

The Newsletter of Monroe County United Ministries

Working Together

August 2014

Each One, Feed One Food Drive Volunteers Needed August 22-24

Are you ready to make a BIG impact in one weekend? MCUM needs volunteers to serve your neighbors in need during the tenth-annual "Each One, Feed One" Community Food Drive Friday, August 22 through Sunday, August 24, 2014. Volunteer by yourself or as part of a group! Your efforts will help MCUM meet the goal of raising 15,500 pounds of food in only three days, which will re-stock MCUM's emergency pantry until the holiday season. Shifts typically last three hours, and volunteers should feel comfortable with light lifting and standing for periods of time.

MCUM needs about 200 volunteers to help make this event a success. Volunteers will be provided with water, and those working two consecutive shifts on Saturday will be treated to lunch! Volunteers transporting donations will be reimbursed for their gas with a \$25 gift certificate. Children 15 and under are welcome to help out, but must be accompanied by an adult.

So how do you sign up? Visit www.mcum.org or contact Meri Reinhold at (812) 339-3429 x11 or mcum@mcum.org. Thank you for taking the time to feed those who need your support.



Volunteer positions available:

- Store Volunteer – pass out shopping lists to entering customers and collect food, hygiene products, and cleaning items
- Drivers and Riders – follow designated routes to pick up donations from stores and deliver them to MCUM for sorting
- Sorters – sort donations as they arrive at MCUM
- Can Wranglers – take sorted food into its home in the pantry
- Troubleshooters & Substitutes – fill in wherever needed

Thank You to our Participating Stores

Interested in making a donation to help MCUM reach its goal? Volunteers will be posted around Monroe County at the following locations:

- Bloomingfoods
- Hometown IGA
- Kroger stores
- Marsh Supermarkets
- O'Malia's
- Wal-Mart

Support from area grocery stores makes this event possible! Stop by any of these stores to make a donation to support MCUM!

Thank you, also, to this year's sponsors for making this event possible:



American Legion
Post #18



Food Pantry Needs

MCUM welcomes donations of all non-expired, nonperishable foods for its Emergency Food Pantry, but currently there is a special need for:

- Tuna
- Pie crust mix (Jiffy)
- Juice and instant drinks
- Pudding and Jello
- Ramen noodles

Cleaning Closet Needs

Cleaning and hygiene supplies can't be purchased with food stamps. The following items are in high demand:

- Hair conditioner
- Lotion
- Mouth wash
- Deodorant - male and female
- Shaving cream
- Tooth brushes
- Baby Wash and Shampoo
- Adult socks

Childcare Needs

The Childcare Program needs all kinds of outdoor supplies, including:

- Crayola crayons 24 pk
- Crayola markers 8 pk
- Non-toxic dry erase markers
- Storage containers of any size
- Gently used CD or MP3 players

Opp House Needs

Opportunity House can find new homes for your gently used items, with proceeds benefiting MCUM's programs. Please consider donating items such as:

- Paper and plastic bags
- Towels

MCUM also gladly accepts *paper grocery sacks* for the food pantry. Paper bags hold more than plastic and stand up nicely. Please ask for paper when you shop and bring them to MCUM to reuse.

Volunteer Opportunities

For more information about these or other volunteer opportunities, visit www.mcum.org, call (812) 339-3429, or email help@mcum.org.

Featured Volunteer Position

"Each One, Feed One" Community Food Drive Volunteers (August 22-24):

200+ volunteers are needed for a range of tasks, from event planning in the coming months to distributing flyers at stores, picking up or sorting donations, and packing donated food into the pantry during the big weekend.

Contact Meri at mcum@mcum.org or (812) 339-3429 x11 to find out how you can help!

Maintenance Volunteers:

Volunteers are needed to perform basic maintenance tasks of any skill level, from changing light bulbs to basic carpentry. Work is usually performed between 8 a.m. and 4 p.m., Monday through Friday. Contact Meri at mcum@mcum.org or (812) 339-3429 x11.

Fresh Foods Coordinator:

MCUM seeks an energetic individual to coordinate fresh foods for its emergency services clients. This person will organize and manage the refrigerator, and coordinate pick-ups from the food bank. Contact Cliff at help@mcum.org.

Opportunity House Volunteers:

Opportunity House, a resale shop located at 907 W. 11th Street, is MCUM's important partner. Volunteers are especially needed to sort and price items and serve as cashiers. Call (812) 336-2443 for more information.

Meet the Staff: Taylor Schulz

Taylor is a Teacher's Aide in MCUM's childcare program and assists with children throughout the entire school. However, she has a unique perspective as a former student in MCUM's program!

Taylor first came to MCUM as a member of the Seahorse room. She remembers nonstop activities and a warm, inviting staff that filled her childhood with wholesome memories. Taylor recalls, "The people here are great and always make you feel like you're welcome." Her brother also attended MCUM with her, making it feel like a home away from home.



After Taylor graduated from preschool, she returned every year for summer camp until she was thirteen years old. She enjoyed long mornings swimming at Mills Swimming Pool, just across the street from MCUM. She recalls, "It's a good environment, and the kids never feel intimidated by the staff." Inspired by these happy experiences, Taylor returned to MCUM this summer as a Teacher's Aide and plans to become a MCUM preschool teacher.

With such fond memories of her childcare experiences, Taylor will be attending Ivy Tech this fall to pursue a degree in Early Childhood Education. She plans to transfer to Indiana University and earn her Bachelor's degree before returning to MCUM as a full-time teacher. MCUM's staff are thrilled to have seen Taylor's journey thus far and look forward to her exciting future!

New Faces at MCUM



The MCUM family is excited to welcome a new intern and staff member this summer! Nadia Kang is interning with the development team this summer in the area of community outreach. She works closely with Opportunity House to develop their communications efforts by managing their social media accounts, meeting with volunteers, and designing marketing materials.

Nadia is a graduate student at Indiana University's School of Public and Environmental Affairs (SPEA), studying nonprofit management and international development. She is co-president of the Chinese Nonprofit Study Association and hopes to make a meaningful difference in children's education in both the United States and China.

Megan Reece is MCUM's newest development associate. She will be managing marketing and joint fundraising efforts, so look out for more contact from her in the future! Megan graduated from Indiana University SPEA with her M.P.A. in nonprofit management and policy analysis. She is passionate about women's rights and childhood development, and is very excited to be making a big impact on the community by working at MCUM.



Thank You!

We would like to extend special thanks to...

- Student volunteers from the Undergraduate Interfraternity Institute (UFI) who spent several weeks this summer volunteering on various MCUM projects.
- Pam Davidson for her donation of detergent, conditioner, and cleaning supplies for MCUM's emergency services.
- Jean Rogers for donating food to MCUM's food pantry.
- Roger Gildersleeve for his donation of cleaning supplies for MCUM's emergency services.
- Steve Shroyer for always thinking of MCUM!
- Nadia Kang for her great work as MCUM's Development Assistant Intern this summer.
- The companies who are sponsoring our Each One, Feed One Food Drive: Burger & Robertson, American Legion Post #18, Tawni Hill Farmers Insurance, Heflin Industries, and WFIU.

Sponsor a Swimmer

MCUM preschoolers are visiting the Mills Pool again this summer! Swimming supports motor skill development, teaches children about water safety, and is a fun way for them to cool off.

Parents pay an additional fee for their children to participate. Your gift of \$28 can provide a "swimmership" for a child. Get in a summer state of mind by sending in your donation today!

Congregation Spotlight: Trinity Episcopal Church

by Katie Broadfoot

Congratulations to MCUM's August Congregation of the Month, Trinity Episcopal Church. This congregation is one of MCUM's original founding congregations and is currently a member congregation of MCUM*. Over the history of this partnership, Trinity Episcopal Church has given over \$200,000 in donations to MCUM and thousands of pounds of food and household products.

Many of MCUM's most long-standing volunteers are members of Trinity Episcopal Church, including MCUM's current Board of Directors President, Mary Ellen Brown and long-time Spring Luncheon Committee Member, Jennifer Lloyd, among many others. Collectively, the church has given almost 650 pounds of food this year and nearly \$6,000 to help support MCUM.

Recently, Trinity Episcopal Church awarded MCUM with a grant to purchase teacher resources, equipment, books, and activities in conjunction with National Association for the Education of Young Children (NAEYC) curriculum criteria. The items purchased specifically focus on children's language development, non-verbal communication skills, and problem-solving skills.

Thank you, Trinity Episcopal Church, and to all of the faith community, for your generous support over the years.

For information about your congregation's relationship with MCUM, please contact Katie at fundraising@mcum.org or (812) 339-3429 x18.

**Member congregations are those congregations which made an unrestricted financial contribution as a congregation during the previous year.*

Thank You, Pantry Donors

MCUM depends on donations to make a difference for local households in crisis. Listed here are some of the groups and individuals who have recently contributed food, cleaning supplies, and/or hygiene products:

- Delta Zeta Alumnae
- Fairview United Methodist Church
- First Christian Church
- First Presbyterian Church
- Jean Rogers
- John Sgro
- Mary Jo Sgro
- Pam Davidson
- Roger Gildersleeve
- St. Mark's United Methodist Church
- Trinity Episcopal Church
- Unitarian Universalist Church
- Woodhaven Christian Church

MCUM provides *magazines* in the emergency services waiting room. If you are finished with your monthly subscription and it's still in good condition, drop it off at our office. Our clients will appreciate your generosity!

Celebrate with MCUM!

Join MCUM's anniversary activities throughout the year! Volunteers are needed to help plan and implement all aspects of the activities below. No time to volunteer? That's okay—grab a friend and visit MCUM in the following places throughout the year!

Saturday, October 4

Community Open House at MCUM

Early October

MCUM Restaurant Week

MCUM is grateful to CFC properties, Inc., Old National Bank, and Ivy Tech Community College, whose support makes these activities possible.

In addition, MCUM will hold its traditional events throughout the year. Keep an eye on future newsletters for all announcements and updates!

Donate your Old Cell Phone

Give MCUM your old cell phone, and it will be turned into cash to support the agency's programs! Phones are accepted at MCUM and Opportunity House.

Traveling this summer?

MCUM gladly accepts **travel-size shampoos and conditioners** for emergency services clients. These small items can go a long way toward helping your neighbors in need feel more secure, prepared, and confident for their day!

Healthy Summer Food on a Tight Budget

by Nadia Kang

Summer is a time for fun, but do not spoil yourself and your family into an unhealthy eating style. Drinking water and eating lean meats, vegetables, and fruits are keys staying healthy under the beautiful sunshine. Eating healthful foods does not require a big budget. In fact, this article will highlight some easy ways that all of us can eat more healthfully at a low cost, using examples that can be found in MCUM's emergency food pantry!

Step 1: Hydrate. To begin with, start your day with two glasses of water and drink a glass with every meal. Bring your own bottle to your workplace or put one in your child's room. This will remind and encourage you to drink water and keep you from dehydrating. Don't buy expensive soda and other unhealthy drinks, and instead make your own summer refreshers by using water with lemon or mint, or make your own unsweetened iced tea.

Step 2: Protein and Probiotics. Grocery stores frequently run specials on canned fish (tuna and salmon), so stock up on these when you have the chance. Canned beans are nutritious and convenient, and can be stored in your pantry for a long period of time. Besides protein, nonfat Greek yogurt is also rich in calcium, probiotics, and has no added sugar. You can eat it with fresh fruits, add it to smoothies, or supplement it with oatmeal.

Step 3: Fruits and Veggies. Vegetables and fruits are essential to our health, and should be eaten every day. The best way to save money on these nutritious delicacies is to eat seasonally, or buy them in cans (look for low sodium and no added sugar, or drain and rinse them before use). Seasonal vegetables and fruits are at their best taste and tend to be abundant and inexpensive. Bell peppers, butter lettuce, squash, green beans, eggplant, apricot, Asian pear, cherries, and blueberries are all delicious summer produce. Sweet potatoes can satisfy two-fifths of your daily vitamin C requirements and your entire daily vitamin A needs. It is also easy to prepare; you can bake, roast, boil, mash, or grill it. Another affordable fruit is the banana. It contains a large amount of fiber, potassium, and vitamin B6, and is low in calories. You can add it to cereal, smoothies, peanut butter sandwiches, or eat it plain.

So next time when you are shopping for your family or for MCUM, consider buying items that will provide the most nutritional value and health benefits! Canned fruit without added sugars, canned vegetables without added sauces or salt, canned fish, whole-grain pasta, and other healthy options are easy to find, and your body will thank you for choosing wisely.

Thank You, Volunteers

Volunteers make our programs possible. Thank you to all who shared their valuable time and talent with us recently!

- Greg Claretto
- Su Cowling
- Randi Crim
- Larry Jacobs
- Jennifer Anderson Mann
- Chris Meyer
- Nancy Russell
- John Sgro
- Susie Trisler
- Manjia Wang

Make MCUM Part of Your Legacy

For 75 years, generous community members like you have rallied with MCUM to provide essential services like high-quality, affordable childcare and emergency assistance to Monroe County residents who need a helping hand. Your support has helped thousands of individuals get back on track to self-sufficiency.

You can ensure that MCUM's programs have an impact for the next 75 years and beyond by making a gift to MCUM through your estate plan. Numerous giving options and tax incentives allow you to create a lasting legacy in a manner that suits you and benefits the community. Gifts of all sizes boost MCUM's capacity to serve local residents in need of support.

Making a bequest to MCUM is a simple, meaningful way to show your commitment to helping your neighbors in need. Below is sample language for your will or trust to guarantee MCUM's ability to put your gift to its best possible use.

I hereby leave [specific dollar amount/specific property/rest and remainder, etc.] of my estate to Monroe County United Ministries, Inc., a not-for-profit corporation in Bloomington, Indiana, to be used for the benefit of the organization in such a manner as the board of directors may elect.

If you would like to find out more about the impact you can have, contact Katie at (812) 339-3429 x18 or fundraising@mcum.org.

Announcements for Parents

Important Dates

Aug 2 Conscious Discipline Session 4
(8 - 10 a.m.)

Aug 4 New school year begins!

Aug 11 Conscious Discipline Session 4
(5:30 - 7:30 p.m.)

Aug 21 Conscious Discipline Session 4
(5:30 - 7:30 p.m.)

Spread the Word

Do you know families who may be interested in high-quality, affordable childcare for their young children? Send them our way! MCUM has spaces available for 2 and 2.5 year olds in the newly reopened Puffin classroom. Share your stories about how MCUM's program has contributed to your child's development and prepared him or her for success in school, and let interested parents/guardians know they can contact Traci at (812) 339-3429 x10 or childcare@mcum.org for more information. Thanks for your support!

Creating the MCUM School Family

MCUM Childcare is eager to introduce you to our comprehensive classroom management program called "Conscious Discipline". It is a way of organizing classrooms around the concept of a School Family, where each member learns the skills needed to successfully manage life tasks. Interested in learning more? Contact Tina at (812) 339-3429 x19 or visit www.ConsciousDiscipline.com.

Childcare Staff

Childcare Director: Traci Mehay
Education Coordinator: Tina Burress
Cook: Denise Garrett
Assistant Cook: Derrick Mackie

Childcare Classroom Information

Puffins

2-2.5 year olds

Teacher: Sarah Norzinskey

The summer is almost over, and it is back to school for everyone! What a great summer we have had playing in the water outside and strengthening our muscles through gross motor play! The children love to run and enjoy the fresh air outdoors.

This month, we will have a new set of students beginning in the Puffins room. The children will be learning about puffins, our classroom namesake, and how to identify themselves with the Puffins classroom. This will help them develop a sense of self and learn that each child is important to the classroom and the world.

The Puffins will learn about themselves through books, mirror games, and other activities, such as body tracing. The children will also have their weight and height measured and learn about which parts of the body they have.

We will also be working on specific colors, shapes, numbers, and letters this month through painting, manipulatives, and outdoor activities. We will learn the color red, the square, the numbers 1 and 2, and the letters A, B, and C. The children will have many opportunities to sing the alphabet song and play with various toys to help them count and identify the shapes and colors for the month.

We're all looking forward to a great year!

Seahorses

2.5-3 year olds

Teacher: Jessica Mackie

Hooray for a new and exciting year in the Seahorse room! We are going to have so much fun learning, playing, and exploring the world around us! This month, we will begin incorporating Conscious Discipline into our school by focusing on our families in the classroom.

The Seahorses will spend a lot of time reading books about families, talking about the people who make up our families, and sharing the things we love to do with our families. We will also draw family portraits and display them in our classroom and make a Seahorse family book.

Our theme for the month of August is All About Me. The Seahorse room will be buzzing with new faces, names, and adventures! We feel it is very important to learn about one another, so we will be sharing some of our favorite foods, colors, and books. Watch the hallway for the exciting All About Me displays we will be putting together!

The Seahorses will also spend time learning about:

- The letters A, B, and C. These letters will be introduced to the children through books, songs, and puzzles.
- The numbers 1 and 2. We will play number games and count out various items.
- The color red. We will use red to color, paint, and draw.
- The shape for August is the square.
- Our food experiences for August are kiwi and eggplant.

Childcare Classroom Information (continued)

Penguins

3 year olds

Teacher: LaDawn Joyner
Aide: Sarah Landrum

The Penguins are going to have a lot of fun this year! As part of incorporating Conscious Discipline into our school, we will be starting a school family and focus on bringing our families into the classroom. We will be drawing pictures of our families and talk about what makes our families special.

Our theme for August is All About Me, and we will be talking about our favorite things and what makes us special. We will work on recognizing our birthdays, phone numbers, and printed names. We will also measure each other using blocks, explore with the light table, and paint ourselves using a mirror.

The Penguins will also be trying new foods like kiwi and eggplant. But first, we will talk about the importance of washing our hands and brushing our teeth before and after eating. We feel it is important to learn about the rules that keep us safe and talk about why we have them.

The Penguins will also talk about what we want to be when we grow up and our favorite stories. We will spend time reading books, such as My Many Colored Days, Bear's New Friend, and When I Grow Up. We will focus on the letters A, B, and C and the numbers 1 and 2. We will practice tracing these numbers with dry erase markers and start working on counting to twenty by lacing beads together.

Overall, we will have a lot of fun this year being Penguins!

Otters

4 year olds

Teacher: Brittney Denton
Aide: Samantha Doughty

The Otters will be spending this month learning about each other and our families. We will share our favorite colors, food, books, and much more.

Each child will be creating a self-portrait, learning how tall they are, and be a part of the "Who am I?" Lift-the-Flap book that we will create. We will be counting how many letters we have in our names and compare that number to all of our classmate's names. We will also begin the process of learning our phone numbers and addresses.

For a large part of this month, we will be learning about our class and school family. The Otters will learn that everyone has to work together in our class family in order to keep everyone safe. They will learn how to be helpful and safe in many different situations. We also will be developing an Otter family book, so we will be collecting pictures from each family and from around our classroom.

Each month of the new school year is going to bring an introduction to more Conscious Discipline techniques, structures, and rituals. The Otters will learn the expectations and responsibilities of the classroom and how they play a role in the Otter class family.

We will also be working on:

- Learning the letters in their names
- Tracing/writing letters
- Tracing/writing numbers 1-20
- Managing our emotions
- Simple sight words

Dolphins

5-6 year olds

Teacher: Kim Clay
Aide: Vanessa Schultz

Throughout August, the Dolphins will be spending time getting acquainted with each other and the classroom.

What better way to learn about each other than by our All About Me posters? Each child will be given a poster to take home and decorate with their family. We will share the finished posters with the class and hang them in the hall for everyone to see. It will be exciting to see what they come up with! We will also make a Penguin family poster to hang in the classroom.

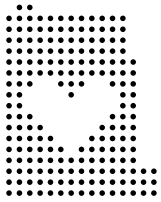
We have fun activities planned on number sorting, shape matching, and reviewing the alphabet. Our library will be stocked with All About Me books, promoting individuality, love, and embracing what is different about each of us.

We will also start our count to 100 days of school. On the 100th day, we will have a big celebration of various arts and crafts! The challenge will help the children count to 100 without any help and appreciate the value of school.

In the midst of learning about each other and the classroom, we will be implementing Conscious Discipline to prepare our children to become productive members of society. As part of the program, we will be learning a new way to handle stressful situations and solve problems.

Also this month, your child will:

- Begin mini-lessons focusing on the Indiana Academic Foundations
- Begin the letter of the week
- Be given their first set of sight words



Monroe County United Ministries

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Save a tree! Sign up to receive this newsletter online. Email development@mcum.org, or call (812) 339-3429 x15 to make the switch.

Staff:

Executive Director: Meri Reinhold
 Development Associate: Katie Broadfoot
 Development Associate: Megan Reece
 Emergency Services Coordinator: Cliff Edens
 Emergency Services Caseworker: Justin Smith
 Office Manager: Shannon Hampton
 Childcare Director: Traci Mehay
 Education Coordinator: Tina Burress

Hours of Operation:

Office

Monday - Friday: 8 a.m. - noon and 1-4 p.m.

Childcare

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

Emergency Services

Monday - Friday: 8 - 11:30* a.m. and 1-3:30* 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. Our **new store hours** are 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.

The Opportunity House is well stocked for your summer needs and wants. In addition, we are having great sales! We are putting out new items on a daily basis, so visit us often at our new hours!

We have lots of clothes for your children to start to school, as well as something for everyone - even you guys! Come see us or volunteer a couple of hours a week and join our wonderful volunteers. Proceeds go to a great cause, to benefit the children and clients of MCUM.

 Please recycle this newsletter
or share it with a friend.