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Volume 25 | February 2023

VISTA MARIA

Volunteer News

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

Hello Friends,

This month was full of love! We fell in "puppy love" with the therapy dogs who came to visit. We spread love around campus with handwritten valentines for each resident. We also felt the love from Groves High School and shared our love of warm donuts with all of our staff to thank them for being unwavering Good Shepherds!

Would you LOVE to know more? Read on for more info and to see what volunteer and learning opportunities are coming next!

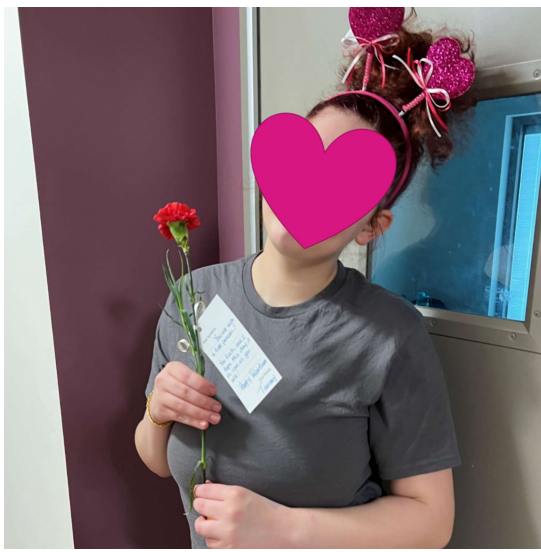
Jessica

Jessica Marcetti, MA, CVA
Senior Manager, Community Engagement



Vista Valentines

Because of your generosity, we had a LOVEly Valentine's Day on campus. Each youth received a personalized valentine, flowers, and a few extra treats as well! Thank you for letting our youth know they are loved on Valentine's Day and every day!



Organization Announcement: New CEO to Join Vista Maria

Welcome, Megan Zambiasi!

We are pleased to announce that the search and selection of a new Chief Executive Officer is completed! Based on



the recommendation of the Board Search Committee and support of Our Lady of Charity Sisters of the Good Shepherd Province Leadership Team, Megan Zambiasi will be Vista Maria's next Chief Executive Officer. Megan will join the Vista Maria team on March 6, 2023, and our current CEO, Angela Aufdemberge, will assume the role of CEO Advisor to aid her transition and support Megan's onboarding.

Megan possesses more than 30 years of experience in clinical and mental health service leadership and administration. As a behavioral health leader, Megan most recently served as the Senior Executive Vice President of Operations and Strategy at Hope Network, located in Grand Rapids, Michigan. She holds a B.A. in Psychology from Michigan State University; an MA in Counseling Psychology from Western Michigan University; and an MBA, Integrated Management from Michigan State University.

Under Megan's leadership, Vista Maria will continue to develop our programming and advance family-driven, youth-engaged treatment and care. Many thanks again to the Board Search Committee, the Executive Leadership Team and Sister Janice, as well as Sr. Madeleine and the Province Leadership Team for their efforts to interview and ultimately select Vista Maria's next fearless leader.

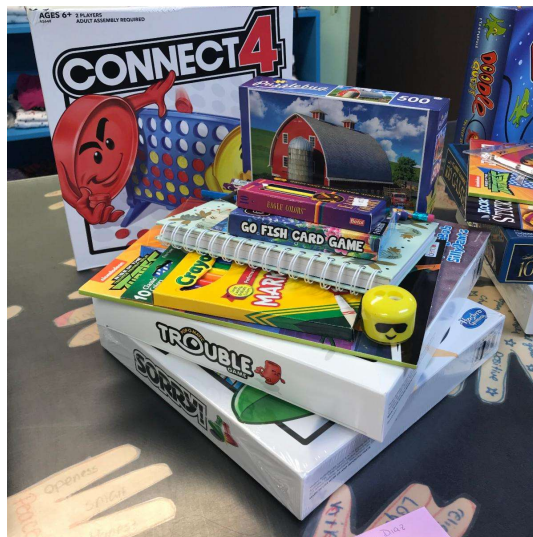
Mentors, Don't Forget to RSVP For Mentor Night!

Mentee and Mentor Game Night 2023

Thursday, March 30th
5:30-7:30 pm
Vista Maria's CFRC (Building #11)

Mentors, please RSVP so we can get an accurate count and let your mentee know if you're not able to attend.

RSVP



Volunteer Opportunity: Got 5 Minutes?

We know you're busy, so we're only asking for five minutes of your time to support our mission and help the youth and families we serve. There are lots of ways to help, and we broke out our stopwatch to make sure everything on the list can be done in five minutes or less. Ready, set, go!

- **Like and share our social media posts:** Be a social media booster by following [@vistamariaorg](https://www.vistamaria.org) on Instagram, Facebook, Twitter, and LinkedIn! Share our posts on your own page, in your stories, or with friends. Like and comment on our posts to show your support and help more people find our page. The more people who know about Vista Maria, the more youth we can serve!
- **Join our "Fearless Hearts" monthly donor club:** Visit www.vistamaria.org/donate to enroll in the easiest and most convenient way to give! Choose your amount (change or cancel anytime), select "recurring donation", set it, and forget it!
- **Become an Abolitionist:** This unique email series walks you through the basics of human trafficking and introduces you to the complexities we find within it. You will sift through rumors and realities to develop a better understanding of how human trafficking is happening in your city, and what you can do about it. [Sign up now!](#)
- **Share our Target and Amazon Links:** Send our wish list links to the shopaholics in your life! The more people who have these links handy, the more necessities we can provide for our youth. Find the links here: [Amazon](#) & [Target](#)
- **Choose Vista Maria at Kroger and Rite Aid:** Enrolling only takes a minute and can help us raise hundreds of dollars! To enroll your KrogerPlus Card with Kroger Community Rewards, visit krogercommunityrewards.com, click on Michigan, click on Enroll and choose Vista Maria as your beneficiary! By participating in [KidCents](#) at Rite Aid, wellness+rewards program members can round up every purchase to the nearest dollar and give your change to Vista Maria!
- **Post a Flyer:** Bring our printed information to your next event, meeting, or church service. We'll even provide the thumbtacks! Contact us to receive digital or printed flyers about Foster Care, Volunteering, In-Kind Giving, General Vista Maria Info, Events, and more!

Virtual Freedom Coalition Meeting

Tuesday, February 28, 2023
5:30 – 7:00 pm

"New" University of Michigan Human Trafficking Law Clinic & Lab
 Presented by Bridgette A. Carr
 Founding Director of UofM Law School's Human Trafficking Clinic



For over a decade, the Clinic relied solely on legal tools and direct representation to fight human trafficking. The Lab, launched in 2022, endeavors to create change at policy, service, and industry levels through collaborative partnerships across the nonprofit, corporate, and governmental sectors. They believe the law is an incomplete, imperfect solution to reducing exploitation and that interdisciplinary, cross-industry collaboration is necessary. The vision for the Clinic + Lab partnership is that the work with individual survivors in the Clinic will help ensure the Lab is victim-centered and informed by lived experience.

Register Now

Self-Care Corner: Boost Your Mood with an Act of Kindness

Research shows that performing a random act of kindness can put you in a different state of mind.

When you **do** a random act of kindness, the serotonin in your brain (responsible for positive emotions) elevates for 24 to 48 hours!

When you **receive** a random act of kindness, your serotonin also elevates for 24 to 48 hours.

Even when you just **SEE** a random act of kindness taking place, your serotonin levels rise for up to 24 hours!



Our volunteers know all about kindness, but if you're looking for a small way to boost your serotonin, here are some ideas:

- Open the door for someone
- Buy a co-worker a treat from the vending machine
- Clean the snow off someone's car
- Put a note on your coworker's door/desk
- Tell someone how much you appreciate them
- Pay for someone's coffee
- Give a compliment

Volunteer Spotlight: Groves High School Student Congress



Thank you, Groves Student Congress, for supporting Vista Maria during Groves Charity Week 2023!! The students at Groves High School made a HUGE impact on the youth and families we serve. We are so inspired by their passion, generosity, and hard work to raise an astounding **\$50,034!**

Save Our Dates!



Join us at one of our signature events this spring and summer!

Whether you play a round of golf, join us for dinner, or volunteer to help make each event a success, we hope to see you there!

Visit vistamaria.org/events to register or learn more!

Upcoming Events:

[George Blaha's High Hopes Golf Outing](#)

Monday, May 15, at Tam-O-Shanter Country Club

[Ford Purchasing Golf Outing](#)

Monday, June 5, at Dearborn Country Club

[Fearless Heart Gala](#)

Thursday, July 13, at One Campus Martius

[Women Fore! Women](#)

Tuesday, August 8, at Fox Hills Golf and Banquet Center

[Empowerment Lunch](#)

Tuesday, September 12, at the Detroit Athletic Club

[Dolly Drive](#)

Thursday, October 12, at Detroit Shipping Company

Stay in Touch!

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