

The Newsletter of Monroe County United Ministries

Working Together

October 2018



Food Shortage: a solvable problem

Introducing our new Food Pantry Sponsorship program

Two years ago, our Self-Sufficiency Center moved from a pre-bagged grocery model to a “client-choice” model that empowers clients to make their own decisions and choose their food preferences.

Since implementing client-choice, we’ve seen an **exponential increase** in the number of families we serve. As a result of this increased demand, the pantry goes through donated food much faster than before, and we’re challenged to keep up with the demand. (This is a good problem to have!)

According to Katie Broadfoot, interim executive director, “it’s become necessary for us to make more frequent trips to Hoosier Hills Food Bank, Aldi, and other local low-cost food partners to purchase foods, and our staff spends a lot of time securing funding to make these shopping trips possible.”

Our new food pantry sponsorship program provides a solution to this increased demand.

We are making food pantry sponsorships available for \$1,000 for a single month. Twelve (or more!) sponsorships will ensure we have \$1,000 each month to continue purchasing food from our low-cost partners without spending so much time chasing down food and funding.

With these sponsorships supplementing our three major annual food drives and ongoing collections, **we will have enough food in our pantry at all times** to meet our anticipated demand in 2019, freeing our staff to work with clients on goals to become self-sufficient.

Sponsors may be as involved (or not!) as they’d like or are able. We’ll inform them of unique opportunities they may opt into during their month, such as serving as shopping assistants or sorting expected donations. This is not required for sponsorship but we certainly want to offer our sponsors the opportunity.

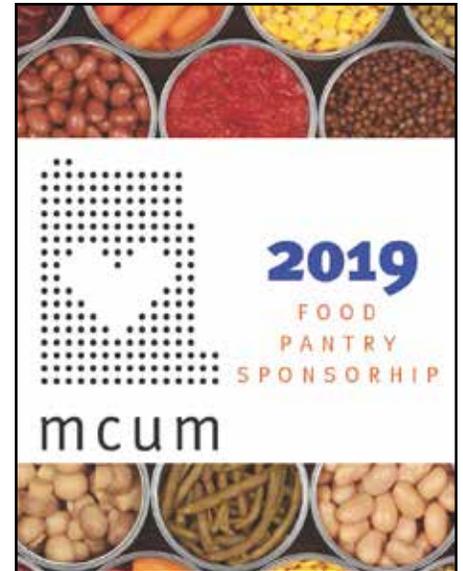
In addition, sponsors will receive: a list and photo of everything we purchased for the pantry that month, the weight of the order, a story about one of the families their sponsorship fed, and their/their business name on our 2019 pantry sponsor recognition plaque.

If you’re interested in becoming a food pantry sponsor, here are three simple steps to take:

Step 1: Contact kbroadfoot@mcum.org (812-339-3429, x 18) to request a commitment form to fill out and return.

Step 2: Receive your official “month.”

Step 3: Send us your sponsorship. We will invoice you the month prior to your assigned month, or you may mail us your check whenever you’re ready. You’ll receive acknowledgment of your donation that you can use for tax purposes.



Current Needs

Food Pantry

Canned carrots
Jiffy cornbread mix
Canned mixed veggies

Cleaning Closet

Shampoo
Conditioner
Razors
Trash bags
Toilet paper
All-purpose cleaners
Diapers (sizes 4, 5, or 6)

Child Care

Please consider helping our Compass Center stock up the following supplies:

- Kid scissors
- Markers (thin and thick)
- Construction paper- all colors
- White paper
- Glue/Glue sticks
- Borax
- Vinegar
- Cornstarch
- Cooking oil
- Crayons
- Paint
- Watercolors
- Tracing paper
- Paintbrushes
- Googly eyes
- Yarn
- Measuring cups/spoons
- Wooden spoons

MCUM provides magazines in the Self-Sufficiency Center 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!

Meet Megan Stahly

MCUM's new early childhood behavioral health specialist



Characters from the movie *Inside Out* decorate an entire wall in Megan Stahly's new office at Compass Center North, and there's an important reason for this.

"Many of the children here at Compass are too young to understand the movie. However, the pictures of the characters (Fear, Disgust, Joy, Anger and Sadness) serve as a great ice-breaker to help them identify their feelings."

This is part of the "therapy through play" approach she takes with young children. "Whether the child is coping with a challenging situation, or learning a new way of expressing their emotions, play makes it more fun," Megan says. "Young kids don't have words for their emotions yet, so it's important to meet them where they are."

Megan is the new early childhood behavioral health specialist here at MCUM. Prior to accepting her position here, Megan worked for six years for Centerstone as a school-based counselor in Morgan and Bartholomew counties. She earned her undergraduate degree from Hanover College and her MSW from Indiana University.

Megan serves clients at Compass North and Downtown. When asked to describe her first thirty days on the job, she chose two words: FUN and EDUCATIONAL. "Meeting the kids and teachers has been so fun," she says. And the educational piece comes from the fact that she is creating her role as she goes. "Because this is a new position, there's a lot of groundwork to establish and a lot of trust to build."

Megan works closely with Compass parents to help their children be successful. This includes helping them build social skills, healthy coping strategies, and anger management. As a social worker, she also connects families with local resources. She works with the whole family system and teachers within a community context, something she refers to as "the wrap-around approach."

Megan looks forward to establishing a long-term program here. "Early childhood is a critical time in a child's life," she says, "and with early intervention, we have the opportunity to help them build a toolkit for life."

Please join us in welcoming Megan to our Compass team. We are grateful for her good work with our youngest clients and their families.



Characters from the movie *Inside Out* are displayed on a wall in Megan's office

Sneak Peek: Holiday Giving Opportunities



Although fall has just begun, the holiday season is right around the corner. Here are the holiday giving activities we are offering this year.

DONATE A HAM OR TURKEY AND PIE

Brighten the holiday for a family who receives a holiday food basket with their choice of a ham or turkey and a pie.

SPONSOR A COMPASS FAMILY FOR CHRISTMAS

We'll pair you with one of our Compass families. Using their wish-list, you'll purchase and wrap 3-5 gifts for each family member and deliver to MCUM.

BUILD A FOOD BASKET

Using a list we provide, you'll create a bundle of food to be distributed to hungry families. We can mail you the list or you can view it online at:

www.mcum.org/holiday.

SPONSOR A CLASSROOM FOR CHRISTMAS

Bring holiday cheer to a Compass classroom by delivering the following to MCUM in a gift bag: 10 sets of nontoxic, washable markers, \$25 gift card to one of these stores (for purchase of supplies): Michael's, Wal-Mart, Amazon, or Target, (optional) extras: ground coffee, paint, googly eyes, pipe cleaners, books, construction paper, etc.

HOST A FOOD DRIVE

MCUM's client-choice pantry feeds about 250 people every week! We distribute non-perishable, non-bulk items. For tips on hosting a successful food drive, check out: www.mcum.org/fooddrive.

FIELD TRIPS & STUDENT ENRICHMENT FUND

Throughout the year, Compass preschoolers have the opportunity to visit a variety of local places. To help make this possible, YOU can contribute to the field trip fund by putting "Compass" in the memo line of your check.

PROVIDE A CLEANING & HYGIENE BUCKET

Pick ANY six of the following cleaning or hygiene items and package in a cleaning bucket/small tote. Here are some of our most-requested items: all-purpose cleaner, Clorox wipes, toilet bowl cleaner & brush, deodorant, toilet paper, razors, shampoo, feminine hygiene products, diapers, and toothpaste.

KEEP SOMEONE'S HEAT ON THIS WINTER

Each month, more than 20 families approach MCUM for help with their utilities. It's supposed to be a cold winter – we anticipate an above average number of requests for our utility assistance program.

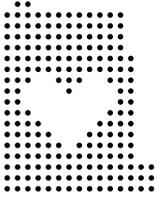
To learn more about any of the above, visit: www.mcum.org/holiday.

Thank you!

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

- Our **returning volunteers** and **new student volunteers** from IU. Our food pantry is now staffed by more than two dozen volunteers every single week!
- Our community partners from the **Shalom Center, Mother Hubbard's Cupboard, Habitat for Humanity of Monroe County, the United Way of Monroe County, The Bloomington Township Trustee**, and more for continuing to meet with our Self-Sufficiency Center staff to improve MCUM's referral services.
- **The Women's Ministry at Sherwood Oaks Christian Church West** for hosting a food drive, sorting over 200 pounds of food and supplies for our pantry, and volunteering to add a splash of color to our hallways at Compass North. Their team added a fresh coat of paint to our hallways, especially where the kiddos line up before and after meals.
- **Smithville Communications** for their generous donation of several laptop computers and monitors!
- **Opportunity House** for their ongoing food drive.
- **The Raymond Foundation** for their recent sponsorship of preschoolers at Compass-Downtown.





Monroe County United Ministries

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Inside This Issue

- p1 Food Pantry Sponsorship Program
- p2 Welcome Megan Stahly
- p3 Holiday Giving Opportunities

Save a tree!

Sign up to receive our new eNewsletter.
Email kevans@mcum.org to make the switch!

Hours of Operation:

Self Sufficiency Center

Monday, Thursday. & Friday

Appointment only: 8:00-12:00

Food pantry only: 12:00-5:00

Walk-ins: 12:00-4:30

Tuesday:

Appointment only: 8:00-12:00

Food pantry only: 12:00-7:00

Walk-ins: 12:00-6:30

Wednesday: CLOSED

Compass Early Learning Center

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

Leadership Staff:

Interim Executive Director: Katie Broadfoot

Asst. Director of Operations: Steve Thomas

Development Director: Katie Broadfoot

Office Manager: Shannon Hampton

Site Director - North: Jamie Buck

Site Director - Downtown: Charity Aton

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.

A Message from the Store Manager:

Opportunity House has a large variety of household and kitchen items right now including dishes, glasses and linens. We also have many pictures and beautiful artwork for your walls. More cool weather coats are in the store and we have a range of sizes, styles and prices.

During the next 10 Tuesdays leading up to Giving Tuesday, we will be asking customers to bring a non-perishable food item to the store and in return, we will give them a "buy one get one free" coupon for clothing to be used that day. All food will go to MCUM.

Also we always need more volunteers. If you can spare 2-3 hours once a month, or once a week, we can find a spot for you and it would be a great help.



Please recycle this newsletter or share it with a friend.