



Needs Council 2024

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Director's Corner

As a staff, we often find ourselves in constant motion, seemingly unable to slow down as there is always more work to be done. Multiple studies show the damaging effects of overstimulation and the benefits of spending time in “quiet” spaces. William Penn wrote about silence being to the mind what sleep is to the body—restorative and healing. But our staff’s collective stress pales in comparison to the mental and emotional chaos many of our abused clients suffer. The Needs Council counselors teach methods of calming the mind to help clients slow down the thoughts of worry, fear, and self-doubt, enabling the work toward healing to begin. People who have experienced trauma try to retrain their minds to find peace; if they do not, their brains will stay on high alert—survival mode.

“Everything you want is on the other side of fear”

~Jack Canfield



A young man who as a small boy saw one of our counselors, asked to return to that counselor for one session. The counselor was happy to see him and enjoyed hearing how he had grown into a mature young man, enjoying life. As he was leaving, he turned to say, “I wanted to come reintroduce myself.” What a testament to his determination to find a way forward past the trauma of his early years; and what a gift to the counselor to know she played such a vital role in guiding this young person that he felt the need to reintroduce himself!

Cindy Heigler
Executive Director



needsCouncil.org



Hill Country Community
Needs Council
PO Box 73
Fredericksburg, TX 78624

HILL COUNTRY COMMUNITY



SUMMER2024



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Join us in supporting local students!

As we continue to uplift our local teachers, counselors, and administrators – summers are all about the kids! While the kids are enjoying time off, our volunteers and staff are busy prepping for the fall semester. The goal of our School Supplies program is to ensure each child has the tools they need to thrive in the classroom. Over 800 students received supplies and backpacks last summer. Our staff could not pull this off without all of YOU pitching in to help, so please consider volunteering, donating supplies, or donating designated funds that allow us to purchase supplies in bulk.

Last year during the distribution event, a sixth-grade boy told us how much the new supplies and backpack helped him get excited about returning to school. He also made sure to thank us for his little sister’s “pink butterfly” backpack stating, “She will probably want to sleep with it until school starts.” He left no doubt that the school supplies were appreciated and had a significant impact on his confidence and readiness for the school year ahead.

This encounter serves as a reminder of the profound effect we all can have on the lives of local students and underscores the importance of empowering the next generation with the resources they need to succeed academically and beyond. Thank you for caring about our community, and especially our kids!



If you would like to donate to the School Supplies Program, you may:

1. Send a check for bulk purchasing to: PO Box 73, Fredericksburg TX 78624 or donate online at: needsCouncil.org.
2. Purchase school supplies from the list included in this newsletter. Supplies and backpacks can be dropped off at or shipped directly to our office: 1904 N Llano Street. FBG

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78624

Board Perspective

"Serving as a Client Advisor for the Needs Council has been a great privilege. Collaborating with Needs Council staff to determine the best path forward for the monetary and emotional support of our clients is very gratifying to me. The Needs Council offers hope and help to so many in our community." - Laurie Jenshcke



"The Christmas Families Program is such a joy. I am sure this program comes at the right time for the right people. Many hours of work, by good-hearted people, go into this program. When budgets are stretched out for necessities, I know that it has a part in making some families' Christmas a little easier. It's rewarding to provide gifts and fill someone's pantry. And also, it's wonderful to see the children on Santa's lap!" - Shirley McCarty

"I love being able to interact with the community at Christmas. The joy of a child's smile makes my heart melt. The sincerity and appreciation of the families are so genuine and heart-warming. It makes a jolly old elf appreciate the true meaning of Christmas and these families." - Mark Peterson

"A sad truth is there are many children in Fredericksburg who don't have enough food to eat on weekends. No child in today's world should go to bed hungry. The Needs Council Food-4-Kids program tries to fill that need. Each week, these children receive a bag filled with nourishing food to see them through the weekend. This is a much-needed outreach to the children of our community." - Karen Oestreich



"As with every Needs Council volunteer opportunity, supplying students with school supplies is extremely rewarding. The joy expressed by the children as they are being given their supplies and choosing their backpacks is priceless. They get to start school with all new, quality supplies and backpacks like everyone else." - Holly O'Neill

"The Needs Council offers the best counseling and support to all populations in our community that have suffered from abuse. Our counselors provide a safe space for survivors and help them heal from trauma, rebuild self-esteem, and make informed decisions about their future. It always warms my heart to hear success stories of individuals regaining their life and offering counseling to their children, as this plays a crucial role in preventing violence in future generations. I feel honored to be a part of this awe-inspiring organization." - Kelli Olfers



"Since moving back to my hometown after retirement, it has been enlightening to listen to the concerns, hopes, and joys in the community. Many bring up that a childcare shortage is one of the biggest concerns to address in order to keep Fredericksburg viable. The generous spirit with which donors have started the Little Hearts project speaks to how the community intends to support the very youngest and most vulnerable in our community." - Lisa Roebuck



"The three basic human needs are food, shelter, and clothing. In emergencies, people sometimes are in need of housing assistance - whether it is a month's rent, help with a utility bill, or a life-safety repair to their home. I am proud that because of the generosity of our supporters, The Needs Council is able to assist people when this basic need arises." - Tom Musselman

"Utilities are essential for a person or family to thrive. The Utility Assistance Program is vital to helping our clients cope with rising prices and unforeseen circumstances that they may face in their lives. To me, helping clients in this way stands out as a particularly kind way to use our resources. Beneficiaries of this program have their spirits lifted as their burden is lightened." - Keith Whited

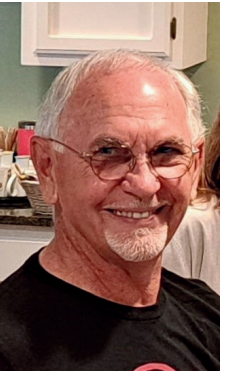
"It is always fun to watch children get excited about Christmas gifts, but the excitement in a senior's eyes when we drop off gifts from the Senior Angel Tree is truly heartwarming. They are so happy that they were remembered and received much needed items." - Ray Tiemann



"What amazes me about the Tax Program is the compassion, kindness, and knowledge of the preparers. Clients arrive for their appointment, (some with boxes of receipts), and each tax preparer spends the time necessary to complete their return and e-file it. One elderly lady told me that she had been using a tax preparer for years and it was so expensive. Her daughter told her to come here. She was so excited that she no longer had to spend her limited income on tax preparation." - Jade Browning

"Old age, as the saying goes, is not for sissies. For most, it's like living in a house that's in increasing need of repairs. The odd thing is that the person living in the house may feel, much as always. The spirit within is as full of beans as ever' -Frederick Buechner *Whistling in the Dark*.

What is needed, often, is simply the gift of presence and a willing hand up. The Needs Council provides homebound seniors rides to medical appointments, companionship, and support on the journey of growing old. Also, our volunteers often find that by serving, they are met with the Presence of that spirit within." -Tim Bowyer



Volunteer!

HELP TRANSPORT SENIORS TO THEIR MEDICAL APPOINTMENTS!

VISIT: NEEDSCOUNCIL.ORG/RIDES