

Working Together

The Newsletter of Monroe County United Ministries

January 2010

MCUM Appreciates Holiday Helpers

December is always a busy month at MCUM, thanks to the wide range of support we receive from the community at this time of year.

In addition to the many donors who contributed funds to keep our programs operating and food to keep our pantry running, many people help with special holiday projects.

Food Baskets

Thank you to all those who donated holiday food baskets for our childcare and emergency services families. Of the 112 baskets received, 64 were donated by members of the Unitarian Universalist Church and 20 by members of the American Legion and eight by the employees of TIS.



Santa Bags

Each year, a certain jolly old elf visits the children in the Childcare Program bearing gifts donated by generous community members. Thank you to everyone who contributed to Santa's gift bags this year: Pam and Jef Davidson, First United Methodist Church, St. Paul United Methodist Church, Tri Kappa Gamma, the IU Alumni Association, Highlanders Home Extension Club, and TIS. Thanks also goes to the elves who helped with wrapping.



Other Helpers

We appreciate the 49 workplaces, groups and families who "adopted" childcare families for Christmas. We would also like to thank the students of St. Charles School (at right), who brought holiday decorations to the childcare building.



Luncheon Planning Underway

MCUM's annual "Spring Into Action!" Luncheon and Silent Auction will be held on Sunday, April 25, 2010, at the Bloomington-Monroe County Convention Center.

Donations for the silent auction are welcome now. Art, books, services, interesting household items and restaurant certificates are all needed. Contact Rebecca Stanze at 812-339-3429 or mcumfund@bloomington.in.us for more information about this event or donating to the auction.

Volunteers are also still needed to help make this event a success. If you would like to help plan the event or help out on the 25th, please get it touch!

Food Pantry Needs

The pantry welcomes donations of all nonperishable foods, but we currently have a special need for the following items:

- canned meat - chili, chicken, hash, etc.
- canned fruit - peaches, pears, mixed fruit
- canned veggies - mixed, potatoes, beets, carrots

Cleaning Closet Needs

Most cleaning supplies and hygiene items cannot be purchased with food stamps. Our "Cleaning Closet" currently needs:

- diapers, especially size six
- laundry soap
- dish soap
- paper towels

Childcare Needs

The Childcare Program uses lots of supplies. Items currently needed include:

- Crayola washable markers and crayons
- glitter
- glue sticks
- unscented shaving cream
- bingo dobbers

Office Needs

- envelopes, printed or plain, needed for internal office use
- laptop with wifi capacity that can run Windows XP and Office 2007 or better

Volunteer Opportunities

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

Featured Volunteer Position

Spring Luncheon Committee Members: Do you love to plan parties? 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.

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. Contact Cynthia for more information.

Pantry Assistants: Volunteers are always needed to sort food donations and bag groceries in the Emergency Food Pantry. Set your own schedule during office hours, once you are trained. Light lifting required.

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.

Classroom Assistants: Volunteers are always welcome in our classrooms. Do you want to work with preschool age children? School age children? Do you love to read? Love to do crafts? Do you enjoy being outside? We will find the role that suits you best.

New Cell Phone from Santa?

If you found a new phone under your Christmas tree this year, we hope you'll consider donating your old cell phone to MCUM. Recycling your old phone is environmentally friendly and can support a good cause. If you recycle your phone with MCUM, you can help us earn \$0.50 - \$35, depending on the age and condition of the phone, and support our Emergency Services and Childcare Programs.



Some "recycling" programs ship phones to developing countries where they put human lives and natural resources in danger. MCUM works with a recycling/refurbishing company with zero landfill and no-export policies.

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

Healthy Families...Fight Bacteria!

by Jennifer Larson, with help from the Center on Disease Control

America sees 76 million cases of foodborne illness each year. While many of these cases are not fatal, the discomfort and sickness caused by food poisoning is preventable in a household that is conscientious and practices safe food habits.

Learning how to properly handle food in the kitchen can prevent the spread of harmful bacteria and foodborne illness, keeping your family safe and healthy.

The Center on Disease Control suggests five simple rules to prevent food poisoning:

- **COOK** meats and eggs thoroughly to 160 degrees
- **SEPARATE** utensils to minimize cross-contamination.
- **CHILL** leftovers as soon as possible to reduce the growth of bacteria.
- **CLEAN** fruits and vegetables by rinsing them and removing any excess dirt. Also, routinely wash your hands while preparing food.
- **REPORT** any foodborne illness to the local health department in order to prevent further contamination in the community.

Thank you!

We would like to thank...

- the Traveling Turtles Camping Club of McDoel Baptist Church for their donation of hats and gloves.
- Martha and Clara Moore for supporting the Childcare Program.
- the American Legion for donating 50 hams.
- the more than 20 IU service-learners who spent 10 or more hours in the classrooms, food pantry or office this semester.
- United Presbyterian Church for donating hats and gloves to those in need.
- IU faculty Rebecca Nannery and Lisa Warner for choosing to partner their students/classes with MCUM this semester.
- the Bloomington Central Lions Club for their ongoing support and interest in MCUM.
- Robert and Janet Vincent for donating items in memory of Bill & Agnes York.
- the Circle of Women's Ministries at First United Church for donating toothbrushes.

Just the Facts

64%

of households seeking basic needs assistance from MCUM live within the City of Bloomington.

Remember MCUM When Writing Your Will or Trust

Making a bequest to MCUM is a simple way to show your long-term commitment to helping our neighbors in need.

Sample Bequest Language:
I hereby leave [specific dollar amount/specific property/specific percentage/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 manner as the board of directors may elect.

Your Family In The New Year

by Sue Berg, MCUM Volunteer

January is the time for New Year's resolutions, reflecting on the past year, and looking forward to the future. What would you like to improve for 2010? If renewing and energizing your family life is a priority, start taking steps today! Strong families display commitment to each other, strive for wellness, communicate openly, and demonstrate appreciation.

Commitment: Families that spend constructive, quality time together each day have a built-in support system and provide strength for one another. Show your commitment to family by eating meals together, playing games, reading, and sharing your activities for the day.

Wellness: Craft nutritious meals, take walks or ride bikes together, and find ways to relax and unwind from the stress of the day. Try each day to learn something new that your family can do to increase wellness and care for one another.

Communication: Sharing and talking are vital elements of any strong family. Talking supports families in maintaining healthy relationships, solving problems, and encouraging one another.

Appreciation: Appreciation cultivates trust and positive self-esteem, helping family members feel needed and wanted. Self-esteem also plays an important role in the development of happy children.

MCUM's 2010 Board of Directors

MCUM's Board of Directors welcomes four new members for 2010: Jerry Cravens, Kathy Donley, Margie Risen and Diana Smith. The board consists of representatives from member congregations (congregations making unrestricted financial gifts in the previous year), the local business and professional community, Opportunity House, and Church Women United.

Tom Bunger, President
Gloria Hasler, Vice President
Norm Overly, Treasurer
Ed McClellan, Secretary
Lorne Aubin
Jerry Cravens
Kathy Donley

Erika Edens
Larry Jacobs
Margie Risen
John Rucker
Diana Smith
Chris Tietz
Carl Ziegler

“Prop Boxes” in the Classrooms

Prop boxes are kits created to give children a variety of experiences in language, literacy, math and science, art, social and emotional play. Stored in mobile containers, they can easily be moved from classroom to classroom, helping to ensure that each room is a living learning environment. Understanding and learning happens as young children explore new roles and prop boxes are wonderful classroom tools that encourage children to do just that.

MCUM’s Childcare Program is updating their collection of prop boxes and will be highlighting a different box each month, with a wish list of items needed. If you can contribute something on the list, you will help us to improve and expand our children’s learning environment.

Prop Box of the Month: “The Restaurant”

Needed Items:

- Cooking utensils
- Empty spice containers
- Small pads of paper
- Chef hats
- Pot holders
- Small cookbooks
- Aprons
- Plastic salt and pepper shakers
- Placemats

Mark Your Calendars!

“Spring Into Action!” Spring Luncheon

MCUM’s “Spring Into Action!” Luncheon and Silent Auction will be held on Sunday, April 25, 2010, at the Bloomington-Monroe County Convention Center. Save the date for this event and consider making a donation to the silent auction. Contact Rebecca Stanze at 812-339-3429 for more information.

Homeward Bound Walk

The eight annual Homeward Bound Walk will be held on April 18, 2010. Registration will open at 11:30, with the walk kicking off at 1:00. The walk will be followed by food, fun and music in Third Street Park.

Travel-Sized Toiletries Needed

Did you do a lot of traveling this summer? Do you stockpile those little bottles of shampoo and mini bars of soap?

When people in crisis need food assistance, we include a roll of bathroom tissue and a few travel size toiletries with their groceries. So if you decide you will never use all those little bottles and bars, we can certainly use them at MCUM. Drop them off at our office or include them anywhere MCUM food is collected.

Clip Labels and Box Tops

Looking for an easy way to help? Collect Labels for Education from Campbell’s products and Box Tops for Education from General Mills products. Just clip this:



or this:



from products you already buy and send them our way. These logos may be in unexpected places so keep your eyes open!

Childcare Classroom Calendars

Staff

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

Puffins: 2 - 2.5 year olds

Teacher: Susan Williams
Aide: LaDawn Joyner
Aide: Laura Baker

Seahorses: 2.6 - 3 year olds

Teacher: Marycarole Matlock
Aide: Melissa Chambers

Penguins: 3 year olds

Teacher: Mary Ellen Pierce
Aide: Anna Donley

Otters: 4 year olds

Teacher: Jessica Smith
Aide: Traci Walters

Dolphins: 5 - 6 year olds

Teacher: Kim Clay
Aide: Brock Singleton

Announcements For Parents

Rose Johnson, a representative from WorkOne, is at MCUM at least one Thursday afternoon each month, 2:00-4:30. Rose will be available on January 14, February 18, and March 18.

Parents are always welcome in the classrooms. Please let a staff person know if you would like to stay for a meal so they can update the kitchen.

Puffins

January 4-8 - Winter Wonders

This week the Puffins will share their favorite winter weather activities. We will discuss sleigh rides and paint our own sleigh. We will talk about how ice freezes so we may skate on ponds and in skating rinks. We will work on our math skills by playing a matching game with different colored scarves. Then we will create a giant cup of hot chocolate, using cotton balls for marshmallows!

January 11-15 - Arctic Animals

The Puffins will start their week by reading *Animals of the North*. This book discusses many arctic animals including walruses, narwhales, snow rabbits, reindeer, moose, polar bears, and penguins. We will use this information to create our own arctic animal scenes. We will end the week by discussing our favorite arctic animal...the puffin! Look for our puffin artwork in the hallways.

January 18-22 - Barney

This week, Barney will help the Puffins review their colors and numbers. We will play color matching and sorting games and count with Barney. Baby Bop will help out by reviewing shapes. We will paint Barney and Baby Bop by using different shaped sponges. We will dress in Barney costumes, sing, and act out many songs from his television show.

January 25-29 - Curious George

This week we will discuss the word "curious." We will share why we think George is so curious. We will chart how many Puffins are curious, too. We will enjoy many of George's adventures throughout the week. We will fly a kite with George, and then make our own kites. We will discuss how the Man in the Yellow Hat shows he loves George. Afterwards, we will paint wide-brimmed yellow hats.

Seahorses

January 4-8 - New Beginnings

This week the Seahorses will create new beginnings. We will make homemade calendars, hang new pictures on the walls and rearrange our room. We will welcome new classmates to the room and say good bye to some of our three year olds. There will be plenty of opportunities for you to come in and read new books with us.

January 11-15 - Arctic Animals

This week Seahorses will talk about arctic animals. We will learn about the kinds of penguins living in the Arctic, what their lifestyle is like and how cold it gets. The Seahorses will even go on a Polar Bear hunt! If you were an Arctic animal, what kind of weather would you expect? We will do ice experiments, talk about how cold the ice can get, and how we can melt it. We will read books such as *Bear Snores On* and *Bear New Friends*.

January 18-22 - Dinosaurs

What is that loud noise? Come in and see our prehistoric Seahorses. What is your favorite dinosaur? We will talk about who likes what and will graph the answers in our classroom. Which dinosaur is loudest, which is biggest, and are there still dinosaurs around? We will get out the dinosaur prop box, read dinosaur books and sing dinosaur songs. In the end we will make our own fossils.

January 25-29 - Ooey Gooey

Come in and join us for some messy, fun sticky days this week. This week the Seahorses will make play dough, gak and plenty more sticky messes. We will have a mud dig and look for bones in our water tables. Our featured art will be shaving cream pictures and paper machè. Please feel free to join us but be sure to wear your smocks this week.

Penguins

January 4-8 - Winter

We have just finished celebrating the holidays and we have already seen some snow, so now it is time to discuss the season in which these events take place. The Penguins will also talk about all the different types of cold weather activities that we enjoy. If the weather cooperates, we might even have the opportunity to build a snowman or have a huge snowball fight!

January 11-15 - Arctic Wild Life

This week we will travel to the arctic regions to see how penguins, polar bears and other animals happily survive in subzero temperatures. We will discover how their lives differ from that of their warmer weather relatives. Look for activity in the writing center as the Penguins choose their favorite arctic animal and write a story telling us how they would survive in this frozen world.

January 18-22 - Martin Luther King

This week, as we celebrate Martin Luther King Day, the Penguins will discover just what this holiday means. We will discuss this heroic man and learn what great things he accomplished for humankind. The children will learn about freedom and what it means. We will also learn about the importance of helping others and learn the significance of this holiday as "a day on, not a day off".

January 25-29 - Dinosaurs

This week we will learn all about the different types of dinosaurs, what they ate, how big they were, where they liked to play, etc. We plan to go on dinosaur hunts looking for tracks of the many different dinosaurs as well as look for fossils in our dinosaur dig. It will be an exciting week as we learn many interesting facts and discover which dinosaurs are our favorites.

Otters

January 4-8 - Friendship

What makes a good friend? The Otters are going to find out! We will spend time sharing the things we look for in a friend, as well as chat about those pesky traits we don't like! Our classroom will be buzzing as we do many activities in pairs and groups with our buddies!

January 11-15 - Feelings

Sometimes we know exactly how we feel, but not always how to communicate it; this week the Otters will learn the names for their emotions and work on using our words to let others know how we feel. We will share how various actions and events make us feel and even use mirrors to see ourselves making different expressions.

January 18-22 - Martin Luther King Jr. & Peace Education

After having Monday off for Martin Luther King Jr. Day, the Otters will learn more about the man himself and his cause, peace. We will find out what peace means and share ways to make peace within ourselves, our classroom, our community, and our world. Watch our hallway for our peace displays.



January 25-29 - Manners

Please, Thank You, You're Welcome, Excuse Me...these are all things you can count on hearing around the Otter room! These are phrases we already know how to say, but need a little reminder on occasion. We will be reminded of when and how to use these phrases, as well as why it is important for us to have good manners.

Dolphins

January 4-8 - 100th day of school

This week Dolphins will reach their 100th day of school! We have been waiting and patiently counting our apples for this day. We will talk about what we have loved about being Dolphins so far and what we want to do before the year ends. We will look for the Dolphins who can count to 100 without any mistakes.



January 11-15 - Martin Luther King

"I Have a Dream." This week the Dolphins will celebrate Martin Luther King Jr's 81st birthday. We will talk about what his dream was and see if it came true. We will also listen as Dolphins tell us about their dreams.

January 18-22 - Five Senses

Smell, Taste, Hearing, Sight, and Touch...these five senses will be explored by the Dolphins this week. We will do a taste test, figure out what sense we use on the telephone, and experience what it is like to be blind. This week the Dolphins will be introduced to sign language, so ask your child to teach you what they have learned.

January 25-29 - Food and Nutrition

Why does an apple a day keep the doctor away? At the end of the week, ask any Dolphin and they will have the answer for you. This week Dolphins will explore the food pyramid and how it keeps us healthy. We will check up on our kitchen crew to see if our lunch has all the food groups. We will also see who can earn the clean plate award by eating all their lunch. Don't forget to check out our growth chart to see who is the tallest.

Monroe County United Ministries

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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: Jill Edie

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. Become a "fan" of Opp House on Facebook!

Opportunity House Update

by Janet Donham, Opportunity House Board President

We hope you had a blessed Christmas with family and friends. A lot of joy and wonderful food during the Christmas season has spoiled us all, and maybe added a pound extra.

Opp House re-opens Monday, January 4 at 9:00am for our regular business hours. We would appreciate donations of blankets, sheets and pillowcases for the cold months ahead, along with cooking utensils, dishes and silverware.

Thank you for your support as we begin our 41st year serving our community and MCUM.