

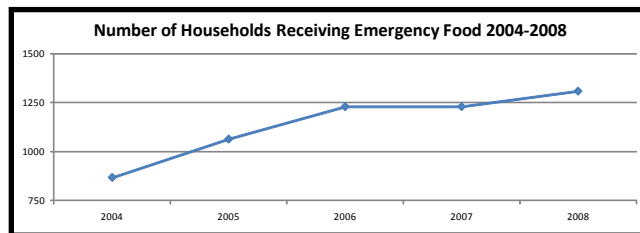
# Working Together

The Newsletter of Monroe County United Ministries

July 2009

## Each One, Feed One Food Drive

On Saturday, August 29 and Sunday, August 30, MCUM volunteers will be collecting, transporting and sorting food donations during the 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. This drive began in 2005 in response to the growing demand for food assistance and has become essential for restocking MCUM's pantry shelves after summers of typically low donations.



Volunteer opportunities include **Store Volunteers** (collect donations from generous shoppers at area stores, shifts 10am-1pm or 1pm-4pm), **Store Coordinators** and **Assistants** (transport donations, assist store volunteers, and serve as store liaisons, shifts 9am-6pm), and **Sorters** (organize donations as they arrive at MCUM, shifts 12pm-3pm or 3pm-6pm). More than 250 volunteers are needed so sign up today! Contact Meri Reinhold at [mcum@bloomington.in.us](mailto:mcum@bloomington.in.us) or 339-3429.

## Then and Now: Janet Donham

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

For Janet Donham, a Bloomington native and the Chair of the Opportunity House Board, her introduction to MCUM came in the 1950's. Once Janet received her driver's license, she began venturing to MCUM, then known as the Christian Center, in her dad's car after school. Janet helped with the afterschool program and often roller skated with the children in the multipurpose room. "Pigeon Hill" was not considered a safe neighborhood by many, but this did not deter Janet. Despite a memorable day when her dad's car received some unwanted attention, resulting in it rolling down the hill away from the center, she enjoyed her volunteer time.

*Then and Now continued on page 3*

## IRA Opportunity Extended

The IRA Charitable Rollover tax incentive has been extended through the end of 2009. This incentive allows individuals age 70½ and older to donate up to \$100,000 from their Individual Retirement Accounts (IRAs) and Roth IRAs without the contributions counting as taxable income.

Donations must come directly to MCUM and must be received by December 31, 2009. Please contact your financial planner for more information or to request that a donation be sent to MCUM.

Your contribution will help provide quality childcare, prevent homelessness, encourage self-sufficiency, feed the hungry and so much more.

# 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

# 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
- shampoo/conditioner
- laundry soap
- diapers (especially larger sizes)

# Food Pantry Needs

So far this year, our pantry has distributed enough food to make 17,604 meals. At this time, the pantry has a special need for:

- fruit juice
- brown rice
- peanut butter
- canned meat - chicken, beef, spam, etc.

# Other Needs

- fax machine - like new, with paper tray, can handle legal-size faxes, appropriate for high-volume use
- coffee cans - one-pound, metal or plastic, with lids
- paper - white or color, for office use or art projects

# Volunteer Opportunities

These are just a few of the ways you can get involved with MCUM's programs. For more information about these or other positions, contact Cliff Eden, (812)339-3429 or [mcumhelp@bloomington.in.us](mailto:mcumhelp@bloomington.in.us), unless another name is provided.

## Featured Volunteer Position

**Food Bank Shoppers:** One or two volunteers are needed to help our childcare kitchen staff maximize their use of 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.

**Opportunity House Volunteers:** Opp House is a resale shop at 907 W. 11th Street and is MCUM's important partner. Contact Janet at 336-2443 to help.

**File Assistant:** The Emergency Services Program is adopting a new filing system. To get it set up, we need the help of volunteers to help convert an estimated 3,600 files to the new system. Set your own schedule during our office hours of 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.

**Maintenance Volunteers:** Volunteers are needed to perform basic maintenance tasks to fit any skill level, from changing light bulbs to basic carpentry. Work is usually performed between 8-4, Monday-Friday. Contact Meri at [mcum@bloomington.in.us](mailto:mcum@bloomington.in.us) or 339-3429.

# Then and Now: Janet Donham

*continued from page 1*

Years later, after working as a florist at the Bouquet Shop and raising four children, Janet found that she needed something to do and began volunteering at Opp House. Today, after 15 years of dedicated service, Janet still enjoys the work and mission of the organization. Janet says that Opp House, which has been open for 41 years, provides a store for the community where “the price is right,” and impacts families across Bloomington and in the surrounding towns.

With tears in her eyes, Janet reports that she also loves working for Opp House and supporting MCUM because of the kids. She believes the MCUM Summer Camp is a “wonderful cause,” allowing parents to work without leaving their children unattended. Janet also supports MCUM by volunteering and donating with her philanthropy sorority, the Zeta Chapter of Delta Theta Tau.

Above all, Janet appreciates her 85 volunteers and two employees, Darrel and Mike, at Opp House. “If I didn’t have all of them to keep the doors open,” said Janet, “there would be no Opportunity House.”

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*We would love to feature your story in our newsletter. Contact Rebecca Stanze at [mcumfund@bloomington.in.us](mailto:mcumfund@bloomington.in.us) or 812-339-2912 for more information.*

## Healthy Families Add Exercise to Their Day

*by Jennifer Larson, with help from [www.health.gov/paguidelines](http://www.health.gov/paguidelines)*

With schedules filled to the brim, exercise is often the last thing on our minds. But recent trends in preventable health problems in Americans, largely due to diet and inactivity, mean that even small efforts to incorporate exercise into your routine are important to help you and your family better your emotional and physical health.

For children and adolescents, exercise helps reduce susceptibility to depression while controlling body weight and strengthening bones. For adults, exercise may reduce the risk of life threatening ailments such as diabetes, colon cancer, and stroke.

By incorporating exercise into your daily life, it can easily become a fun activity rather than a chore. For example, a family walk after dinner can get your blood flowing and allow you to discuss the events of the day with your spouse and children. Taking the kids swimming on a hot day can get you moving and offer reprieve from the summertime heat. As a family, you can strive towards the 2008 Physical Activity Guidelines for Americans, recommending a minimum of 150 minutes of moderate activity per week for adults and one hour of physical activity per day for children and adolescents.

## Thank you!

We would like to thank...

- the sponsors of the 2009 “Each One, Feed One” Community Food Drive: Bunger & Robertson, Attorneys at Law; WFIU; and Cincinnati Christian Church.
- the youth volunteers from First Presbyterian Church for their work in our pantry.
- Les Bonnes Amies Club for organizing a drive to collect new women’s underclothes for the Emergency Services Program.
- First Christian Church members for collecting 1,950 pounds of food so far this year.
- Pamela and Jef Davidson, for their support of the Emergency Services Program.
- Mt Gilead Church for sharing their kitchen supplies.
- Frieda Hoffman for her support of MCUM’s Childcare Program and Emergency Food Pantry.
- Karen Sartoris for donating much-needed storage containers.

## Just the Facts

MCUM's Emergency Services Program provides basic needs assistance to those in crisis. Here are just a few facts about the heads of the households we assisted in 2008:

27 % were employed, full- or part-time

30% were disabled and unable to work

27% were unemployed due to layoffs or other factors but were looking for work

16% were considered to be chronically unemployed

## Matching 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 that will generate interest to support our programs for as long as they are needed. Our 2009 Matchstick goal is to raise \$10,000. If you would like to help us reach this goal, 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!

## Summer Camp In Full "Swing"

MCUM's 2009 Summer Camp is underway, and the children are having a marvelous time. This year's campers will be taking part in a wide variety of activities including daily trips to Mills Pool, regular visits to the Monroe County Public Library, activities organized by a representative of the Monroe County Solid Waste Management District and field trips to the Indianapolis Zoo and the Hunter Honey Farm. These campers will also be benefiting from karate and dance instruction all summer long. MCUM appreciates the support we have received for this program from Opportunity House, the PeyBack Foundation and a few individual donors.

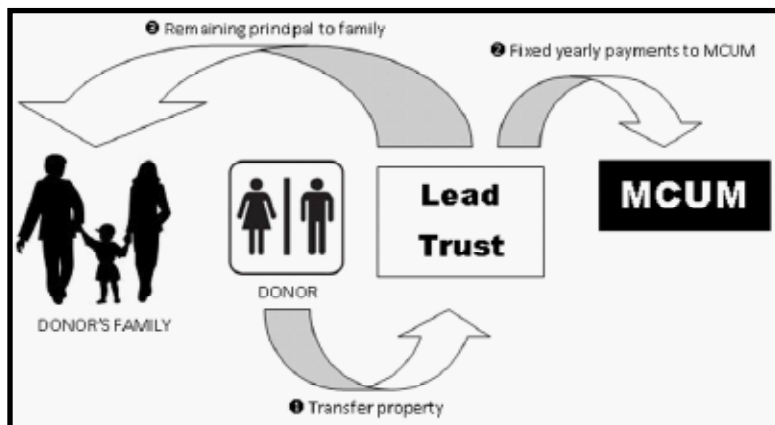


Summer Campers demonstrate the "elbow swing," one of their favorite dance steps.

## Planned Giving: Charitable Lead Trusts

by Katie Oreskovich, SPEA Service Corps Fellow

A charitable lead trust is a unique way to give assets to both MCUM and your heirs. This kind of trust works well for donors who would like to delay a gift to their heirs and may allow for reduced estate taxes, gift taxes, and income taxes. Here's how it works:



1. You contribute cash, securities, or other property to a trust.
2. The trust makes fixed annual payments to MCUM for a specified term of years.
3. When the term ends, the remaining principal goes to your heirs.

Like other trusts, a charitable lead trust is complex, so you should consult with your financial advisor or the Community Foundation of Bloomington and Monroe County to make arrangements. Setting up a trust is a wonderful way to ensure the continuation of MCUM's work in the community through affordable childcare and emergency services. If you would like to learn more about our programs or the benefits of planned giving, please contact Rebecca Stanze or Meri Reinhold at 812-339-3429 or [mcum@bloomington.in.us](mailto:mcum@bloomington.in.us).

## Well Water Should Be Tested Annually to Reduce Health Risks to Children

*Information provided by the National Institute of Environmental Health Sciences*

Private well water should be tested yearly, and in some cases more often, according to new guidance offered by the American Academy of Pediatrics (AAP). The recommendations call for annual well testing, especially for nitrate and microorganisms such as coliform bacteria, which can indicate that sewage has contaminated the well. The recommendations point out circumstances when additional testing should occur, such as when there is a new infant in the house or if the well is subjected to structural damage.

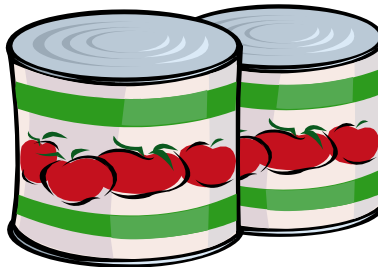
With proper care, well water is safe; however, wells can become contaminated by chemicals or pathogenic organisms. Nitrate, which comes from sewage or fertilizer, is the most common contaminant in wells. The presence of nitrates can be a problem particularly for infants under three months who cannot metabolize nitrate. Water with a nitrate concentration of more than 1.0 milligrams per liter should not be used to prepare infant formula or given to a child younger than one year. The policy statement suggests using bottled water for infants when nitrate contamination is detected, or when a water source is unknown.

The policy statement, "Drinking Water from Private Wells and Risks to Children" points out that water contamination is inherently local, and that families with wells need to keep in contact with state and local health experts to determine what should be tested in their community. Approximately one-sixth of U.S. households now get their drinking water from private wells.

## Summer Camp Food Drive

When MCUM's Summer Camp started on June 1, our childcare kitchen suddenly had 40 school-age children to serve at breakfast, lunch and two snacks times, in addition to 97 enrolled preschoolers. Summer campers are big kids, and they are always hungry!

If you are interested in supporting this program through donations of food, please deliver items directly to the Childcare Center, Monday-Friday, 6:30am-5:30pm or make sure they are marked "for childcare" if you are donating at a MCUM food collection site. In addition to veggies and produce needed, large and commercial size containers are especially welcome, including large jars of peanut butter, #10 cans of vegetables and large bags of baking staples.



## Sponsor a Swimmer

Each summer children enrolled in MCUM's programs enjoy regular visits to Mills Pool. However, the additional fee associated with accessing the pool presents a challenge for some families. "Swimmerships" from donors can make it easier for kids to swim and splash. \$20 sponsors a preschooler to visit the pool a few times a week and \$42 sponsors a summer camper's daily visits. If you would like to sponsor a swimmer, donations of any amount are welcome. Just make sure to note "swim program" on your check.

## Veggies Needed!

Your garden is just getting started, but soon you will have an abundance of produce. Too much zucchini? Too many tomatoes? Are you drowning in green beans? 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.

# Childcare Classroom Calendars

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## 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

### **Summer Camp:**

Josie Franklin Scott Lohmar  
Caitlin Witcher

## Announcements For Parents

### **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 7/9, 8/6, and 9/10 in the Parent Resource Room.

## Puffins

*June 29 - July 3 - Shadows*

This week the Puffins will talk about our shadows. We will trace our shadows, see who has the biggest shadow and talk about how they are different. Be sure to help your child spot a shadow this week!

*July 6 - 10 - Transportation*

Trucks, buses, and other means of transportation will be explored by the Puffins this week. We will explore how medics transport people when they are hurt or how school bus drivers take children to school. Be sure to ask your child what they learned.

*July 13 - 17 - How does your garden grow?*

This week the Puffins will learn about how to make a garden grow and will taste lots of things that come from a garden. We will take a trip to the greenhouse and explore the tomato plants that are growing there. We will also do some planting, so be sure to look for a plant that your child will bring home this week!

*July 20-24 - Mercer Mayer*

This week the Puffins will explore the world of Mercer Mayer and his little critter. We will talk about the importance of family, very special critters, sharing, and many other good lessons. Be sure to ask your child about the lessons they learned from the little critter.

*July 27 - 31 - Fairy Tales*

"Little Red Riding Hood," "Jack and the Beanstalk," and "Three Little Pigs" are among some of the stories we will talk about this week as we explore the world of fairy tales. We will plant some beans, make some pig noses, and enjoy many other fun activities related to fairy tales.

## Seahorses

*June 29 - July 3 - Outdoor Activities*

This week the Seahorses will be looking outside for their entertainment. What are your favorite activities outside? We will have tents to camp in and "roast" marshmallows. On Tuesday and Thursday the Seahorses will enjoy water play activities on the playground.

*July 6 - 10 - Community Helpers*

This week the Seahorses will be dressing up as their favorite community helper. We will talk about the jobs held by the adults in our lives. Please stop by to share information about your occupation with us.

*July 13 - 17 - Oceans*

What will we find in the ocean? What do we get from the ocean to give us nutrition? Have any of the Seahorses ever been to the ocean? We will feel sand from two different oceans and talk about how they are different. The Seahorses will also feel and see what a real seahorse looks like.

*July 20-24 - Insects*

How many legs do ants have? What do they eat and how many different kinds are there? The Seahorses will make spider webs and cocoons this week. We will see how a bee makes honey and how centipedes crawl. We will be counting and sorting insects by their shapes, colors and number of legs.

*July 27 - 31 - Leo Leoni*

This week the Seahorses will talk about a favorite author, Leo Leoni. We will read *Leo*, *The Late Bloomer*, *Little Yellow and Little Blue*, *Swimmy*, and *A Flea Story*. Many great activities go along with these books, such as mixing colors, playing fishing games, and organizing our own flea circus!

*The Seahorses have show-and-tell on Fridays. This is your child's time to talk about something they enjoy.*

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# Penguins

*June 29 - July 3 - Peace for All*

Holiday celebrations are wonderful opportunities to learn about traditions loved by people around the world. This week, the Penguins will talk about the meaning of independence and peace. We are going to celebrate the 4th of July with sparkling art projects, books and colorful pictures.

*July 6 - 10 - Our Great Big World*

This week will promote multicultural awareness with arts, crafts, songs, books and dress-up fun. We will learn that people may appear to be different, but we are all the same inside. Starting this week, we will use our “passports” to make regular visits to different countries. This week we are going to take a plane ride to “Mexico.”

*July 13 - 17 - Our Senses*

*I spy with my little eye...* This week we will learn about our five senses through fun science activities. The Penguins will be spying with their little eyes, smelling with their noses and hearing with their ears. We will also touch and taste different things. This week we will go on a ship and visit “Japan.”

*July 20-24 - Wild, Wild West*

Howdy partner! Put on your boots, belts, jeans and hats because the Penguins are going back in time to visit the “Wild West.” We will be talking about how people lived in those days and rustle up some crafts for cowgirls and cowboys. For our trip around the world we will be stopping by “Egypt.”

*July 27 - 31 - Collections*

The Penguins will venture into early mathematics by learning about patterns and collections. We will collect nature items, then count and display them. We are going to have the best Show-and-Tell ever! If you have a collection, we would love to see it. This week we will also visit “France.”

# Otters

*June 29 - July 3 - The United States*

As we prepare for Independence Day, the Otters are going to spend time discussing our country. We will pull out a map of the USA and talk about the different states, where we live, and where we have visited. Our room will be decorated with red, white and blue creations.

*July 6 - 10 - Oceanography*

Now we are off to explore the deep blue sea as we learn about the ocean. We will discover what types of plants and animals thrive in this salty environment. The children will dig for seashells in the sand table and create underwater scenes using crayons and watercolors.

*July 13 - 17 - The County Fair*

This week the Otters are going to explore a little bit closer to home as we look at life at the county fair. We will talk about the animals we might see, the foods we might taste, and the rides we might enjoy at the fair. The children will set up a fair of their own using the farm animals we have made and exhibit wonderful art projects.

*July 20-24 - The Circus*

Now we are going to learn about life in the circus. What animals are found at the circus? How do they differ from the animals at the fair? We will talk about the special performances we would see and what types of foods we would eat at the circus. This week we will listen for the lions and the elephants as we create our own circus in the classroom.

*July 27 - 31 - Space*

This week the Otters will explore outer space. We will build “rockets,” explore the planets and the stars, and imagine what it would be like to live in space. By the end of the week the Otters will have officially become junior astronauts.

# Dolphins

*June 29 - July 3 - Fourth of July*

Since we observe Independence Day this week, we will be celebrating our country’s independence and enjoying the festivities of the Fourth of July. We will celebrate by decorating with red, white and blue; making flags; and singing patriotic songs. We will also make glitter fireworks and pinwheels to celebrate in style.

*July 6 - 10 - Carnivals and Fairs*

This week we will talk about fun times at the fair - the rides, animals and food you might eat. We will make our own circus in the classroom and practice the tricks you might see animals perform. We will walk on the tightrope and see how many peanuts a pretend elephant can eat.

*July 13 - 17 - Pets*

This week the Dolphins will be talking about their pets, or pets they would like to have. We all know about the usual pets, but this week we will learn about some unusual pets. At the end of the week we will make a graph and discover the most common pet in our class.

*July 20-24 - Water*

Water, water everywhere! Now that it’s summer, we will be playing in a lot more water. We will learn where water comes from and why we need it to stay healthy. We’ll also explore more sensory activities in our water table. Expect to get drenched this week with plenty of splashing and splashing, slipping and sliding.

*July 27 - 31 - Wild Animals*

Wild animals live all over the world. They live in the forest, desert, polar regions and grasslands. Your children might only be aware of the animals that live in the zoo, so this week we will learn all about animals’ habitats and how they survive and behave.

## Monroe County United Ministries

827 West 14th Court  
Bloomington, Indiana 47404  
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## 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<br>Emergency<br>Services: | Monday - Friday<br>8:00am - noon<br>1:00pm - 4:00pm |
| Childcare:                           | Monday - Friday<br>6:30am - 5:30pm                  |

*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*

We are having an ongoing sale due to an abundance of women's slacks and shorts and children's clothes. Our store-wide sale is in progress with lots of half-price deals.

We are well-stocked with merchandise except for jewelry. Maybe you have extra pieces that you could donate to Opp House? Spread the word to friends and neighbors and thank you for your support.

We will be closed on Saturday, July 4th but will reopen on Monday, July 6th. Have a great Fourth of July!

*Please recycle this newsletter or share it with a friend.*