



ASSISTANT DIRECTOR'S MESSAGE



Do something every day that will stay done. A kind word, a good deed, a thoughtful act of service for someone or a gift or a phone call – something that doesn't get undone. We do lots of things every day, like the dishes, go to work, mow the lawn, things that will be undone and need to be done again, sometimes over and over again. We need to do things that cannot be undone that will build up for ourselves "Treasures in Heaven." The memories others have of us should

Lynda Chapple always be pleasant ones, the times we made them feel better about themselves and their lives.

The things we need to do are those that show our conversion to the Savior. Anything we learn should not be a memorized thing to quote, but something that changes *Who We Are* and should always reflect the Savior's Love.

Your service at the Center certainly does that. ❤️

VOLUNTEER SPOTLIGHT



I started volunteering at the IFAHC in October 2018. A friend from quilt club asked me to sub for her while she had some knee surgery. I had just retired so I said I would love to help. Quilting is a favorite hobby of mine, so when she

Lila Reed

was able to come back to the center, I stayed on and I have loved every minute of it since. I have now been volunteering with the binding department for 5 years.

(Continued on Page 3)

GUEST SPEAKER

Sylvia Belford from the agency "Answers of Idaho" was our guest speaker August 29th, 2023. The focus of Answers is mental wellness. They have many case-workers that provide counseling covering a variety of issues. They work with all age groups. Currently their youngest patient is 3 years old. Answers is an outpatient clinic. They currently have 125 therapy clients but they have a total client base of 500. In addition to counseling, they offer family support. At times they are helping their clients with substance abuse and teaching them how to integrate into society. They also teach their clients how to communicate their needs and advocate for their mental health. Rehabilitation is something they strive to achieve.

A special thank you to all those who donate items, monetary, and time to support us.

UPCOMING EVENTS

- 3 OCT..... 6:30 PM IFAHC OPEN EVENING FOR YOUTH
- 9 OCT..... INDIGENOUS PEOPLE'S DAY
- 11 OCT..... 8 AM IFAHC EXECUTIVE MEETING
- 12 OCT..... 6:30 PM IFAHC OPEN EVENING FOR ADULTS ONLY
- 17 OCT..... 6:30 PM IFAHC OPEN EVENING FOR YOUTH
- 19 OCT..... 8 AM IFAHC BOARD MEETING
- 24-25 OCT... PUMPKIN CARVING CONTEST AND POTATO BAR
- 31 OCT..... HALLOWEEN

Hours: Tuesday & Wednesday 10 am – 3 pm

Phone: 208-497-2868 Website: ifareahumanitariancenter.org

The Idaho Falls Area Humanitarian Center is a non-profit / non-denominational organization

PLEASE SHARE THIS NEWSLETTER WITH YOUR FRIENDS AND NEIGHBORS

OPEN HOUSE

We held our Open House on September 13th. We had over 400 people tour our facility and learn more about what we do. Community members had the opportunity to help assemble hygiene kits, work on a project, and get entered into a drawing. We are so grateful for everyone that participated.

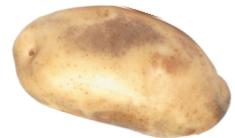


IDAHO ANNUAL SPUD DAY

The little town of Shelley Idaho has been hosting Idaho Spud Day since 1927. It is a fun event for the whole family. Activities include a parade, car show, potato picking contest, potato sack races, and spud tug. This year the Idaho Falls Area Humanitarian Center had a booth. Children had the opportunity to spin the wheel and win a toy prize made at the Center. Attendees also had the chance to



take pictures with our photo board.



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October

HOMELESS STAND DOWN

THE IDAHO FALLS AREA HUMANITARIAN CENTER HAS BEEN INVITED TO PARTICIPATE IN THE HOMELESS STAND DOWN HAPPENING NOVEMBER 4, 2023. WE HAVE BEEN TASKED WITH DONATING 200 HYGIENE KITS. WE ARE ALSO TEMPORARILY COLLECTING WARM CLOTHING TO SHARE



(Volunteer Spotlight continued from page 1)

I currently live in Idaho Falls (and have for almost 40 years) and call this home; mostly raised my five children here; even though I was born and raised in Montana. I came this way to college, met my navy husband, got married and moved to Groton, Connecticut. We later moved back here; then San Diego; Pawtucket, Rhode Island; Zion, Illinois; Portsmouth, New Hampshire; and then finally back here.

I attended Ricks College for 2 years and have a certificate in Business Management from EITC. I have worked as a bookkeeper, an office manager, an editor of law books, and a kindergarten teacher's aide before retiring and playing here.

Living here, I have loved raising my 5 children (all adults now), snowmobiling, camping, and quilting. I have 10 grandchildren that I adore and love to spend time with. While working at the center I have made some wonderful friends, and it is a pleasure to serve in a meaningful way!

If you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you won't be discouraged; if anyone calls you a saint, you won't put yourself on a pedestal.



WAYS TO DONATE



In person or by mail:

1415 Northgate Mile, Idaho Falls, ID 83401

PayPal or Venmo

Hours: Tuesday & Wednesday 10 am – 3 pm
Tuesday Evenings by appointment only

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LET'S PARTY!

OCTOBER 24TH-25TH

PUMPKIN CARVING CONTEST

POTATO BAR

OCTOBER 31ST

HALLOWEEN



DON'T FORGET TO WEAR YOUR COSTUME!

Ten ways to develop *Charity*

Listen without interrupting

Speak without accusing

Give without sparing

Answer without arguing

Share without pretending

Enjoy without compliant

Trust without wavering

Forgive without punishing

Promise without forgetting

Pray without ceasing

-Author Unknown

LAST MONTH'S IMPACT

Individual center workers	320
First-time volunteers.....	21
Onsite service hours.....	4,629
Offsite service hour	4.428

EVENING VOLUNTEER OPPORTUNITIES

Youth Groups—1st and 3rd Tuesdays 6:30-8:30

Adults Only—2nd Thursday of each month

Reservation Required—Contact Doug 208-681-0083



DONATIONS NEEDED

TOILET PAPER

BLEACH

LAUNDRY DETERGENT

BABY WIPES

DIAPERS

YARN 2,3, 4 PLY

HYGIENE KIT SUPPLIES

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