



MAINSTREAM MENTAL HEALTH

November 2021/ Issue 20

COMMUNITY SERVICE

“Without community service, we would not have a strong quality of life. It’s important to the person who serves as well as the recipient. It’s the way in which we ourselves grow and develop.”

~Dorothy Height

Members of the management team volunteered at Manna Ministries at the Rescue Mission on October 20 from 1p.m.-3:30p.m. We were tasked with making 144 boxes. However, when we got carried away, we lost track and made too many. We made so many more boxes that it built a literal wall across the back of the building. When the Rescue Mission employee saw the number of boxes, she had a look of amazement. Then it occurred to her that an event was coming up in December where they were going to need 400 boxes and we were the perfect team for the job!

We learned a little about inventory turnover, who qualifies for a goody box, and how to sign up to volunteer. Manna Ministries turns over all their inventory every week. They have been averaging 300 boxes from 7:30-10 a.m. every Saturday. Current fresh produce is lettuce, lemons, and tomatoes. They add freezer meats, desserts, and bread to the boxes on Saturday morning. Anyone in the state of VA can register to receive a box. Manna Ministries feeds hungry people including the elderly and people with children. A member of the Rescue Mission team will come to your vehicle to ask a few general questions to be enrolled in the program. Select “Get Involved—Volunteer—Manna Ministries” to sign yourself up to volunteer on the Rescue Mission website.

Coca Cola donates the boxes, Little Caesars donates pizzas, Feeding America helps provide Manna food, and they do a pickup from Kroger five days a week.



NOVEMBER BIRTHDAYS

Charles Ingram 11/4
Cheryl Dayton 11/13
Cara Hite 11/15

Bonnie Galvan 11/16
Angel Bryant 11/19
Ashley Hupp 11/20

Cheryl Thompson 11/22
Keona Shelor 11/24

Casey Coleman 11/28
Janet Morgan 11/29

November

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 AM: review the calendar and discuss December ideas PM: Scattegories	2 AM: Emotional Wellness PM: Bowling	3 AM: Melrose Library PM: Fire Drill/ fire safety	4 AM: Role play/treat others like you wish to be treated. PM: Board games	5 AM: Fun w/ James (Game) PM: Thanksgiving Craft	6 Closed
7 Tailgators Club NFL Pick'em (Prize)	8 AM: Group with Lilly PM: Family Feud	9 AM:Emotional Wellness PM: Bingo	10 AM: Roanoke Co. Library PM: Role Play/boundaries	11 AM: Pick a cause that you walk a lap for today. PM: Trash Can tournament.	12 AM: group with James PM: Thanksgiving Craft	13 Closed
14 Tailgators club NFL Pick'em (winner no chores for a week)	15 AM: Board games PM: Group with Blue (what is your trigger)	16 AM: Emotional Wellness PM: In House Movie	17 AM: Peer to Peer with Joyanne PM: Plan Thanksgiving menu	18 AM: Group with Ellington PM: Family Tree project	19 AM: 5 and below PM: Board games	20 Closed
21 Tailgators club NFL Pick'em(Prize)	22 AM: Socialization hr/TV/crafts/games PM:	23 AM: Valley View Mall PM: Emotional Wellness	24 Thanksgiving Dinner	25 Closed	26 AM: Goodwill PM: What are you thankful for ?	27 Closed
28 Tailgator club NFL Pick'em	29 AM: Plan for December Calendar PM: Board games	30 AM: Emotional Wellness PM: Bowling				