



Habitat for Humanity  
of Wood County Ohio, Inc.  
PO Box 235  
Bowling Green, Ohio 43402

NEWS & UPDATES

**Have you met our Volunteer Coordinator?**

In the fall of 2020, Jessica Herringshaw joined the Wood County team as the volunteer coordinator. In this role, Jessica oversees all things volunteers related including scheduling, onboarding, communication and more. She also manages affiliate communications such as the affiliate e-newsletter, social media, press releases and other items. Jessica supports the Women Build Committee most recently helping to plan the Make- It and Take It Event held last April. She has been able to use her past experience to improve safety on the job site with the Build Committee. The team is energized by the support that the volunteer coordinator position has brought to the organization. Please reach out to Jessica if you are interested in volunteering, [jherringshaw@wchabitat.org](mailto:jherringshaw@wchabitat.org) or call the office 419.481.8100.



Jessica Herringshaw, Volunteer Coordinator

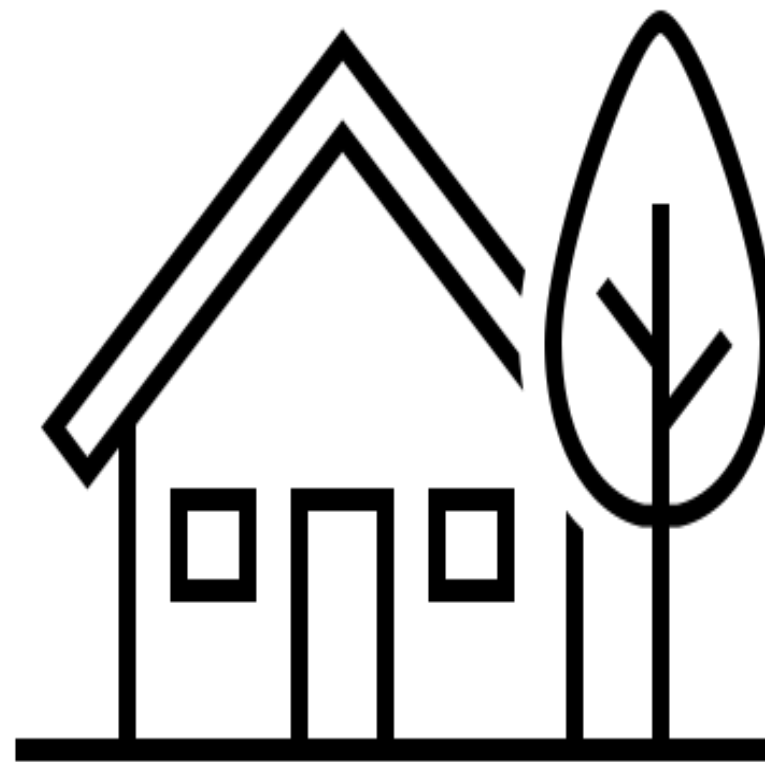
**In this issue -**

- Meet Jessica Herringshaw!
- Check out 5 Free summer activities
- Money Saving tips
- Benefits of House Plants.
- K-12 Fitted for Success.
- Quick Beans and Rice Recipe
- Women Build!
- DIY Grout cleaner.
- Color in your dream home.

—Mark Ohashi, Executive Director,  
Habitat for Humanity of Wood County



Wayne Blitz Build Homes



**Community Resource Guide**

**Domestic, child or senior services regarding abuse contact:**

- W.C Dept. of Job and Family Services (419) 354-9669
- JFS Senior services (419) 352-7566
- The Cocoon (419) 373-1730
- First Step (419) 435-7300

**Budgeting & Utility Assistance:**

- W.C Extension Service (419) 354-9050
- The WSOS Community Action (419) 334-8911
- The Community Housing Impact and Preservation Program (CHIP) (877) 836-3206

**Food Pantries / Clothing aid:**

- Bowling Green Christian Food Pantry (419) 353-5174
- First United Methodist Church (419) 353-0682
- St. Aloysius Church (419) 352-4195
- The Salvation Army (419) 257-2334
- W.C Area Ministries (419) 352-1322

**Child Care**

- Children Resource Center (419) 352-7588
- Educational service center (419) 354-9010
- Medicaid and LIHEAP assistance (419) 352-7566
- Path stone (Youth mentors) (419) 308-3812
- W.C Community Health Center now offering Dental Services (419) 354-9049
- Dental Center of NW OH (866) 378-6965

Editor- Carys Murphy



Wood County Dept. of Job and Family Services

### K-12 Fitted for Success

PREPARING KIDS FOR THE 2021-2022 SCHOOL YEAR!



### Backpacks, School Supplies, Shoes and Socks

for qualified children who will be in Kindergarten through the 12<sup>th</sup> grade. Winter coats may also be provided this year based upon availability.

Application packets are available at WCDJFS 1928 E. Gypsy Lane Road Bowling Green or can be mailed upon request or printed from the agency website.

Print or Request online at:

[www.woodcountyjfs.com](http://www.woodcountyjfs.com)

Or by calling:

419-376-3488

Applications will be accepted until 500 children are approved.

Backpacks, Supplies and Vouchers will be distributed by curbside pick-up.

Basic Eligibility Requirements:

- Caretaker/Parent of the child(ren) must apply; must reside with the child(ren)
- Verify total monthly family income
- Provide proof of Social Security numbers and citizenship, if applicable

Assistance provided on first come/first served basis.

### DIY Cleaning Grout Cleaner

#### Ingredients

- 4oz of Baking Soda ( From Walmart website: Great value Walmart brand can be purchased in bulk. 4lbs for \$2.46)
- 2 ¼ cup of lemon Juice ( Either Fresh or concentrate)
- 2 ¼ cup of White vinegar

- In a bucket filled with 6 cups of water, add all the ingredients and mix thoroughly.

- Apply the mixture to the grout lines with a clean cloth ( Consider using an old sock that no longer has a friend or a T-shirt that is too damaged to donate or wear)

- Leave the mixture on the grout for a few minutes, then using a stiff bristle brush ( possibly upcycled toothbrush), Scrub the dirt from your grout.

Additional notes: after removing dirt, take clean water and rinse the area where the solution was applied.

- Grout cleaning Recipe was found in *Fern Greens*, book *Natural Home Cleaning Over 100 ways to clean your Home Naturally*. Book Borrowed from the Wood County Library.

### Houseplants, the Surprising Benefits of Being a Plant Parent!

Houseplants, no, not the plastic ones that require an obscene amount of dusting, but a living breathing plant that lives in your home that requires both dusting and watering have drastically risen in popularity, and it is no surprise.

Not only do house plants brighten up homes they also provide a multitude of health benefits from physical to psychological.

A 1980's study from NASA found that houseplants improve air quality by pulling contaminants from the air, then transform the contaminants into nutrients. Research suggests that in 24 hours, houseplants can remove up to 87% of air contaminants. Studies have indicated that plants help boots recovery time from illness, with studies finding patients who have a garden view recover faster. Plants can also be used to treat physical ailments.

Aloe, a popular succulent, is easy to grow and can be used to treat burns, skin rash, and other skin irritations.

Eucalyptus can help clear congestion, just snip a couple branches of mature Eucalyptus, make a bouquet and hang in the shower, make sure the leaves are not directly under the water. Your shower bouquet should be changed every two to three weeks.

Please, check with your doctor before using any plants to aid in treatment. ( Information gathered from *The Power of Houseplants by Flora and Fauna and*

<https://www.healthline.com/health/eucalyptus-in-shower#benefits>



### Quick Beans and Rice



#### INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 ( 15 ounce) can black beans, undrained

, finely diced

- 1 ( 14.5 ounce) can stewed tomatoes
  - 1 teaspoon dried oregano
  - ½ teaspoon garlic powder
  - 1 ½ cups uncooked instant brown rice
- 1) In a large pan, heat oil over medium- high heat. To the pan add onion and stir till tender. Once tender, add beans, tomatoes, oregano, and garlic powder.
  - 2) Bring mixture to a boil, add the rice. Cover the pan and reduce heat. Allow contents to simmer for 5 minuets.
  - 3) After 5 minuets, remove from heat, stir and let stand for 5 minutes before serving.



## 5 Free Summer Activities!

**1. Visit the Public Library!** This year the Wood County library hosts a summer reading program, kicking off June 11th; check out the wood county summer reading program 'Tails and Tales'

**2. Visit a local park or nature preserve.** Make a list of animals, flora, fauna, or trees native to Ohio. Take your list and see if you can spot any nearby.

**3. Upcycled art,** have old egg cartons, milk jugs, etc. These items can be used for art projects or propagating new plant friends.

**4. Stargazing!** On a clear night, go outside and see what constellations are visible.

**5. Play Simons Says!** A classic game for the whole family to enjoy.



### Money-Saving Tips

**1. Wash clothes on cold and hang dry:** Washing clothes on the cold cycle. Save money on heating the water. Washing on cold and hang drying will also extend the life of your clothes.

**2. Ready-to-go snacks.** Have a collection of ready-to-go snacks for on the road. Impulse food buying is a quick way to eat through your budget.

**3. Borrow before buying.** Have summer projects that require one particular piece of equipment? Before purchasing, ask around, see if your friends, family, neighbours have something available for borrowing.