



The Newsletter of Monroe County United Ministries

Working Together

May 2016

“Get with the Program!”

MCUM mom sees a difference in her children’s lives

Kristy Hawkins knew she was onto something when she sent her kids to MCUM for preschool. At MCUM, children learn to manage their emotions and reactions through a special program called Conscious Discipline. Kristy said she noticed something different going with the interactions between teachers and students - and it wasn’t just the classroom - her own children started modeling the mindfulness they’d learned at MCUM.

“I was having a horrible parenting morning,” she said. “I was upset. And my kids realized what was going on and started to use different strategies they’d learned. They understood I was upset and said things like, ‘I don’t like it when you’re upset. I want to make you feel better.’ It made me realize this is really working.”

Children learn to act, not react, through the program at MCUM. If a child is struggling with anger issues, for example, he or she will learn that anger isn’t wrong, but there are wrong ways to show it. Kristy thinks the program is beneficial because not every child in the program has positive role models at home.

“Unless we do something, the cycle will continue,” she said. If a child is raised without any positive examples, that child will be more likely to grow up with emotional issues. “If you were raised where door-slamming is normal, that’s probably what you’ll do.”

Kristy knew that Tina, MCUM’s Education Coordinator, was interested in buying some more program materials for the preschool and was considering making the purchase **out-of-pocket**.

“I know a lot of teachers have to do that and are willing to,” she said, but she didn’t think it was fair. Since the program made such a difference in her family’s life, she told Tina she was going to raise money for her.

“I don’t think she believed me at first - I’m sure a lot of people promise to give money and never do.” But Kristy followed through and handed Tina a check a few weeks later for \$325. “It was a way to say, ‘we care, too.’”

If she and her family hadn’t enrolled at MCUM, Kristy said she wouldn’t have known about this type of behavioral training.

“It’s changed my life and my family’s life for the better,” Kristy said.



THE MCUM HUNGER GAMES

Current Needs

Food Pantry

Canned Fruit
Helper Meals
Tuna
1 lb. bags of rice
Baking Mix
Cereal

Cleaning Closet

All-purpose spray cleaner
Shampoo
Conditioner
Socks for men and women
Vinegar
Baking Soda
Laundry Detergent

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

Tenacious Thomas Takes the Win!

Thanks to all who participated!

May 1 wrapped up MCUM's second-ever MCUM Hunger Games Campaign. The drive brought in about \$30,000 and nearly 11,000 pounds of food - thanks for your help in making it a success. Our winning District this year is "Tenacious Thomas" out of St. Thomas Lutheran Church, with 2,852 points.

While we cannot thank all of our Tributes and Districts enough, we would like to extend special thank-you's to a few of our Districts that went above-and-beyond.

- Cub Scout Troop #123: Our team of scouts collected over 2,000 pounds of food (more than 1/4 of MCUM's goal) this year and more than twice the amount of money they donated last year. They also hosted a MCUM speaker and spent an evening volunteering in our pantry. Great job!
- St. Thomas Children's Program: More than 15 youth delivered food to MCUM and then participated in important volunteer activities, like bagging groceries, decorating bags, and helping compile pantry recipe cards.
- Ivy Tech Community College: A club from the O'Bannon Institute at Ivy Tech Community College spent a day at MCUM helping with hard-labor physical projects including re-seeding MCUM's playground and lifting heavy food items in the pantry for us. We couldn't have done that without you!



Thank You, Volunteers!

Last year **224** volunteers donated their time to help us make our community a better place. Thank you all! We'd like to thank the following people for their recent service to MCUM:

- | | | |
|----------------------|-----------------------|---------------------------|
| • Sharon Adams | • Mary Bass | • Claire Bliss |
| • Loretta Alonso | • Brittnay Belkiewitz | • Jenna Bowman |
| • Lauren Backenmeyer | • Marti Black | • Jim Burton |
| • Darian Barnett | • Louise Bish | • Joan H. Caulton (cont.) |

Splashin' Into Summer With MCUM

What is common to Otters, Penguins, and Dolphins? If you're thinking water, you're right! The Childcare Program at Monroe County United Ministries is unique in many ways, but one of our favorite distinctive elements is access for our three oldest classrooms (Otters, Penguins, and Dolphins) to Mills Pool, thanks to partnership with The City of Bloomington.



You might notice groups of excited preschoolers carefully crossing the street from Monroe County United Ministries -- children sporting swimwear and giant grins. If you look closer, you will see these preschoolers learning about water safety, building their confidence in the water, developing motor skills, and simply having a fabulous time.

But, swimming is not only a fun activity; A study out of Griffith University in Australia found that **“preschoolers who participate in swimming reach a range of developmental milestones before children who don’t.”** The study concluded that swimming children score significantly better than the normal population on a number of measures that are really important for their transition to school: their cognitive development, their language development, and their physical development. Sound familiar? It should – these are all goals MCUM’s program strives to achieve for each enrolled child!

Another great thing about swimming is that children of any age, ability, or socioeconomic status will benefit equally from pool access. ScienceDaily Journal recently published an article in conjunction with Kids Alive Swim Program, noting that their research study of 7,000 children under 5-years old found significant differences between the swimming cohort and non-swimmers regardless of socio-economic background. The article said, “while the higher socio-economic test group performed better than the lower in testing, both groups performed better than the non-swimming population.”

For just \$12, you can sponsor a child to swim for all six weeks of MCUM’s program. If you’re ready to dive in and bring the benefits of swimming and the joy of being able to participate in a staple summer activity to our preschoolers, kindly mail your donation to MCUM (827 West 14th Court, Bloomington IN 47404), donate online at www.mcum.org/donate, or pay via text message at 812-219-9919.



Cont. from page 2

- Alisha Chen
- Corrine Crowe
- Kayla Delaplane
- Madaline DeWeese
- Mr. Dowland
- Kristin Dremonas
- Steve Ellis
- Kate Emge
- Malia Fujisawa
- Judith Garrison
- Dale & Teresa Glenn
- Audrey Henderson
- Katie Hilde
- Kealia Hollingsworth

- Larry & Nancy Jacobs
- Sylvester Kyles
- Lynelle Lee
- David Lobeck
- Judy & Leon McDougal
- Addison McGearry
- Valerie Merriam
- Emma Milchiner
- Ronaver Mitra
- Kaitlyn Palmer
- Yuhyun Park
- Calloway Perine
- CW Poole
- Phillop Saunders
- Paul & Betty Schoonmaker

- Sara Shapiro
- Janet Shupe
- Zachery Stevenson
- Jean Summerville
- Murl & Marjorie Summerville
- Brenda Tewel
- George Thompson
- Susie Trisler
- Steven Ulrey
- Ashley Wagner
- Kaylie Wildridge
- Alexandra Williamson
- Ashley Williams-Ashford
- Chandler Zeller



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- p3 Support MCUM's Swimming Program!

Save a tree!

Sign up to receive our eNewsletter.
Email 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.

Please recycle this newsletter or share it with a friend.

Going once, going twice...



Fourth of July in Williamsburg, VA

July 2-8 for up to 6 people

Spend your holiday exploring the history of Colonial Williamsburg, Historic Jamestown, the Yorktown Battlefield, and the James River Plantations. This package includes a 2-bedroom condo at Wyndham Kingsgate - featuring two swimming pools, a cinema, game center, tennis courts, mini golf, and more! The resort is also located near Busch Gardens.

Special Independence Day festivities include: a reading of the Declaration of Independence, a colonial auction, fife and drum performances, parades, and fireworks!

Starting Bid = \$1,000

Email your bid to Katie at kbroadfoot@mcum.org

We will update leading bid amounts on our Facebook page (www.facebook.com/mcumorg) within the hour of receiving bids. **The auction ends Friday, May 13 at 4 pm.**