

March 2021 Help Me Help You Newsletter



Veterans Can Receive Both VA Benefits & Social Security Disability Income

Honoring National Vietnam War Veterans Day and all veterans. Did you know veterans with a disability may be eligible for VA Benefits and Social Security Disability Insurance as well as other Social Security Administration benefits? Our expert benefits advocates can help you navigate the SSDI enrollment process to access your financial entitlements.

[Learn More](#)



Nutrition Knights - FREE Groceries To Save The Day

HMHY is the first to operate School Food Pantries to provide nutritious free groceries to children and their families in several Long Beach, school locations, via a Nutrition Knights program. Access one of the Nutrition Knights school food pantries for groceries to save the day with food that heals.

[Learn More](#)



Receive Extra CalFresh Dollars

Do you have young children at home? Did you know that you may be eligible to receive an additional \$114 per child per month on top of your regular CalFresh benefits? Our expert advocates provide free CalFresh enrollment assistance.

[Learn More](#)

WOMENS HISTORY MONTH



Women's History Month: Recognizing Achievements of Women - Zina Washington

What started as one young girl's quest to feed her neighbours drove her to eventually lead a successful Long Beach based non-profit that today feeds and provides essentials services to those most in need in Long Beach and nationwide.

[Learn More](#)



GoFundMe Charity: Food Pantry Delivery - Help Feed Our COVID Impacted Free Nutritious Food Delivered To Their Door

There is a growing need for food pantry delivery services for residents who are unable to access food pantry locations due to age, disability, COVID-19 infections, and other underlying health conditions. Donate today.

[Learn More](#)

¿Hablas español?



¿Hablas español?/Do You Speak Spanish?

Help Me Help You tiene defensores expertos de habla hispana listos para ayudarlo con cualquiera de nuestros servicios, que incluyen despensa de alimentos, entrega de despensa de alimentos e inscripción en los beneficios del seguro social, CalFresh, MediCal y más. Llámenos al 562 612-5001 o visite www.helpmehelpu.org.

[Aprende más](#)

website: www.helpmehelpu.org

email: info@helpmehelpu.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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