IDAHO FALLS AREA HUMANITARIAN CENTER

ISSUE TEN

NOVEMBER 2026

VOLUNTEER----DONATE ---- SERVE

WE ARE A NON-PROFIT, NON-DENOMINATIONAL ORGANIZATION 501 (C)(3)



Rhea Jones

DIRECTOR'S MESSAGE

Rhea Jones heads our Quilting Department. She has been volunteering at the Center since the summer of 2014. We are so grateful to have Rhea with us. She is a bright light and has a loving heart:

Always when I think of serving at the Humanitarian Center, my first thoughts are the love I feel here and the friendships I have found here-it's like a second family. Plus, I love serving with that family to help create beautiful quilts that I know will bring warmth and comfort to someone I will never meet but I hope will feel the strength of all who have contributed to it. Even though there are Tuesdays and Wednesdays when my alarm goes off and I wonder if I really want to get up early, once I'm up, ready and walk through the doors of the Center, I'm glad I'm here. There are services ready and waiting that I can do with confidence, with help from good friends and with satisfaction that my time was productive. (Continued on p. 2)



Tracy Rivera

VOLUNTEER SPOTLIGHT

Meet **Tracy Rivera!** Tracy volunteers in the Quilting Department and has been volunteering at the Center since 2018. She was drawn to the Center by Marrieta Chipman (thank you, Marrieta!)

Tracy is an Idaho gal: her hometown is Pocatello and she now lives in Idaho Falls. She is the mother of 2 wonderful children, Justin and Ashley, who are now adults and live on their own. She enjoys traveling to Boise to visit her daughter.

Tracy worked as a cashier at Fred Meyer from 1988 - 2005, including various short-term jobs since then. She loves pink and floral prints and enjoys writing poems and making collages.

What Tracy loves about working at the Center is meeting new people and making friends. The Center is a "fun place where everybody knows your name." What a wonderful gift for us all. We all want to be seen, recognized, and appreciated!

208-497-2868 weareserving@gmail.com 1415 Northgate Mile, Idaho Falls

"Look for ways to bless the lives of others through seemingly simple acts of service."
~ Steven E. Snow



Director's Message (continued from p. 1)

I'm definitely tired going home at the end of those days, but glad I spent the time serving as I did.

Service comes in so many forms and in so many areas of our lives. It allows us to move beyond our own circle and into lives that we may not ordinarily touch. Service allows us to use our skills, our love and our friendships in ways that may not be needed in our day-to-day lives. It takes us to places and people who enrich our lives and helps us to know we all have needs that can be met by giving and receiving service at different times in our lives.

Imagine a family, a community or a nation where everyone's first thought is serving each other rather than serving themselves.

AMERICA 250 IDAHO KINDNESS INITIATIVE

Current total acts of service is: 530,088! The Center is a huge contributor to that number! **YOU** make a difference! Thank you for your unselfish service to those in need!

WAYS TO DONATE

ifareahumanitariancenter.org/donate

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

October 2026 Impact

Center Activity:
- Total Volunteers.....1,380
- First-time volunteers.....12

Service Hours:
- Total Hours.....13,567
  - Total On Site Hours.....4,469
  - Total Off-Site Hours 8,681

Items Donated 10,338
Items Produced.....2,763
Total Items Delivered 9,677

This Month's Events:

Nov 11	EXECUTIVE MEETING CANCELED
Nov 19	5:00 pm Board Meeting
Nov 24-28	THANKSGIVING - CLOSED

IFA Humanitarian Center

THANK YOU PEAK LINEN for donating 1200 white bath towels! These are being cut in half, hemmed, and placed in our Hygiene Kits. This is a huge blessing!

The Center's Hours: Tuesday & Wednesday 10 am – 3 pm

PLEASE FEEL FREE TO SHARE THIS NEWSLETTER WITH YOUR FRIENDS AND NEIGHBORS

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Service to humanity is the best work of life.



A huge **THANK YOU** to the **Rose 1st Ward/Blackfoot Idaho Stake** for donating **100 Hygiene Kits** to the Center. Pictured is Linda Cornelison and Betsy Shultz.



Our fearless leaders, **Mozelle and Don Neville,** taking a break from the grind to celebrate Halloween with some retired volunteers.



~ GUEST SPEAKERS IN OCTOBER ~



Bonnie Champaign: PINC – People In Need Coalltion (10.20.26)

- PINC is a 501 (c)(3), located at 1800 12th Street, corner of Woodruff at the Christ Community Church. They are open Monday, Wednesday and Friday, from 11:00 – 1:30. They started in 2020.
- In 2020, we called it the "COVID grab and go lunches".
- Began with 80 meals three times a week. On Oct 12, we served 656 meals. When we run out of food, we go to the freezer, make sandwiches for them. Each meal is in a "to go" container for individuals and families.
- The location was considered a "second soup kitchen". However, those on the East side who needed meals were with wheelchairs, bikes, scooters, and they couldn't get down to the soup kitchen.
- We have a Sharing Table where people donate additional food, clothing, shoes, socks, etc. These tables are "Help Yourself" tables. Some need food, some need clothes.
- About 1/3 of the people who come to eat are seniors who must choose between paying for their medicine and rent or groceries. We are happy to share a meal with them. We also have homeless people, young mothers, middle aged people – all are welcome to eat!!!
- We are volunteers and food donations support our efforts. We pay half of the church's power and heat monthly bills.
- Canned foods, extra produce from garden, we accept these donations. We don't look at dates on cans, we take food. If the cans are leaking or bulging, we throw those away, otherwise we use older canned food.
- We are in need of working Turkey roasters. We need 9 to serve one meal per day. We have 2 ovens, we use countertop convection ovens, we start at 8:30 and stop baking at 12:15.
- We keep an emergency closet for those who are in need. If people come in with no socks, or jacket, gloves, we will offer them something.
- Last year we served 80,000 meals, and last month we served 8,197 meals. We call our kitchen "God's kitchen."

Doreen Fredrickson, Recreational Therapist at EIRMC. (10.27.26)

- 21 years at the EIRMC
- Rec. Therapy is a helping profession. Florence Nightingale (1800's) changed health care through better hygiene, better care as Florence cared for the soldiers; she recognized the men needed activities. She implemented various daily activities to encourage body motion and joy to the soldier's days. Their spirits were lifted and healing improved because she cared enough to see a need and provide a solution.
- Using healthy enjoyable activities in the healing process does make a difference.
- We do the same with the kids in the hospital.
- Distraction – when they are having medical procedures :
  - Balls: they can throw the balls around,
  - Puppets provide distraction; they have something to smile about.
- EIRMC has ten pediatric hospital beds and 6 PICU beds.
- We are full, we have 12 kids today. We are working with each one today.
- The quilts from the Humanitarian Center are meaningful. As parents, the sweetest things are when people do something kind for their child.It helps support parents during this difficult time.
- Team of recreational therapists – at BHC – for the patients of all ages.
- So grateful for the items we receive from you. I tell the patients, "This was made with love."
- Doreen's team builds relationships and promotes happiness. We are a "therapeutic recreation center" with purpose and goals.