



Stewpot Newsletter
December, 2014
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Merry Christmas from the Stewpot Board



Official Stewpot Holidays

There has been some confusion over the Stewpot Holiday Schedule for this Holiday Season. The Board has reached a decision and here it is!!!! The Stewpot will be closed on the following days:

Thanksgiving - Thursday, November 27 and Friday, November 28

Christmas - Wednesday, December 24 and Thursday, December 25
(Open on Friday, December 26)

New Years - Wednesday, December 31 and Thursday, January 1

It is also official that the Board wishes a blessed holiday to all of you who have been faithful stewards throughout the year.

Stewpot Appreciation Dinner

The Stewpot held an appreciation dinner for all volunteers at Westover Hills Presbyterian Church on Tuesday evening, October 7. Approximately 80 individuals, both Stewpot volunteers and non-volunteers, attended the dinner. Scott Seidenschwarz, from First Presbyterian Church, and Brian DeLoney, chef at Maddie's Place, prepared a delicious dinner of salad, gumbo and rice and garlic bread. The Presbyterian Women of Westover Hills decorated the tables with a Fall theme and served the salad and gumbo, and also prepared desserts. Herb Rule was master of ceremonies

and Frank LeBlanc, minister at Westover Hills, gave an invocation which consisted of a sing-along song and a prayer. Nancy Rorex thanked numerous people for all they do for Stewpot. Donations from the event were \$386.



Books for the Offering



Libby Ingram, a member of First Presbyterian Church, continues to offer

paperback books to the diners at Stewpot on the second Tuesday each month. She has a website (www.booksfortheoffering.com) and a Facebook page (Books for the Offering) for contact information. She is happy to talk to anyone who would like to donate books.





"The hunger for love is much more difficult to remove than the hunger for bread."

Mother Teresa

Mick and Mary Louise Wilson have been eating lunch at Old Mill and Boulevard restaurants for a long time. A little over two years ago, they were having lunch at Old Mill, and Mary Louise asked the owner how they disposed of the left over bread. His response was that was that they donated it to worthy causes. So Mick and Mary Louise started picking it up for Stewpot. They did the same thing at Boulevard. Each Monday and Thursday, Mick wakes up early, calls Old Mill around 5:30 a.m. and later picks up the bread. Boulevard now calls Mary Louise almost every day including weekends, and the Wilsons normally pick it up when they close at 7:00 p.m. They give Stewpot first call for the bread, and call Ed Brown to see if he wants all of the bread or just the sliced bread (usually from Old Mill). Since Stewpot needs extra help and time to slice a lot of the bread and they also have other bread donated, the Wilsons usually take the unsliced bread to the Compassion Center on Roosevelt Rd. Mick and Mary Louise also take bread to the Salvation Army when they have too much for Stewpot. **Thanks to Mick and Mary Louise Wilson.**

Baptist Health Community Clinic

Baptist Health Community Clinic is held weekly at the Stewpot. Nurses Rachel White and Kenley Throgmartin, and Community Health Associate, Letitia Bailey, come to the Stewpot each Friday from 12:00 pm - 1:00 pm. Dr. Blake Scheer, volunteer physician, along with two volunteer pharmacists, John Ritley and Scott Pace offer free medical care and prescription medications on the third Thursday of each month.

Free Services Include:

- Basic First Aid
- Blood Pressure Screening
- Blood Sugar Screening
- Care Coordination
- Community Referrals
- Diabetes Education Program
- Diabetes Risk Assessment
- Flu Shots (October and November)
- Health Monitoring
- Individualized Health Teaching
- Oxygen Levels
- Parasitic (Lice) Treatment
- Tobacco Education Weight Management Education



From the Clothes Closet.....



With the chill in the fall air, we in the clothes closet are beginning to box up summer and get out the winter items. It has become apparent that we are running low on several things. We must request your help in securing the following items: Blankets (clean and in good repair....preferably NOT wool)

Men's underwear.....sizes 36, 40, 42, 44

Women's underwear.....sizes 5, 6, 7

Hoodies.....sizes L, XL, XXL

Men's socks

Any help that you are able to provide is greatly appreciated! We want to be able to provide our downtown friends with as warm a winter as possible!



Christmas Giving at The Stewpot

The planning has already begun for the Christmas packages to be given to our diners. Each year a gift package is prepared that includes items to keep someone warm and dry in the winter. A typical package contains, at the

minimum, knit hat, gloves, socks, hand warmers, toiletries, blanket, poncho, candy canes and baked treats. This effort entails purchasing these supplies in bulk quantities and then assembling and decorating the packages. When individuals or groups ask what they can do in the spirit of Christmas please advise them that any donation will be appreciated, for It takes approximately \$10.00 to prepare a package to be passed out to each diner.

Please mail donations to:

The Stewpot

Attn: Christmas Fund

800 Scott Street

Little Rock, AR 72201



THANK YOU FOR
YOUR DONATION TO
STEW POT

A DONATION HAS
BEEN MADE TO
THE STEWPOT IN
HONOR OF

Christmas Giving for The Stewpot

WHPC Alternative Christmas Market

The Westover Hills Presbyterian Church's Alternative Christmas Market was held in the Fellowship Hall on Saturday, November 15 from 9:00 a.m. until 2:00 p.m. This market was a wonderful opportunity to bless friends and family with Christmas gifts that benefit organizations helping those in need, locally and worldwide. There was something for everyone from home baked goods to jewelry, ornaments, or the chance to get a charitable donation card in honor of a loved one. Charlie Frith, a member of Westover Hills, collected \$490. for Christmas Stewpot Gifts. Individuals could make a \$10.00

donation to Stewpot and receive a card and envelope in which the giver could present to a friend or family member saying that a donation had been made to the Stewpot in their honor.

Make a Donation to Stewpot



Your donations to The Stewpot have helped us feed the hungry for the past 40 years. Thanks to your support, we are able to supplement our allocations from Potluck, Rice Depot and other food banks with needed milk, canned and fresh food.

Please send your donations to The Stewpot - Little Rock, 800 Scott Street, Little Rock, AR 72201.

Check out our Website

<http://stewpot-littlerock.org>