



## Idaho Falls Area Humanitarian Center

# Monthly Newsletter



Volume X

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October 2024

### ASSISTANT DIRECTOR'S MESSAGE

The top 10 health benefits of volunteering according to Dr. Tim Barclay

1. Volunteering helps people stay physically and mentally active.
2. Volunteering correlates with less depression.
3. Volunteering may help you live longer.
4. Volunteering gives a sense of purpose and teaches valuable skills.
5. Volunteering may reduce stress levels.
6. Volunteering helps you meet others and develop new relationships.
7. Volunteering helps you cultivate a feeling of gratitude
8. Volunteering helps you learn new skills.
9. Volunteering teaches you to be more empathetic and caring towards others.
10. Volunteering may increase your happiness.



### VOLUNTEER SPOTLIGHT

Meet Brenda Tew! Brenda has been volunteering her time and talents with the Idaho Falls Area Humanitarian Center since its beginning in a church gym many years ago. Brenda comes to the Center because she loves to help. She says the Humanitarian Center is her happy place.

Brenda and her family are very musical. They love to dance and do all things outdoors. *(Continued on page 4)*

### UPCOMING EVENTS

1 OCT ..... 6:30 PM IFAHC YOUTH NIGHT BY RESERVATION  
9 OCT ..... 8 AM IFAHC EXECUTIVE MEETING  
10 OCT .... 6:30 PM IFAHC OPEN EVENING FOR ADULTS ONLY  
14 OCT ..... COLUMBUS DAY  
15 OCT ..... 6:30 PM IFAHC YOUTH NIGHT BY RESERVATION  
17 OCT ..... 5 PM IFAHC BOARD MEETING  
22-23 ..... PUMPKIN CARVING CONTEST  
29-30 ..... BAKED POTATO BAR  
31 OCT ..... HALLOWEEN

### GUEST SPEAKER



We had the opportunity to have Daisy Alvarez, Christina Farr, Veronica Correl, and Mariana Pablo from the Community Family Clinic speak with us. Their mission is "Maximum Care. Minimum

Veronica Corral,  
Daisy Alvarez,  
Christina Farr,  
Mariana Pablo

Cost." The Community Family Clinic is federally funded and have offices in Idaho Falls, Rigby, and Blackfoot.

They help everyone, including people without insurance. They help people of all ages and in all stages of life. They focus on the family and strive to "keep your loved ones healthy and thriving". Some of their services include dental services, family medicine, OB/GYN, pediatrics, and elderly care. We appreciate all the Community Family Clinic does for our community! Thank you for speaking with us!



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  
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## Productivity Then vs Now

Item	2010	2023
Lap Blankets/ Receiving Blankets	476	1,159
Hygiene Kits	692	5,807
Quilts	404	2,402
Burrito Babies	68	1,129
Wooden Toys	301	1,957
Folder Games	275	8,852
Total Service Hours	5,678	93,609

Volunteers don't get paid, not because they  
are worthless, but because they're priceless.

~Sherry Anderson

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## Champs Heart

Volunteers at the Idaho Falls Area Humanitarian Center made wooden horses that look like the Champs Heart horses. When kids participate at



Champs Heart they can take home their favorite wooden horse.



I wouldn't trade it for anything. Never, no, never. Your friendship is the best present ever. ~ Winnie the Pooh

## EVENING VOLUNTEER OPPORTUNITIES

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

Adults Only—2nd Thursday of each month

Reservation Required—Contact Randy 208-589-4974

## LAST MONTH'S IMPACT

Individual center workers .....	323
First-time volunteers .....	8
Onsite service hours .....	4,580
Offsite service hour.....	3,527
Total center items produced .....	2,515

## Chaplains of Idaho

Volunteers at the Idaho Falls Area Humanitarian Center made wooden firetrucks, police cars, ambulances, and helicopters for the Chaplains of Idaho. The Chaplains of Idaho will be able to give kids a toy to help have a positive experience with first responders and have something to occupy their mind.



## DONATIONS NEEDED

ALL PURPOSE CLEANER

SHAMPOO

DEODORANT

BLEACH

DIAPERS

ONESIES 0-3 MONTHS - WHITE AND PRINTED

YARN 2,3, 4 PLY

HYGIENE KIT SUPPLIES

## WAYS TO DONATE

[ifareahumanitariancenter.org/donate](http://ifareahumanitariancenter.org/donate)

In person or by mail  
1415 Northgate Mile  
Idaho Falls, ID 83401



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# October

*(Volunteer Spotlight Continued from page 1)*

They are very artistic and love to serve others. She loves camping and boating. She loves road trips now that she is older, especially to visit family.

"I always say I haven't decided what I wanted to be when I grow up, but I've loved everything I've done!" Brenda has been a piano teacher, medical assistant, cleaning lady, Avon lady, soccer coach, health coach, advertising exec, hairdresser and many more. She volunteered at the City of Refuge Thrift Store. She had an experience that taught her to love first, not look on the outside, and never judge anyone. We are so grateful that Brenda serves with us! Thank you Brenda!



Kindness is  
spreading  
sunshine into  
other people's  
lives regardless  
of the weather.

~ Unknown

## Summer Picnic

Our volunteers enjoyed our Summer Picnic. There was delicious food and fun music.



Fall is proof that  
change is beautiful.

~Unknown



## FOLLOW US



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