cost initiatives. Guided by the B.R.I.D.G.E.S framework, which stands for Basic needs, Resilience, Inclusion, Dialogue, Growth, Engagement, and Sustainability, One Hand Foundation works to create a future where every individual is seen, supported, and empowered.



OUR MISSION

To foster real change through compassion-driven programs that provide essential support, promote resilience, and strengthen community connections.

OUR VISION

A community where everyone can reliably access the resources, support, and sense of belonging they need to thrive.

Through the **B.R.I.D.G.E.S** framework, One Hand Foundation brings its vision to life, ensuring that every initiative strengthens connections and creates meaningful opportunities for growth.

Our commitment to **Basic needs** comes from a simple belief that stability begins with nourishment, safety, and access. This work becomes even more meaningful when community members serve together, reinforcing **Engagement** and reminding us that generosity is something we share.



Health and wellness are essential to **Resilience**. By offering medical screenings, wellness checks, and clear paths to preventive care, we help individuals take ownership of their well-being. These efforts show our dedication to **Sustainability** and help ensure that care is not a one-time service but a steady presence for underserved communities.



We believe that true community is built when no one is left on the margins. Our outreach to seniors and vulnerable groups fosters **Inclusion** and opens space for meaningful **Dialogue**. When generations sit together, share stories, and let empathy replace distance, a deeper unity emerges—one that honors each person's journey and contribution.



Education remains one of the most powerful tools for shaping a brighter future. Through accessible workshops, we invest in **Growth** by equipping individuals with knowledge that expands opportunity and strengthens confidence.

More than a framework, **B.R.I.D.G.E.S** is our promise that every action moves us closer to a community where all people are supported, valued, and uplifted—building not just programs, but pathways to dignity, hope, and shared progress across Central Pennsylvania.

EVENTS & ACTIONS

- Basic needs & Engagement:

The Food Hub

Working with the Central Pennsylvania Food Bank, our monthly Food Hub provides no-barrier access to fresh food while engaging volunteers to strengthen community connection.



- Resilience & Sustainability:

Mobile Health Clinic

Working with Penn State College of Medicine, our quarterly clinic offers free preventive screenings and consultations, building long-term health resilience for underserved populations.



- Inclusion & Dialogue:

Spring Social for Seniors

This seasonal event reduces social isolation by bringing older adults together for entertainment, conversation, and meaningful intergenerational connection.

- Engagement:

Wellness - Body & Mind

Hosted in different parts of Centre County, this wellness fair combines food support, health screenings, and educational resources to promote holistic well-being and community engagement.



OUR IMPACT



- Serving dozens of families each month through the Food Hub.
- Fostering intergenerational engagement through senior and youth programming.
- Expanding access to basic health screening and wellness resources.
- Strengthening community partnerships across Central Pennsylvania.

JOIN US FOR VOLUNTEERING OPPORTUNITIES

- Assisting in our educational workshops.
- Packing food boxes.
- Coordinating distribution logistics.
- Supporting senior programs and events.
- Assisting with health outreach.
- Supporting community events and activities.



DONATE

Support our mission through financial gifts, in-kind contributions, and sponsorships.



CONNECT WITH US



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DONATION



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