



# Working Together

February 2016

## Starting Off on the Right Track: Early Childhood Mental Health Now Offered at MCUM

Along with welcoming the new year here at MCUM, we're also welcoming a new individual to our staff. Jessica Bare is a mental health intern who will be working with our childcare students and their families for the next year and a half! She is a graduate student from Indiana University pursuing a Master's degree in counseling. With Jessica's support, MCUM will host one of Monroe County's first early childhood therapy programs held in a childcare center.

Under supervision from Education Coordinator Tina Burress, our preschool staff currently utilizes the Conscious Discipline method to recognize and diffuse problems and behavioral issues in children. Having a counselor/therapist on-staff means that MCUM's students will have additional, supplemental support in correcting and identifying problems in the classroom.

If corrected at a young age, behaviors such as explosive tempers, solitary or withdrawn personalities or not knowing how to express feelings appropriately can be addressed, avoiding larger problems in the future. Statistically, having Jessica on staff means that our preschoolers will be *even more* socially-prepared to enter kindergarten than they already are: 73% of children in our program are ready for entry to kindergarten in comparison to only 33% county-wide.



Pictured above: A classroom aide working one-on-one with a student

With Jessica on board and continued staff training through Conscious Discipline, MCUM hopes to raise that percentage even higher and help children who come through our program quell small behavioral issues early on so that they don't turn into bigger issues.

If requested, Jessica can also work one-on-one with families and kids in our program. While Jessica is only here interning with us for the short-term, Executive Director Erin Predmore has worked out a partnership with Indiana University that will make MCUM a permanent intern placement site.

## Thank You!

This month, we would like to express our appreciation for...

- Trinity Episcopal Church for having us speak during your fellowship time and for your continued support!
- The Unitarian Universalist Church, First Presbyterian Church, First United Methodist Church, St. Mark's United Methodist Church, and all the congregations who made special end-of-year gifts to MCUM.
- Valerie Merriam for continuing to make sure our pantry is stocked and ready to serve hungry Monroe County residents.
- Yun Chang at Indiana University for accepting us as a service-learning site for your special event class. Volunteers will be helping with MCUM's Spring Luncheon and with a new onsite produce market.

## Current Needs

### Food Pantry

- Canned or dried fruit
- Spam or Treet
- Tuna
- Canned Chicken
- Chili

### Cleaning Closet

- All-purpose spray cleaner
- Floor cleaner
- Body lotion
- Socks for men and women
- Men's underwear 30-36
- Women's underwear 2-6

### Childcare

- Command strips (60), small
- Containers, any size
- AA & AAA Batteries
- Construction paper
- Liquid glue
- Glue sticks
- Crayola markers
- Bingo dobbers, any color

### Office

- Refrigerator
- 8.5 x 11 Copy paper
- Pens, blue or black ink

### Did you know...

the hygiene items and household products that MCUM distributes cannot be purchased using SNAP benefits (Food Stamps)?

Please remember our friends in need by considering donations like toilet paper, shampoo, laundry detergent, and other important cleaning items.

# Caution: Wet Paint

## MLK volunteers paint Childcare Center

From Saturday through Monday of the weekend preceeding Martin Luther King Day, community members from First United Methodist Church's Open Door group gathered at MCUM to tackle a weekend-long project at the preschool. Thanks to the support of more than 40 volunteers and MCUM childcare staff, MCUM's classrooms and hallways have all received a fresh coat of paint!

A project of this magnitude is costly and typically requires hired-out labor. Thankfully, members from the Open Door at First United Methodist Church chose to donate their time and MCUM received a grant from The City of Bloomington's MLK Commission to cover the cost of paint and supplies. Thanks to these partners, our childcare families returned to school on Tuesday to find all the rooms and hallways had been brightened up. Check out the pictures below to see all the fun they had!

Our SPEA fellow Steve Thomas headed the crew, cheerfully giving instruction and help when necessary. Tina Haley, a member of the volunteer crew, heard about the opportunity through her church. She was already singing in the church's peace choir on Martin Luther King Day, but wanted to do more service work in light of the holiday, so she signed up to help MCUM to complete the project. While she said she has limited painting experience, Haley enjoyed the project. "It was fun - it was meditative," Haley said. "I have patience [now]!"

Below: Volunteers in action at the MLK service day. The volunteers painted the hallways and classrooms at the preschool.



# Get ready for...

## THE MCUM HUNGER GAMES



March 1 - April 30

**Monroe County United Ministries | Spring Food Drive**  
Community-wide goal of \$40,000 & 8,000 LBS of food

Join a District

Congregations, Clubs, Student Groups, & Corporations are all welcome!

Help Us Meet Our Goal

\$40,000 & 8,000 lbs of food

In addition to gifts from generous individuals in the community, Tributes from various Districts will go head-to-head to win the title of the MCUM Hunger Games Champion.

**TAKING  
THE  
ODDS  
OUT OF  
HUNGER**

This goal will provide 5,500 meals and 1,400 household items to families in need and will help 75 individuals on the verge of homelessness stay in their homes.

From March 1 through April 30, MCUM supporters are invited to take part in our second-annual MCUM Hunger Games! During these two months, all food and household/hygiene donations and financial donations will be proportionately-matched, helping stretch each donation even farther. What could get better? How about prizes!

That's right - you can join a "District" (team) to compete against others to see who earns the most points. Districts earn points based on the weight of donations and amount of money raised, but can also earn points for participating in other activities - like making a videos, inviting MCUM speakers to a group meeting, posting pictures of your food dive on social media, and more. What a fun way to bring your friends together to raise awareness for local hunger!

Full event details will be posted online at [www.mcum.org/hungergames](http://www.mcum.org/hungergames) in the next few weeks.



Monroe County United Ministries

Non-Profit Organization  
US Postage Paid  
Bloomington, IN 47404  
Permit #186

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Save a tree!

Sign up to receive our eNewsletter.

Email [kbroadfoot@mcum.org](mailto:kbroadfoot@mcum.org) to make the switch!

## Staff

Executive Director: Erin Predmore  
 Development Associate: Katie Broadfoot  
 Emergency Services Coordinator: Cliff Edens  
 Emergency Services Caseworker: Sandy Clothier  
 Emergency Services Caseworker: Jenn Webeck  
 Office Manager: Shannon Hampton  
 Childcare Director: Traci Mehay  
 Education Coordinator: Tina Burress

## Hours of Operation

Office & Emergency Services  
 Monday & Thursday: 8 a.m.- 5 p.m.  
 Tuesday, Wednesday & Friday: 8 a.m. - 4 p.m.

Childcare  
 Monday - Friday: 7 a.m. - 5:30 p.m.

\*On days of high demand for services, MCUM may stop taking applications earlier than posted hours.

## Opportunity House

Opportunity House, located at 907 W. 11th Street, is a volunteer-run resale shop that raises funds to support MCUM's programs. We are open 10 a.m. to 3 p.m., Monday through Saturday, with donations accepted 8:30 a.m. to 3 p.m. Call us at (812) 336-2443 or follow us on Facebook!

Donations of gently used items are always welcome, including: **books, clothing, household items, collectibles, toys, and linens.**

A Message from the Store Manager:

Opportunity House is having great sales as we have been receiving great donations! We so appreciate all who have donated to us!

Our store is full of Valentine's Day cards and decorations at affordable prices, so come see our selection before it's sold out! We are also in need of more volunteers, so if you have time that you can spare, please consider volunteer a couple of hours a week with us. We need cashiers, sorters and people to price our donations. Stop by Opportunity House today!

**Jill Argenbright**, Store Manager



Please recycle this newsletter or share it with a friend.