

# HELP ME HELP YOU - JANUARY NEWS



## HMHY EXPANDED SERVICES TO HELP MORE

Through the challenges of the ongoing pandemic in 2021, Help Me Help You provided life-saving services to more than 50,000 residents in need. This is more than double the number of residents served in previous years. Learn about our services so we can help you more.

[Learn More](#)



## SPREAD THE NEWS: LBFPD REQUESTS FOR SPONSORSHIP

Each week, Long Beach Food Pantry Delivery provides free home-delivered fresh and packaged groceries with recipes to more than 500 Long Beach seniors (over 60-year-olds or at least 50 with a health condition). This life-changing service is often life-saving to our senior community in need. Corporate sponsorships and individual donations are crucial to keep providing this service. **If your employer would like to know about sponsorship packages, please send an email to [summer@helpmehelpu.org](mailto:summer@helpmehelpu.org)**



## 2022 MEANS MORE IN SOCIAL SECURITY BENEFITS PAYMENTS

The Social Security Administration (SSA) considers the cost of living and adjusts your social security payments each year. In 2022, all Social Security beneficiaries will receive a 5.9% increase in benefit payments. This is the biggest increase since 1982. See what this means to your Social Security benefits and how you can access your financial entitlements.

[Learn More](#)



## EMPLOYER GIFT MATCHING PROGRAM

Did you know? Help Me Help You offers an Employer Gift Matching Program so your employer can double or even triple your donations. To add Help Me Help You to your Employer Matching website or to help your employer enroll in the Employer Gift Matching Program please visit [www.helpmehelpu.org/employer-gift-matching](http://www.helpmehelpu.org/employer-gift-matching). Teamwork makes the dream work!

[Learn More](#)

## BE A HMHY VOLUNTEER



## BECOME A HMHY VOLUNTEER TODAY

Join the Help Me Help You team of volunteers and support your community, learn new skills, gain experience, make new friends, and become part of a fun and productive team. Become a Help Me Help Me, Volunteer today!

[Learn More](#)