

Welcome to Sarah Bellum's Bakery & Workshop's Quarterly Newsletter!

Inside, you will find stories highlighting our amazing bakers and volunteers, information on upcoming events, and of course a featured cupcake!

Thank you for being a part of the wonderful Sarah Bellum's community!

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Featured Cupcake: Cardamom-Cranberry

A lightly spiced cardamom cake with cranberry frosting, topped with sparkling sugar and a candied cranberry!

Available now until November 24th.
Try it today!

[Order Cupcakes Online Today!](https://www.sarahbellumbakery.org)



Upcoming Holiday Closures

The bakery will be closed:

Thanksgiving week 11/25 - 12/1

Christmas, Hanukkah, and New Year's week 12/23 - 1/5

Be Sure to Order Cupcakes for the Holidays Early!

Featured Baker: Zack Edmondson



Zack pictured at his brother's wedding

Zack first got involved with Sarah Bellum's Bakery & Workshop (SBBW) in January 2019. After Zack's TBI, he had been working on his recovery "at an all day rehabilitation center for folks with brain injury, and they recommended [joining Sarah Bellum's Bakery]." As Zack said, "I got involved [with SBBW] because I got a TBI, and once I started to recover I could function a little bit.

[Joining the bakery] was the next step to be productive."

When Zack first started at the bakery, he was using a walker for balance and assistance walking. Volunteering at SBBW helped Zack "to focus on one thing at a time, and actively improve one specific thing at one time." Zack also gained support from volunteering at the bakery in his communication and "being social,

[being at the bakery made it] really easy for me [to be social]."

Zack enjoyed doing mental exercises while he baked. As part of his rehabilitation post TBI, Zack was encouraged to continue to exercise his mind. "While I was baking, they would say a phrase or couple of words, and I would have to repeat backwards one letter at a time, and then flip it back to normal. Or list categories, like mammals and name as many as I can while baking. It was very difficult, but when I was done, I was proud of myself." Zack also enjoyed helping out new bakers when they joined the bakery, which

"proved to myself that I have learned something, improved in some way."



Featured Baker: Zack Edmondson continued

Through volunteering at Sarah Bellum's, Zack found support in improving his skills and ability to get a job. "Even from the beginning, they talked about ideas for job prospects. Had me do mental exercises, talked about things I might be interested in. Theresa and Devon became my Job Developers, and helped me build skills and look for [jobs] I am interested in and enjoy, which I appreciate." In addition, Zack found support in building skills in areas he had not considered, such as cleanliness, cleaning skills, and concise communication. "When I was trying to find a job I was interested in, I was not satisfied with my prospects. And I knew I could do better. I had already gone far enough in my education, and could finish a degree in mechanical engineering in two years at PSU. I thought that would open up a lot more things I would be interested in."

Zack began classes this fall at PSU to complete his degree in Mechanical Engineering, and is continuing to receive support and guidance through Sarah Bellum's Return to Work program. "[Theresa and Devon] are helping me be successful in my college career."



Left: Zack prepping Challah at SBBW

Right: photo of Zack



Zack's favorite treat at SBBW are the macaroons, and he also enjoys the seasonal Red Velvet and Pumpkin cupcakes, and of course the Salted Caramel Cupcakes. "Since my injury, I take [better] care of myself. I spend more time with my family," says Zack. "For me, I would probably be wallowing in misery if I didn't have a program like [SBBW] that can help me get from A to B, that I actually have a path. And I know it takes a lot of work for the bakery, and the bakers, but I think it is really helpful for all of us.

Programs like [SBBW] are fairly rare, and there are a fair amount of people who have brain injury...and [SBBW] could really help them."



Did You Know?

An acquired brain injury (ABI) is an injury caused to the brain after birth. There are many possible causes, including a fall, a road accident, tumor and stroke.(1)

The number of people diagnosed with a brain injury each year is more than those diagnosed with Alzheimer's, breast cancer, HIV/AIDS, prostate cancer, lung cancer and ALS combined.(2)

(1) <https://www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/>

(2) <https://www.hhs.texas.gov/services/disability/office-acquired-brain-injury>

Return to Work: Our Vocational Rehab Program at Sarah Bellum's



Interested in building your skills and working towards returning to paid employment after ABI? Look no further!

Sarah Bellum's Bakery & Workshop is contracted with Oregon Vocational Rehabilitation Services to provide Job Development with personalized support to meet your return-to-work needs and employment goals.

Talk to your Vocational Rehabilitation Counselor today.
If interested in more information, please contact Teresa Wright at

TeresaW@sarahbellumbakery.com



Remember Sarah Bellum's when planning your holiday this season! With a variety of flavors to choose from, there is a cupcake, cookie, and treat to suit any occasion! Give the gift of delicious baked goods and support a great cause!

Order Cupcakes for the Holidays!



Social Events at Sarah Bellum's

Sarah Bellum's bakers and volunteers enjoyed a day at the Portland Art Museum together this month! Social Events bring bakers together to build community and social connections.

Email kylies@sarahbellumbakery.com for information on the next social event.



Support Sarah Bellum's Bakery & Workshop Today!

Help us continue the sweet success of Sarah Bellum's Bakery & Workshop supporting bakers like Zack today.

[Donate Now](#)

On behalf of our bakery community, thank you for your generosity!

Sarah Bellum's Bakery & Workshop is in
[Willamette Week's Give Guide!](#)

Check it out, and support our fundraising efforts today!



We Want to Hear From You!

What is your favorite treat at Sarah Bellum's Bakery?!

Vote for your favorite baked treat!



Subscribe to Sarah Bellum's Bakery Newsletters!

Click the button below to subscribe to future newsletters from Sarah Bellum's Bakery & Workshop! Newsletters will be sent out quarterly highlighting our phenomenal bakers, delicious cupcakes, and sharing upcoming events for our community!

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This newsletter was created by Jenna Steele, survivor of multiple concussions and lover of baked goods. Jenna is a co-founder of ResilientSeed Healing Farm, a nonprofit farm cultivating resilience and healing in adults living with brain injury. You can learn more at <https://www.resilientseedhealingfarm.com/>

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