



Elizabeth Ann Seton
Program

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Elizabeth Ann Seton Program Newsletter

August 2010

Volume 8, Number 4

In This Issue

- [Spotlight on the Litchfield Pork Patty Fundraiser](#)

In Every Issue

[Did You Know?](#)

[From the Executive Director](#)

[Volunteer Spotlight](#)

[Want to Be a Volunteer?](#)

[How You Can Help](#)

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Visit the Elizabeth Ann Seton Program Website

elizabethannsetonprogram.org
What's new at EAS?

Our Mission Statement

To embrace the sanctity and dignity of life by nurturing pregnant and parenting women.

Contact Us

Sheila Page, Executive Director

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Did You Know?

The Elizabeth Ann Seton Program Mission Statement is to embrace the sanctity and dignity of life by nurturing pregnant and parenting women. EAS partners with multifaith congregations and community organizations to provide mentoring support, education and practical assistance to women and their children. .

The Elizabeth Ann Seton Program (EAS) Program, Inc is a non-profit, 501c3 organization which was incorporated in 1996, in Springfield, Illinois. The EAS Central Office is housed on the St. John's Hospital Campus. Mentoring and educational programs serve women and children in the Springfield, Jacksonville, Chatham, and Beardstown communities.

Litchfield EAS program participants have found a great way to raise awareness of and to make money for the Elizabeth Ann Seton Program. They held two pork patty fundraisers in downtown Litchfield in May and June. The volunteers and participants provided a delicious pork patty lunchtime meal to Litchfield business people and townspeople.

From the Executive Director

Summer has been **HOT**...let's make it even **HOTTER** by burning up the LRS website with votes for the Elizabeth Ann Seton Program to win a \$10,000 website makeover!



**You can vote one time a day with every
e-mail address that you have.
(ex: 2 e-mail addresses = 2 votes per day)**

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Spotlight on the Litchfield Pork Patty Fundraisers

The Litchfield EAS program participants have found a great way to raise awareness of and to make money for the Elizabeth Ann Seton Program. They held two pork patty fundraisers in downtown Litchfield in May and June. A delicious pork patty lunchtime meal was served by volunteers and participants to Litchfield business people and townspeople.

The participant "moms" assist with cooking, providing counter help and delivering the meals. This is a great way for them to be involved in the program. Litchfield Coordinator, Dawn Morris commented that the women are very eager to help. For each fundraiser, 10 to 15 volunteers and participants worked to make the fundraisers successful.

Dawn spearheaded the events, and said that the program is planning to host at least two or more pork patty fundraisers over the next few months.

During the two events, 565 pork patties were sold. Great work, ladies!



Litchfield Pork Patty Fundraiser

Volunteer Spotlight

Kudos to the volunteers that made the Litchfield pork patty fundraisers successful!

Want to Be a Volunteer?

The following is taken from "Ten Professional Development Benefits of Volunteering (Everything I Learned in Life I Learned through Volunteering)

Mary V. Merrill, LSW, Merrill Associates (website:

http://helppguide.org/life/volunteer_opportunities_benefits_volunteering.htm)

Volunteering and Its Surprising Benefits

In today's busy society, it can be hard to think about finding time to volunteer. However, the benefits of volunteering are enormous, both to you, your family and the community. The right match can help you find friends, reach out to the community, learn new skills and even advance your career. Volunteering can even help protect your mental and physical health. Learn more about the many benefits of volunteering and tips on finding the right

place for you.

Benefits of volunteering #1: Volunteering connects you to others

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. However, volunteering is a two-way street, and it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Volunteering helps you make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Volunteering increases your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

Volunteering as a family

While it might be a challenge to coordinate everyone's schedules, volunteering as a family has many worthwhile benefits. Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help others and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

Benefits of volunteering #2: Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

- **Volunteering increasing self-confidence.** Volunteering can provide a healthy boost to your self-confidence, self-esteem and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
- **Volunteering combats depression.** Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're

going through challenging times.

- **Volunteering helps you stay physically healthy.** Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease.

Benefits of volunteering #3: Volunteering can advance your career

If you're considering a new career, volunteering can help you get experience in your area of interest and meet people in the field. Even if you're not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you've honed these skills in a volunteer position first.

Volunteering can provide career experience

Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. In some fields, you can volunteer directly at an organization that does the kind of work you're interested in. For example, if you're interested in nursing, you could volunteer at a hospital or a nursing home. Your volunteer work might also expose you to professional organizations or internships that could be of benefit to your career.

Volunteering can teach you valuable job skills

Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training. For example, you could become an experienced crisis counselor while volunteering for a women's shelter or a knowledgeable art historian while donating your time as a museum docent.

Volunteering can also help you build upon skills you already have and use them to benefit the greater community. For instance, if you hold a successful sales position, you raise awareness for your favorite cause as a volunteer advocate, while further developing and improving your public speaking, communication, and marketing skills.

When it comes to volunteering, passion and positivity are the only requirements

While learning new skills can be beneficial to many, it's not a requirement for a fulfilling volunteer experience. Bear in mind that the most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude.

Benefits of volunteering #4: Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family

commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life. Many people volunteer in order to make time for hobbies outside of work as well.

Consider your goals and interests

You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Start by thinking about why you want to volunteer. Also think about what you would enjoy doing. Volunteer opportunities that match both your goals and your interests are most likely to be fun and fulfilling for you.

How you can help

- Don't forget that you can donate to the Elizabeth Ann Seton Program when you shop and search online through GoodSearch and GoodShop. It is a safe and completely secure site that will generate money for EAS every time you use their search engine and shop on their site. Here is a link that tells more about the website:
<http://www.goodsearch.com/about.aspx>

Support Elizabeth Ann Seton Program

by donating online!

It's easy and safe. Go to
www.elizabethannsetonprogram.org and click on
"DONATE ONLINE NOW"

