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Welcome to the First Newsletter for Sarah Bellum's Bakery!

Our newsletter will be sent out quarterly. Inside, you will find stories highlighting our amazing bakers and volunteers, information on upcoming events, and of course a featured cupcake! Read on to learn more.

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

Featured Baker: Dave Nichols

Dave Nichols has been involved with Sarah Bellum's Bakery & Workshop (SBBW) for over five years, since the beginning of 2019. When in Multnomah Village, Dave's Mom came across the bakery, and she helped get him set up there. Dave saw the bakery as a way to be productive and do something outside the house.

Through Dave's work at SBBW, he built upon social, speech, and fine-motor skills. In Dave's words, "The thing I'm most proud of is my progress. When I started, I could barely do a two-hour shift. I could barely talk, and it was hard for

me to press the buttons [on the cash register]. [I experienced] so much double vision, and my speech was slow. Sarah Bellum's Bakery brought me on, and I was part of the team."

"Sarah Bellum's Bakery brought me on, and I was part of the team."

During Dave's time volunteering at SBBW, he worked in the Front of House and then transitioned to baking in the Back of House. Through these experiences, he learned to be "more comfortable with who I am, and seeing that I have abilities. Seeing that I can go out and work. That confidence has helped me get the two positions I currently have. The bakery helped me tremendously with fine motor skills. At first, I was doing a 'cloud' of frosting, then by the time I finished, I was frosting the cupcake with a 'swirl!'"



Left: Dave pictured at work in his new position at REI!

Right: Dave pictured with cupcakes he frosted with swirls!

"At SBBW, I got my confidence talking to people." Dave is now working two positions, both in customer service, at REI and Movement, a local gym in Portland. Dave's work at SBBW allowed him to practice and grow in his skill sets, confidently talking with customers. Dave would like people to know, "that Sarah Bellum's Bakery exists, first off! Still not enough people know [about

SBBW]. And that the cupcakes are made with love!”

"The cupcakes are made with love!"

Dave's favorite treat at Sarah Bellum's Bakery are the chocolate chip cookies, because they taste great and are less messy. As Dave said, "I struggle to eat cupcakes without getting frosting on my face. [My favorite] cupcake flavor is Pumpkin Spice.”

Dave has a few special shout outs and hugs to give, as he really liked working with Lisa, Kristi, and Sarah. "All the people there are awesome. I think I was hard to work with--I was scary, as I looked like I was going to fall. I would make such a mess frosting [cupcakes]. Whoever I was working with was always so patient. Lisa let me come in with my walker, and now I am not using my walker as much. I would just say: neuroplasticity is real! And tell people to keep going.”

"I would just say: neuroplasticity is real! And tell people to keep going.”

Did you know?

An estimated 5.3 million Americans are living today with disability related to traumatic brain injury. That's one in every 60 people.[\(1,2\)](#)

Every brain injury is unique.[\(2\)](#)

Featured Cupcake: Lemon-Strawberry

**Lemon cake, strawberry
frosting, fresh lemon zest &**



sprinkles on top!

A delicious taste of summer!

Available now until September 1st.

Yum!

Order Cupcakes Online Today!

VOTE for your favorite baked treat!

Help us Celebrate 8 years of Changing Lives!

Please join us for an in-person Happy Hour celebration fundraiser to raise a glass and raise funds to support adults with acquired brain injury.

Thursday, September 12, 2024

5:00-7:00pm

Multnomah Arts Center Auditorium

Tickets are \$50 each

Each ticket includes food (hors d'oeuvres and desserts) and two drink

tickets. Additional drink tickets will be available for purchase.

Tickets for Happy Hour Fundraiser Celebration

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 now 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

Love Lives On

by Unknown

Those we love remain
with us for love itself
lives on,

and cherished memories
never fade because our
friend is gone.

Those we love can



never be more than a
thought apart,

for as long as we think
of them, they'll live on in
our hearts.

Our friend and colleague, Mickell, passed away on July 10, 2024. We honor Kell's friendship, hard work, and contributions to the Bakery. Mickell is remembered by her humor, warmth, tee-hee-hee laugh, inquisitiveness, love of music, and love for her cat Garfinkle (half of the texts Mickell sent to friends were of her beloved cat!)

Mickell became involved with Sarah Bellum's Bakery & Workshop (SBBW) in October 2022, and came to the bakery never having met anyone else with a brain injury. Connecting with others, especially folks living with brain injury, was a profound aspect of her time and success at SBBW.

SBBW was Mickell's first job, and she was making new friends and experiencing new things in her life. Kell had dreams for her future, and was working towards those dreams of independence, employment, and continued relationship building. She was working with Teresa Wright, Co-Director of Vocational Services at SBBW, thinking about her future and what she wanted to do, considering her strengths, and how best she could use the transferable skills she worked so hard cultivating while at the

bakery. Mickell was coming out of her cocoon of survival, like a butterfly, and she was in the midst of blossoming and finding a new path forward. She had been challenging herself with new experiences and stretching her sense of independence with walks to the coffee shop and stores in Multnomah Village.

Mickell's effervescent personality shined when working at SBBW and in her conversations with customers. Mickell was skilled at upselling and encouraging customers to purchase more cupcakes, especially when she noticed a customer only had three cupcakes in the 4-piece container.

We miss Mickell deeply, and feel so thankful to have had her and her humor in our lives. Special thanks to Uncle Dave, Aunt Maureen, and cousin Sarah for all of their support for Mickell and their collaboration with the SBBW team.

Thank you, Mickell for your friendship, laughs, and love.



Support Sarah Bellum's Bakery & Workshop Today!

Please help us continue the sweet success of Sarah Bellum's Bakery & Workshop supporting bakers like Dave and Mickell today.

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

[Monthly Sustaining Donation](#)

Donate One-Time

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 supporting adults living with brain injury. You can learn more at <https://www.resilientseedhealingfarm.com/>.



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