

# NEWSLETTER

## HIGHLIGHTS

**585**

total individuals served  
through our food pantry

**34**

total individuals helped  
not in our service area

**7,159 LBS**

total of  
food distributed

**\$11,912**

total value of food and  
hygiene products distributed

**\$2,500**

total utility assistance granted  
(Ameren and Spire bills)

## A NOTE FROM HALEY

I always grew up with the belief that New England weather was the most unpredictable - until I moved here two years ago! With below freezing temperatures at night and close to 80 degrees during the day in October, St. Louis weather is no joke. In fact, it can be extremely dangerous.

I had a conversation with a client recently about the inflation of pricing in everything - groceries, electricity, heating. They ultimately concluded with, **"What other choice do we have but to try to figure it out the best we can and ask for help when we need it?"**

The sudden drop in temperature left a lot of people feeling unprepared, especially with cost of heat increasing. With generous parishes such as Holy Spirit holding a coat drive for our clients, collecting both blankets and outerwear for the community, we are able to help supplement others' own budgets and allow them to focus on other needs without worry.

To echo the previously mentioned client, the Wellston Center is also doing the best we can for others and will continue to do so through this difficult season always with your unwavering support.

With gratitude and appreciation,



*H. Calabro*  
Haley Calabro, MSW  
Executive Director

## MONTHLY FOOD DRIVE

### THANKSGIVING SIDES

The month of **November**, we are focusing on our Thanksgiving turkey distribution. To help further support our clients, we are looking for typical thanksgiving meal sides, such as stuffing or gravy. Email [info@wellstoncenter.org](mailto:info@wellstoncenter.org) for information on drop off



# WELLSTON HALLOWEEN

For Halloween this year, our Senior Support Group decided to have a spooky party. We shared yummy treats and candy - and even had a special surprise from the Mayor of Wellston! At the end of our celebration, the ladies were able to take home a gift of homemade fall-themed centerpieces donated from one of our incredibly thoughtful volunteers.



## October Feature

### Top Requested Food Items

Canned Tuna  
(399 cans distributed)

Canned Fruit  
(369 cans distributed)

Canned Vegetables  
(367 cans distributed)

### Most Requested Hygiene Products

Laundry Detergent  
(137 bottles distributed)

Toilet Paper  
(220 rolls distributed)

Children Diapers  
(63 packs distributed)

### Current Food Pantry Needs

- Peanut Butter
- Canned Chili
- Any Soup
- Canned Fruit
- Kleenex
- Body Lotion
- Adult Diapers (M-XL)
- Toothpaste

## A CALL FOR ELECTRIC HEATERS

### WHAT CLIENTS NEED IN ADDITION TO FOOD

Annually, the Wellston Center has electric heaters available for clients in need. Electric heaters help our clients manage their gas bills as well as efficiently heat their homes for their families. You can find a link to our Amazon wishlist at the bottom of our newsletter to help clients get what they need during this cold season.





# A VERY SPECIAL THANK YOU

## TO ALL OUR INCREDIBLE PARTNERS

In October, we two amazing days of service that helped sort through our thrift store donations and clean our lot. Because the Wellston Center is primarily volunteer operated, these days of service make a huge impact in furthering our mission to helping those in need. Thanks to Our Lady of Lourdes and 160over90, our Center was able to make more money in our thrift store to fund food pantry needs and welcome the clients to a clean space.



## MAKE AN IMPACT



Making your donation through **Venmo** is a quick and convenient way to give right from your phone.

@Wellston-Center



Making your gift **online** is secure, fast, and easy. You can make a one time gift, a series of monthly contributions, or a perpetual gift.



A **check** can be made payable to the St. Augustine Wellston Center to support any initiative that is meaningful to you.