



Saint Martin's Ministries



Expansion of Outreach Services at Saint Martin's Dental Hygiene Night

On the evening of April 13, 2016 at Saint Martin's food pantry, clients had the opportunity to receive free dental screenings and referrals for service. Judy Gaston RN, MS, from the Office of Oral Health Eastern Shore, Department of Health and Mental Hygiene and two dental hygienists: Bonnie Dove, RDH and Mary Ellen Caldwell, RDH, from Choptank Community Health Systems Inc., a local Federally Qualified Health Center with four dental centers in the mid shore area, were on site to provide the free dental screenings for the evening.

Volunteers from Saint Martin's helped direct clients from the food pantry area to the temporary dental facility in the Finance office and provided translation as needed. Judy and the clinical team provided education and screened 18 individuals. Clients with the most serious problems were provided with information on how to

access care. The team is following up to make sure that everyone who needs to be seen by a dental care provider gets an appointment. Saint Martin's food pantry is a lively place on Wednesday evenings and the clients included young and old and one homeless individual who was very glad for the service.

Top: Bonnie Dove RDH, Mary Ellen Caldwell RDH, Judy Gaston RN and volunteer translator Karina, Gonzalez-Cortez

Bottom: Judy Gaston, RN (on right) gives home care dental supplies to a client.

Good dental hygiene, especially the habits we develop early in life, can make a difference in people's health. Like many health issues the focus changes throughout the life cycle. Young children should have their first dental exam when they are one year old. The American Dental Association recommends daily dental preventive care with brushing two times a day with fluoride toothpaste for two minutes for healthy teeth; flossing begins once a day as the twenty primary teeth are present. Good nutrition and continuing a daily schedule of brushing twice and flossing once applies no matter what your age. During the preteen and teen years, it is important to avoid decay by eating healthy snacks and not drinking a lot of high sugar beverages. Avoiding smoking or chewing tobacco products helps with dental hygiene at all ages. For adults, poor mouth health can lead to other health issues and the mouth can be the first area where some diseases symptoms appear.

There are fancy words for the services Judy, Bonnie and Mary Ellen provided: advocating and outreach education are two descriptions that come to mind. Advocating, helping someone gain access to information and services that they need is very important in today's world. Outreach education simply means taking needed information to people where they are. What better place to do this than in Saint Martin's Barn? Clients have a high level of trust for SMM and know that services we offer will be fair, honest and often at no cost. Wednesday evening pantry hours are a perfect setting for advocacy and outreach. In April, the dental screening was as important to some clients as the food and clothing.

Kim Hopkins, SMM's Director of Programming says, "Providing our clients with that extra bit of information is what makes working here so rewarding. Saint Martin's tries to help everyone in some way."



Dear Friends of Saint Martin's—

It is a lovely spring day as I start to write this message, and I am thinking of all the things I'd rather be doing outside now that we finally have warm weather. Planting some annuals, doing some gardening housecleaning, or maybe just sitting on my little porch and watching the birds. I can do these things, or at least plan to do them, because I have a home. I have a safe and secure place for my clothes and other possessions. The appliances work (mostly), as do the lights and the hot and cold running water.

You might ask, why am I telling you this? As loyal supporters of Saint Martin's Ministries you know of the work that we do helping local families with food and the important resource that Saint Martin's House provides to homeless women and children. But you may not be aware that many clients benefit from SMM's administration of funds from state programs aimed at keeping families from being evicted, or giving them the chance to stabilize by living in the same place for a year or more. Since 2011 we have used these funds to help on average 85 families per year with rent or utility expenses, preventing evictions. Various agencies have entrusted Saint Martin's with nearly \$392,000 in the past 5 years to pay landlords and utility companies. One particularly memorable family consisted of a single dad, let's call him Tom, and two teenage sons. Tom is disabled and has a limited fixed income. He was homeless at least twice before coming to us.

Tom has a great outcome. Two years later he and his sons are still in their home, doing well and like me probably thinking of some spring projects. His story is an example of the policy that state and federal funders call 'Housing First.' Having a safe and stable place to live is central to families taking care of themselves.

We believe in Housing First at SMM and we are glad to have the state and federal funds to do this work. Unfortunately, only one of the funding sources provides for any administrative expense. The cost to SMM, our staff salaries and the use of our space and office supplies, bank accounts, all of the things that go into being able to offer this type of support to families is \$1700 a month. Without your donations we would not be able to help these families. Without our help families are traumatized by eviction.

Matthew Desmond's book, *Evicted: Poverty and Profit in the American City*, tells this story very eloquently. He too makes the case for Housing First, saying that residential stability (having a home) leads to a level of psychological stability that in turn leads families to invest more in their local community, their schools, and their relationships. Help us make the investment that helps families remain stable and grow in their homes. Support Saint Martin's Ministries.



Jean Austin, CEO of Saint Martin's Ministries



AUTHORS' LUNCHEON

Thanks to all of our friends and supporters who attended the Authors' Luncheon. This event is an important fundraiser for Saint Martin's.



empty bowls

In February, Saint Martin's hosted our first Empty Bowls event. Empty Bowls is an international grassroots movement to raise awareness and funds to end hunger. SMM's Empty Bowls featured eclectic bowls collected from the Barn Thrift Store and was held right in the food packing area of the food pantry. The featured soups were recipes from the cookbook... *Good and Cheap: Eat Well on \$4/Day* by Leanne Brown. Every month SMM helps local families with an emergency food package to supplement and enhance what they receive through food stamps. Funds raised at the event and the support of our friends and donors helps to ensure that the food package is filled with healthy and family friendly foods that struggling families can use.



Thank you to the following generous contributors who helped to make Empty Bowls possible...

Alpha Delta Kappa (*International Honorary Organization for Women Educators Caroline Co.*)
BJ Distribution
Warren Brey
Envoy Staff
Frase's Meat
Food Lion, Easton
Giant, Easton
Dr. and Mrs. Orr
Sara Rich
Joanne Rich
Your Comfort Company
SMM Staff & Volunteers

Soup Chefs: Jean Austin, Anne Bricker,
Linda Pangalos, Deb Vornbrock

SMM has lots of great events planned. We hope you will join us. The proceeds from all events go towards helping families on the Eastern Shore who are struggling to make ends meet.



Ridgely Strawberry Festival Sunday, May 29

Find unique and eclectic items at our *Treasures from Saint Martin's Barn* booth at this free festival featuring a parade, games and rides, a variety of fresh-cooked foods, live music and prizes.

1st Annual Kent County Golf Tournament Monday, June 13

Golf Tournament will support Saint Martin's Ministries and Big Brothers Big Sisters of the Greater Chesapeake. A day of fun, food and golf at the Chester River Yacht Club in Chestertown.

2nd Annual Music on the Miles Saturday, August 27

Join us at the Miles River Yacht Club for an evening of local food and music.

1st Annual Queen Anne's County Golf Tournament Thursday, September 22

Golf Tournament will support Saint Martin's Ministries. A day of fun, food and golf at the Queenstown Harbor Golf Course.

11th Annual Arts Dinner & Auction Friday, October 7

Local art and a themed evening at The Chesapeake Room Rock Hall, Maryland.

Empty Bowls February 2017

Come to SMM to enjoy homemade soup in mugs from the Thrift Store. Look for additional SMM Empty Bowl events around the Mid Shore in 2017.

20th Annual Authors' Luncheon & Auction Saturday, March 4

Mark your calendars! The 20th Annual Authors' Luncheon will be a special celebration you won't want to miss.

For information on tickets and/or sponsorship opportunities, please contact Deborah Vornbrock at 410.634.2537 x 102 or by email at devdirector@smartinsministries.org.

My Thoughts on Saint Martin's Ministries

By Veronica Daniels

Veronica (Roni) Daniels is a former Director of Saint Martin's House. She also served on the SMM Board of Directors and volunteered at the Barn.

In early April, I met with Jean and Deborah who were on their way to visit friends of Saint Martin's. During the visit we took a trip down memory lane. We talked about the circumstances that a few of the sisters were noticing in the surrounding area and how the Ministry grew from providing clothing to providing food and then to collecting furniture and home goods for those in need. As the Ministry grew many changes took place. Structures were enlarged, food distribution became more refined and a place to store furniture and home goods became available. One of the most challenging additions was Saint Martin's House. Staffing for the Ministries was always a subject for discussion.



I left the meeting thinking about the many individuals who have worked at Saint Martin's through the years. Each time someone left there was concern and yet with each change the Ministry continued to grow.

I know there is still some concern regarding the changes that have taken place in the past few years. I had an opportunity to visit Barn and the House this past week. The Ministry is alive and flourishing. Yes, there are changes, but with change there is always the possibility of growth. The staff of Saint Martin's is dedicated to provide for those who are in need. I was pleased to see the level of activity at the house and in the barn. Each person I encountered was friendly and welcoming.

As I was leaving Ridgely, I remembered a statement from Mother Teresa. When asked what would happen to the community when she died, she stated that the her community was started and had grown at the will of God and would continue at the will of God. Saint Martin's will continue to fulfill a need on the Eastern Shore as it has for almost 35 years.

You can make a difference.

WHEN YOU SHOP AT  and choose Saint Martin's Ministries as your preferred charity, Amazon donates .5% of the purchase price to SMM. Please bookmark the link smile.amazon.com/ch/52-1913676 and support us every time you shop.

Need to get rid of an old car, boat or RV?

Saint Martins Ministry can take your car, boat or RV in almost any condition (it must have an engine and be towable). IT'S EASY! Just go to cardonatingiseasy.org/donate/?CharityID=3089 or **855-500-RIDE (7433)** and CARS will do the rest!

You can always help families on the Eastern Shore with their most basic needs by making a DONATION ONLINE at StMartinsMinistries.org.

WORKPLACE GIVING. It's an easy way to help! Many federal, state, and local governments as well as private employers offer one of the easiest ways to donate—through automatic payroll deduction. SMM participates in the Combined Federal Campaign (CFC #55213), United Way (EIN # 52-1913676) and the MD Charity Campaign (#5523)



Saint Martin's Ministries

Fighting Poverty on the Shore for over 30 Years

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Deborah Hudson Vornbrock, Director of Development

