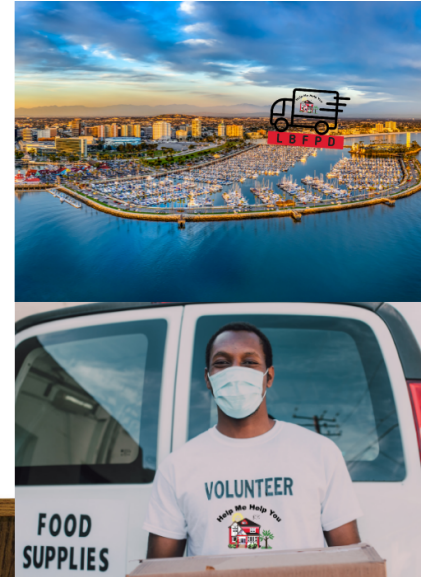


HELP ME HELP YOU - AUGUST NEWS



WIN MOVIE TICKETS OR A \$25 STARBUCKS GIFT CARD

We always appreciate your feedback to provide you with our best food pantry services. Simply complete the food pantry survey by August 13, 2021, at www.helpmehelpu.org/food-pantry and you'll go into the draw to win a \$25 Starbucks Gift Card or 2 movie passes. Winners will be notified by email on August 18, 2021.

[Learn More](#)



HOW TO QUALIFY FOR SOCIAL SECURITY SPOUSAL BENEFITS

You may be eligible to claim spousal benefits even if you have never worked, if you are an ex-spouse/divorced, or you earned less than your spouse. Receiving the spousal benefit also won't reduce the benefit your spouse receives either. See if you qualify as we give you the rundown on eligibility criteria, how it works and how to apply for spousal benefits.



BREAKING NEWS: CITY OF LONG BEACH SUPPORTS FREE GROCERIES DELIVERED TO SENIORS

Long Beach Food Pantry Delivery services 500 senior residents each week and is supported by City of Long Beach emergency response and recovery funding. This service provides eligible seniors with fresh and packaged groceries, recipes, and essential service resources, as well as caters to special diets and cultural food preferences.

[Learn More](#)



A VOLUNTEER'S INSIGHT INTO HELP ME HELP YOU LONG BEACH FOOD PANTRIES

Get the inside scoop on how *Help Me Help You Long Beach Food Pantries Feed Mouths and Fill Hearts* when you watch the video and read the blog by Hannah Torres, HMHY Volunteer. Thank you Hannah for volunteering with your talent and hard work.

[Learn More](#)



SHOW YOUR SUPPORT WITHOUT SPENDING ANYTHING EXTRA

There are many ways to support Help Me Help You with fundraising efforts without costing you anything extra. Help Me Help You has joined many programs that you can simply register with and when you go shopping they will make a contribution to Help Me Help You. Pick your favorite program or join all and remember to nominate Help Me Help You as your charity of choice. Thank you for your support.

[Learn More](#)

website: www.helmehelpu.org

email: info@helmehelpu.org



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Established in 2004, Help Me Help You is a 501(c)(3) community based non-profit organization dedicated to uplifting homeless and low-income individuals/families by increasing access to food, public benefits, economic security, and affordable housing as well as providing Social Security Benefits enrollment assistance to the public.

Every week, Help Me Help You improves the lives of more than 1,000 residents in need.

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