

VISTA MARIA

Volunteer News

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

Hello Friends!

We have had a lot of fun celebrating you on social media this month! April is Global Volunteer Month and it's a perfect opportunity to recognize our fearless volunteers. Thank you for giving your time, talent, voices, and resources to meet the critical needs of our vulnerable youth and families!

Your impact can be seen so clearly through the words of our residents. The youth in Rose Hall wrote you all some amazing, heartfelt notes, which we have been sharing online throughout the month. If you missed it, I've included a few of my favorites below. I want every volunteer to have a chance to see the impact their generosity has on our youth.

Around here, *every month* is Volunteer Month, because we love you and appreciate you every day of the year!

Jessica B. Marcetti

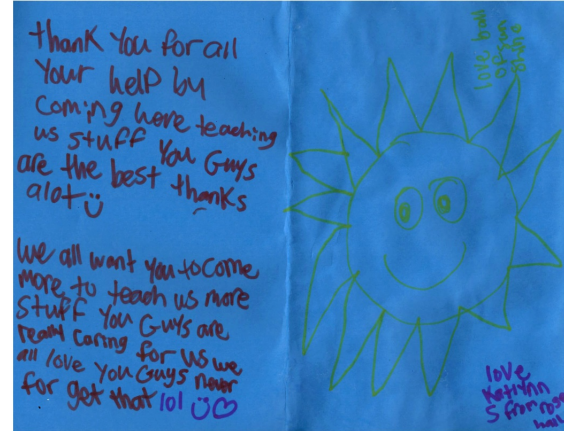
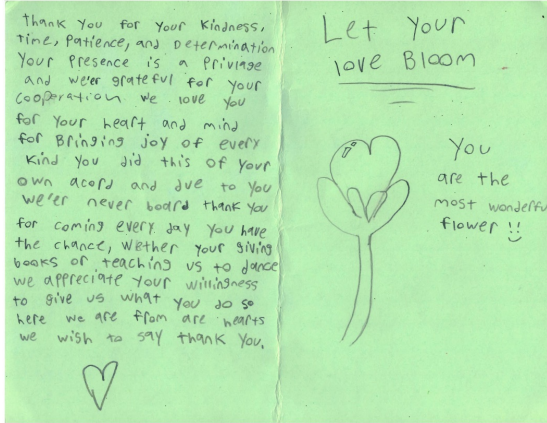
Jessica Marcetti, CVA
Senior Manager of Community Engagement

Thank You, Volunteers!

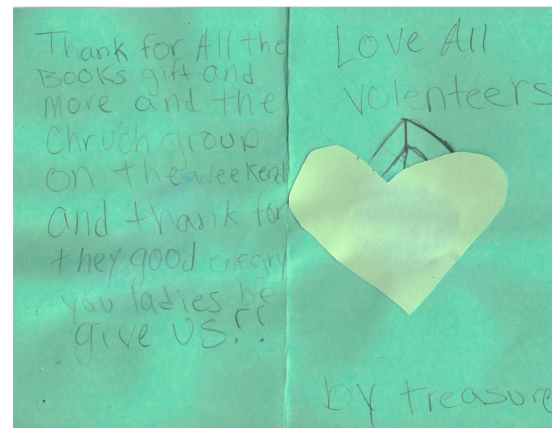
**"We love you for your heart and mind,
for bringing joy of every kind."**

During Global Volunteer Month, our youth wanted to make sure you know just how much you are loved and appreciated. Take a look at a few of their notes below:

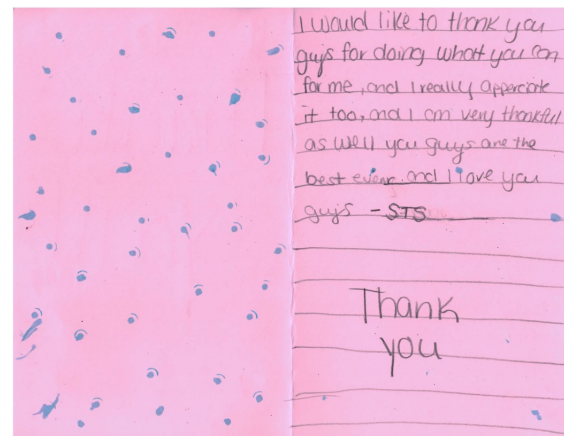
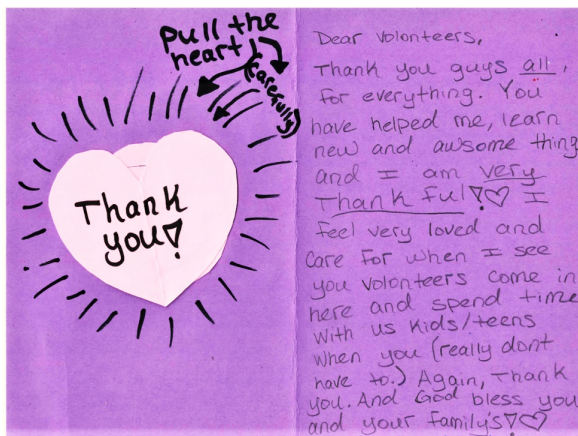
"I am very thankful that you spend your time with us."



"You have helped me learn new and awesome things."



"I feel very loved and cared for when I you volunteers come in."



"I would like to thank you guys for doing what you can for me."

2022 Empower Virtual Conference

Wednesday, May 25th, 2022 (9:00am - 3:00pm)
EMPOWER CONFERENCE
Demand Change | Abolish Demand

Gather with us virtually this year as we welcome survivor leaders and other experts in the field to discuss sex and labor trafficking demand reduction strategies on a national and state level. No matter your role, involvement, or commitment to this work, hold on to



hope! Victories are being won in dark spaces and momentum is growing to see demand eradicated entirely.

[Learn
More](#)

Volunteer Training

Sensory Tools: Using our 5 Senses to Self-Regulate

Virtual Training
Tuesday, May 17th | 5:30pm



Using our 5 senses is a fast way to bring us out of our thoughts and into the present moment. Last year, Vista Maria began an initiative to provide our youth with tools and techniques to support self-soothing and self-regulation, by engaging their 5 senses.

A therapist works with each youth to build their own customized Calming Box. They can choose from a variety of stress balls, fidgets, aromatics, and other sensory items.

Staff encourage the youth to use their boxes regularly, especially during stressful moments. Volunteers can be an integral part of this program by understanding when, how, and why using sensory support tools can be helpful!

[Click Here to
Register](#)

Effective Communication

Did you miss last month's training? Never fear, the recording is here!

[Watch the Recorded Training](#)

Everyone wants to be understood. In this volunteer training, you will learn how effective communication can help strengthen your connections with the youth at Vista Maria, and with others in your daily life! Volunteers and mentors can use active listening and other healthy communication tools to help our youth reflect, de-escalate, problem solve, build trust, and forge important interpersonal connections.

Volunteer Opportunities:



Residential Mentors

Be a positive presence in the life of a teen who really needs you!

Meet with your mentee once a week (for 1 hour) to have supportive discussions about school, relationships, self-esteem, and their future goals. Or you may choose to journal together, play board games, make craft projects, and do other activities you both enjoy. You and your mentee have the freedom to determine what you do during your sessions!

Contact Tracey Underwood:
tunderwood@vistamaria.org



Peel & Stick Wallpaper

Help us put the finishing touches on our newly furnished foster care family visiting room. Two walls need wallpaper put up, and then we'll hang the framed pictures! Day/time is flexible, but we have to work around the family visitation schedule. This is a great project for a small group of 4 - 6 people.

All supplies will be provided!

Contact Jessica: jmarcetti@vistamaria.org



Do you sew?

We have 70 pairs of brand new school pants that need to be hemmed 3 inches.

Clara B. Ford Academy received a grant to purchase new school uniform pants, but the shipment was extremely delayed. When the pants *finally* arrived, they all had a 33" inseam (way too long for most of our teens) and we are not able to return them.

Pick them up from Vista Maria, work at home, and return them when they are complete!

Contact Jessica: jmarcetti@vistamaria.org

Boutique Greeter

Be a friendly and helpful presence for clients and staff using our Boutique!



There will be down-time between Boutique visitors throughout the day when you can support other projects in the Volunteer Resources department, such as writing thank-you notes, making copies, opening donations, and other tasks.

We are looking for someone who can engage visitors with a friendly and welcoming demeanor, as well as provide light administrative support for our Volunteer Resources staff.

Needed Monday - Friday, 2pm - 5pm
Contact Jessica: jmarcetti@vistamaria.org

April/May Donation Needs



UPS Volunteers helping in the Boutique

- Mp3 players
- Electric razors
- Poster board
- Aromatherapy diffusers
- Mechanical pencils
- Lightweight pajamas for summer
- Hair bonnets
- Antiperspirant
- Shorts
- Chlorine tablets (for the pool)

Visit our [Amazon](#) or [Target](#) wish lists or contact Ganelle: glesnew@vistamaria.org

Self-Care Corner



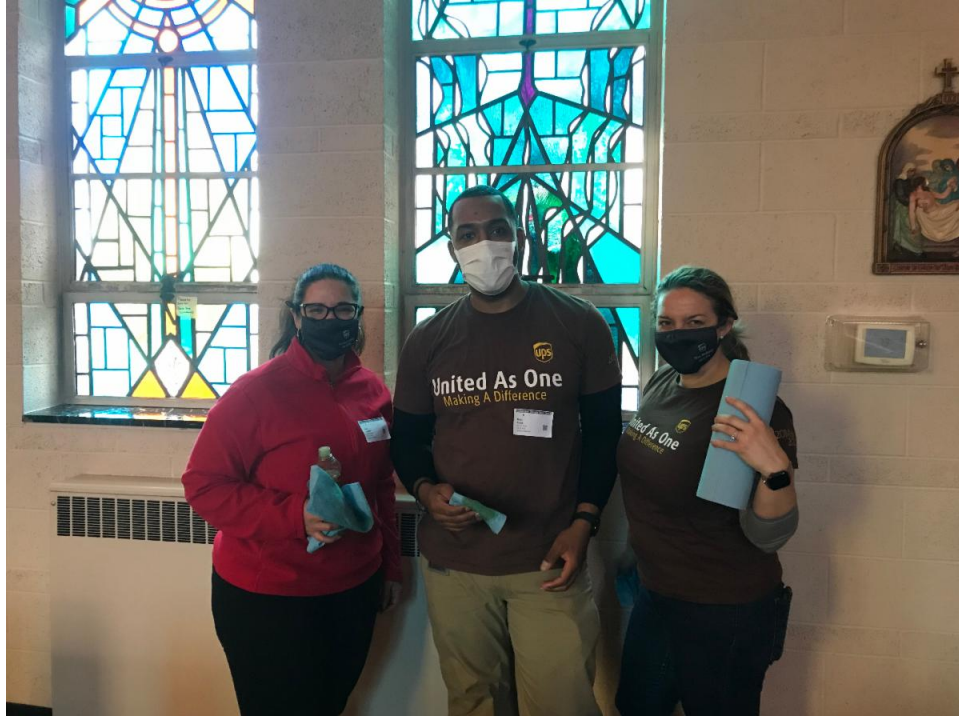
Jessica's Favorite Self-Care Article: [Maintain, Rest, and Refill](#)

Last weekend, my husband and I cleaned our basement. It was agreat weekend and I returned to work on Monday feeling refreshed and energized. How is that possible? Because the weekend *also* had moments of "rest" and "refill", along with our basement "maintenance". Self-care is more than bubble baths and chocolate. Balancing rest with maintenance and refilling activities can help reduce stress and improve your mental health overall.

The author writes, "By the end of the weekend, their home might be really well-kept, but they haven't rested at all. Or they spent a lot of time traveling, but they have no groceries or clean clothes. You have to address all three areas to feel more balanced when you return to work."

Feeling balanced and well cared for makes a big difference when we volunteer to care for others! What are you doing to rest, maintain, and refill on your next day off?

Volunteer Spotlight: UPS



This month's Shout Out goes to the amazing crew from UPS! It was wonderful to welcome our old friends back to campus and get some work done! As usual, they came out in full force to complete THREE big projects in just a few hours.

This team of rock-stars polished our chapel from top to bottom, prepared a mailing for more than 300 people, AND installed wallpaper in our foster care visiting room. It's always a pleasure to work with the folks at UPS and we are so lucky to have them as our constant supporters and cheerleaders. Thank you, friends!

Volunteer Swag is Available on Bonfire

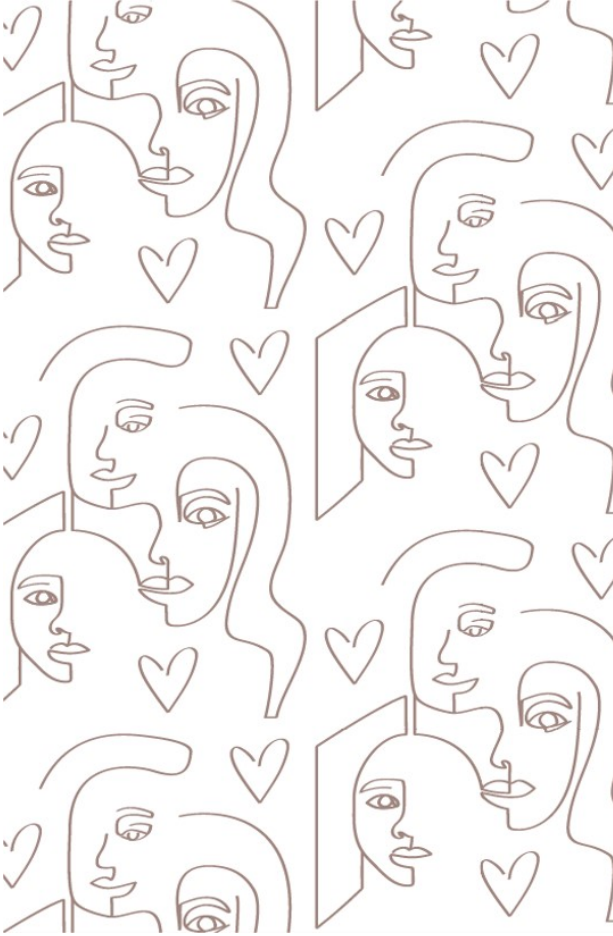
Protect, Encompass, Embolden, and Empower:
That's What Vista Maria Volunteers Do!

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!



Jessica Marcetti
Manager, Volunteer Resources
jmarcetti@vistamaria.org

Ganelle Lesnew
Donor Engagement Coordinator
313-271-3050, ext.400
glesnew@vistamaria.org

Tracey Underwood
Mentor Coordinator
313-271-3050, ext.221
tunderwood@vistamaria.org

Becky Hermann
DREAM Program Manager
313-203-2027
rhermann@vistamaria.org

Janet Jones
Heartmovers Coordinator
313-271-3050, ext.123
jjones@vistamaria.org

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