



Working Together

July 2019

New Self-Sufficiency Coaching Technique -- Your Path

In recent months, MCUM has adopted a new type of self-sufficiency coaching called Your Path. Your Path is a two-part technique focusing first on the problem causing the financial struggle and then on the path to self-sufficiency. One key component of Your Path is an overwhelming focus on "It's not you." The issue causing financial struggle could be a variety of things including generational poverty, job scarcity, or low wages. The key is that the issue is not the person living in poverty. It is not their fault. There are barriers in place making upward mobility very difficult to accomplish, causing the common misconception that those in poverty cannot succeed for personal reasons. Instead, the issue is the circumstances.

Your Path works to alter the mindset society instills in so many living in poverty. This method is different because Your Path treats the effect of poverty, rather than the symptoms. To accomplish the goals of Your Path, MCUM offers coaching sessions in which clients have regular, one-on-one meetings to focus on future goals and a future self. This type of coaching creates a clear, strong partnership, providing the clients help to stay on target for their goals.

Ultimately, the goal of Your Path is to provide a pathway to self-sufficiency for the client. Over time, the skills learned will become habits and the coach's support will be needed less and less.

This style of coaching is, as self-sufficiency coach Kay Goodman stated, "client driven." "I tell them 'you are the driver of the bus'" she said when explaining how clients who want to follow Your Path have the power to take control of their path to self-sufficiency. There are five pillars of Your Path: family stability, well-being, financial management, education & training, and employment & career management. Clients have the ability and opportunity to choose which of these pillars they wish to dedicate their focus.

Although this practice was only adopted in February, MCUM has already seen great success with many of their Your Path clients.



Above are two pictures of our newly decorated lobby in our Self-Sufficiency Center. We are currently redoing our lobby in the hopes of making it a more inviting, relaxing waiting area. Thus far, we have added comfortable furniture, a table, and refreshments.

Current Needs

Food Pantry

- Cereal
- Vegetables
- Corn muffin mix
- Peanut butter
- Side dishes
- One pound pasta
- Pasta sauce
- Fruit

Cleaning Closet

- Laundry soap
- Dish soap
- Deodorant
- Kleenex
- Conditioner

Child Care

- Side walk chalk
- Bubbles

Outdoor Sound Garden

Our Compass Early Learning Center is currently trying to make an outdoor sound garden to enhance student experience and provide a new learning outlet for the children. To complete this project we are looking for:

- **Large chimes**
- **Baking pans**
- **Deep pans (for drums)**
- **Refrigerator wire shelf**
- **Old keys**
- **Buckets**
- **Old Wash Boards**

Help us close the gap!

Summer Campaign: \$12,633 of \$50,000 raised!

Our summer campaign is well underway with \$12,633 of \$50,000 raised. Though uncharacteristic for us to ask for funds mid-year, summer tends to be a slower fundraising season for us. That's why we're reaching out to you to help us close a budget gap now rather than waiting until our end-of-year campaign.

With more children home from school in the summer, food demand increases while donations decrease causing a shortage of both food and funds in summer months. Because of this, we need your help to complete our summer campaign goal and close the gap that the summer months cause.

Support MCUM's Self-Sufficiency Center and Compass Early Learning Center by making a donation to the agency through August. We are trying to raise \$50,000 for our programs! You can donate online at www.mcum.org/donate.



Matching Opportunity through MCUM's endowment

Want to give a gift that is both matched and creates a lasting legacy? Contribute to MCUM's endowment before the end of the year to receive a 2:1 match on your gift and help us grow our endowment, which will provide the agency with benefits in perpetuity. To participate, send a check with "MCUM" in the memo line to the Community Foundation of Bloomington & Monroe County – 100 S College Ave #240, Bloomington, IN 47404.

A Note about NAP Tax Credits

We are disappointed to say that we do not have NAP tax credits available at this time. However, the state funding cuts will impact our budget by more than \$8,000 so your continued support of our programs is more important than ever. We hope you will make a tax-deductible donation, instead, to our summer campaign.

Each One, Feed One

Our annual Each One, Feed One Community Food Drive is right around the corner and will take place August 9-11 at area grocery stores.

Volunteer sign up is live! Sign up to collect, deliver, and sort donations at www.mcum.org/eofo or contact Katie at kbroadoot@mcum.org.



Help us set yet another "Each One, Feed One" record! Share our food drive dates with your network, organize your own EOFO drive to culminate the same weekend, and mark your calendar!

Between the times of 4 pm and 8 pm on August 9th, 10 am and 4 pm on August 10th, and 1 pm and 4 pm on August 11th MCUM volunteers will be

stationed at all of the major grocery stores in town, including Lucky's, IGA, Bloomingfoods, Wal-Mart, Kroger, and Fresh Thyme. Interested customers will be given lists of item accepted by our pantry which customers can buy and immediately donate to MCUM. Simply by adding an item or two to your regular shopping list you could be the difference in a fellow community member's food security that month.

Each year, the Each One, Feed One Community Food Drive is a driving force in keeping MCUM's food pantry and hygiene closet stocked until the holiday season. Help us make this year a success!

Each One, Feed One

MCUM's annual food drive,
August 9-11. Help keep our Pantry
stocked after the slow months of
summer.



Volunteer
Collect, sort, and
deliver donations



Donate
At stores across
Bloomington or
online



Volunteer Opportunities

Store Greeters -- greet and pass out shopping lists to shoppers while collecting food and hygiene product donations.

Sorters -- sort donations as they arrive at MCUM and help to organize the pantry

One Pan Chicken and Rice Bake

Here is a quick recipe our clients can make with food found in our pantry! Perhaps consider donating some of these items.

Ingredients

1 can (10 1/2 ounces) Condensed Cream of Mushroom Soup
1 cup water
3/4 cup uncooked long grain white rice
1/4 teaspoon paprika 1/4 teaspoon ground black pepper
1 1/4 pounds skinless, boneless chicken breast halves

Directions

1. Stir the soup, water, rice, paprika, and black pepper in an 11x8x2-inch baking dish. Top with the chicken. Season with additional paprika and black pepper. Cover the baking dish.

2. Bake at 375 degrees Fahrenheit for 45 minutes or until the chicken is cooked through and the rice is tender. Let stand for 10 minutes. Stir the rice before serving.





Monroe County United Ministries

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

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mcum@mcum.org
www.mcum.org



Member Agency

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Save a tree!

Sign up to receive our new eNewsletter.
Email kbroadfoot@mcum.org to make the switch!

Hours of Operation:

Self Sufficiency Center

Monday, Thursday, & Friday

Appointment only: 8:00-12:00

Food pantry only: 12:00-5:00

Walk-ins: 12:00-4:30

Tuesday:

Appointment only: 8:00-12:00

Food pantry only: 12:00-7:00

Walk-ins: 12:00-6:30

Wednesday: CLOSED

Compass Early Learning Center

Monday - Friday: 7 a.m. - 5:30 p.m.

Leadership Staff:

Interim Executive Director: Katie Broadfoot

Self-Sufficiency Center Program Director: Sherene

Ing

Development Director: Katie Broadfoot

Office Manager: Shannon Hampton

Site Director - North: Charity Aton

Site Director - Downtown: Stacy Jones

Opportunity House

Opportunity House, located at 907 W. 11th Street, is a volunteer-run resale shop that raises funds to support MCUM's programs. We are open 10 a.m. to 3 p.m., Monday through Saturday, with donations accepted 8:30 a.m. to 3 p.m. Call us at (812) 336-2443 or follow us on Facebook!

Donations of gently used items are always welcome.

A Message from the Store Manager:

The Opportunity House has all your summer needs and wants, including swim suits, shorts, capris, knit tops, as well as Fourth of July decorations. Come in today and see the variety of unique items we have at very low prices.

Even with all the heat and rain, our loyal volunteer are always here to help you shop. We are so thankful for them, as well as our customers, and those who donate! As you know, our profits go to help MCUM with their preschool and other great programs they offer the community. Come see us soon - new items are added to the store daily!



Please recycle this newsletter or share it with a friend.