

Working Together

The Newsletter of Monroe County United Ministries

June 2010

You + Opp House = Help for MCUM

Opportunity House, located at 907 W. 11th Street, is a volunteer-run resale shop that has been serving the community since 1968. In addition to being MCUM's largest financial supporter, Opp House also provides a voucher shopping program for MCUM Emergency Services clients in need of clothing or household items. When you support Opp House, you are supporting MCUM. How can you support this wonderful community institution? Here are just a few suggestions:

- Donate your used items. Clothes, books, household items, toys and collectibles are all welcome and donations are tax-deductible.
- Become a fan of Opp House on Facebook. A direct link is available at www.mcum.org.
- Volunteer! Volunteers are always needed to sort and price donations, stock the racks, or serve as a cashier. Call 339-2443
- Tell others about Opp House. Stopping at a yard sale? Talking to a friend who mentions cleaning out her closets? Know of a store that is going out of business? Talk to other people about making a tax-deductible donation to Opportunity House.

We are "enveloped" by your generosity!

We asked for unsealed envelopes to use in our office and you responded. Thanks for your donations! However, we now have enough envelopes to last a long, long time so we encourage you to find a new home for your envelopes or recycle them.

MCUM Supporters Were Up For the Challenge

Thank you to everyone who donated food or funds to the 2010 Feinsein Challenge. This year, MCUM collected \$47,870 and 11,909 pounds of food. Your efforts will benefit low-income families in our community and help us to claim a portion of the Feinsein Foundation's \$1,000,000 match!

Spring Clean Your Estate Plan

Although creating or updating your will or trust might not be as cheerful as the flowers of spring and summer, it is a task that should be tackled along with cleaning under your bed and sorting out the old clothes in your closet.

Consult with an attorney or financial planner to find out how best to structure your estate plan. There are many options but his or her suggestions will likely include making a charitable donation to reduce your estate's tax liability.

Contact our office if you would like more information about how a bequest or other estate plan donation can benefit MCUM's programs for our community's most vulnerable citizens.

Childcare Needs

With 90 children in five classrooms, 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

Food Pantry Needs

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

- canned meats: tuna, salmon, chicken, beef stew, spam, etc.
- canned veggies: potatoes, mixed, carrots, beets, corn, etc.
- rice
- jelly and jam

Paper grocery bags are needed for use in the pantry!

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:

- cleaning supplies: floor cleaners, spray cleaners, bathroom cleaners, bleach, trash bags
- laundry soap
- dish soap
- shampoo/conditioner
- lotion
- diapers: sizes 5 and 6

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. Contact Meri Reinhold at 339-3429 or mcum@bloomington.in.us 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.

A Letter of Thanks

To the Staff at United Ministries -

I can't even begin to explain how thankful I am that people as wonderful as you and an organization as wonderful as yours exist. If it weren't for your food pantry I wouldn't eat from time to time. We are so fortunate in Monroe County that we have the community that we do.

- from a client of the Emergency Service Program

Travel-Sized Toiletries Needed

Will 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 also include a roll of bathroom tissue and a few travel size toiletries with their groceries. Your donations of travel (and regular) size toiletries can be dropped off at our office or anywhere MCUM food is collected.

Looking for Quality Childcare?

Check out www.in.gov/fssa/carefinder. This website provides a list of licensed childcare options in your area and explains the differences among licensed childcare centers (such as MCUM), licensed childcare homes and registered ministries. This site also shows the results of recent licensing inspections. Visit www.naeyc.org for a list of childcare programs accredited by the National Association for the Education of Young Children or more information about accredited programs.

Support from the Bloomington Bicycle Club

You might assume that the Bloomington Bicycle Club organizes rides and promotes races but you might not know that this group also promotes non-motorized transportation in a variety of ways, including making small grants to local organizations. MCUM has been honored as a grant recipient for the past few years. The BBC has funded a bicycle safety workshop for families enrolled in the Childcare Program and purchased several tricycles for use on our playgrounds, including several cooperative bikes that encourage teamwork during play. We appreciate the support of the BBC!



Thank you!

We would like to thank...

- First United Church for collecting and donating 1805 pounds of food and other items for the Emergency Services Program.
- Briscoe Residence Center for donating a portion of the proceeds from their bike sale to MCUM.
- Gina Forrest for her support of MCUM and our spring luncheon.
- the Good Neighbors Home Extension Club for their ongoing support.
- Haley Mclean for volunteering her time in the office and the Emergency Food Pantry.
- Gene Rogers for her concern for our neighbors in need.
- University Baptist for collecting 945 pounds of food and other items for the Emergency Services Program.
- Sara Bohs for her support of the Childcare Program.
- Dolphin Teacher Kim Clay for her work preparing for MCUM's recent graduation. Everyone loved the video!

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!

Healthy Families... Drink Water

By Jenn Larson with help from the Mayo Clinic, www.mayoclinic.com

Composing the majority of the human body and the planet, water is crucial to life and healthy living. Specifically, water carries out critical body functions such as carrying nutrients to cells and flushing toxins from vital organs.

Because water is so crucial, staying well hydrated is important for you and your family. Dehydration can lead to the loss of energy or, when severe, to the eventual shutting down of bodily functions. In order to prevent dehydration, be sure you and your family remember these basic tips from the Mayo Clinic:

- Drink a glass of water with each meal and between each meal.
- Drink water before, during and after exercise.
- Substitute sparkling water for alcoholic beverages at social gatherings.

While thirst is important in signaling the need for water consumption, relying solely on thirst as a cue to drink can become hazardous. For example, when you get thirsty, your body may already be dehydrated. In addition, with age the body becomes less able to detect dehydration, meaning you will not get cues to drink water. To maintain healthy hydration, most doctors recommend drinking eight or nine cups of water or other beverages a day.

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



Mark Your Calendars for the "Each One, Feed One" Food Drive

MCUM's annual "Each One, Feed One" Community Food Drive will take place this August 27, 28, and 29. Over 13,000 pounds of food were collected during the 2009 drive! Stay posted for upcoming volunteer opportunities and additional information.

Ready to help now? MCUM needs several one-pound coffee cans complete with lids (plus a few extra lids) for the food drive. Feel free to drop them off at our office or donate them anywhere MCUM food is collected.

Penguin Ponderings



The three-year-old Penguins have been pondering some important questions as part of their classroom activities.

What do you like to do in water?

- Spray with my water gun - Gavin
- Squirt Gavin - Eldon
- Go swimming - Kevin
- Splash - Mya
- Go fishing - Sophia
- Lay down and splash - Clark

How can we save our earth?

- Clean up trash out of the dirt - Gavin
- Turn off lights - Kaytlin
- Garden - Mazie
- Clean up garbage - Eldon

Where do you want your map to take you?

- To a pretty park and to go shopping to get pretty shoes - Aries
- To the ice cream truck - Vanessa
- The circus - Mazie
- My house - Analyth
- To daddy's car to get ice cream - Eldon

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 June 17 and July 22.

Puffins

May 31- June 4 - Sea Life

Fish, dolphins, octopus, whales...
The Puffins will learn about these sea creatures and more! We will decide if we would like to live under the sea too. The Puffins will learn what these animals eat and how they breathe. At the end of the week, we will talk about who helps these animals when they are sick or hurt.

June 7-11 - Let's Go To The Beach

This week, the Puffins will travel to the beach for lots of fun in the sun! We will play with beach balls and talk about other fun beach activities. We will play with sand in our sensory table and even build our own sand castles! We will discuss how to stay safe and healthy at the beach.

June 14-18 - Ice Cream

Do you like to eat ice cream?
Chocolate, vanilla, or strawberry?
Fudge or caramel syrup? Sprinkles, cool whip, or cherries? Which flavors and toppings are your favorite? The Puffins will share their favorite summer time snack. On Friday, they will make homemade ice cream!

June 21-25 - Summer Fun

This week, the Puffins will discuss their favorite summer time activities, including playing ball and swimming. We will also talk about keeping cool and what to do indoors when it is too hot outside. We will also discuss how sunscreen helps us stay healthy.

June 28-July 2 - The 4th of July

The Puffins will talk about how and why we celebrate Independence Day. We will make lots of red, white, and blue artwork with paper, markers, glue, and paint. Look for your child to bring home a firecracker painting at the end of the week!

Seahorses

May 31- June 4 - Water Play

This week the Seahorses will discuss what we do with water. We will make and race our own sailboats. The Seahorses will wash the baby dolls and dishes and we will do water experiments to see what sinks, floats, and dissolves in water. What a splashing fun time will be had for all!

June 7-11 - Mercer Meyer

This week the Seahorses will focus on one of their favorite characters, Mercer Meyer's Little Critter! We will read the books *I was Mad!* and *I'm Sorry* and we will talk about how Little Critter works out his problems.

June 14-18 - Summer

This week the Seahorses will be talking about summer. What is your favorite thing to do in the summer? What do animals do in the summer? What do our trees, plants, and weather look like in the summer? We will make charts to see who likes swimming, hiking, or fishing. We will have a beach party on Friday!

June 21-25 - The Senses

This week the Seahorses will talk about their senses. We will tell stories in sign language, play games blindfolded, read Braille, use headphones to hear different sounds and make sensory bags. If you had to do without one sense, which would it be?

June 28-July 2 - Outdoor Activities

This week the Seahorses will be talking about what we like to do outdoors. We will talk about what animals live outdoors and what animals live indoors. What is your favorite activity to do outdoors with your family?

Parents, please remember to check your child's folder both in the classroom and at the front counter!

Penguins

May 31-June 4 - Summer Safety

It is now time to review all the ways that we can stay safe while having lots of outdoor fun. The Penguins will think of things they enjoy doing in the summer and the important rules we must follow before engaging in those activities.

June 7-11 - The Great Outdoors

The Penguins will discuss the many different types of outdoor activities that we like and what we do with our families. We are sure to enjoy walks around the neighborhood and to the park. At the end of the week the Penguins will bring in sleeping bags and we will have an indoor campout!

June 14-18 - Dads

This week we are going to honor the male figures in our life as we talk about dads. The Penguins will share stories about their dads (or other male role models) and what makes them special. The children will think of ways we can show these men how much they mean to us. Look for an art surprise at the end of the week!

June 21-25 - The Sky

This week we are going to look at the sky more closely. We will discuss the different types of clouds and what weather each might bring. We will discuss all the things that travel in the sky, from hot air balloons to birds. Penguins should do their homework this week so they can report what the sky has to offer after dark!

June 28-July 2 - The United States

This week, the Penguins will discuss our country and what makes it great. We will look at a map of the USA and talk about the different states as we discover where we live. We will also use the map to talk about the places we have visited.

Otters

May 31-June 4 - Community Helpers

The Otters will spend time this week learning about the special men and women who help out around our community. We will talk about who these people are and what their special jobs are. Our writing area will be busy as we write thank you notes to send to some important community helpers.



June 7-11 - Swimming

Before we begin visiting Mills Pool, the Otters will learn how to play safely in and around the water. We will work together to make a list of pool rules and share our favorite ways to play in the water. Please join us at the pool if you are able!

June 14-18 - Dads

As we prepare to celebrate Father's Day, the Otters will spend the week sharing why our own dads, grandpas, papaws, and other father figures are so special. We will read books about the special bond between a father and his child. Please check our hallway to see our thank you to all dads!

June 21-25 - Vacation

It's that time of year! The Otters are going to talk about vacations and all things involved. We will discuss where we have already been, as well as where we would love to go. Housekeeping will be busy as we pack our bags and head out on a big trip! We'll send you a postcard!

June 28-July 2 - The 4th of July

We all love fireworks, but why do we have them? This week the Otters will learn why we celebrate the 4th of July, discuss where fireworks come from, and make our own fireworks pictures in the art area.

Dolphins

May 31-June 4 - Camping

Outside is the place to be! This week we will celebrate the return of warm weather with picnics, walks and camping. We will review the safety rules for being around fire and then build a classroom campfire. Then we will learn about all the different camping supplies and make a compass.

June 7-11 - Fathers

This week the Dolphins will talk about their fathers. They will share stories and talk about what makes them special. Dolphins will make a poster board with pictures of their fathers. We will also read book about the special bond between a father and child.

June 14-18 - Summer

Summer is finally here! This week we will celebrate fun in the sun by making sun catchers, sunshine fingerprinting, popsicles and much more. We will spend time at the pool and enjoy some extra water fun this week. We will experiment with water hoses and spray bottles, enjoy water relays and try splatter fence painting.

June 21-25 - Zoo

We're going to the zoo, zoo, zoo, how about you, you, you? We listen for this Raffi song and others as we explore animal life at the zoo this week. We will learn the names of less common zoo animals, how to identify them, and where they live. We will also graph our favorite zoo animals.

June 28-July 2 - Fourth of July

This week we will be celebrating our country's independence and enjoying the festivities of the Fourth of July. We will be making cool crafts, reading exciting books and so much more. The Dolphins will share stories about how their families celebrate this holiday.

Monroe County United Ministries

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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: 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

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

Opp House could use volunteers for pricing donations and serving as cashier. Call me at Opportunity House on Mondays to arrange a day and time to meet.

Due to the students leaving town recently, some of the other resale shops were full and referred donors to Opportunity House. We appreciate that support! Hopefully some of those students will become regular donors and shoppers.

Please recycle this newsletter or share it with a friend.