



Happy New Year! I bet all of your resolutions look something like this: break old, bad habits; be the change you want to see in the world; volunteer your time and/or resources more; be a better version of you. Well, we're proud of you for striving for all of those things. Those are the people we want to do life with at Our Daily Bread! As we start 2019 on a new foot, let's reflect on the end of 2018 and get excited for what's to come. Here's to 2019. May it be the best year yet!

**welcome,  
january**

## **Let's Be Better Versions of Ourselves Together**

Part of the "New Year, New Me" idea comes from the desire to improve our lives, in a tangible, measurable way. That's our mission at Our Daily Bread: be a community that provides and enables lasting change for our guests and even our volunteers. To kick off the new year, we're introducing our first additional resource of 2019, with the hopes that we'll have many more like it in the future.

Starting January 10<sup>th</sup>, our Diabetes Prevention class, taught by Courtney Redding from Razook's Drug and Pharmacy and funded by the Alene Brown Foundation, will meet for the duration of the year. The point of the course is to help eligible community members who have Pre-Diabetes prevent the further onset and spread

of the disease. The course will intensively focus on goal setting and lifestyle changes for each individual person. Incentives and prizes will be awarded throughout the year, and each participant will receive a free gym membership for 2019. The class is full, but there will be more opportunities in the future.



## **For the Love of Babies**

The last few months we've partnered with the Infant Crisis Services of Oklahoma, who brings the Baby Mobile to Payne County once a month. Starting in January, they will be coming to Our Daily Bread twice a month. Anyone with a child under the age of four can come up to five times in the baby's lifetime and can expect to receive diapers, formula, and baby food for about a week.

**For January, the dates will be Thursday, January 17<sup>th</sup> from 9 am – 12 pm and Wednesday, January 30<sup>th</sup> from 11 am – 2 pm. The Baby Mobile will still come every third Thursday and the last Wednesday of each month.**





## Volunteer Spotlight

Our Daily Bread has the best volunteers. Each one of you makes ODB a safe haven and a welcoming place for our guests. Because you've already had it on your New Year's resolution list for a few days now – volunteering more that is – we're expanding our Volunteer of the Month section to attempt to keep up with all the great people who deserve to be recognized for their kindness and hard work.

First, let's recognize the First United Methodist Church who comes every fourth Tuesday of the month without fail. They've been coming since we opened, and we'll tell you honestly that they're a force to be reckoned with. This group of people is completely action oriented. None of them stand by idly waiting for an opportunity to help people to just appear; these people seek out opportunities to help people. We could recognize all of you individually because you all love this place like your own, but the whole newsletter would just be one ginormous thank you list. Know that we appreciate you, your service, and dedication to our community more than words do justice.

Next, it's due time we recognize Doug Valley, who lives behind the scenes of ODB. This man was instrumental to the birth of this organization and the internal construction of the building. He still can be found climbing ladders, fixing broken fans (and other broken items), and cutting up with guests and volunteers alike. He's always seen with a big grin on his face followed by laughter – even when he's making his home at the first aid station. Doug, you should be known as a hero of public service. For that, we salute you and thank you for your hard-working spirit and jovial heart.

Volunteers, we know you and see you every day. We know you have your own families, your own struggles and triumphs. Yet, you continue to choose to invest your time in your community and in other families in your community. You all deserve a crown with many jewels. We're so excited to continue to fight hunger and feed hope with you for 2019.



## **The Difference Made in December**

There are several items of business that should be noted for December. First, over 1,350 volunteer hours were logged for December. That's truly incredible. Each hour was given to someone that wasn't yourself. Each moment imprinted lasting change on this community and the people who live here.

In December we served 990 total households and 2,691 total individuals. We have already made a difference in Payne County, but there's more to be done. Let's start the year with the mentality that there's still more room at our tables for our neighbors.

### **Don't Forget!**

Don't forget to bring us your egg cartons and plastic bags! It's not a thing of the past. We want both for the rest of 2019 too!

---