

Working Together

The Newsletter of Monroe County United Ministries

July 2010

MCUM's Summer Camp is Hot!

MCUM's nine weeks of summer camp began on June 7 with 41 campers enrolled. Campers, ages 6-12, will participate in a wide variety of fun summer activities including:

- community service projects
- a new fitness room with tae bo and kickboxing
- presentations by various community groups
- trips to the public library
- visits to Griffy Lake, McCormick's Creek State Park, and Leonard Springs Park
- daily trips to Mills Pool

Less exciting for the children, but just as important, is the visit from the mobile dental clinic that will provide free dental cleanings and screening. This program is primarily made possible by the support of Opportunity House. Thank you to Opp House for recognizing the importance of a safe, affordable, enriching summer program.

"Each One, Feed One" Food Drive

The fifth annual "Each One, Feed One" community food drive will be held on August 27, 28 and 29. Hundreds of volunteers will be at area grocery stores, collecting donations from shoppers. This is the first year the drive has included a Friday night collection date and we



hope this additional time slot will help us meet our goal of 15,000 pounds of donated food and other items. This drive comes at an important time for MCUM's Emergency Food Pantry. Food donations traditionally slow down during the summer but the demand for food assistance does not, often leaving our shelves practically bare by August. Already in June, our supplies are running low. Pictured at left: one of seven pantry rooms.

How can you help? Volunteer and recruit others to volunteer with you. See list at right or www.mcum.org for shifts and positions. Contact Meri Reinhold (339-3429 or mcum@bloomington.in.us) to sign up. You can also thank the participating stores for supporting this food drive: Bloomingfoods, Buehler's Buy-Low, Kroger, Marsh, O'Malia's, and Sahara Mart.

Food Drive Volunteer Needs: Position	Responsibilities	Shift Options		
		Friday	Saturday	Sunday
Store Volunteers	Collect donations at local stores, interact with public.	5pm - 8pm	10am-1pm 1pm-4pm	1pm-4pm
Store Coordinators and Assistants	Coordinate with stores and volunteers, transport donations to MCUM.	4pm-9pm	9am-6pm	12pm-6pm
Sorters	Unload and sort donations at MCUM.	n/a	9am-12pm	12pm-3pm 3pm-6pm

Childcare Needs

The Childcare Program uses many supplies.

Current needs include:

- blunt-edge child scissors
- bingo dobbers (all colors)
- dry erase markers and erasers
- bean bag chairs
- Crayola washable markers

Clean, one-pound coffee cans (or similar) and lids for the upcoming food drive.

Food Pantry Needs

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

- pasta sauce
- canned meats: tuna, salmon, chicken, beef stew, etc.
- rice and rice side dishes
- crackers
- desserts

We need your paper grocery sacks for the Emergency Food Pantry! Paper bags hold more than plastic and stand up nicely on our shelves. Please ask for paper when you shop.

Cleaning Closet Needs

Demand for these items, which can't be purchased with food stamps, is high. You can help by restocking our shelves with:

- toilet paper
- laundry soap
- diapers: sizes 5 and larger
- new men's underwear, sizes 32-36
- new women's underwear, sizes 8-10
- socks for adults

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 below.

Featured Volunteer Position

“Each One, Feed One” Volunteers:

The annual “Each One, Feed One” Community Food Drive will take place this August 27, 28, and 29. Hundreds of volunteers are needed. See page 1 for more information.

Opportunity House Volunteers: Opp House is a resale shop at 907 W. 11th Street and is MCUM's important partner. Volunteers are especially needed to sort and price items and serve as cashiers. Contact Janet at 336-2443 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. Moderate lifting required.

Classroom Assistants: 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 a task that suits you best.

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.

Summer Means Water Play

MCUM is located next to Tri-North Middle School and the City of Bloomington's Mills Pool. When summer comes around, our children love being so close to the pool. The summer campers swim every day and the 3 - 6 year olds swim a few times a week. The very youngest children splash in the sprinkler on the playground, but soon they will be old enough to visit Mills Pool as well!



Matching Opportunity for MCUM's Endowment

This is the fifth year of the Community Foundation of Bloomington and Monroe County's Matchstick Endowment Matching Initiative. When MCUM raises \$10,000 for our endowment fund, an additional \$3,333 will be added by the foundation. This is a great opportunity to maximize the impact of your donation thanks to a 3:1 match and to add your generosity to the endowment that will support our programs for as long as they are needed. Donations should be made directly to the foundation:

Community Foundation of Bloomington and Monroe County
101 W. Kirkwood, Suite 321
Bloomington, IN 47404-6129

Please note "MCUM/Matchstick" on the memo line. Donations can also be made online through the foundation's website, www.cfbmc.org. Contact the foundation at (812) 333-9016 or our office at (812) 339-3429 if you have any questions about the Matchstick Program.

Thank you!

We would like to thank...

- Richard Kemp and the staff at the Marsh on Kinser Pike for donating paper bags to our Emergency Food Pantry.
- Betty Watson for her support of the Childcare Program.
- Woodhaven Christian Church for donating 999 pounds of food so far this year.
- Ron Schoknecht and Phil Davis for maintaining our buildings. We don't know what we would do without you!
- The High Hopes Extension Club for their support of the Emergency Services Program.
- Valerie Merriam for donating 150 valuable hours of her time in the first half of the year.
- Arlington United Methodist Church for collecting 147 pounds of food so far this year.

Veggies Needed!

Your garden may just be getting started, but soon you will have too much zucchini and too many green beans! A fun and easy 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.

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!

Stock a Classroom "Prop Box"

Prop boxes are mobile kits created to give children a variety of experiences in language, literacy, math, science, art, social and emotional play. The Childcare Program is updating and restocking prop boxes. Can you help?

Prop Box of the Month: "Archaeologist Expedition"

Needed Items:

- Small back packs
- Boots
- Hats and bandanas
- Magnifying glasses
- Maps
- Notebooks
- Sand strainer
- Sunglasses
- Tools (plastic shovels, brushes, rulers, hammer, etc.)
- Objects for discovery (large dog biscuits for bones, rocks, florist stones, etc)
- Canteen



Healthy Families... Have Healthy Habits

By Jenn Larson with help from the Mayo Clinic and the US Department of Health and Human Services

Your entire family can help to develop a household of healthy living with a few simple changes and shared awareness. Consult the National Heart, Lung, and Blood Institute's "We Can!" tips to help your family understand good nutrition. Their "Go, Slow, and Whoa" food lists give parents a great opportunity to talk to kids about healthy eating. "Go" foods include fruits and vegetables, which you should "go" ahead and enjoy frequently, gaining important vitamins and nutrients. "Slow" foods are higher in fat and added sugars and should therefore be eaten in smaller amounts and conscientiously. Finally, "whoa" foods are highest in fats and sugars, eaten only on occasion and in very small portions.

The Mayo Clinic proposes establishing an environment conducive to healthy goals with these guidelines:

- Surround your family with healthy foods: If there is no junk food available, family members will not have to choose between empty calories and a healthy snack when they are hungry.
- Eat in: Having meals at home will reduce fast food intake, save money and allowing the family to grocery shop and cook together.
- Build physical activity into the daily routine: Make family outings a regular habit, such as bike rides or walks to the library.
- Limit household screen time: Minimize the time spent in front of the television or computer and eliminate meals in front of the television to avoid mindless calories.

Do the Paper Bag Math!

Remember word problems in math class? Here is one that might give you a sense of how many paper grocery sacks must be donated from the community to meet MCUM's needs: In May, 106 households (435 people) received food assistance at MCUM. On average, five households (20 people) were assisted with food each day. The average household included four people, adults and children. If a household of four receives three very full paper sacks of groceries and the sacks are double bagged for strength...

$$3 \times 2 = \text{___} \text{ bags used per household}$$

$$\text{___} \text{ bags per household} \times 5 \text{ households} = \text{___} \text{ bags needed per day}$$

$$\text{___} \text{ bags per day} \times 21 \text{ days of service in the month} = \text{___} \text{ bags needed per month}$$

Clients often walk, bike, or take the bus and sacks are filled past the top so they must be double-bagged for strength. That means we use a lot of paper bags - and distribute a lot of food - each month. Paper bags can be donated at our office or anywhere food is collected for MCUM. Large donations of paper bags are especially welcome. To arrange pick-up of a large donation, contact Cliff Edens at 339-3429 or mcumhelp@bloomington.in.us.

Note from a Concerned Visitor

Each summer, college students from across the country visit MCUM, volunteering as part of the North-American Interfraternity Conference. These students spend a few hours learning about poverty in Monroe County as they volunteer in the pantry and childcare programs. Each writes a note reflecting on their experience as they finish. Here is just one of the notes submitted last month:

Dear United Ministries,

I go to school in Orlando, Florida. Experts estimate that over 100,000 children go to sleep hungry every night in our county. It breaks my heart to hear such a terrible statistic. But people like your organization and your generous donors give everyone hope. Thank you for all your efforts and accomplishments.

JT

Teacher Aides Received CDA

Congratulations to Melissa Chambers, Teacher Aide in the Seahorse Room, and Laura Baker, Teacher Aide in the Otter Room, for completing their Child Development Associate degrees through Ivy Tech Community College - Bloomington. Melissa has worked in the Childcare Program for almost two years and Laura has been on staff for just over a year.

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.

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.

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

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: Laura Baker

Dolphins: 5-6 year olds

Teacher: Kim Clay
Aide: Brock Singleton

Summer Camp: 6-12 year olds

Jessica Eads Scott Lohmar
Caitlin Witcher

Announcements For Parents

Rose Johnson, a representative from WorkOne, is at MCUM at least one Thursday afternoon each month. Rose can assist with resumes, cover letters, and job search tips. She will be available on July 22.

Parents are always welcome in the classrooms. If you would like to join your child for lunch, please let the teacher know so you can be added to the lunch count.

Puffins

July 5-9 - Vacation around the World
Look out world, the Puffins are coming! This week we will travel the globe for a little vacation. We will discuss the places people like to go for vacation and what they like to do there. We will also share our own vacation stories and our favorite places to travel. We will also talk about how to prepare for a vacation and how to stay safe while we travel. Look for your child to bring home "souvenirs!"

July 12-16 - Dora the Explorer
The Puffins love Dora the Explorer and her many friends. This week, we will read as many Dora books as we can. We will talk about what it means to explore, where we would like to explore, and what tools we would need to do so. We will play matching games with Boots, paint with Swiper, make our own backpacks, decorate the Troll, and dance with Dora and Diego.

July 19-23 - Caterpillars
This week the Puffins will talk about caterpillars. We will discuss what they are and where we can find them. We will also talk about how caterpillars transform into butterflies. We will use our art skills to create different caterpillars and a cocoon. At the end of the week, we will make beautiful butterflies.

July 26-30 - Camping
Have you ever been camping? Where can you go camping? What equipment do you need? These are just a couple of the questions the Puffins will answer this week. We will share our own camping stories with our friends and we will turn our classroom into a campsite by placing blankets over table edges to make tents and building campfires out of paper towel rolls and tissue paper. We will also discuss how to keep safe around a campsite.

Seahorses

July 5-9 - Music Around the World
This week the Seahorses play lots of different music, from all over the world. We will talk about our favorite kinds of music and we will have a parade at the end of the week. Please feel free to bring in your favorite CD from home. The Seahorses will learn how to repeat a beat and how to make up a beat. We will of course be dancing and clapping all week long. How do we celebrate with music compared to other countries?

July 12-16 - Oceans
This week the Seahorses will be exploring the world in the ocean. How do we use the ocean? Have any of the Seahorses seen the ocean? We will explore seashells and talk about their purpose. We have an actual seahorse skeleton so we can examine the animal we are named after. We will also have lots of sand play and sand art. Do you like making sand castles? If so, please come in and join us!

July 19-23 - Colors
Our world is filled with colors. During this week the Seahorses will figure out what primary colors are and what secondary colors are. These are difficult concepts, but we will enjoy a lot of color mixing. We will chart our favorite colors. What color will win in our room? Come by for a visit and find out.

July 26-30 - Leo Leoni
One of our favorite authors is Leo Leoni. We will read *Inch by Inch* while we measure things around our classroom. *Six Crows* will help us to learn to count and talk about different birds. *The Alphabet Tree* will definitely help when we are doing our ABC's. What does it mean to be author? We will try to make our own book this week.

Penguins

July 5-9 - 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 be busy digging for seashells in the sand table and then using the magnifying glasses in the science area to examine them. The Penguins will also create beautiful underwater scenes in the art area.

July 12-16 - The Circus

The Penguins are off to the circus as we learn about life under the Big Top. We will discover the exciting life of circus performers, as they move from place to place performing for different people. We will find out what types of animals can be found at the circus and what special tricks they do. Listen for the roars of the lions and the trumpets of the elephants as we create our own circus in the classroom.

July 19-23 - The County Fair

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

July 26-30 - Building & Construction

The Penguins will have a blast as they immerse themselves in the world of construction. We will learn about the different types of construction vehicles and their functions. We will find out what a structure looks like during each stage of construction. We hope to find some construction going on in the neighborhood so that we can appreciate firsthand all the hard work that construction workers do to create nice things for us.

Otters

July 5-9 - Ooey Goopy Week

One thing we Otters love to do more than anything is to get messy!! This week the Otters will be experimenting with goo, mud, oobleck, flubber, and anything else we can get our hands on! Come in and get messy with us; just remember to wear old clothes!

July 12-16 - Colors

The Otters will spend this week immersed in all of the beautiful colors of our world! We will discuss our favorite colors and make guesses about what colors can be made by mixing other colors, as well as paint up a storm in our art area. Feel free to join us and make your own colorful masterpiece.

July 19-23 - Alphabet

A, B, C, D, E, F... We will be surrounding ourselves with the letters of the alphabet this week. Letters will be EVERYWHERE!! We will sing the alphabet song and practice writing the letters that spell our names. Come for a visit and maybe we'll spell out your name too!

July 26-30 - Numbers

How many steps does it take to get across our classroom? How many of our Otters are boys? How many are girls? These are questions the Otters will be able to answer as we reacquaint ourselves with numbers and do some serious counting. Our week will be dedicated to recognizing, counting, writing, and playing games all involving numbers! Come count with us!



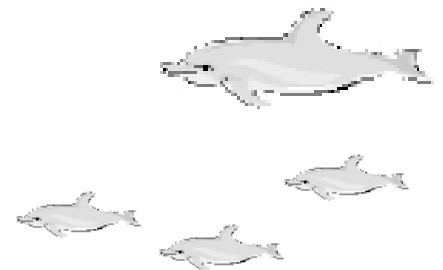
Dolphins

July 5-9 - Wild Wild West

Calling all cowboys and cowgirls! Join us for a week of rodeos, boots, vests, and hats. We will learn country songs like "Home on the Range" and read stories like *Cowboy Dreams* and *Pecos Bill*. We will also practice our listening skills at the hoedown to see who can circle round, clap their hands and stomp their feet to square dance music.

July 12-16 - Fair, Carnivals, & Circus

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



July 19-23 - Pets

The Dolphins will be talking about their pets or the pets they would like to have. We all know the usual pets, but this week we will learn about some unusual and exotic pets. We'll also ask the kids to bring in pictures of their pets.

July 26-30 - Aqua Fun

Now that it's summer time, we'll be playing a lot more water games. We'll also explore more sensory activities in our water table, such as washing our dishes, babies and toys. Expect to get drenched with our outdoor water games and spray bottles. We will end the week having lots of fun on our homemade slip 'n slide.

Monroe County United Ministries

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US Postage Paid
Bloomington, IN 47404
Permit #186

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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 welcome a new volunteer, Nancy Jo Sheets. She is pricing on Monday and attends McDoel Baptist Church. We still need other pricers and cashiers. Call me at the store (336-2443) so we can arrange a time for you to learn about Opp House and how you can help support MCUM.

We have started closing our doors to donations 11:30-12:30 daily so our maintenance employees (who do much of the carrying and running up and down the stairs) can have a lunch break. I hope you all will understand. If it is not raining, you should feel free to leave your great donations by the back door if you have to come during lunch.