



Ready, Set, Spring!



Benjamin Franklin invented the concept of Daylight Saving Time in 1784, believing that rising earlier would economize candle usage and save people money. Pushing clocks forward to make greater use of daylight during the warmer months was formally adopted during World War I as part of a global attempt to conserve energy.

That rationale is part of what keeps DST in practice, but the theory is wobbly, according to research. As society has evolved, lighting accounts for less overall energy consumption. Rather, extending the use of daylight hours encourages people to use more air conditioning and heating.

Other proponents say the additional daylight in the evening hours during spring and summer are beneficial to our mental health. That, too, has been refuted—data from a 2020 study suggests that the time change exacerbates mood disorders, depression, anxiety, and substance abuse.

The disruption of sleep and the resulting mental health issues often fall hardest on the most vulnerable. DST significantly impacts the homeless population by disrupting sleep patterns, exacerbating mental health issues and causing confusion regarding service operating hours. The abrupt time changes, particularly the "spring forward" in March, can increase vulnerability, fatigue, and the risk of missing critical appointments for services such as those offered at the Emergency Aid Coalition.

But the EAC will be here, providing help to those who desperately need it. And we'll do it with a spring in our step. Come join us!



Volunteer Opportunities

There are various volunteer opportunities available at the Emergency Aid Coalition, ranging from administrative tasks to hands-on work with EAC clients.

[Find out more](#)

Baylor St. Luke's Episcopal Hospital Auxiliary Gift Shop

Robin and Maggie delivered a huge quantity of overstock items donated from the auxiliary gift shop at Baylor St. Luke's Medical Center. Truly a gift!

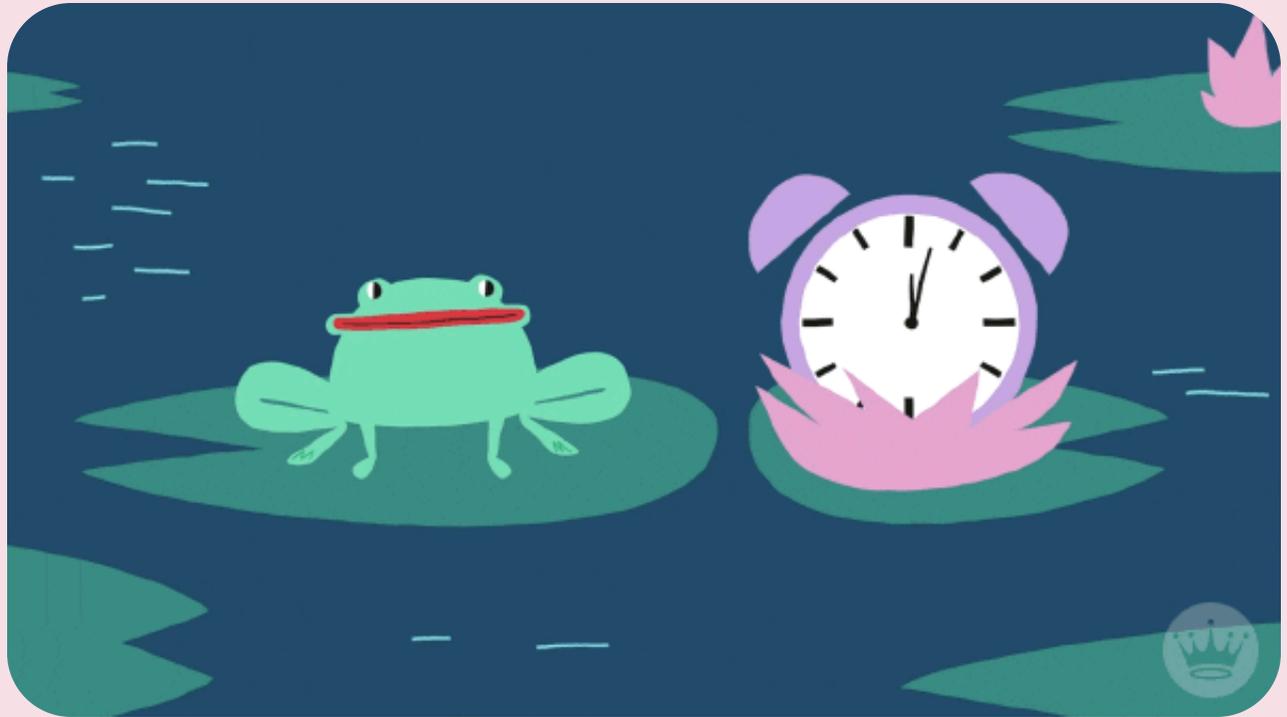


Clothing Center requests:

- Walking canes
- Ladies' jeans and casual slacks
- Sports bras and tops
- Family-sized toiletries
- Boys underwear, size 4 to 18
- Men and boys' athletic shorts

Food Pantry requests:

- **Fruit cups**
- **Canned fruit**
- **Vienna sausages**



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