



St. Augustine Wellston Center

Serving the wellston community since 1993

August Updates for the Wellston Center Supporters



Back to School

The new school year is officially upon us, and we are excited to finally see the local children waiting for the school busses again! Recognizing the cost and need for school supplies, we research the supply lists of each grade of the local schools. Using donations from volunteers, organizations, churches, and retail stores, our food pantry offers school book bags filled with the items they need.



AUGUST FOOD PANTRY NUMBERS

TOTAL # OF FAMILIES HELPED
201

TOTAL # OF PEOPLE HELPED
620

TOTAL # OF PEOPLE HELPED
NOT IN OUR SERVICE AREA*
290

TOTAL # OF NEW CLIENTS
2

*We will continue to help those not in our service area as long as we still have food.



AUGUST FEATURES

Back to School

A special thank you to our volunteers Roseanne Burgoon and Kathy Callahan for assembling **over 200 book bags** to be distributed to the community. This year, Kathy included fun books for the younger children to enjoy. They also included hand sanitizer kits in each bag because, not only is it expensive and difficult to obtain, schools are making an effort to ensure children are safe when they return to school. Typically, each bag is filled with items students really need, from writing utensils, folders, and flash drives, to tissue boxes, and binders. Roseanne estimated that some backpacks needed to be filled with **\$100** worth of supplies, which our clients simply afford to do. Thankfully, we have incredible donors who recognize the importance of our service to the community, gifting us with many school supplies. We are also fortunate to have volunteers that help make this happen each year by dedicating their time to research what the local schools are requiring, as well as committing countless hours to filling each and every book bag.

- St. John Bosco Catholic Church and Our Lady of Lourdes donated **school supplies** distribute backpacks to local children.
- Garden of Feeden provided our clients **fresh greens and vegetables!**
- Our Lady of Lourdes donated tons of **hand sanitizer** to help our clients stay safe.
- The Marian Foundation donated **\$1,800** to support our food pantry costs!
- The Sisters of St. Joseph of Carondelet donated **\$5,000** to help us fight hunger!
- We hosted a **\$10 New Balance sneaker sale** that was such a success, we will be having one each month!



Benefits of Volunteering

By Haley Calabro, Director

I recently participated in a training hosted by Operation Food Search that focused on volunteer support. While the training as a whole was educational, what stuck with me the most were the many benefits of volunteering. Backed by extensive research, volunteering helps decrease the risk of depression, gives a sense of purpose, teaches valuable skills, helps people stay physically and mentally active, reduces stress levels, helps people live longer, and helps to develop new relationships. Volunteering is often seen as doing things

for others, but it's also extremely rewarding to yourself. It also does not have to take over your entire life to be beneficial. In fact, volunteering 2 to 3 hours per week confers the most benefits. I then started thinking about why our volunteers consistently come to the Wellston Center - some have been helping here **over 25 years!** One of our volunteers told



me that she enjoys feeling like she is contributing while being productive. Another stated that she feels a personal responsibility for helping other people. Regardless of why our volunteers continue to drive to Wellston, we are so incredibly blessed to have people who have found a place with us where they dedicate their time and effort.



Christmas Club Days Announced

With summer coming to an end, we have begun our preparations for our annual Christmas Club. This year has been nothing short of difficult for our clients, so we want to ensure that this holiday season is remembered as a cheerful

and magical time for them. The shopping days for the clients will be **December 10 and December 11, 2021.**

If you are interested in seeing how you can help this year, please email us at info@wellstoncenter.org.