

Working Together

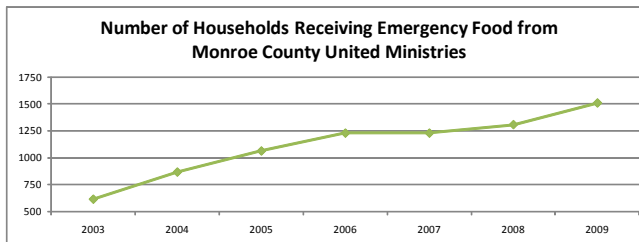
The Newsletter of Monroe County United Ministries

March 2010

Facing the Feinstein Challenge

Each year the Feinstein Foundation, an organization in Rhode Island, divides \$1 million dollars among hunger fighting agencies to help them raise funds in March and April. From March 1 to April 30, all donations received by MCUM will increase the portion of Feinstein money we receive. Donations can include cash, checks and food items (valued at \$1.00 per pound).

To help MCUM earn a greater share of the funds, please drop off or mail your donation before the end of April and indicate that you want to participate in the Feinstein Challenge. Your support will help us better serve the growing number of people in need in Monroe County.



“Spring Into Action!” for your Neighbors in Need

MCUM’s annual “Spring Into Action!” Luncheon and Silent Auction will be held on Sunday, April 25, at the Bloomington-Monroe County Convention Center. You can help make this event a success by:

- Volunteering on the organizing committee or on the day of the event.
- Selling tickets to your congregation or club members.
- Serving as a table host by filling a table of eight with your friends and family. Table hosts will be entered into a special drawing.

Funds raised at this event will provide affordable childcare and basic needs assistance for our most vulnerable citizens. Contact Rebecca Stanze at 812-339-3429 or mcumfund@bloomington.in.us for more information.

The “Spring Into Action!” Auction

MCUM’s April 25th event includes an auction of more than 100 items, with something for everyone. Interesting items include:

- a group trip to a local goat farm to learn about goat keeping and cheese making;
- antique glassware;
- a fire station birthday party for 8 children plus adults;
- a like-new Yamaha guitar;
- two tickets to the IU v. Towson football game on September 2, 2010;
- two ricks of seasoned firewood;
- a private tour and picnic at Oliver Winery;
- a one-night stay for two at The Showers Inn Bed and Breakfast; and
- four tickets to Kings Island.

Cleaning Closet Needs

We are unable to serve many people seeking items from our closet due to high demand and few donations. You can help by restocking our shelves with:

- shampoo and conditioner
- diapers, sizes 5 and 6
- dish soap
- laundry soap
- household cleaners

Food Pantry Needs

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

- crackers
- one-pound bags or boxes of rice
- canned veggies - potatoes, beets, carrots, mixed vegetables, etc.

SPECIAL PANTRY REQUEST

The pantry needs a new or like-new **upright freezer**, 25+ square feet and frost free. Interested in making a donation? Contact Cliff at 339-3429 or mcumhelp@bloomington.in.us.

Childcare Needs

With 90 children enrolled, the Childcare Program needs lots of supplies, including:

- unscented shaving cream
- bingo dobbers
- shoe box-size plastic containers with lids
- greenhouse supplies: top soil, easy to grow vegetable and flower seeds, vegetable seedlings
- small CD and cassette player

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

Landscaping Tamer: Our property contains huge forsythia bushes that have gotten out of control. A landscape tamer is needed to weed out the saplings, vines and other plants growing through it. Tools can be provided. Contact Meri Reinhold, mcum@bloomington.in.us or 339-3429.

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. Volunteers are especially needed to sort incoming donations. Contact Janet at 336-2443 for more information.

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.

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.

¿Sabes los Pingüinos Hablar Español?



Yes, the Penguins, along with the Otters and the Dolphins, can learn Spanish! Spanish classes at MCUM started last spring, with the help of two IU volunteers. Classes continued over the summer thanks to a grant from the Trinity Outreach Commission. This semester,

our three oldest classrooms will enjoy weekly lessons provided by an IU service learning Spanish class. A recent visit to the classrooms found children learning the Spanish words for popular Olympic sports, practicing the words for common emotions and taking a imaginary plane ride all the way to Spain.

The participating children are ages 3-6, perfect ages for absorbing a foreign language. In fact, research indicates that exposure to foreign language can help young children develop a stronger foundation for their first language. We appreciate all the community support MCUM have received in providing these lessons and look forward to their continuation!

Children Need Solid Slumber

Helping your child develop solid sleep habits early in life has positive effects long-term. Research shows that sleep promotes alertness, memory, and performance. Research recommends making bedtime the same every night, avoiding TV prior to sleep, and taking adequate naps throughout the day (1/2 hour to two hours).

If your child has trouble establishing a nighttime routine, try out this typical schedule:

1. Have a light snack
2. Take a bath
3. Put on pajamas
4. Brush teeth
5. Read a story
6. Put the child to bed
7. Say goodnight and leave

Recommended Sleep

Age	Hours of Sleep
0-2 months	10.5-18
2-12 months	14-15
1-3 years	12-14
3-5 years	11-13
5-12 years	10-11

Thank you!

We would like to thank...

- Prof. Kate Myers and her students (Kelsey, Elise, Nicole, Morgan, Witney, Melissa, Lex, & Allie) in S311-Spain: The Cultural Context.
- Beau Badeaux, an IU service-learner, for the energy and enthusiasm he's brought while volunteering in the childcare.
- Marvin Wicker of John Byers and Associates and Bob Woolford (HAND) for their assistance in our door replacement project.

In memory of John Byers

MAY 21, 1951 — JAN. 26, 2010

MCUM recently lost a strong advocate in John Byers. He was instrumental in the expansion and renovation of our childcare building by assisting with planning exercises, creating a detailed and very-user friendly construction design, and providing on-site assistance during construction. John was a genuinely warm and humorous man who made sure that everything the children, parents and staff needed from this project was achieved. He continued to provide assistance with numerous other projects until the end of his life. His impact on this organization will be felt by generations of children and their families.

Just the Facts

One of every four Monroe County children qualifies for a free or reduced-cost school lunch, based on their household's income.

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!

Stepping Out to Prevent Homelessness

Last year MCUM prevented homelessness for 127 households by providing rent and utility assistance. This assistance allowed children to stay in school, adults were able to focus on maintaining their jobs or returning to work, households did not incur any expenses for relocation, and families were able to keep their belongings rather than losing them during eviction.



Homeward Bound, a 5k walk that raises funds and awareness to fight hunger and homelessness, enhances MCUM's efforts to prevent homelessness. All proceeds from the walk will benefit 12 local agencies-including MCUM! The 8th annual Homeward Bound 5k Walk will take place on Sunday, April 18, 2010 at Third Street Park. Registration opens at 11:30am and the walk begins at 1pm, followed by food, music and fun.

There are several ways to get involved. You can sign up to volunteer for the day of the event, form a walk team, or join MCUM's walk team. To find out more about the event, sign up to volunteer, or join a team, visit www.homewardboundindiana.org.

Upcoming Events for MCUM Parents

Kindergarten: Do You Know Your Options?

Did you know that your child can complete kindergarten in the Dolphin Room? If you would like to learn more about what the Dolphins will be learning in the upcoming year and how MCUM compares with MCCSC kindergarten, attend our kindergarten information session.

When: Tuesday, March 9th, 4:45 - 5:30 pm

Where: Dolphin Classroom

Who: parents with a child who is currently enrolled at MCUM who will be starting kindergarten for 2010-2011

What: a question and answer session regarding MCUM's kindergarten program and how it compares to MCCSC's

Parent Involvement Committee

The Parent Involvement Committee will be meeting Tuesday, March 30th, at 4:45 pm in the Teacher Resource Room. We will be discussing Saturday play dates, an International Picnic, the Scholastic Book Fair and the Parent Literacy Workshop. A sign-up sheet will be posted at the front counter for anyone who plans to attend this meeting. We are gearing up for a busy spring, so please plan to join us. If you have any questions, please feel free to stop by the childcare office and see Tina.

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: “A Day at the Beach”

Needed Items:

- beach towels
- pails and shovels
- beach balls
- goggles
- empty (and cleaned) sunscreen bottles
- sunglasses
- sun hats
- lifeguard shirt
- swimsuits/swim trunks, sizes 7/8 or above
- flip flops, size 1 or above

Family Fun and Safety

by Sue Berg, MCUM Volunteer

Got the flu or a cold? Make sure to take the proper precautions for yourself and your family when taking over-the-counter medication to alleviate your symptoms. The Food and Drug Administration recommends the following safety standards when using over-the-counter medication:

1. Talk to your health care professional before starting any new medication.
2. Don't give children adult medicines—the dosages are too much for their little bodies!
3. Choose medicines with child-resistant safety caps.
4. Check the active ingredients to ensure no allergic reaction.
5. Never give two or more medicines if they contain the same active ingredients
6. Read all directions on the label and make sure to take with food and/or drink as directed

Avoiding Capital Gains Taxes: The Gift of Appreciated Stock

By Katie Loudin, SPEA Service Corps Fellow

Tax season is upon us! While you are evaluating your financial affairs, consider the opportunity to avoid capital gains taxes through a gift of appreciated stock to MCUM. By donating appreciated stock, you will receive an income tax deduction equal to the full fair market value of the stock on the date of the gift. Additionally, no capital gains tax is due when MCUM sells the stock, so the full value of the gift supports our work into the future. Please contact Rebecca Stanze or Meri Reinhold at (812) 339-3429 for more information.

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.

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.

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 March 18.

See page 4 for more information about the upcoming meeting on kindergarten options and participating in the Parent Involvement Committee.

Puffins

March 1-5 - Dr. Seuss

The Puffins will put on their red and white hats and have fun while following Dr. Seuss's many silly adventures. As we read his books, we will discuss how several of the words sound alike. The Puffins will recreate many of the characters and objects from Dr. Seuss's stories.

March 8-12 - Farm Animals

What is a farm? What happens there? What animals can you find on a farm? This week, the Puffins will talk about these questions. They will work on their math skills by sorting the animals and counting how many animals are in each group. Look for all the animals your child will be making this week.

March 15-19 - Weather

This week Puffins will share their favorite types of weather and the activities they enjoy doing in different kinds of weather. The Puffins will use construction paper, clay, glitter, and paint to create representations of each weather type. We will also discuss how we keep safe during inclement weather.

March 22-26 - Eric Carle

This week, the Puffins will explore the many works of children's author Eric Carle. Throughout the week, the Puffins will follow The Very Hungry Caterpillar, The Very Busy Spider, The Grouchy Ladybug, and The Foolish Turtle. We will discuss the animals and use the stories to sharpen our math, science, and social studies skills.

March 29-April 2 - Spring

The Puffins will discuss recent changes in the weather - and what these changes mean to us. We will talk about how to prepare for spring, and then summer. The Puffins will discuss how flowers grow and play with potting soil in our sensory table.

Seahorses

March 1-5 - Dr. Seuss

Grab your top hat and join the Seahorses for a world of fun with Dr. Seuss week. We will make green eggs and ham, berry shakes and play in our socks. We will decide which stories from Dr. Seuss are our favorites. We will dress up, make hats, and have a birthday celebration at the end of the week for Dr. Seuss!

March 8-12 - Nursery Rhymes

This week Seahorses will learn new nursery rhymes and practice old ones. Do you remember your favorite nursery rhyme? The Seahorses will insert their names into nursery rhymes to make them even more fun!

March 15-19 - Community Helpers

Please feel free to come in this week and help the Seahorses understand what you do in our community. The Seahorses will dress up for our favorite jobs from police officers to teachers. If you happen to have any aprons, old uniforms, paper sacks or old menus, the Seahorses would appreciate it.

March 22-26 - Spring

The Seahorses will talk about spring this week. We will plant seeds and watch them sprout in our window bags. We will talk about how we dress in the spring and what is different from the winter. The Seahorses will also make bird feeders to welcome our birds back after a long winter. If you have any pinecones hanging around please feel free to bring them in.

March 29-April 2 - Fairy Tales

This week the Seahorses will read their favorite fairy tales and act them out. We will also read and talk about fairy tales from different countries. Do you know how many versions there are of Cinderella? There are hundreds from all over the globe!

Penguins

March 1-5 - Dr. Seuss

This week the Penguins will immerse themselves in the great works of one of the world's most famous authors, Dr. Seuss. We will enjoy green eggs and ham, hop on Pop, visit the Sneetches, and follow Horton as he protects the citizens of Whoville.

March 8-12 - Clifford

Now we will spend a week enjoying the antics of our favorite canine friend Clifford. We'll discover just how fun friends can be no matter what shape, size, or color they come in. We will celebrate Clifford with a party at the end of the week!

March 15-19 - Winnie-the-Pooh

This week we will enjoy A.A. Milne's most loved creation, *Winnie-the-Pooh*. On Friday, we will enact one of the Pooh stories by helping Eeyore celebrate his birthday. We will play games such as "Pooh Sticks" and "Pin the Tail On the Donkey", eat birthday cake, and have all the fun necessary for a birthday party.

March 22-26 - Curious George

This week the Penguins will be at their nosiest! We will explore our natural curiosity with H.A. Rey's famous monkey, Curious George. The Penguins are sure to have many questions about their environment and their lives.

March 29-April 2 - Spring

This week we should hear the sweet sound of singing birds, see the wee green buds of blooming plants, and smell the nice fresh air as we welcome spring. We will also write out plans of all the things that we want to do now that the weather is nice enough to be outdoors. The Penguins will take a nature walk see what spring has sprung!

Otters

March 1-5 - Dr. Seuss

The Otters will celebrate the life and works of Dr. Seuss this week. We will read some of our favorite Seuss stories, try some Seuss inspired treats, and even eat some green eggs and ham!

March 8-12 - Weather

We discuss what the weather looks like outside our classroom each morning, but this week the Otters will learn what causes some of our favorite weather phenomenon. We will read books about snow, rain, tornadoes, and hurricanes.

March 15-19 - St. Patrick's Day

With St. Patrick's Day on Wednesday, the Otters will learn about the holiday and how it is celebrated. We will spend our week making shamrock necklaces, painting rainbows, counting gold coins, and discussing what wishes we would make if we were to meet a leprechaun.



March 22-26 - Spring

With spring here, the Otter room will be buzzing as we talk about the changes we will see around us throughout the next few weeks. We will learn what happens in the spring as animals wake up from their long winter nap and we will even try our hand at gardening as we plant some seeds in our classroom.

March 29- April 2 - Learn Something New

The Otters are going to be busy as we perfect our zipping, buttoning and snapping skills, as well as attempting to tie our shoes and spell and/or write our names. Some other tasks we will work on are learning our phone numbers, the days of the week, and the months of the year!

Dolphins

March 1-5 - Dr. Seuss

This week the Dolphins will immerse themselves in the great works of the world's most famous author, Dr. Seuss. We will enjoy green eggs and ham, hopping on Pop and the antics of a mischievous cat as we learn about rhyming. We will also learn a valuable lesson as we visit the Sneetches and follow Horton as he protects the citizens of Whoville.

March 8-12 - Clifford

Now we are going to spend a week enjoying the antics of one of our other favorite friends, Clifford. We will discover just how much fun friends can be no matter what shape, size, or color they come in. We will also experience many learning activities involving size, color, and animals.

March 15-19 - Winnie-the-Pooh

This week Dolphins will continue study of our favorite authors and characters with A.A. Milne's most loved creation, *Winnie-the-Pooh*. We will delight in all of Pooh's misadventures like Pooh getting stuck in Rabbit's home to being bounced by Tigger.

March 22-26 - Curious George

The joy of reading will continue this week as we explore the works of natural curiosity with H.A. Rey's famous monkey, *Curious George*. We will explore the world with George as he discovers life living in a big city.

March 29- April 2 - Berenstain Bears

We will end the joy of reading with *The Berenstain Bears*, a fictional family of bears written by Stan and Jan Berenstain. We will follow along with the Berenstain Bears as they teach us how to get along with friends and be polite. We will end our month of reading famous authors with a celebration party on Friday.

Monroe County United Ministries

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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

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

Think spring!

We are trying to think of spring as our Easter dresses, suits, hats and shoes will be available starting March 1st. We also have lots of cute bunnies who would like to go to a new owner for Easter.

Our winter clothing sale has begun, so come and check out our bargains. Our re-sale store is always fun with surprises every day. We invite you to come in and see for yourself.

Please recycle this newsletter or share it with a friend.