

FOOD4THOUGHT

PEOPLE HELPING PEOPLE'S MONTHLY NEWSLETTER

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PHP WELCOMES NEW BOARD MEMBER, DR. WAQAR

There was a unanimous vote at the February 2017 Board of Directors meeting for Syed Waqar Hasan, M.D. to join the Board of People Helping People. Dr. Waqar is already actively involved in community service in Hernando County, and is gracious to volunteer to promote the work of PHP. He volunteers and serves on the Board of Directors at the Crescent Community Clinic in Spring Hill and serves on the Hernando County Mental Health Alliance.

Dr. Waqar is a general adult psychiatrist with special interests in addiction and geriatric psychiatry. He is currently Medical Director of Springbrook Psychiatric Hospital in Brooksville and also has a private practice called Horizons Mental Health.



Dr. Waqar is a native of Pakistan and graduated from the internationally recognized Dow Medical University in Pakistan. Dr. Waqar moved to Hernando County about nine years ago at the urging of family in the area. Due to the abundance of other doctors locally with the last name Hasan, Dr. Waqar uses his middle name. He raised his two children here—his son who is now pursuing medicine at the University of Florida, and his daughter who is in high school.

PHP is honored to have the presence of Dr. Waqar as a professional on our Board of Directors. Look for profiles of other Board members in upcoming newsletter issues.

WEEKEND BLESSINGS FOR KIDS GOING STRONG AFTER 8 YEARS

If you thought hunger was not a problem in Hernando County, just ask the teachers and administrators in our local school system. Above and beyond all the students on free or reduced meals, teachers work to identify students “in crisis” who can most benefit from additional food supplements.



People Helping People is sending home a backpack full of nutritious food to over 600 school children in our county each week. As PHP's original hunger relief program, Weekend Blessings now serves kids in 13 locations—Head Starts, elementary, and middle schools. Each location is sponsored by a different partner organization such as a local church or fraternal group. A legion of volunteers works the entire school year to purchase food and fill and deliver backpacks. Then they collect returned backpacks, and repeat the process each week.

PHP volunteer Board and Executive Committee Member Maureen Follansbee oversees the program. She says part of the success is the direct mission and decentralized structure. “Our mission is to feed hungry kids, plain and simple,” states Maureen. Her eyes tear up when she ponders the donors and volunteers who make the program possible. “It’s amazing, really, and we could always do more, if we had the funding.” Visit phpinhc.org/weekendblessings for

more information or to donate to this program today.



UPCOMING PHP EVENTS!

Do you have the best chili? Here's your chance to win \$100 and bragging rights! There will be a judged prize and a People's Choice Award. Hurry to enter! Or attend to EAT YUMMY CHILI! \$5 and \$25 tasting options.



YOUR DONATIONS ARE WORKING TO END HUNGER

PHP is working to eliminate hunger in Hernando through the support of individuals, businesses, and organizations in this community! Thank you to all our volunteers and donors in the past, present, and future!



The Rotary Clubs of Spring Hill, Brooksville, and Spring Hill Central combined their efforts through a Duck Race fundraiser and a matching grant from other fundraisers to donate \$12,000 to PHP for renovation of our building! Thank you to all Rotary Club members!

Thank you for the Sunday Blessings dinners for January and February donated by:



Muslims Serving Hernando Inc.



Highpoint Lions Club of Spring Hill

Jibber Jabber of Spring Hill



Atria at Evergreen Woods supports PHP's Neighborhood Blessing program through a weekly hot food donation! Thank you!



Dozens of individuals and the following businesses and organizations made significant financial contributions to PHP so far in 2017. Please visit phpinhc.org/thank-you for more of our sponsors.



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