

Working Together

The Newsletter of Monroe County United Ministries

October 2011



You Like Us, You Really Like Us!

We know you really like MCUM, but do you “like” MCUM on Facebook? Follow MCUM - and Opportunity House - on Facebook so that you can:

- be the first to learn about unusual items available at Opp House
- win treats from local companies through our weekly MCUM quiz
- share with others why this organization is important to you
- win a gift certificate to Opp House when MCUM reaches 300 fans
- be in the know about MCUM’s clients and the challenges they face
- be the first to register for upcoming events
- learn about about Opp House sales



Visit www.mcum.org for quick links to our pages.

Let’s Play - and Learn - Outside

MCUM’s Childcare Program is always trying to expand the learning opportunities available on our playgrounds. In addition to needing some large equipment, we also welcome small additions to our outdoor learning space. Here are a few examples of items we would appreciate receiving:



softball-size rocks/geodes
sidewalk chalk
wind chimes
pine cones
wind socks
microphones
pinwheels
thermometers (non-mercury)
rain gauge

Questions about these suggestions or other ways you can contribute? Contact Tina Pender at education@mcum.org or 339-3429 x19.

Transform Lives with Your Donation to United Way

When you donate to United Way, you create opportunity for people in Monroe County. Your support enables United Way to work with Monroe County United Ministries and other partner agencies to bring lasting change and improve people’s lives. By focusing on the building blocks for a better life – Education, Earnings, and Essentials – United Way creates sustainable solutions to the most pressing issues in our community. When we give, we will help build a better life – for our community, our neighbors, and ourselves.

United Way addresses the underlying challenges facing our families, friends, and neighborhoods. Your generous gift to United Way is invested in 25 local partner agencies, including MCUM, and collaborative initiatives that create long-lasting change.

**Transform Lives.
Create Opportunity.
Live United.**

Childcare Needs

The children enrolled in the Childcare Program use many supplies, including:

- Crayola washable markers
- Crayola crayons
- glitter
- glue sticks and liquid glue
- non-toxic dry erase markers

Cleaning Closet Needs

Demand for these items, which can't be purchased with food stamps, is very high. Help restock our shelves with:

- underwear for men (sizes 32-36) and women (sizes 2-6 and 16-20)
- razors and shaving cream
- feminine hygiene supplies
- diapers (especially sizes 2 and 6)

Special Request for Phone Cards: Do you have a phone card with just a few minutes left on it? A new phone card that you think you'll never use? We can put those cards to use in our office! Contact Shannon at 339-3429 x20 or office@mcum.org with any questions.

Food Pantry Needs

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

- canned vegetables (mixed, greens, potato)
- baking mixes (pancake, corn bread)
- soup (especially vegetable)
- canned meats (hash, chicken, tuna, salmon)
- canned chili and stew with meat

Volunteer Opportunities

For more information about these or other positions, visit www.mcum.org, call 339-3429 or contact help@mcum.org.

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 development@mcum.org or 339-3429 x15.

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.

Classroom Assistants: Do you want to work with preschool 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.

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.

We "CAN" Do It, Thanks to Your Support

We appreciate the donations of coffee cans we've received for our food drive and childcare classrooms. We are now fully stocked so we hope you'll be able to find another home for yours.

Open House with an "Open Wide" Theme



Dental hygienist, Erin Rasche, of Rasche Pediatric Dentistry, helps Terry to brush Alex the Alligator's teeth.



Carleigh Williams, Jillian Williams, and Tiana Iruoje (with her son Daniel) made a brief presentation on the relationship between MCUM and Briscoe Residence Center.

On September 20, more than half of the families enrolled in the Childcare Program attended our Open House. This annual event gives families an opportunity to learn more about their child's classroom, schedule, and goals, and to hear from some special speakers.

This year, we were visited by Matt Rasche, DDS, who made a brief presentation about how to keep young teeth healthy. Families also heard from representatives of Briscoe Residence Center, whose recent 5K run raised \$140 for MCUM. Briscoe has "adopted" MCUM for this school year and we look forward to working with them on a variety of projects.

Thank You, Volunteers

Volunteers make our programs possible. Thank you to all those who shared their time and talent with us in the last month, including those listed here:

John Davis	Rebecca Mandell
Phil Davis	Luetta Mercier
Each One Feed One Volunteers	Chris Meyer
Brittany Howard	Ellen Richter
Laura Hurley	John Sgro
Larry Jacobs	Mary Jo Sgro
Brian Kanowsky	Sachet Watson
Jennifer Lloyd	

Thank you!

We would like to thank...

- the MCUM Childcare staff for their hard work at Open House and their continued dedication to the families they serve.
- Susan Barker for volunteering at the Scholastic Book Fair.
- Eric Rose, of Calvin, Inc., for providing IT support for our programs.
- University Baptist Church for collecting 1,517 pounds of food so far this year.
- the leadership of Briscoe Residence Center for their ongoing support of MCUM.
- Bloomington Bagel Company for partnering with MCUM for our Facebook campaign.
- the Daughters of Isabella from St. Charles Borromeo Catholic Church for donating 375 pounds of food so far this year.
- Bunger & Robertson, Attorneys at Law, for their ongoing support.

Remember MCUM When Writing Your Will or Trust

In 2010, a Massachusetts woman left her home and \$300,000 trust to her four cats. Due to a state law forbidding pet trusts, the home and trust were left to her attorney who in turn paid a neighbor to care for the cats. When the last of the cats passed away, the money was divided among designated charities.

When writing or revising your will or trust, think carefully about what's important to you and how your contribution can benefit MCUM and the community.

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.

Healthy Homes: Paths to Healthy Lifestyles

by Patrick Coad, SPEA Service Corps Fellow
with help from www.letsmove.gov

Recent studies have shown an increase in childhood obesity and related health problems over the past two decades. Families are busier than ever. This means that physical activities are often left out of the household schedule and nutritious foods are replaced with more convenient, but less healthy, options. By making better food choices and being active an hour a day, families can improve their health dramatically. This series is dedicated to promoting healthier eating habits as well as providing suggestions of local activities for families to stay active. Here are some ideas to get your family started:

- Maintain a regular eating schedule of meals and snacks – avoid the fourth meal.
- Eat together as a family and turn the TV off during meals.
- Plan a weekly menu with your children's input and allow them to help cook.
- Take a walk after dinner.
- Adjust portion sizes. Children are smaller than adults and should eat less.
- Avoid eating out more than twice a week. Take a lunch to work or school.

The Lions Club Looks Out for Children

The Bloomington Central Lions Club recently provided vision screenings for 34 of the children enrolled in our Childcare Program. Of these children, three were referred to optometrists for further testing. Thank you, Lions, for your on-going support and your concern about our community's children!

Thank You, Pantry Donors

Thank you to everyone who participated in the August "Each One, Feed One" Community Food Drive. That drive helped to restock our shelves, but we also depend on donations from clubs, congregations, and families throughout the year. Listed here are some of the groups and households who have contributed in the last month:

Bloomington Central Lions Club	McDoel Baptist Church
Church Women United	Opportunity House
Daughters of Isabella	Mary Jo and John Sgro
Each One Feed One donors	St. Mark' United Methodist Church
First Christian Church	St. Thomas Lutheran Church
First Presbyterian Church	Trinity Episcopal Church
First United Church	Unitarian Universalist Church
Roger Gildersleeve	University Baptist Church
Good Neighbors Home Ext. Club	Woodhaven Christian Church
Harrell-Fish	

Briscoe's Not-so-Scary Halloween Party

The students of Briscoe Residence Center, MCUM's partner for the 2011-2012 school year, is hosting a Not-so-Scary Halloween Party for children enrolled in MCUM's Childcare Program.

Sunday, October 30
trick-or-treating starts at 6:00 pm
games will begin around 7:00 pm

1225 N. Fee Lane

Information about parking will be available upon arrival.

Scholastic Book Fair

We recently hosted another successful book fair. MCUM families and community members purchased over \$500 in books and donated more than 20 to the Childcare Program. This success helped us to earn \$270 in books for the classrooms. Thank you to all who helped to make this event a success and for encouraging our children to love books!

Monroe County CROP Hunger Walk 2011 Helping to End Hunger One Step at a Time

On Sunday, October 16, at 1:30 P.M., walkers from across Monroe County will gather in downtown Bloomington to raise funds for two ever-increasing crises: the increasing demand for emergency food in Monroe County and the persistence of starvation deaths in countries like Haiti, Kenya, and Guatemala. Last year through the efforts of 132 walkers and 1,000 sponsors, Monroe County-Bloomington raised \$15,800 to help fight hunger.

Our community's interfaith CROP Hunger Walk follows a path that is shorter than most mothers in developing countries make to bring home food and water. Millions in developing countries have to walk to live. "We walk because they walk." Additionally, five Monroe County-Bloomington agencies share in the funds raised: Community Kitchen, Hoosier Hills Food Bank, Monroe County United Ministries, Mother Hubbard's Cupboard, and the Shalom Center.

The walk launches at 1:30 P.M. on Sunday, October 16, from the Old National Bank parking lot at the corner of Kirkwood and Lincoln Streets. The Hunger Walk loops through downtown using the B-Line Trail extension. Interactive stations will allow children and adults to experience, think, and talk about the actions that hungry people have to take. To "help end hunger one step at a time" by forming a team, signing up to walk, sponsoring a walker, or making a donation, visit www.churchworldservice.org/bloomingtonin or call CROP Hunger Walk Coordinator, Roger Heimer, at 333-5664.

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!

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 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
Cook: Cynthia Powers
Assistant Cook: Derrick Mackie

Puffins: room closed

Seahorses: 2 - 3 year olds

Teacher: Marycarole Matlock
Aide: Amanda Pursell
Aide: Lisa Minor

Penguins: 3 year olds

Teacher: Mary Ellen Pierce
Aide: Laura Baker

Otters: 4 year olds

Teacher: Jessica Smith
Aide: LaDawn Joyner

Dolphins: 5-6 year olds

Teacher: Kim Clay
Aide: Brock Singleton

Floating Staff: Susan Williams

Puffins

The Puffin Room has been closed as a cost-saving measure, due to continuing funding challenges. At this time, the Seahorse Room is serving children ages 2-3. We plan to re-open the classroom when we can ensure its continuation for at least six months.

Seahorses

October 3-7 - Imaginations

This week the Seahorses will use one of their strengths, their imaginations! We will read books such as *Where the Wild Things Are* and *The Umbrella*. We will make masks and dress up in outfits. We will pretend to go on picnics and play restaurant. Come in and explore your imagination with us.

October 10-14 - Introducing Letters

The Seahorses love to read their last names. This week we will introduce the first letter of their last names. This is a concept they love and can use with each other's names! We will read books such as *Chicka Chicka Boom Boom* and *Dr. Seuss' ABC's*. We will also read all the letter books in the room and then put use them in a puzzle.

October 17-21 - Apples

Who doesn't like apples? This week the Seahorses will look at different kinds of apples from sweet to sour. We will taste and talk about what we can make with apples. In science, we will look for the star in the apple and talk about the different apple colors. We will read books such as *UP, UP, UP* and *Big Red Apple*.

October 24-28 - Pumpkin Fun

One of the signs of fall is the beautiful, orange color of pumpkins. But what is inside a pumpkin? What does it feel like? How, where and what do they need to grow? These are a few of the questions that we will explore. We will research these questions and find out how Seahorses answer them. Come read the stories we will create about our pumpkins. What foods can we make out of pumpkin? We will taste pumpkin butter, pie, and fudge. Feel free to share your pumpkin recipes with us. We will read *The Bumpy Little Pumpkin*, and *Left or Right*.

Announcements For Parents

Family members are always welcome to join their child in the classroom. Please let the staff know in advance if you would like to join us for a meal so we can notify the kitchen staff.

If you missed the Scholastic Book Fair, you can also order books through Scholastic. The Seahorse and Otter Classrooms will be handing out book order forms throughout the year. This is a fun and inexpensive way for your child to have books at home.

Mark your calendars:

The annual MCUM Holiday Program will be held on Monday, December 12, 6:30 - 8:00 PM at Tri-North Middle School. All friends and family are invited to enjoy the show and a light meal together.

Parent-teacher conferences will be held October 3-20. Look for sign up sheets in your child's classroom.

The second annual Briscoe Not-so-Scary Halloween Party will be on October 30. See page 5 for more information.

Penguins

October 3-7 - Health

The Penguins will spend this week finding out how to stay healthy. We will talk about the things that our bodies need and how to take care of them. We will discuss proper foods, exercise, rest, cleanliness, etc. And, what if we get sick? We will discover how to care for our sick bodies. Watch out, we are planning to become one super-healthy bunch of kids!

October 10-14 - Pets

This week we are going to focus on some of our closest friends, our pets. Lots of us have pets and we want to talk about the different kinds, from the loud and bouncy dog to the quiet goldfish swimming in a bowl. And, for those of us who don't have pets at the moment, we can plan for the future as we pick our favorite pets!

October 17-21 - Apples/Trees

Children are bound to notice that the weather is changing and the leaves on the trees changing colors. They are also sure to notice that this a great time of year for apples. We will spend this week looking for changes in the trees and enjoying one of our favorite fruits. We will make leaf rubbings and apple prints in our art area. We will also learn that we can enjoy apples in many different forms. This will be a great week to enjoy some apple cider, applesauce, and apple muffins.

October 24-28 - Autumn/Pumpkins

As we continue our exploration of autumn, we will discover what other treats the season has to offer. We couldn't make it through the fall without pumpkins to carve, to sing about, to decorate, and to use in tasty treats. We hope to create our own pumpkin patch in the classroom and to enjoy some of the seasonal celebrations.

Otters

October 3-7 - Maps

After spending much time talking about the world we live in, the Otters will learn about maps. We will have maps throughout our classroom to examine, books about maps in our reading areas, and we will even try to make our own maps! Feel free to come in and join us!

October 10-14 - Explorers

With all this talk about our world and having discussed maps, the Otters will spend this week discussing explorers. We'll learn what exactly explorers do and how they do it. We will learn about some famous explorers and even go on our very own explorations in and around MCUM!



October 17-21 - Apples

A is for Apple! This week the Otters will spend time learning about apples. We will talk about their different colors, names, and shapes. Our housekeeping area will turn into an apple orchard and the children will read books about apples, paint with apples, and on Friday even have an apple tasting party! Check the hallway for our graph to see which apple is the classroom favorite.

October 24-28 - Pumpkin Fun

As the Otters embrace the fall season, we will learn about another fall favorite, the pumpkin! This week we will learn how and where pumpkins grow, talk about what you can make with pumpkins, play with pumpkin play dough, create a pumpkin snack, and bring in some pumpkins to weigh and then decorate for our classroom.

Dolphins

October 3-7 - Pumpkin

There are so many things you can do with a pumpkin. You can carve it and make delicious treats, including stuffed pumpkin blossom. During this week the Dolphins will learn about the history, facts, and stories about pumpkins. We will spend some time talking about what we like about pumpkins and carving our very own pumpkin.

October 10-14 - Fire Safety

October is Fire Safety Month, which has its roots in the great Chicago fire on October 9, 1871. This week we will learn what we can do to protect our home and school from a fire. We will learn why safety rules are essential and who our safety providers are. We will look forward to another field trip to the fire station or a visit from a local fire department.

October 17-21 - Apples

This week we are going to teach about the legendary Johnny Appleseed, the man who is known for introducing apple trees to Ohio, Illinois, and Indiana. We will learn about his wonderful adventures planting apples trees. During this week we will also learn where apples first came from and how many different kinds there are.

October 24-28 - Halloween

Goblins, ghouls and witches... oh my! Between spooky stories, pumpkin carving, and costumes the Dolphins will learn about the history of Halloween. We will decorate our class with festive Halloween decorations and make fun art projects to take home.



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
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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
SPEA Service Corps Fellows: Colton Hubbard
Patrick Coad

Hours of Operation:

Office and Monday - Friday
Emergency 8:00am - noon
Services: 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 volunteer-run 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.

Opportunity House Update

by Janet Donham, Opportunity House Board President

Need any decorations for Halloween? We have costumes, silk baskets, wreaths, and other knick-knacks throughout the store.

Our winter clothes, including coats, are now available for sale. We could use donations of blankets now that the weather is getting colder so if you have extra, you can donate them Monday-Saturday 8:30-3:00.

We will hold our annual Volunteer Appreciation Luncheon on October 18 at Terry's Banquets and Catering. Doors will open at 11:30, lunch will be served around 12:15.