

# Working Together

The Newsletter of Monroe County United Ministries

March 2013

## Feinstein Challenge to Fight Hunger

Every can counts. Every cereal box counts. Every dollar counts. When a client leaves MCUM with a three-day supply of food for his or her hungry family, these donations make all the difference. We invite you to make an impact in the fight against hunger by participating in the 15th annual Feinstein Challenge. During March and April, all food and financial contributions donated to MCUM will qualify for the Feinstein Challenge, sponsored by the Feinstein Foundation. This foundation divides \$1 million proportionately among agencies addressing and alleviating hunger across the country. The more donations we receive, the more our neighbors in need will benefit.

During last year's challenge, generous supporters contributed 5,353 pounds of food and \$53,325.00 in direct support of Monroe County families in crisis. Help us exceed the 2012 numbers and assist even more struggling individuals. As we work to increase the food assistance we offer families to help them through a difficult time—providing four days worth of groceries instead of three—we call on you to give generously to the Feinstein Challenge. YOU can make a fundamental difference to those enduring a challenging moment in their lives.

## Bess Benefits from Community Support

Bess is just one of the people helped by your support of MCUM's Emergency Services Program. After successfully completing Monroe County's drug court diversion program, conquering her drug addiction, and getting her life back on track almost three years ago, Bess was involved in a severe car accident. Her job with a housekeeping service, which she has been in for two years, was being held for her, but she did not receive paid time off and she couldn't meet her basic needs while recovering from the accident. MCUM provided her with a three-day supply of emergency food and basic items including trash bags, dish soap, laundry soap, toilet paper, bar soap, toothpaste, shampoo, deodorant, and tampons. MCUM also provided her with one month's rent assistance to keep her safe in her home while she healed. Bess was at risk for homelessness, unemployment, and returning to her previous lifestyle if she hadn't received support during a difficult time. Thank you for making it possible for MCUM to help Bess!

## "Spring Into Action!" Calling All Auction Items!

It's the time of year when MCUM staff, board members, and volunteers get together to plan the "Spring Into Action!" Luncheon and Auction. The ninth annual event, scheduled for **Sunday, April 21**, will draw special attention to MCUM's plans to expand access to fresh fruits and vegetables in both the Childcare Program and the Emergency Services Program.

To make this year's event another success (last year we raised \$20,000!) we need unique, high-quality items to grace the tables of our auction. Please take the time to ask friends and colleagues about donating to the auction.

*Do you...*

Know a friend with a time share to donate?

Have a contact at a local business who would donate something?

Own a business that could donate a service or item? Examples include landscape services, jewelry, hot air balloon rides, gift certificates for food, catering services... the list goes on!

Contact Alison at 812-339-3429 x 16 to make a generous donation!

## Food Pantry Needs

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

- canned meats - chili, salmon, beef stew, etc.
- peanut butter
- canned vegetables - beets, potatoes, etc.
- cooking oil
- fruit juice
- granola bars

Frozen items are also welcome, including:

- whole chickens, frozen
- 1-2 pound packages of ground beef

## Cleaning Closet Needs

Cleaning supplies and hygiene products can't be purchased with food stamps and are in high demand. Help restock our shelves with:

- items for babies such as wipes, shampoo, and diapers
- shampoo & conditioner
- razors
- new socks & underwear for adults
- cleaners - window, bathroom, floor
- deodorant
- lotion and lip balm

## Childcare Needs

The Childcare Program still needs all kinds of classroom supplies, including:

- tissue paper, all colors
- batteries, AAA and AA
- construction paper, all colors
- glue sticks

## Opp House Needs

Opportunity House can find new homes for your gently used items, with the proceeds benefiting MCUM's programs. Please consider donating:

- coats for kids
- sheets & blankets
- towels
- large shopping bags with handles

## Volunteer Opportunities

For more information about these or other positions, visit [www.mcum.org](http://www.mcum.org), call 339-3429, or contact [help@mcum.org](mailto:help@mcum.org).

### Featured Volunteer Position

#### Auction Volunteers:

Want to get more actively involved in this year's spring luncheon? Call Alison at 812-339-3429 x 16 to receive 5-10 "assignments" of auction items to ask for about town. You can make a big difference in a few short hours!

**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@mcum.org](mailto:mcum@mcum.org) or 339-3429.

**Special Event Planners:** Got an eye for design or decorating? Help plan fundraising events for MCUM! Volunteer as much or as little as you'd like. Contact Alison at 339-3429 x16 or [fundraising@mcum.org](mailto:fundraising@mcum.org).

**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. Call 336-2443 or contact [opportunityhouse@yahoo.com](mailto:opportunityhouse@yahoo.com) for more information.

**Calling all musicians!** Our preschool children love music. Would you be willing to spend a few hours sharing your instrument with young children? Contact Tina at 339-3429 or [education@mcum.org](mailto:education@mcum.org).

# MCUM's Strategic Plan: Innovation, Leadership & Endurance

Our Board of Directors recently approved a five-year strategic plan that outlines our organizational goals and program directions for 2013-2017. With continued support from the community, MCUM has many exciting initiatives underway to improve program quality and meet changing community needs. Here is just one example from our plan:

Initiative #1: Achieve the Gold Standard under the Child and Adult Care Food Program (CACFP) to provide the healthiest meals possible to the children enrolled in our Childcare Program.

Read more about this particular initiative on page 4. A complete list of plan initiatives is available at [www.mcum.org](http://www.mcum.org).



**Children  
unleash  
their  
creativity  
at MCUM!**

## Thank You, Volunteers

Volunteers make our programs possible! Thank you to all those who shared their valuable time and talent with us recently, including:

Loretta Alonso	Lauren Garrod	Gail Merrill
Annette Alpert	Shirley Goins	Allan Paton
Tom Cannon	Janeth Gonzalez	Ted Polley
Tiffany Carmichael	Evan Hall	Amanda Richardson
Margaret Chittum	Irene Hawkins	Betty Schoonmaker
Greg Claretto	Katherine Henick	Whitney Smith
Su Cowling	Larry Jacobs	Michelle Stockey
Phil Davis	Mars Kim	Cordaryl Taylor
Maggie Edens	Jeff Lenz	Susie Trisler
Kelsey Ericksen	Jennifer Lloyd	Jessica Walker
Fortune Feresu	Derrick Martin	Emily Wichern
First United Methodist Church	Rob McBride	
	Valerie Merriam	

## Thank you!

We would like to thank...

- Teri Wade, IU Health registered dietician for helping to revise menus in MCUM's Emergency Food Pantry.
- Ron Schoknecht for his dedication to the organization.
- Allan Paton for volunteering his time in the Seahorse Room.
- First United Methodist Church for donating art supplies to the Childcare Program.
- the new chairs of MCUM Board of Directors committees: Amy Young, Finance Committee; Judy Bush, Personnel Committee; Jo Weddle, Program Committee; and Carol Peterman, Board Development Committee.
- Annmarie Novotney and Gavin Fox of Blue and Co. for their work on our independent audit.
- Midwest Color Printing for donating printing services for the "Spring into Action! Luncheon.
- Bill C. Brown Associates for their incredible (and varied) support.

## Make an Impact with an Estate Plan

How long have you been a MCUM supporter? Do you volunteer? Donate food? Organize a mitten drive within your club? Make a financial donation?

No matter how you support MCUM, you can ensure a meaningful impact on this important community organization by making a gift through your estate plan. A simple bequest (a dollar figure, percentage, or remainder) can go a long way to making sure our programs are available for as long as they are needed.

## Sample Language for 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.

## Bouncing Brussel Sprouts! MCUM Pursues the Gold Standard!

While MCUM already provides basic health services to our enrolled preschoolers—e.g., flu shots, lead screenings, dental check-ups—we believe that increasing children’s access to healthful food items will positively impact both their emotional and physical development. After reviewing our current meal plan, we voluntarily decided to pursue the gold standard level for our dining program under a newly devised system of Child and Adult Care Food Program (CACFP) standards. To meet these new assessment standards, we devised a wellness plan that includes nutrition guidelines, policies on breastfeeding, physical activity, nutrition education, and parent education. 2013 will see even more fruits, vegetables, and whole grains grace preschoolers’ plates.

We’ll also be including nutrition lessons and opportunities to try new foods in our curriculum, while incorporating literacy and math/science elements. These play-based lessons might include identifying the fruits and vegetables from among a collection of foods for the youngest children to learning about vitamins for the oldest. Imagine a child being introduced to a starfruit or a kiwi for the first time! So what are some highlights of the gold standard?

### Breakfast

- Serve a whole grain at least 3 times a week
- Limit sweet items to 2 times or less per month
- Serve different fresh fruits at least 3 times per week

### Lunch

- Serve a whole grain at least 3 times per week
- Processed meats are served no more than one time per week
- A fresh (raw) fruit is served at least 1 time per week
- Fresh (raw) vegetables are served at least 2 times per week
- Serve beans or legumes at least 2 times per month

### Snack

- Limit juice to one time per week or less
- Serve a different fresh/frozen/canned fruit at least 2 times per week
- Serve a different fresh/frozen/canned vegetable at least one time per week
- Limit sweet items to 2 times or less per month
- At least 1 healthy meat/meat alternative must be served each week

## IU Service Learners Make an Impact

MCUM is bustling with service learning students again this semester. IU students are teaching Spanish in our Childcare Program classrooms, researching grant possibilities, developing PSAs, improving our website, planning events, helping out in the Emergency Food Pantry, and more. We appreciate the time and talent these students share with MCUM’s programs. Coordinating all these efforts would not be possible without our Advocate for Community Engagement (ACE), Janeth Gonzalez. Janeth coordinates with IU professors, orients students, tracks service hours, and helps MCUM connect with all kinds of great university resources.

## New Equipment Will Bring Energy Efficiency to the Childcare Program

Essential to providing quality, affordable childcare is basic infrastructure such as heating and cooling equipment. Our center, which was expanded and renovated in 1999, contains 8 furnaces and 8 air conditioners, most of which have reached the end of their natural lives.

We are in the process of replacing 6 furnaces and 7 air conditioners in the Childcare Center. We also plan to install a building-wide energy management system and undergo an energy audit to help us identify other areas where efficiency can be improved. This project is already underway, thanks to a \$25,000 Community Development Block Grant but additional funding sources are still being sought.

### Did you know?

MCUM can accept donations of Ensure shakes or similar nutrition products in our Emergency Food Pantry. Many of our clients face health problems that make it difficult to maintain weight or eat solid food. If you or someone you know has nutritional drinks that are no longer needed, consider sharing them with your neighbors in need.

## Thank You, Pantry Donors

We depend on donations from individuals and groups throughout the year. Listed here are some of the groups and households who have recently contributed food, cleaning supplies, and hygiene products:

Bloomington Monthly Meeting of Friends  
Church Women United  
Jef & Pam Davidson  
First Christian Church  
First Presbyterian Church  
First United Church  
Rita James  
Richard & Donna McGarvey  
Nine Patches Extension Homemakers Club  
Opportunity House  
Randy & Jane Pitt  
Basilla Jean Rogers  
St. Thomas Lutheran Evangelical Church  
Trinity Episcopal Church  
Unitarian Universalist Church  
University Baptist Church  
Woodhaven Christian Church

## Cell Phone Recycling

When you upgrade your cell phone, stop to consider how to dispose of your old one responsibly. 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 Opportunity House, MCUM’s offices, and anywhere MCUM items are 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  
Cook: Denise Garrett  
Assistant Cook: Derrick Mackie

**Puffins:** room closed

**Seahorses: 2 - 3 year olds**

Teacher: Marycarole Matlock  
Aide: Sarah Norzinskay

**Penguins: 3 year olds**

Teacher: Kim Clay  
Aide: Emily Walden

**Otters: 4 year olds**

Teacher: Jessica Mackie  
Aide: Serenity Guthrie

**Dolphins: 5-6 year olds**

Teacher: Brock Singleton  
Aide: LaDawn Joyner



## Puffins

The Puffin Room previously served 2 - 2.5 year olds. This room was closed in August 2011 as a cost-saving measure due to continuing funding challenges. While the room sits empty, we are considering plans for how to re-open the classroom in the future.

## Seahorses

*March 4-8 Dr. Seuss*

This week the Seahorses will talk about one of our favorite authors, Dr. Seuss. We will read *Green Eggs and Ham*; *The Cat in the Hat*; *One Fish Two Fish, Red Fish Blue Fish*, and many more. We will decorate hats and try green eggs and ham. Don't forget we also have a *The Cat in The Hat* backpack story which Seahorses can check out and document their adventures with Thing One, Thing Two, and the Cat in the Hat.

*March 11-15 Spring*

Spring at last! The Seahorses will take this opportunity to enjoy the outside and see the changes in nature a new season brings. We will talk about what kinds of clothing we wear for the spring, look for wildlife, and discuss what happens in our lives during spring. In class we will make pinecone bird feeders, hoping to entice the birds back from their trip to the south.

*March 18-22 Communication*

Hello! Is anyone there? How many different ways can you communicate? The Seahorses will make their own telephones with toilet paper tubes, and do some letter writing. How did people communicate when we had no telephones? We will also be talking about feelings and how we communicate them through our faces.

*March 25-29 Deserts*

Wow, it sure is hot out here in the desert. Where are deserts and why are they so hot? What kind of animals and plants grow out there? We will play in the sand outside to see if it would be a place plants could live. What are cacti like and why do they have thorns on them? Why do animals hide under rocks or in holes during the daytime in the desert? These are just a few of the questions we will answer this week.

## Announcements For Parents

March 4 -

“Positive Solutions for Families”  
Session 5

March 6 -

Lunch with your child

March 7 -

Kindergarten Information  
Meeting

March 13 -

Lunch with your child

March 18 -

“Positive Solutions for Families”  
Session 6

March 20 -

Lunch with your child

March 27 -

Lunch with your child

March 29 -

CLOSED TODAY

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# Penguins

*March 4-8 Dr. Seuss*

We will celebrate Dr. Seuss's birthday this week by reading many of the many wonderful children's books he authored. This week we will welcome all of his books into our room's library, and the children's senses will be delighted by the mix of fun and lyrical beauty that only Dr. Seuss can inspire.

*March 11-15 Nursery Rhymes*

The Penguins will learn various traditional nursery rhymes this week. Not only do these nursery rhymes catch children's attention, but they also help with memorization and add new words to their vocabulary. We will make these familiar rhymes come to life with music, movement, puppets, and art.

*March 18-22 Curious George*

This week the Penguins will be at their nosiest! We will explore our natural curiosity with Curious George. We will do lots of experiments, exploring, discussing, and reading. George will be right by our sides to help us along the way. We will finish off the week talking about our favorite discoveries!



*March 25-29 Spring*

The Penguins will celebrate the return of warm weather by learning about spring. We will learn about the birds, wind, rain, and of course the sun. We will talk about how we could not survive without any of these things. At the end of the week we will take our first nature walk to see what our senses tell us about spring.

# Otters

*March 4-8 Dr. Seuss*

The Otters will be celebrating the life and works of Dr. Seuss this week. We will read some of our favorite Seuss stories, try some Seuss inspired treats, have a school wide "crazy" week, and even eat some green eggs and ham! Happy, Happy Birthday, Dr. Seuss!!



*March 11-15 Healthy Foods*

This week the Otters will be reviewing what we learned during our Healthy Bodies Week and some of the things we have learned in our nutrition classes with students from IU. We will spend time talking about foods that are good for us, foods that are not, and share many ways to keep our bodies healthy.

*March 18-22 Birthdays*

We all have one, so why not dedicate a whole week to one of our favorite days of the year! Our week will be spent reading stories about birthdays, counting candles, sharing our favorite ways to celebrate our own birthdays, and even baking and decorating a birthday cake!

*March 25-29 Spring Celebrations*

This week the Otters will be busy bees as we dye eggs, have an egg hunt, and spend our week finding different ways to celebrate the spring season! Our art area will be humming as we paint with pastels, make rabbit masks, and tackle other exciting spring time crafts.

# Dolphins

*March 4-8 Dr. Seuss*

This week we will be celebrating Dr. Seuss' birthday and we will be doing all things Dr. Seuss. We will read Dr. Seuss books, we will play Dr. Seuss computer games, and we will have many fun Dr. Seuss activities. We will also have a discussion about rhyming words that Dr. Seuss uses in his books.

*March 11-15 Dinosaurs*

This week we will study dinosaurs. We will talk about all the famous dinosaurs and learn a little bit more about them. We will learn songs about our favorite dinosaurs, and dig for dinosaur bones at our sensory tables.



*March 18-22 Community Helpers*

This week we will talk all about the helpers we have in our community. These include firemen, policemen, and construction workers along with many more. We will see how many helpers we can come up with, and talk about what each of these helpers brings to our community.

*March 25-29 Spring Celebrations*

This week we will have fun Easter activities. We will decorate eggs and make egg bags for our egg hunt. We will also get a chance to do some bunny art activities along with reading books from the library that relate to our theme.

## Monroe County United Ministries

827 West 14th Court  
Bloomington, Indiana 47404  
Phone (812) 339-3429  
Fax (812) 339-2912  
mcum@mcum.org  
www.mcum.org

Non-Profit Organization  
US Postage Paid  
Bloomington, IN 47404  
Permit #186

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Please save the date for the "Spring Into Action!" Luncheon and Auction: **Sunday, April 21, 2013.** Tickets are only \$25!

## Staff:

Executive Director: Meri Reinhold  
Development Coordinator: Rebecca Stanze  
Development Associate: Alison Pitt  
Emergency Services Coordinator: Cliff Edens  
Emergency Services Caseworker: Justin Smith  
Office Manager: Shannon Hampton  
Childcare Director: Traci Mehay  
Education Coordinator: Tina Pender

## Hours of Operation:

Office and Emergency Services:	Monday - Friday 8:00am - noon 1:00pm - 4:00pm
Childcare:	Monday - Friday 7:00am - 5:30pm

Please recycle this newsletter or share it with a friend.

## Opportunity House Update

Opportunity House, located at 907 W. 11th Street, is a volunteer-run resale shop that raises funds to support MCUM's programs. Store hours are 9:00-2:00, Monday-Saturday, with donations accepted 8:30-3:00. Call 336-2443 or follow Opp House on Facebook.

*by Jill Argenbright, Opportunity House Co-Chair*

Since everyone is anxiously awaiting the arrival of spring, and along with it spring clothes, we will put our spring/summer clothes out very soon. All of you who are heading to warmer weather during spring break, stop in and see our capris, shorts, and bathing suits.

We have done very well with winter sales, especially since this winter was colder and wetter than last winter. We also have gained a few new volunteers, who are doing a superb job. If you are not sure how to fill your spare time, try volunteering with us. You will be surprised how much fun we have, as well as how much we get accomplished. We particularly need a volunteer to test donated electronics before they are sold. Keep us in mind if you are cleaning out closet space for spring and summer clothes.