

Working Together

The Newsletter of Monroe County United Ministries

August 2009

Each One, Feed One Food Drive

On Saturday, August 29 and Sunday, August 30, 250 volunteers will collect, transport and sort food donations during MCUM's fourth annual *Each One, Feed One* Community Food Drive. In 2008, this event resulted in donations of 13,700 pounds of food and \$5,800 to support the Emergency Services Program.

Volunteer opportunities include:

- **Store Volunteers** - shifts 10am-1pm or 1pm-4pm collect donations from generous shoppers at area stores
- **Store Coordinators and Assistants** - shifts 9am-6pm transport donations, assist store volunteers, and serve as store liaisons
- **Sorters** - shifts 12pm-3pm or 3pm-6pm unload and organize donations as they arrive at MCUM

Children 15 and younger are welcome as store volunteers, under adult supervision. This is a great chance for families, club members and co-workers to volunteer together! To sign up for a shift or for more information, contact Meri Reinhold at mcum@bloomington.in.us or (812) 339-3429.

Then and Now: Jay & Joe Shelton

In celebration of MCUM's 70th Anniversary, this monthly feature highlights the stories of those touched by MCUM's Childcare Program over the years.

Jay and Joe Shelton enrolled in MCUM's summer program in 1979. Their mother, Vicky Sorenson, had just returned to work and needed summer care for the boys. According to Vicky, they were attracted to the program's good reputation in the community.

Jay, who enrolled at age 10, remembers swimming in the neighborhood pool and eating sunflower seeds and learning about plants in the garden that is today one of MCUM's playgrounds. Another highlight was a gum bubble-blowing contest in the "Silly Olympics." Jay also recalls being so enamored



Then and Now continued on page 3

You Can Learn More Online

- Watch a video about how you can get involved at www.youtube.com/user/mcumbloomington.
- Become a fan of MCUM, join our "Cause," and make an online donation at www.facebook.com.
- Post a testimonial, view financial documents, and learn more about our programs at www.guidestar.org.
- Learn more about programs, current needs and events on our website www.mcum.org.
- Find answers to your questions about tax-deductible donations at www.irs.gov/charities/contributors.

Food Pantry Needs

Donations of food are down 8% so far this year, while demand is up 22%. You can help by making a donation of non-perishable foods, including:

- soups
- canned meat - chicken, beef, spam, etc.
- pasta and rice side dishes
- vegetables other than corn and green beans

Cleaning Closet Needs

Cleaning supplies and hygiene items cannot be purchased with food stamps. At this time, our "Cleaning Closet" is in need of:

- dish soap
- diapers, sizes 2-5
- baby wipes
- underwear, men's sizes 32-36 and women's sizes 14 and up

Childcare Needs

The children in our program are always playing, exploring and learning, which means we need lots of supplies for them to use. Items currently needed include:

- Crayola washable markers
- unscented shaving cream
- electric pencil sharpener

Other Needs

- #9 or #10 envelopes, printed with an outdated return address or plain, needed for internal office use. Envelopes with left-side windows especially welcome.
- paper, white or color, for copies or art projects.

Volunteer Opportunities

For more information about these or other positions, contact Cliff Eden, (812)339-3429 or mcumhelp@bloomington.in.us, unless another name is provided.

Featured Volunteer Position

eBay Assistant: Are you hooked on eBay? Are you looking to develop your eBay skills? MCUM has some items to sell, and we hope you can help. Contact Rebecca at mcumfund@bloomington.in.us or 339-3429.

Food Bank Shoppers: One or two volunteers are needed to help our childcare kitchen staff shop at the Hoosier Hills Food Bank. Volunteers must be able to lift 50 pounds and be available to shop with staff one to two days a week, Mon -Thurs. 9:30-10:30.

File Assistant: The Emergency Services Program is adopting a new filing system, and we need help converting an estimated 3,600 files to the new system. Set your own schedule between 8am-4pm on weekdays.

Food Drive Volunteers: On August 29 and 30, MCUM needs hundreds of volunteers to make our *Each One, Feed One* Food Drive a success. See page one for more information.

Spring Luncheon Committee Members: Do you love to plan parties? Are you hooked on silent auctions? Do you want to help raise funds for MCUM programs? Join the planning committee for the annual Spring Luncheon! Contact Rebecca at mcumfund@bloomington.in.us or 339-3429 .

Then and Now: Jay & Joe Shelton

continued from page 1

with one of his counselors that he proposed marriage, although he can no longer recall the woman's name.

Joe was seven years old that year. He recalls enjoying a variety of activities, including building a birdhouse. He remembers that he was unhappy when he was dropped off in the morning because it meant being away from his mother, but he also disliked being picked up at the end of the day because he was having so much fun.



Today, Jay is married with two children. He has a Bachelor's degree from Indiana University and a Master's degree from the University of Norte Dame.

He works as a Risk Manager for General Electric in Chicago. Joe also has a Bachelor's degree from Indiana University and is an Area Hospital Coordinator for the Indiana State Department of Health. He was recently married. We thank Vicky and her sons for sharing their fond memories with us.

We would love to feature your story in our newsletter. Contact Rebecca Stanze at mcumfund@bloomington.in.us or 812-339-2912.

Healthy Families Enjoy Eating Out

by Jennifer Larson, with help from www.health.gov and www.mypyramid.gov

Eating out can be a fun family treat or a necessary convenience, but many affordable options include foods high in sodium, sugars and fats. In order to better feed your family, in a healthy and pleasant way, the USDA and HHS offer simple suggestions to enjoy eating out:

- Order steamed, grilled or broiled dishes instead of fried or sautéed to minimize fat intake.
- Keep your portions under control. If the restaurant offers large portions, try ordering an appetizer, side dish, or "kid's meal" to substitute an entrée.
- Ask for salad dressing or sauces "on the side."
- For traveling or commuting, pack snacks such as string cheese, nuts or fruit instead of purchasing expensive and unhealthy roadside treats.
- Try healthy alternatives, especially at fast food restaurants, such as apple slices instead of French fries or juice instead of soda.
- Grab a sandwich on whole grain bread and choose a low calorie beverage or water, in order to get the most out of your meal without the extra calories.
- You can always take leftovers home for another meal. If you have difficulty with portion control, get a take-home container before you start your meal to limit your intake.

Thank you!

We would like to thank...

- the Raymond Foundation for its generous support.
- Greg Tresler, Keith Treadway and Scott Idie of Baugh Enterprises for helping with MCUM's new pantry shelves.
- the youth of the Church of Jesus Christ Latter Day Saints for donating play mats and crayons to the Childcare Program.
- the Monroe County Emergency Management staff, Jessica Renn and Jim Comerford, for their help with MCUM's Emergency Action Plan.
- the Good Neighbors Home Extension Club for collecting food at their monthly meeting and donating 188 pounds of food so far this year.
- the volunteers who have already signed up for the "Each One, Feed One" Food Drive!
- the volunteers who help prepare this newsletter for mailing each month.

Just the Facts

In 2008, MCUM served 181 preschool and summer camp children. Of these children:

- 36% lived in the City of Bloomington.
- 64% were enrolled by single mothers.
- 70.7% were identified by their parents as white/caucasian.
- 36% qualified for and received free or very low cost care through Indiana's Child Care Development Fund.

Dental Clinic Visits Childcare

A mobile dental clinic, providing exams and cleanings, recently visited MCUM's Childcare Program. Twenty-seven enrolled children participated, and most seem to have enjoyed the experience. One Otter

reported to his classmates upon returning to his room: "I saw the dentist, and it was great!" This dental clinic visits MCUM at least once a year, making free and convenient services available to families and educating the children on good dental hygiene.



Jordan and Tristan have their teeth cleaned and strengthened by a visiting hygienist.



New Cell Phone?

When you upgrade your cell phone, stop to consider how to responsibly dispose of your old one. Some "recycling" programs ship phones to developing countries where they put human lives and natural resources in danger. MCUM is paid per phone (\$0.50 - \$35) by a recycling/refurbishing company with zero landfill and no-export policies. In addition, your phone will raise money to fund our programs.

Phones can be donated at TIS Bookstore, Opportunity House, MCUM's offices and anywhere MCUM items are collected.

Planned Giving: Life Insurance

by Katie Oreskovich, SPEA Service Corps Fellow

The donation of a life insurance policy is an easy way to benefit MCUM and those we serve. If you are interested in supporting affordable childcare and basic needs assistance, there are three simple ways to use life insurance to make a planned gift to MCUM.

First, you may transfer ownership of a paid-up policy to MCUM. We can elect to cash in the policy or keep it and receive the death benefit later. As the donor, you may receive a tax deduction equal to the lesser of the cash value or the total of the premiums paid. Another way to give is to name MCUM as a beneficiary of a policy while you or your family still retain ownership of the policy. You may be eligible for an estate tax deduction in this case. Third, you can elect to begin a new life insurance policy and name MCUM as a full or partial beneficiary. If MCUM is named as the sole beneficiary, you can claim the premium payments as a tax deduction and reduce estate taxes when the policy is claimed.

Life insurance is paid promptly to beneficiaries; it is not tied up in estate administration. And unlike the information in a will, life insurance is not a matter of public record, and benefits can pass to MCUM in privacy, if that is what you desire. If you would like to learn more about life insurance and other planned giving options, please contact Rebecca Stanze or Meri Reinhold at (812) 339-3429.

Campers Reflect on Summer

Believe it or not, MCUM's Summer Camp has already come to an end. It was a busy and enjoyable summer for our 6-12 year old campers, many of whom were sad to say goodbye to their friends and counselors on July 31. Here is what a few of the campers had to say about the end of their summer.

What did you like best about summer camp?

swimming at the pool and learning karate - Nate
dance lessons - Mariah
skating - Mikayla
petting the sharks at the zoo - Jayla
the toys - Brayden
the zoo, seeing the komodo dragon - Kevin
the zoo and skating - Jessica

Who was the person you looked forward to seeing each day at camp?

the counselors and the kids - Mikayla
all my friends - Jessica
Nate - Kevin
Kevin, we've been good friends since we were three - Nate
Ashunta, my best friend - Mariah
Mikayla, Josie and Scott - Alex

What are you looking forward to about school? What grade are you starting?

math, sixth grade - Kevin
seeing my old teachers, fourth grade - Alex
learning about animals, first grade - Jayla
playing outside, first grade - Brayden
playing with friends, fifth grade - Mikayla

Baugh Builders Prepare Pantry

Greg Tresler, Keith Treadway and Scott Idie were "loaned" to us by Baugh Enterprises to help replace some shelving in the Emergency Food Pantry. Now that we have new shelves, we hope you will help us fill them on August 29 and 30! See page one for more information about our upcoming food drive.



Veggies Needed!

Soon you will have an abundance of produce. Too much zucchini? Are you drowning in green beans? Too many tomatoes? Another fun way to support MCUM's Childcare Program is to donate fresh fruits and vegetables from your garden.

Drop off your extra produce at MCUM's Childcare Building (open 6:30am -5:30pm, Monday-Friday), and your donation could be nourishing young bodies the very next day.

Matchstick Opportunity

The Community Foundation of Bloomington and Monroe County's Matchstick Endowment Matching Initiative adds a dollar to every three dollars donated to MCUM's endowment, a fund held by the foundation, generating interest to support our programs for as long as they are needed. If you would like to help us reach our \$10,000 goal for 2009, donations should be sent directly to:

Community Foundation of
Bloomington and Monroe County
101 W. Kirkwood Ave. Suite 321
Bloomington, IN 47404

Don't forget to write "MCUM" on the memo line!

Childcare Classroom Calendars

Staff

Childcare Director: Traci Mehay
Educ. Coordinator: Tina Pender
Admin. Assist.: Jeannie Shaffer
Cook: Cynthia Powers
Assistant Cook: Derrick Mackie

Puffins: 2 - 2.6 year olds

Teacher: Heather Friend
Aide: LaDawn Joyner
Aide: Susan Williams

Seahorses: 2.6 - 3 year olds

Teacher: Marycarole Matlock
Aide: Melissa Chambers

Penguins: 3 year olds

Teacher: Seda Jackson
Aide: Jessica Smith

Otters: 4 year olds

Teacher: Mary Ellen Pierce
Aide: Anna Donley

Dolphins: 5 - 6 year olds

Teacher: Kim Clay
Aide: Brock Singleton

Announcements For Parents

Visitors Welcome

Parents and other family members are always welcome in the classrooms. If you would like to stay for a meal or snack, just let a staff person know so they can update the kitchen.

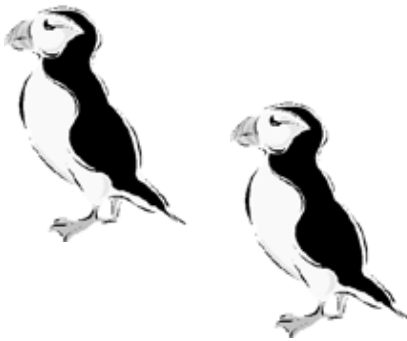
WorkOne Resources

Rose Johnson, a representative from WorkOne, is at MCUM one Thursday afternoon each month, 2:00-4:30, to discuss employment-related issues. Rose will be available on 8/6 and 9/10 in the Parent Resource Room.

Puffins

August 3-7 - Hats

This week the Puffins will explore and dress up with hats. We will look at the many styles of hats, and we will even encourage the parents to bring in a hat for their child to share this week. On Friday we will have a hat party and share with the other classrooms the many hats we enjoyed this week!



August 10-14 - Friendship

This week we will welcome all of our new Puffin friends and spend the week learning about one another and how friendships are made. The Puffins will learn all about the classroom as well as our daily schedule. Be sure to ask your child about the new friend they made this week!

August 17-21 - All About Me

This week the Puffins will learn all about themselves and share with the class a little bit about their families and their culture. Parents are encouraged to join us and share with the class a little bit about your families. It will be a week of self-exploration. Be sure to join in the fun with your child this week!

August 24-28 - Colors

Next the Puffins will explore colors. We will mix colors and see what colors we can create. We will even explore with our color paddles this week and notice what colors we can see on objects indoors and outdoors. It will be a fun-filled week of colors!

Seahorses

August 3-7 - Explorers

This week the Seahorses will be going on bear hunts, over the woods and into the sea. We will be explorers. We will, of course, be reading Dora books and learning about Diego's explorations. What do you like to explore? We will make binoculars, our own sail boats and our own airplanes.

August 10-14 - Imaginations

Now the Seahorses will switch from exploring to imagining. We will read the book *Where The Wild Things Are*, and hope we do not find those wild things! We will talk about what an imagination is and how we can use it. Stop by our wall and see what the Seahorses think! We will dress up in our favorite costumes and act out our favorite fairy tales.

August 17-21 - Nature

This week the Seahorses will study nature. We will learn all about the insects that we see on the playground. We will make our own bug catchers, and talk about what the insects need to stay alive. The Seahorses will learn about leaving nature where they find it so that everyone can enjoy it. The Seahorses will also do nature rubbings and nature scavenger hunts.



August 24-28 - Berenstain Bears

It is time for the Seahorses to resume their bear hunts, as we talk about the Berenstain Bears. We will read *Trouble with Friends*, *The New Baby*, *Too Much Junk Food* and many more Berenstain Bears books. We will make bear masks and on Friday have a bear slumber party!

Penguins

August 3-7 - Being a Kid is Great!

National Kid's Day has been celebrated on August 2nd since 1994. It is an opportunity to celebrate childhood, appreciate children and have fun. This week, the Penguins are going to do all the fun things they enjoy. We will play games, get messy, dance and sing, run and laugh as loud as we can. Family members and guardians are especially welcome to join us this week.

August 10-14 - New Friends

This will be a week of adjustment as some of the older Penguins move to the Otter Room, and we welcome new Penguins. We'll discover we can maintain friendships with the Otters and that we can become friends with the "strange" new kids coming in. Penguins who were once the "younger" Penguins are now "older" and have more responsibilities.

August 17-21 - Colors

The Penguins will begin this week reading *What Makes A Rainbow?* to begin learning about the many colors in our world. We will identify the colors in our classroom and discuss which colors are our favorites. We will also spend a lot of time in the art area mixing colors to create new ones. Look for some masterpieces as the children paint with their favorite colors.

August 24-28 - Shapes

This week the Penguins will explore the many shapes around them. While we will spend time learning the names of all the shapes and what they look like on paper, we will also look for shapes in everyday objects. All of a sudden we'll see rectangles and squares all around the classroom. So there's a reason why they call it "circle time!" Is that really a slice of pizza or just a triangle? This will certainly be a fun, shape-filled week.

Otters

August 3-7 - End Of Summer

It's time to begin winding down from all of the summer fun and look ahead to the school year. We will talk about the fun we had over the summer, what we liked most and why. Even though it will be sad to have to say goodbye to all of the "fun in the sun," we'll end the week realizing that the fun will continue in a different form as we enter the new school year.

August 10-14 - Olympic Games

What's better than playing games that promote good health and physical fitness? This week the Otters are going to have their very own "Kids Olympic Day Games." We are going to play games while celebrating friendship, togetherness and sports just like it is in real Olympic Games. The only difference will be that everybody who joins our games will receive a "real hand-made golden medal."

August 17-21 - Aviation

A is for airplane, H is for helicopter, J is for jet and P is for pilot. National Aviation Day is celebrated on August 19. This week Otters are going to fly high in the sky and discover what pilots do for living. We are also going to talk about a great woman who had dreams of flying and became an American aviation pioneer: Amelia Earhart.

August 24-28 - Dinosaurs

Beware! This week dinosaurs are going to roam in the Otter classroom. We will talk about the different dinosaurs that inhabited Earth millions of years ago, and the Otters are going to learn what a paleontologist does. We will ask questions like: How did dinosaurs hunt? What did they eat? What happened to them? Hopefully, we will find lots of answers.

Dolphins

August 3-7 - Time to Say Goodbye

It's that time again when we start winding down from the summer and looking forward to the upcoming school year. During this time we will also say goodbye to our friends who are heading off to first grade or kindergarten. Before we say goodbye we will recap on all the fun and exciting things we did in the Dolphin Room and end the week with a goodbye celebration.

August 10-14 - Welcome Week

New beginnings! This is the week we will be welcoming our new Dolphin friends into our class. We will spend time playing name games and getting to know each other. We will talk about our class, design rules and discuss how to treat each other. There will also be lots of time to explore the Dolphin Room.



August 17-21 - All About Me

During this week we will learn more about the new Dolphins in our class. We will tell our classmates about ourselves and design a poster that represents us. We will continue to learn how to talk to our friends and ways to keep our classroom clean.

August 24-28 - Dolphins

Last week we spent time getting to know each other. This week we will learn more about the animals that our class is named after, dolphins. We will learn about the different types of Dolphins, where they live and what their families are like. Most importantly, we will learn how we are similar and different from "real" dolphins.

Monroe County United Ministries

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Inside this issue:



Then and Now
Page 1

Agency Needs
Page 2

Healthy Families
Page 3

Dental Clinic
Page 4

Summer Camp
Page 5

Childcare Calendar
Pages 6-7

Return Service
Requested

Staff:

Executive Director: Meri Reinhold
Development Coordinator: Rebecca Stanze
Emergency Services Coordinator: Cliff Edens
Emerg. Services Caseworker: Justin Smith
Office Manager: Shannon Hampton
Childcare Director: Traci Mehay
Education Coordinator: Tina Pender
Administrative Assistant: Jeannie Shaffer

Hours of Operation:

Office and Emergency Services:	Monday - Friday 8:00am - noon 1:00pm - 4:00pm
Childcare:	Monday - Friday 6:30am - 5:30pm

Please recycle this newsletter or share it with a friend.

Opportunity House, located at 907 W. 11th Street, is a resale shop that raises funds to support MCUM's Programs by finding new homes for used items. Store hours are 9:00-2:00, Monday-Saturday, with donations accepted 8:30-3:00. Call 336-2443 for more information.

Opportunity House Update

by Janet Donham, Opportunity House Board President

Opportunity House is in full swing with Summer Clearance, and we are starting to put out our fall clothes. It's hard to believe school is just around the corner; it is wonderful for both children and parents.

On rare occasions, we are unable to accept donations because we have filled the limited storage space in our basement. We ask you to be patient. We really do want your donations, but it takes time to process each piece of clothing, shoes, toys, household, etc. for resale.

We are in our 41st year of serving Bloomington. Opportunity House volunteers are great and without them - and all of our donors - our work would not be possible. Thank you!