



# Idaho Falls Area Humanitarian Center Monthly Newsletter



Volume IX

Issue 1

January 2023

## DIRECTOR'S MESSAGE



Don & Mozelle  
Neville, Director

### A HUMANITARIAN CENTER POEM

By Mozelle Neville

This Christmas season has been so full of joy  
All about giving and love, and not just the  
toys

Thanks to the volunteers who come here to  
work

With the call from their Savior, they never

will shirk  
Amid trials and hardships, we help the needy along  
Our love and donations, help them stay strong

The Center is busy we do what we can  
But we need your help so come, give us a hand  
We love the center it's so filled with people that care  
Come experience the opportunities that were willing to share

We are so blessed to have the Center right here  
We can fill so many lives with hope and good cheer  
Now enjoy the holidays with family so dear  
We hope we will see you this coming New Year

**PLEASE FORWARD THIS NEWSLETTER TO OTHERS!**

## HEALTHY CARE SOLUTIONS

Michelle Haven and Merilee Hunt, representatives from Healthy Care Solutions, visited us on December 13 and shared their work in the community and how we support those efforts. In business for the past 12 years, Healthy Care Solutions currently serves about 200 active clients offering counselling, CBRS, case management, peer and family support, and payee services. Case managers help coordinate services for clients with complex cases and multiple service providers. Peer support providers help a client in ways such as sharing their experience with therapy to help a client transition to a new service. Family support helps parents when children need for behavioral services. Payee services are available at no cost to handicapped individuals who need assistance with paying bills and managing their money.

One of the main items ordered from IFAHC are weighted blankets. Many families cannot afford a retail weighted blanket as they are struggling just to provide necessities. October through mid-January is a time when suicide rates increase, and many in our community are at their most vulnerable for feelings of being forgotten, lonely,

and isolated. Weighted blankets calm the nervous system and can benefit children because they can feel like a warm hug or providing comfort to the elderly by just having the weight on their lap.



Merilee Hunt and Michelle Haven

Did you know? Weighted blankets are used as an alternative therapy for conditions like anxiety, insomnia, attention deficit hyperactivity disorder (ADHD), and autism spectrum disorder (ASD). Occupational therapists sometimes use weighted blankets as part of sensory therapy for children. The theory behind these blankets

*(Continued on page 2)*

## UPCOMING EVENTS

3 JAN ..... 6:30 PM IFAHC OPEN EVENING  
11 JAN ..... 8 AM IFAHC EXECUTIVE COMMITTEE  
17 JAN ..... 6:30 PM IFAHC OPEN EVENING  
7 FEB ..... 6:30 PM IFAHC OPEN EVENING

Hours: Tuesday & Wednesday 10 am – 3 pm

*The Idaho Falls Area Humanitarian Center is a non-profit / non-denominational organization*  
PLEASE SHARE THIS NEWSLETTER WITH YOUR FRIENDS AND NEIGHBORS



## HEALTHY CARE SOLUTIONS, CON'T

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is that the pressure provides therapeutic value. It's like a baby's swaddling blanket that soothes it as it sleeps. Weighted blankets may help some people with ASD or ADHD who are overstimulated by noise around them. At bedtime, the blanket's pressure may help them feel safe and protected.

Weighted blankets can calm the nerves. Pressure from the blanket may trigger nervous system responses that lower heart rate and breathing. Weighted blankets also trigger natural chemicals like serotonin, a chemical which helps calm the mind and body, or oxytocin, a feel-good chemical which can improve immune system response and ease pain and stress.

## DONATIONS URGENTLY NEEDED

Shampoo  
2- & 3-ply 100% acrylic yarn  
Deodorant & razors



## LAST MONTH'S IMPACT

Individual center workers.....	246
First-time volunteers.....	12
Onsite service hours.....	2,435
Offsite service hour .....	2,919
Total center items produced .....	1,940
Total at-home items checked in.....	3

## EAST IDAHO CREDIT UNION DONATES

Thank you East Idaho Credit Union for their generous holiday donation. Pictured are credit union representatives with IFAHC Assistant Director Jill Crooks, center.



## WAYS TO DONATE



In person or by mail: 1415 Northgate Mile, Idaho Falls, ID 83401; PayPal; Venmo; Idaho Falls Area Humanitarian Center.org

## THE LAST WORD

"I have only just a minute. Only sixty seconds in it. Forced upon me, can't refuse it. Didn't seek it, didn't choose it. But it's up to me to use it. I must suffer if I lost it. Give account if I abuse it. Just a tiny little minute, but eternity is in it." —Benjamin E. Mays





# 2022 Christmas Party



Thank you to our wonderful party planners Vicki Duffin and Valerie Stewart for putting together another wonderful IFAHC party.

A special thank you to the Churchills for the live Christmas music and to each volunteer who helped make 2022 successful.

Without you,  
we could do nothing.

