



# WE COULDN'T DO IT WITHOUT YOU!

Volunteer Recognition Day is observed every year on April 20th.

As the name suggests, it is a day to honor, recognize and celebrate the selfless individuals who volunteer their time and energy to help others and promote good causes like EAC. The Emergency Aid Coalition depends on the dedicated service of a team of volunteers, and heartily welcomes new recruits.

Celebrate by getting involved today!

[BECOME A VOLUNTEER](#)

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## Tuesday Sandwich Makers



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## Clothing Center Volunteers



# The Art Tent



Pitched in the parking lot of the Emergency Aid Coalition, the Art Tent is a creative space for those experiencing homelessness. Offered seasonally to clients who are waiting for their appointments at the EAC, the guests are invited to step inside and pick up a paint brush or drawing materials. The experience is transformative for both participants and the volunteers from St. Paul's UMC who run the ministry. An exhibit of the works created will celebrate the healing power of artistic expression.

**The Art Walk**, free and open to the public, is scheduled for 9:30 am to 12:30 pm this Sunday, April 21 at St. Paul's, 5501 Main Street. Visitors can view the works and try their own hands at drawing and painting.



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## **Did you know that April is Stress Awareness Month?**

Of course, we all experience stress. We all cope and manage our stress in different ways, but you may be interested to know that many of our clients experience and manifest reactions to stress in ways that seem extreme or counter-productive. We are not mental health experts, but in a training recently received by some EAC staff, we learned that well over half of homeless people have some form of traumatic brain injury. This is an over-simplification, but it is known that trauma changes the brain in two ways—the prefrontal cortex is damaged and the amygdala becomes hyperactive. We also learned that individuals who have experienced a lot of trauma often: misperceive threat stimuli and overreact, have difficulty “self-

regulating” emotions, and act impulsively in situations where impulsivity is not a good thing. We all have different time horizons, but the time horizon for a person experiencing homelessness is only about 24 hours. Whenever basic needs (food, shelter, protection) are threatened, the brain compresses the time horizon to make sure those needs are met. This is useful information as we work together to help our most vulnerable neighbors in need.



The Clothing Center needs family-sized toiletries, men's belts and sunglasses.



The Food Pantry is in need of canned goods such as Vienna sausages, fruit cocktail and Chef Boyardee.

[Amazon Wishlist](#)

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# Bingo at Betsy's



No matter whether you won or lost, a great time was had by all!  
Make plans to join us in the fall for another chance to yell  
**"Bingo!"**

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