



**ST. JOHN'S MERCY
NEIGHBORHOOD MINISTRY**



Neighborhood NEWS

March 2009

Staff:

Sharon Neumeister, RN
Director
Cheryl Persons
Outreach Coordinator
Terri Durst
Outreach & Administrative Assistant
Sr. Marilyn Wittenauer, RSM
Volunteer
Lauren Gulley
Gateway Vincentian Volunteer

- **Healthy Food Drive - REQUEST**
- **Department Donations & Drives**
- **Cover the Uninsured Week**
- **April is "Volunteer Month"**
- **March Family Resident**
- **Coworker Volunteer Opportunities**



Healthy Food Drive - REQUEST

March is National Nutrition Month and Food Pantries are struggling to keep food on the shelves due to the increased number of new clients. *Guardian Angel Settlement at Hosea House* recently approached Neighborhood Ministry and asked for our help.

Please consider holding a Healthy Food Drive this month in your department.

Contact Sr. Marilyn Wittenauer at 314-865-0927 x6 if you are interested in holding a food drive and arranging delivery.

The non-perishable food items listed below are greatly needed. Grocery Store Gift Cards would also be accepted.

Healthy Foods Needed

Fruits & Vegetables

Lite or no sugar added fruits canned in water rather than syrup
Low sodium or no salt added canned vegetables

Soups, Pastas & Sauces

Low sodium soups
Low sodium spaghetti sauces
Whole wheat or low fat pastas

Drinks

Crystal Light drink mix
Diet soda

Baking/Cooking

Equal artificial sweetener (contains no sodium)
Mrs. Dash seasonings/flavoring
No-salt seasonings/spices
Sodium-free baking powder

Snacks

Air-popped popcorn
Graham Crackers
Granola bars
Soy crisps
Sugar-free Jell-O
Sugar-free pudding
Sugar-free snacks

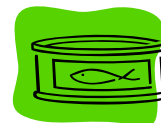
Unsalted crackers
Unsalted nuts
Unsalted snacks
Vanilla Wafers

Condiments (Low carb/low cal/sugar free)

Jellies/Jams
Ketchup
Lite mayonnaise
Low cal salad dressings
Maple syrup
Pickles
Relish
Taco sauce/salsa

Other Items Always Needed

Beans - black, kidney, chili, red and pork n beans
Peanut butter
Canned stews, ravioli and spaghetti
Ready-to-Eat meals



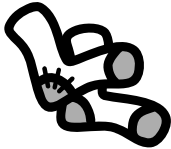
Department Donations & Drives

St. John's Mercy Neighborhood Ministry is blessed to have coworkers who directly and indirectly help us carry out our mission through Department Donations & Drives. This allows us to assist agencies in the community fill unmet needs.

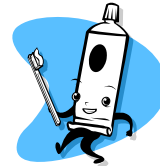


Examples of fundraising may include *Dress Down Days & Chili Cook-Offs*. Collections and Drives are centered around items that are always in demand, such as Diapers, Healthy Food, Personal Care Items, Cleaning Products, Socks, Feminine Hygiene Products, and Children and Adult Over-the-Counter Medicines, or seasonal items, such as School Supplies or Halloween Costumes.

THANK YOU to these departments who participated in Donations & Drives for the Ministry during the months of January and February:



**Mercy Works
MISD
ROi
SJMMC Volunteer Services**



“Cover the Uninsured” Week

“Forty-six million Americans, including 9 million children, are living without health care coverage. Each year, more and more hardworking families join the ranks of the uninsured. The time for change is now and you can help.” From the Cover the Uninsured website <http://covertheuninsured.org/>

Stop by the information table at **St. John's Mercy Medical Center on March 26 & 27** to learn more about this growing problem.

April is “Volunteer Month”

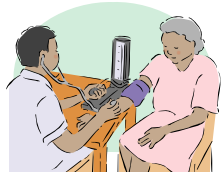


Be on the lookout for Neighborhood Ministry Staff who will be visiting numerous Mercy sites in April to acknowledge our wonderful coworkers who volunteer in the community and to promote upcoming volunteer opportunities. Stop by our table to:

- Learn more about the opportunities found on the Mercy Gives Back webpage
- Sign-up in the Mercy Gives Back database to receive notices of new opportunities
- Pick up a schedule of upcoming dates of opportunities in the community
- Meet the staff and ask about additional ways to support the Neighborhood Ministry



Family Medicine Residents at Neighborhood Ministry



As part of their Community Medicine rotation, St. John's Mercy Family Medicine Residents spend time with the Neighborhood Ministry staff learning more about the low-income and homeless in the St. Louis area. The Residents' experiences may include special projects such as serving a meal to the homeless, but also include blood pressure screenings and “Ask the Doctor” sessions at food pantries and meal programs. They also assist with breast exams in partnership with the St. John's Mercy Cancer Center and Mobile Mammography Unit at Neighborhood Ministry outreach sites.

In March, **Jared Wojnicki, MD** will work with the Ministry.

UPCOMING VOLUNTEER OPPORTUNITIES

SERVE DINNER TO THE HOMELESS

St. Vincent's Church
 1410 S. 10th St. (at Park)
 St. Louis, MO 63104
www.stvstl.org
 4:15 – 6:30 p.m.
10 – 15 co-workers needed to serve dinner

March 30	July 22
April 1	August 24
April 22	September 28
June 1	October 26
June 29	December 1
	December 29



SPEND TIME WITH AND SERVE DINNER TO HOMELESS MEN IN SHELTER



Peter & Paul Community Services
 Emergency Men's Shelter
 711 Allen
 St. Louis, MO 63104
www.ppcsinc.org
 6:15 – 8:30 p.m.

March 24	August 18
April 28	September 23
May 13	October 22
June 23	November 17
July 29	December 16

5-6 co-workers needed to spend 1 on 1 time talking with the men and serve dinner.

Serve Lunch to the Homeless CENTENARY CARES OUTREACH

Centenary United Methodist Church
 1610 Olive
 St. Louis, MO 63103
www.centenarystl.org
 10:00 a.m. – 2:00 p.m.
2 – 3 co-workers needed to help prepare, serve and clean up lunch

2nd Friday of the month (except April)

March 13	August 14
May 8	September 11
June 12	October 9
July 10	November 13
	December 11

Prepare/Package Meals FOOD OUTREACH, INC.

3117 Olive St.
 St. Louis, MO 63103
www.foodoutreach.org



Cook & Pack
 June 20
 August 8
 8:00 – 11:00 a.m.
10 co-workers needed to assist with food preparation, cooking, and packaging home-cooked meals for persons living with HIV/AIDS or Cancer.



Food Distribution
 May 16
 July 18
 10:00 a.m. – 3:00 p.m.
5 co-workers needed to fill food orders at our on-site "grocery store" for persons living with HIV/AIDS or Cancer.