

Working Together

February 2015

MCUM Welcomes New Director



Erin Predmore took over as Executive Director when Meri Reinhold retired at the end of last month. We know supporters are eager to learn more about MCUM's new leader, so she sat down with us to share some details about her background and approach to the position.

Erin graduated from the University of Virginia with a Bachelor's Degree in Religious Studies. She received a Masters of Education in Community Counseling and a Certificate in Nonprofit

Management from the University of Georgia. After completing her education, she worked in community services in Alabama, where she ran a program for mothers of children under five with serious mental health or substance abuse issues.

Following a move to Virginia, she provided intensive in-home counseling for teens, and worked in crisis assistance at a large community mental health agency. Prior to arriving in Indiana in August, she was Director of the Family Service Center in Springfield, Illinois. The center supports more than 100 children in foster care and offers after-school programs for children from homeless and low-income families. As Director, Erin started a community counseling program, as well as a program to help children from birth to age five prepare for school.

Erin feels MCUM is a good fit for her, because its mission is similar to those of the organizations with which she has previously worked. "It is an established organization that is working well," she said. "I'm excited to work at a place with such strong staff and potential."

Although she admits it can be a challenge to get to know the community on such a large scale, Erin will take an enthusiastic and practical approach in getting starting with this and other aspects of her position. "I plan to support the staff and the work they do," she said. "I want to see how we can remove barriers, look for collaboration opportunities, and explore innovative ideas."

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Save the Date for MCUM's Spring Luncheon

It's time to think spring! Beat the winter blues by making plans to attend MCUM's 11th Annual "Spring into Action!" Luncheon and Auction. The event will take place on Sunday, April 26, at the Bloomington/Monroe County Convention Center. Guests will be treated to a delicious meal and have the opportunity to bid on an exciting array of trips, tickets, art, gift baskets, and more!

The tentative schedule is as follows: Doors will open at 12pm, at which time silent auction bidding will begin. Lunch will be served at 12:30pm, followed by remarks and a live auction. Tickets (\$25 per person or \$175 for a table of eight) will go on sale March 16. A limited number of tickets will be sold at the door. All proceeds will benefit MCUM's emergency services and childcare programs. Updated information will be posted at mcum.org/spring-luncheon/ as it becomes available.

We are currently seeking donations of gift cards – of any kind or value – for the silent auction, and timeshare or condo rentals for the live auction. Other donations may be accepted, please contact Katie Broadfoot for details at (812) 339-3429 x18 or fundraising@mcum.org.

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:

- Canned fruit
- Beverages

Cleaning Closet Needs

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

- Women's underwear (sizes 2-7)
- Toothbrushes
- All-purpose cleaner
- Spray cleaner
- Toilet bowl cleaner
- Bleach

Office Needs

- Pens
- Computer screen (flat screen, 19 inches or larger)

Childcare Needs

- Baby dolls (preferably plastic)

The childcare program has a great need for baby dolls. Preferably plastic and for ages 2-6.

Opp House Needs

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

- Paper and plastic bags
- Towels
- Pots and pans

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

Spring Luncheon Volunteers:

MCUM will hold its annual Spring Luncheon on April 26, 2015. Help plan the event of the year by participating in one of the committees: silent auction, live auction, theme & decor, program, or marketing & publicity. Want to help assist with day-of tasks like set-up, tear-down, or greeting guests? Contact Katie at fundraising@mcum.org or (812) 339-3429 x18.

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 needed to sort and price items and serve as cashiers. Call (812) 336-2443 for more information.

New Executive Director

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Most of all, Erin is looking forward to meeting all of MCUM's supporters. She is eager to get more involved with the community and to see how MCUM fits in. "I really enjoy listening to people, identifying needs, and connecting those needs to people with a desire to fulfill them," she said.

Erin and her husband, who works as Associate Director in the Office of Sustainability at Indiana University, are both from South Carolina and moved to Bloomington to be closer to family. They have a daughter, 11, and two sons, 8 and 5, as well as a big dog. In her free time, Erin is a voracious reader, and also likes to renovate her home, backpack, hike, and cook.

Please join us in welcoming Erin. We look forward to watching her grow as Executive Director and seeing the impact she will have on MCUM and the broader community.

Meet the Staff: Liz Lopez

Elizabeth "Liz" Lopez joined MCUM as an Emergency Services Caseworker in November following the retirement of Justin Smith. MCUM's staff has enjoyed getting to know Liz over the past couple months, and we thought MCUM's supporters would also like to learn more about her.



Originally from Northwest Indiana, Liz received her Bachelor of Arts in Psychology with a minor in Latin American and Caribbean Studies from Indiana University. After graduating, she became a Spanish-speaking domestic violence advocate at Middle Way House, where she worked in the transitional housing program for 13 years. She was assigned to an apartment complex for women with children who were survivors of domestic violence, and had an eight to nine family caseload of both English and Spanish-speaking families.

While at Middle Way House, Liz became familiar with the types of violence immigrant, human trafficking, and LGBT victims face. However, after 13 years of doing this very emotional work, Liz was ready for a change. She has enjoyed engaging with MCUM's emergency services families and interacting with men, which she rarely did in her previous job. "The culture is different here, but it's clear the staff is very supportive of one another," she said.

MCUM has a different case management system than that of Middle Way House, and Liz has liked learning the new technology. She also appreciates the less stressful nature of the work. "Although I'm always problem solving while I'm here, when I'm home, I'm able to just be home," she said.

A Bloomington resident since 1994, Liz currently lives with her boyfriend and two dachshunds, Sammy and Chuck. In her spare time, she enjoys thrift shopping and giving into her guilty pleasures of watching Netflix and reality TV.

Thank You!

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

- All the wonderful volunteers who helped out in the food pantry on MLK Day.
- All of our Spring Luncheon sponsors for 2015 so far:
 - Bunger & Robertson
 - Hilliard Lyons
 - Ivy Tech Community College
 - Mectra Labs
 - IU Credit Union
 - Crane Federal Credit Union
 - The People's State Bank
 - CFC Properties, Inc.
- Steven Chun and his team of developers at ServeIT for their instrumental help in redesigning MCUM's website.
- The Yes! Club from Tri-North Middle School for volunteering to help sort food in the emergency services food pantry on MLK Day.
- United Way of Monroe County for providing free tax services to low-income residents in the area, including MCUM clients.
- Joyce Byrer, MCUM's Emergency Services client database administrator, for designing the current database in 1996 and spending countless hours keeping it in top shape and adding new features. Joyce is very generous with her time!
- Monroe County Extension Domestic Engineers Club for donating hats and mittens that were used by the Childcare and Emergency Services programs.

Congregation Spotlight: 2015 Members

By Katie Broadfoot

Happy New Year, church-folk! As the New Year begins, we are happy to introduce our member congregations for the 2015 year. As a reminder, member congregations are those who have made an unrestricted gift to MCUM in the prior calendar year. Member congregations are eligible to nominate a representative to serve on MCUM's Board of Directors if there are any openings. Nominees will be contacted by Board Development Committee Chair, Carol Peterman, in the coming weeks to fill any opening.

These are MCUM's 2015 member congregations:

- Bloomington Monthly Meeting of Friends
- First Christian Church
- First Presbyterian Church
- First United Church
- First United Methodist Church
- New Unionville Baptist Church
- Simpson Chapel United Methodist Church
- St. Mark's United Methodist Church
- St. Paul United Methodist Church
- St. Thomas Lutheran Evangelical Church
- Stoneybrook Community Church of God
- Trinity Episcopal Church
- Unitarian Universalist Church
- United Presbyterian Church

Thank you to our member churches as well as to all of our supporting congregations for all you do to assist MCUM in serving the community.

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!

Thank You, Pantry Donors

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

- Church Women United
- First Christian Church
- First Presbyterian Church, Presbyterian Women
- Allison Lake
- Byron & Marietta Reinhold
- Basilla Jean Rogers
- Mary Jo & John Sgro
- St. Mark's United Methodist Church
- St. Thomas Lutheran Evangelical Church
- University Baptist Church

MCUM Website Gets a Makeover

If you haven't visited MCUM's website lately, you're in for a treat! The development staff has been hard at work on an improved layout and color scheme. MCUM hopes to make its online presence more streamlined and visually appealing.

Please note that if you are unable to view the new blue and white theme, you may need to clear your browser history or cache, and close and reopen your web browser.

The website is still in the renovation process. In the coming months, the menu and pages will continue to be updated to make it easier for donors and volunteers to find the information they need. Check out the new look for yourself today!

Answer the Call for MCUM

Have you purchased the new iPhone 6? Looking for an easy way to safely dispose of your old mobile device? Donating it to MCUM helps fund our childcare and emergency services programs as well as help protect the environment!

Since 2005, MCUM has raised more than \$1,000 through the Shelter Alliance cell phone recycling program. It was created to provide a fundraising opportunity and socially responsible method of cell phone disposal for nonprofits.

You can support the missions of both the Shelter Alliance and MCUM by bringing your unwanted mobile device to MCUM today! Contact Megan Reece at (812) 339-3429 x15 or development@mcum.org for more information.

Farewell, Friends

MCUM mourned the loss of two long-time supporters last month. **Ralph Voelkel** was a certified public accountant who worked at Indiana University for more than thirty years. He was a devoted family man, an active member of St. Mark's United Methodist Church, and a passionate outdoorsman who loved farming. In addition to MCUM, he also gave generously to other local organizations, including St. Mark's, Shalom Community Center, and Ivy Tech Community College.

A former state legislator, city councilman, and MCUM board member, **Anthony Pizzo** served on the committee that hired Meri Reinhold and played an instrumental role in MCUM becoming a licensed childcare facility. A practicing physician, he also performed free physical examinations (which used to be an enrollment requirement) for childcare families without a regular doctor. MCUM deeply appreciates the contributions of these individuals, and they will be greatly missed.

Protect Your Family From Radon

Since January was National Radon Action Month, the Environmental Protection Agency (EPA) has encouraged Americans to test their homes for this naturally occurring radioactive gas and make 2015 a healthy and safe new year.

"Many people don't realize that radon is the second cause of lung cancer after smoking," EPA Administrator Gina McCarthy said. "The good news is radon exposure is preventable. Testing and fixing for radon will save thousands of lives, prevent burdensome health care costs, and make America's homes and schools safer for future generations."

Each year about 21,000 Americans die from lung cancer caused by exposure to radon. Testing is the only way to know if a home has elevated radon levels. Affordable do-it-yourself test kits are available online and at many hardware stores, or you can hire a qualified radon professional. If your test result is 4 pCi/L or more, the U.S. Surgeon General and EPA recommend you contact a qualified radon-reduction or mitigation contractor.

For more information, visit <http://www.epa.gov/radon> or call 1-800-SOS-RADON.

Thank You, Volunteers

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

- Alexander Ashkin
- Devon Atherton
- Louise Blish
- Pealer Bryniarski
- Greg Claretto
- Maggie Edens
- Lisa Ensman
- Sidney Harris
- Larry & Nancy Jacobs
- Valerie Merriam
- Chris Meyer
- Mark Pitman
- John Sgro
- Rajin & Anurag Shankar
- Robert Smart
- Tri-North Middle School
- Susie Trisler

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

Feb 9 Dentist Visits

Feb 13 Valentine's Day Party

Need for Baby Dolls

The childcare program is in desperate needs of baby dolls! They are used in our program to help teach children about different parts of the body and provide a source of comfort for many



of the children. If you have any such items or are looking for way to support the program, please consider donating plastic baby dolls for ages 2-6.

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- to four-year-olds in the newly reopened Puffin classroom and other classrooms. 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.

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

Aide: Avery Keiser

Aide: Natasha Magers

Throughout the month of February, the Puffins will be busy working on Valentine's Day crafts as well as participating in health and nutrition lessons. The children will read "The Kissing Hand" and "Guess How Much I Love You" during Valentine's week, and "The Very Hungry Caterpillar" for health and nutrition month.

The children will make their own meals with pretend food, and will identify which items are fruits, vegetables, and desserts. They will also sort through food items and decide whether or not they are healthy. During music time, the children will sing food songs by Raffi and have fun with nonsense words!

The Puffins will also do different exercises to keep them active during the cold winter months, including animal yoga and stretches.

As always, they will work on their letters, numbers, colors, and shapes. This month, they will focus on:

- The letters S, T, and U
- The numbers 3, 4
- The color black
- The heart shape

Happy Valentine's Day!

Seahorses

2.5-3 year olds

Teacher: Karen May

Aide: Jessica Corbin

This month, the Seahorses will learn about health and nutrition. They will talk about different ways they can keep their bodies healthy, including eating foods that are good for them, getting plenty of exercise, and visiting the doctor and dentist.

The children will do a variety of activities, such as sorting foods by color and size, and determining whether they are fruits or vegetables. They will "cook" their favorite foods and serve them to their friends in the housekeeping area. They will also talk about being active. Depending on the weather, they will exercise outside or in the Fit Kids Club, hallway, or classroom.

The Seahorses will also talk about hygiene, such as washing their hands and covering their mouth when they cough or sneeze. Finally, they will also discuss going to the dentist and the importance of brushing and flossing our teeth. Health and nutrition will be reflected in their art activities as well. The children will make collages with their favorite foods, use food to make prints, and use toothbrushes to paint.

In addition to health and nutrition, the Seahorses will learn about:

- The letters S, T, and U
- The numbers 3, 4
- The color black
- The heart shape

Childcare Classroom Information (continued)

Penguins

3 year olds

Teacher: Jessica Mackie
Aide: Amanda Morris
Aide: Michelle Rodrigues

This month, the Penguins will learn about nutrition, exercise, hygiene and other ways to stay healthy.

The children will learn about the five food groups, discuss their favorite healthy foods, and share the things they like to eat with their families. They will also sort and compare various foods by size, shape, color, whether they are healthy or unhealthy, and whether we eat them for breakfast, lunch, or dinner. They will even create their own healthy snacks and try painting with food!

Other health and nutrition-related activities will include:

- Reading “The Very Hungry Caterpillar” and “Today is Monday.”
- Creating props to retell the stories
- Playing an ABC/food matching game
- Participate in a pizza craft

We will also spend time learning:

- The letters S, T, and U
- The numbers 3, 4
- The color black
- The heart shape

With Valentine’s Day in February, the Penguins will also talk about the people, things, and places they love and decorate containers to hold all the cards and goodies they will receive at their Valentine’s Day party on Friday, February 13.

Otters

4 year olds

Teacher: Brittney Denton
Aide: Sarah Landrum

During February, the Otters will learn about health and nutrition. Each day, the children will be introduced to a new food and chart whether or not it is healthy. They will talk about vitamins and the nutritional benefits of different foods. They will also discuss the food groups and learn how they can make their own healthy snacks.

Another important part of the month will consist of reviewing health practices and personal care. For example, the Otters will time how long they should wash their hands and brush their teeth. They will also continue to learn about safety.

Since Valentine’s Day is on a Saturday this year, the children will celebrate on Friday, February 13 at 3 pm. Each child is welcome to bring valentines for their classmates, and there will be a sign-up sheet of healthy snacks for the party. The Otters will also prepare special gifts to give to their families at the party.

In addition to our monthly theme, the children will continue working on writing and recognizing their names, the alphabet, and the numbers 1-20. They will also continue using Conscious Discipline to learn breathing exercises, express their emotions appropriately, build strong friendships, and more.

Dolphins

5–6 year olds

Teacher: Kim Clay
Aide: Vanessa Schultz

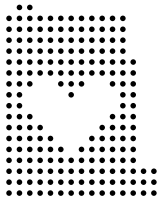
Welcome to February! This month is full of exciting things to talk about, including Valentine’s Day, Black History Month, Presidents’ Day, and more.

With Valentine’s Day fast approaching, love is in the air. Loved ones exchange candy, flowers, and gifts, all in the name of St. Valentine. The Dolphins will reflect on their friendships and talk about their closest friends. They will end their discussion by passing out cards.

Since February is also Dental Health Month, the children will discuss their teeth and how important it is to care for them properly. They will learn the correct way to brush and floss. A local dentist will be visiting on February 9th so they can see that visiting the dentist can be a fun experience, not a scary one.

The Dolphins will also learn about nutrition, including the food groups, physical activity, and making healthy choices. They will make food pyramids to use at home to help make sure they get the daily recommended allowances. They will also check in with the kitchen crew to make sure their lunch contains all the food groups.

Remember to keep an eye on the hallway artwork to see what we have been learning!



Monroe County United Ministries

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

827 West 14th Court
Bloomington, IN 47404

812.339.3429 *phone*
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www.mcum.org



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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: Erin Predmore
- Development Associate: Katie Broadfoot
- Development Associate: Megan Reece
- Emergency Services Coordinator: Cliff Edens
- Emergency Services Caseworker: Liz Lopez
- 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.

A Message from the Store Manager:

Opportunity House is well stocked for your winter needs. In addition, we have great sales! We put out new items on a daily basis, so visit us often during our new hours!

We have lots of clothes for you and your family to stay warm this season - hats, scarves, gloves, and more! Come shop with us or spend a couple hours a week with our wonderful volunteers. Proceeds go to MCUM's valuable programs!



Please recycle this newsletter or share it with a friend.