

VISTA MARIA

Volunteer News

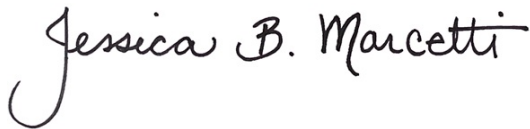
You protect. You encompass. You embolden. You empower.

Hello Friends,

With Thanksgiving on the horizon, the month of November is a natural time to express appreciation and gratitude for the things that are most special to us. I can honestly say there are few things more special to me than working with all of you.

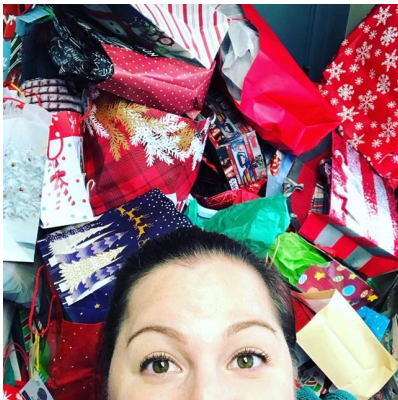
Thank you so much for the immeasurably valuable support you have given our youth and Vista Maria as a whole! We have not thanked you enough, but I want you to know that your dedication is truly essential to the work we do. We can't do this without you—and I wouldn't want to! You bring helpful ideas, positive energy, and an inspiring spirit of generosity to everything you do. I hope you will come back and join us again soon, and maybe even bring a friend with you!

As we head into our second pandemic holiday season, I want to wish you all good health, good food, and safe gatherings with the people *you* are most thankful for.



Jessica Marcetti, CVA
Manager of Volunteer Resources

Wish List 2021 is Here!



Wanted: Stocking Elves & Angel Elves

Our Holiday Wish List Program is a fun and rewarding way to make the holidays warm and bright for our youth!

Each year, our volunteer "Elves" generously go above and beyond by providing stocking stuffers for each young person, fulfilling individual wish lists, and getting everything organized, wrapped, and festive in our Vista Boutique.

Stocking Elf

*** This is our biggest need! ***

Help fill our youths' stockings with goodies by purchasing items from our [stocking stuffer list](#). You can find these items at most stores, at bargain prices, and on our Amazon and Target wish lists.



Shop our Amazon Wish List

Shop our Target Wish List

Angel Elf

*** This is our second biggest need! ***

Sponsor the Holiday Wish List Program by providing gift cards to stores like Kohl's, Meijer, Target, and Amazon to help us fulfill last-minute wishes.

Workshop Elf

Our Vista Maria Boutique and offices become the epicenter of holiday cheer every December! You can help sort, organize, and deliver gifts in "Santa's Workshop" right here on Vista Maria's campus. Volunteer times are typically 10am – 6pm, Monday-Friday, with a few special weekend opportunities.

Shopper Elf

Most of our individual Wish Lists have been adopted! But we may need a few Elves on stand-by to shop for any last-minute intakes right before Christmas.

Contact Jessica at jmarcetti@vistamaria.org for more information!



Thank You, Trunk-or-Treat Volunteers!

Thank you to everyone who joined us at our second annual Trunk-or-Treat event last month! Between volunteers and Vista Maria staff, we had more than 20 cars passing out treats!

Even though the sky was gray and spooky, the weather stayed dry for us, and the kids had an awesome time collecting tons of candy and goodies from everyone.

We were totally wowed by all of your costumes and car decorations-- I can't wait to see what you come up with next year!



Volunteer Training: LGBTQ+ Webinar

Collaborative Mentoring Webinar Series



Mentoring LGBTQ+ Youth: Lessons Learned for Implementing the LGBTQ+ Supplement

In winter 2020, MENTOR partnered with Dr. Christian Rummell to provide training and technical assistance to a few youth mentoring programs in Minnesota, as they worked to integrate guidance from the LGBTQ+ Supplement to the Elements of Effective Practice for Mentoring.

[Watch the recorded webinar](#) to hear these mentoring programs share their experiences with the LGBTQ+ ally training. They discuss the impact it had on their programs and how this work can inspire other mentors and mentoring programs to better support and include youth who are a part of the LGBTQ+ community.

Vista Maria's programs serve youth of all gender identities and expressions. While this training has a somewhat technical name, the information is great! For those who have not worked with youth who are LGBTQ+, or anyone wanting to improve their cultural competency in this area, this could be a valuable discussion to watch!

Volunteer Opportunity: Host a Holiday Fundraiser

Looking for an impactful way to support Vista Maria from your own home? Consider holding a social impact gathering!

At this time of year, our friends and family are looking for ways to give back, and **you** can connect them to Vista Maria! These events help spread awareness of Vista Maria and our mission, as well as raise funds and gather in-kind donations that support our programs and holiday giving.

We would not be able to empower the youth and families in our community without critical donors and volunteers like you. Thank you for your continued dedication and zeal for our fearless mission to heal and transform young lives.



Responsibilities of a Host:

- Select a date, time, and location of your party within the following date range of November 1st to December 22nd
- Send invitations to your friends to join you at your home, office, or location of your

choice including virtually through Zoom

- Remind your confirmed guests about the event 72 hours in advance
- Provide Vista Maria a guest list 48 hours before the event that includes name, company, and email address
- Provide refreshments and appetizers

Vista Maria will Provide:

- Marketing materials:
 - Electronic event invite
 - Vista Maria program collateral at the event
- A short informational program from a Vista Maria staff member
- Invite a current or past resident to attend (based on availability)
- Informational literature and donation envelopes
- Collect all donations at the event and help answer any questions about our mission and ways to get involved

Helps us complete a successful year of fundraising and reserve your date today!
Contact our Manager of Special Events, Taylor Baroli, at tbaroli@vistamaria.org or 313-318-5703.

Volunteer Opportunity: Self-Care Saturdays

We're looking for volunteers to bring some fun activities to our youth that focus on health, wellness, and caring for ourselves.

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
- Vision boards/goal setting
- Healthy eating
- Women's health/puberty
- Caring for our hair, skin, and nails
- Dancing (any genre!)
- Journaling/mindfulness
- **Your favorite self care activity here**

This opportunity is for small groups or individuals and slots are available any time after 12pm on Saturdays.

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



Self-Care Corner

How can you show up for yourself?

At Vista Maria, we are Good Shepherds, which means we have a heart that gives, guides, walks with, protects, encompasses, and sits with others.

Just remember though, to be a Good



Shepherd that shows up for others you must show up for yourself too!

- Take a walk, short or long
- Read a book or listen to a podcast
- Acknowledge your feelings; call them by name, let them know you see them. If we don't acknowledge them they don't go away. They just keep building up.
- Write a note of gratitude
- Listen to a short meditation or try a breathing/grounding exercise
- Carry a fidget/sensory item with you to help you regulate

Volunteer Spotlight: Captrust



This month's shoutout goes to this amazing group of Captrust volunteers

To help mitigate the risk of COVID-19 many of our family visits have been taking place on our sun porch, connected to Denis Hall. But this area was badly in need of a refresh to make it feel more welcoming.

The team from Captrust spent the better part of a day scrubbing the room from top to bottom, organizing all of our supplies, repairing the sliding doors, replacing light bulbs, and re-decorating the space to make it a homey, comfortable room for families to gather safely.

Thank you Susan, Brett, Jeremy, and Tyler for your hard work and support of our Foster Care program!

Volunteer Swag is Available on Bonfire

Protect, Encompass, Embolden, and Empower:
That's What Vista Maria Volunteers Do!

www.bonfire.com/store/vista-maria

Proudly display your mission of courage, passion, and boundless mercy by sporting a T-shirt (or a sweatshirt, mug, or tote bag) with our Fearless Heart mantra! We kept the prices as low as possible and the profits come right back to Vista Maria!



Stay in Touch!

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[Click here to join](#) our
Volunteers & Mentors Facebook Group