



### Special Points of Interest:

If you are interested in joining one of the committee's presented in State of the Communion, please see Father Tom.

Interested in posting a short announcement or article in the Newsletter, please contact Deonna, deonna@saintandrechurch.org.

If you know of a group that would like to donate items, please contact Andrew, Andrew@saintandrechurch.org.

Interested in scheduling an Immersion group, please contact Brother Joe, brjoe@saintandrechurch.org.

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## January Statistics for Community Programs

In an effort to improve processes to make the Hospitality Program systems streamlined, we need to have a consistent number of volunteers on specific days so that we can offer all services that SAB provides. The Art Program only was able to be offered once or twice for the month of January. The goal is to be able to offer our guests an outlet for creative expressions on Tuesday and Thursday. Art is therapeutic for mental health.

Of the 12 Morning Hospitality day's open last month, the Clothing Closet was open on 11 days. In December, we had a total 203 individual total visits of both men and women in the Clothing Closet. In January, we were able to provide clothing to 391 individuals. This is a whopping, 52% increase over December. The number of individual visits improved drastically thanks to the commitment of our amazing volunteers!

Of the 946 individual guest visits, SAB provided 740 services. Currently, 80% of our guests are in need of services which is a 10% increase over the last quarter of 2018. Please see the breakdown below:

Hospitality Program Individual Visits: 946

Food Pantry Individual Visits: 65

Community Programs Total: 1,011

Men's Clothing Visits: 268, 36%

Women's Clothing Visits: 123, 17%

Hygiene Visits: 262, 35%

Foot Care Visits: 33, 5%

Haircut Visits: 15, 2%

Packs & Bags Visits: 37, 5%

Total Services Provided: 740

### Volunteer Tips:

#### De-Escalation:

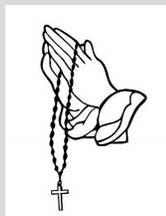
1. **Safety First.** If you do not feel safe or comfortable, remove yourself from the situation and notify a staff member immediately.
2. **Inform Someone on Staff.** Even if the crisis has passed, let staff know what happened so that we can better serve this guest in the future.
3. **Remain Calm.** Try to remain centered and calm even when you may be feeling scared or personally agitated.

**Bussing:** Please be mindful that when we walk around with the containers for bussing, that we do not place these containers on the tables. It is better to go engage the guests and remove items from the tables by hand.

## Uplifting Quotes

"The meaning of life is to find your gift. The purpose of life is to give it away." - Anonymous

"If you don't like something change it; if you can't change it, change the way you think about it." - Mary Engelbreit



**I'm making my time available to volunteer at Saint Andre Bessette for God.**  
-SAB Volunteer

**"Volunteering here has opened me to the mission of Christ and the church to be of service to people in need." - Patrick Meegan**

## Station of St. Andre Bessette Highlight

This month, our highlighted station is that of our 2nd Floor Hallway Hospitality. The dynamic duo of Rosemary and Patrick is team work exemplified. They are staples of the Morning Hospitality 2nd floor hallway. They have been consistently diligent in managing restroom traffic. On any given day before Reflection Circle, you can find Rosemary in the kitchen setting up donuts or Patrick enjoying his coffee and conversation with other volunteers. Thank you for your service, providing com-

munity, compassion, friendship and a kind listening ear for our guests. The 2nd floor Hallway Hospitality team feels like ones favorite extended family members for our guests.

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## Volunteer Opportunities

We are in need of more volunteers for Morning Hospitality. Increasing the number of volunteers has a direct impact on the services that SAB provides. SAB volunteers are an integral part of the operation of the Hospitality program. Please refer friends and family to volunteer. Let's continue to make strides to increase services at SAB.

There are also opportunities to volunteer in the afternoons for the Food Pantry M-Th from 1:00pm - 3:30pm. This volunteer will stock the Food Pantry, prepare food bags, and data entry as needed.

The Donation Sorting team can always use volunteers, usually in the afternoons. If you are interested in volunteering, please connect with the Community Outreach Coordinator for more details. Please email [deonna@saintandrechurch.org](mailto:deonna@saintandrechurch.org).

## The Importance of Self - Care

When we are feeling our best both physically and emotionally, we are more resilient and better equipped to handle life's stresses. There are several different ways to focus on self-care, many of which involve making time to get enough sleep, prioritizing healthy meals, and maintaining a healthy work life balance. Taking time out to maintain self-care has several benefits:

- It Affects Physical Health
- It Affects Your Emotional Health
- It Makes You a Better Caregiver

**Self-Care** is also an effective way to manage stress for the following reasons:

- It Gives You a Break from Stress
- It Gives You Time Alone
- It Offers Soothing Feelings

Remember to incorporate self-care into your daily activities. Being the best you, means being the best volunteer and providing the best experience for our guests.