

# VISTA MARIA

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## Volunteer News

You protect. You encompass. You embolden. You empower.

Hello Friends,

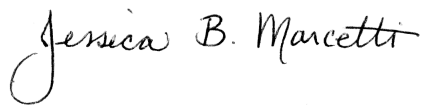
Happy Summer everyone!

**It's finally happening**-- campus is opening back up and we are welcoming our residential mentors and other volunteers back to work **directly** with our residents! Our kids have missed you all so much and we look forward to seeing you again soon. If you are interested in coming back to campus, I hope you will reach out and let us know. We are already scheduling volunteers for weekend activities!

There is LOTS of exciting stuff coming up, from on-campus volunteer opportunities, to new team members, and volunteer swag, so I will keep this month's introduction brief and let you scroll down to read all about it!

Thank you all for being so patient and so dedicated to our kids throughout this year-- I'm really looking forward to connecting with you again soon!

All the best,  
Jessica



Jessica Marcetti, CVA  
Manager of Volunteer Resources

## Residential Mentoring is Returning!

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**Good news!** We are beginning to welcome mentors back to campus for in-person visits with their mentees!

Those mentors who currently have mentees on campus have already been contacted and started visiting again. **If you would like to be matched** with a mentee, please let us know. As of today, we only have about 8 residents in need of mentors!

Looking for more details? Check out our [Mentor Info Sheet](#) for some basic information about the program and feel free to reach out to Jessica or Tracey with questions.

#### **Meet Tracey!**

Tracey Underwood joined the Volunteer Resources team last week as our new Mentor Coordinator! She will be your contact for any questions regarding the residential mentoring program. Thank you for your patience as she gets acclimated to her new role.

Tracey Underwood  
Mentor Coordinator  
[tunderwood@vistamaria.org](mailto:tunderwood@vistamaria.org)  
313-271-3050 x221

## **Volunteer Opportunity: Celebrating Women Event Set Up**

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**Wednesday, July 21**  
**11am - 3pm**  
Meadowbrook Hall's Garden Tent

**We need about 10 people to help set up before the event starts.**

- Set out auction items
- Put flowers and programs on tables
- Organize the registration table

- Put out signs

This is a great project for teams, families, and other groups!

Most activity will be standing, walking, or carrying light items.

We will break for lunch, which will be provided.



Celebrating Women is Vista Maria's biggest fundraising event. Each year, a few of our kids tell their stories and are honored for their achievements. It's a really special night for them!

Please contact Jessica if you can help us set up!  
jmarcetti@vistamaria.org

## Volunteer Opportunity: Healthy Saturdays



We're looking for volunteers to bring some fun activities to our kids that focus on health, fitness, wellness, and hygiene. Here are a few ideas to get you started, but please be as creative as you want-- just think healthy:

- Hair braiding
- Caring for black hair
- Healthy eating
- Women's health / puberty
- Caring for our hair, skin, and nails
- Volleyball
- Basketball
- Soccer
- Step dancing
- Journaling / mindfulness



This opportunity is for groups or individuals and slots are available any time after 11am on **Saturdays**.

Please contact Jessica at  
jmarcetti@vistamaria.org if you can help!

## Volunteer T-Shirts are Available!

Looking for a way to show off your VM Volunteer spirit? Vista Maria Volunteer T-shirts



(and mugs and totes) are still available for purchase at: [www.bonfire.com/vista-maria-volunteers](http://www.bonfire.com/vista-maria-volunteers)

There are a **bunch** of styles and colors to choose from and any proceeds will be used to purchase pool accessories like kick-boards and pool noodles for residents to enjoy this summer.

Each shirt is \$20, and \$5 of that comes back to Vista Maria!



## Self Care Corner

In the summer heat, it's important to stay hydrated, but it can be hard to remember to drink enough, so I've started using this cute app to help me track my hydration.

The goal is to "fill" the llama icon by logging your water intake every day and to see how many days you can keep the streak going. There are different animals available, but llamas are pretty great, right?

If you want to try it out, search for [Water Llama](#) in your app store. I promise this isn't an ad-- I'm just a fan and thought I'd pass along the hydration help!



## Volunteer Spotlight: UPS

Seven amazing UPS volunteers spent their Day of Caring here at Vista Maria. They spruced up our Boutique for spring and summer, and even delivered supplies to all 5 of our residential buildings. It was an awesome day! Thank you, so much UPS!



## Stay in Touch!

**Don't be a stranger!**

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**Volunteers & Mentors Facebook Group**

