



# Bright Horizons

February 2004

Rev. Bruce Hitchcock, Executive Director, Deborah Schaffer, Associate Director, Angie Brown, Newsletter Editor

## Year 2003 In Review

Quite simply, Urban Mission is an expression of God's love for "the least of these." Thanks to you, we have completed another banner year of service to the low income population of the Upper Ohio Valley! In our continuing effort to "tell the story" of where your dollars and volunteer hours go, Urban Mission is pleased to report the following ministry results for year 2003:

### NATIONAL AWARD

- Received national recognition from the Points of Light Foundation for excellence in community service

### GROCERY DISTRIBUTIONS (started in 1975)

- 2,253 low-income families in Ohio and West Virginia received help
- 1,158 Thanksgiving Baskets distributed
- 846,677 pounds of groceries distributed (423 tons!)

### SOUP KITCHEN (started in 1994)

- 11,685 hot meals served

### HUTTON HOUSE HOMELESS SHELTER (started in 1988)

- 41 adults and 64 children resided in the Homeless Shelter
- Average length of stay: 93 days
- 127 "life skills" classes presented for Shelter Residents on budgeting, parenting, nutrition, conflict resolution, child safety, etc.

### JOSHUA SUMMER WORK CAMP (started in 1989)

- 22 groups (491 people) from New Jersey, Illinois, Kentucky, Wisconsin, Ohio and New York completed repair projects for low-income home owners, community, and Urban Mission.

### NEIGHBORHOOD COMMUNITY DEVELOPMENT CENTER (started in 1977)

- 21st Annual Coat Give-A-Way: 1,531 winter coats and accessories
- 6th Annual Shoe Give-A-Way: 1,201 pairs of shoes and accessories
- 13th Annual Minority Health Month
- Lupus Education and Support program (started in 1999)

- Parish Nurse Program, now in its 9th year
- Women's Health Committee, now in its 5th year

### CHILDREN'S SUMMER PROGRAMS

- 11th Annual Street Carnival (a day of free fun, music, food, games, rides and prizes for 1,100+ kids and adults)
- Field Trips for about 60 children

### OTHER PROGRAMS

- 15th Annual Hutton Scholarship Program (three \$650 scholarships awarded)
- 23rd year of Reading Is Fundamental
- Mission Rejoice (Saturday worship and fellowship meal), started in 1992
- Back to School supplies given to 400+ children and youth
- Speaker's Bureau
- Emergency Assistance: 726 individuals helped with groceries, diapers, prescription refills. (began in 1973)
- Craft room activities and projects, began in 1993
- Ceramics group activities and projects, began in 1993
- 2nd year for Food for Seniors
- 2nd year for Sight for Students

### CHRISTMAS PROGRAMS (started in 1990)

- 677 children received toys and gifts
- 225 teens received Christmas stockings

### VOLUNTEER SERVICE

- 36,576 hours of volunteer service

### IN-KIND DONATIONS (FOOD DRIVES, COATS, SHOES, ETC.)

- Hunger Ministries donations of items = \$245,896
- Christmas Ministries donations of items = \$28,991
- Hutton House Homeless Shelter donations of items = \$11,946
- Value of coats, shoes and Back to School supplies = \$8,499
- Total In-Kind Donations (vol. hrs., goods and professional. Services) for 2003 is **\$481,619**

*Thank you for all of your love and support!*

## Applications Now Available!

### JOSHUA Applications

Joshua Applications are now available to all area low-income homeowners. Stop in and pick one up or call and one can be mailed to you. In order to be eligible, you *must* own your home and provide proof of income and ownership. Please note: Joshua projects are *not* completed on a first come, first serve basis, but rather by the abilities of the groups coming and the work that needs to be done. For more information about this program, call us at 740-282-8010.

### Scholarship Applications

Robert E. Hutton Memorial Scholarship Applications are available to low-income students of any age wanting to pursue higher education. Proof of income and letters of acceptance and reference are required in order to be eligible. For more information or an application, stop by Urban Mission or call us at and an application can be mailed to you.

## Art Teacher Needed

Participants in our crafting programs have requested the addition of a painting class. Their interests include decorative painting, landscapes and flowers. This would be a lovely opportunity for a local artist to share his or her talents with an enthusiastic group of 8-10. This group could pay a small fee and purchase limited supplies. If you are interested, call Sandra at 740-282-2911.



We welcome your donation of art supplies, yarn and other crafting items you no longer use. Thank you for your generous contributions.

-Sandra Chandler, Education Director

## Winter Items Needed

The winter season is upon us and there are those in our community in need of warm winter gloves, scarves and hats. We are in need of sizes for Men, Women and Children. If you are able to share these items, please bring them to the Mission, 301 North 5th Street, Steubenville.

## NCDC News

### Annual Shoe Distribution

Once again we will be having our annual shoe distribution. It will be held May 3, 4 and 5, 2004. It is not too early to start saving your good, used shoes. Last year we were able to provide hundreds of individuals in need with good shoes. Please drop off your good shoes at the Warehouse, 311 North 6th Street, by April 23, 2004.

### Good News for the Math Excellence Program

The Math Excellence Program is going very well. Garfield School and NCDC will host a Open House (Celebration) on Thursday, February 5 at 3:00 PM. Parents, students and friends are invited to come and celebrate. Math scores and the proficiency tests scores are up!! Many thanks to Sandy Rue and Kent Lewis, NCDC Volunteers, the Franciscan Students, Jefferson Community College Students and Garfield School Principal and Teachers.

### NCDC Recognition & Celebration Dinner

*Friday, February 27, 2004  
6:00 p.m.*

*Our Place in the Ville  
339 South 5th Street  
Steubenville, OH 43952*

*Co-chairs, Patti West and Fannie Jennings*

I want to recognize and say thanks to those persons who have been instrumental in the ministry of the Neighborhood Community Development Program.

-Sharon Kirtdoll, Community Developer

## Feinstein Challenge



In an effort to eliminate hunger in the U.S., Rhode Island Philanthropist Alan Shawn Feinstein has pledged to proportionately match donations of funds marked for hunger from **March 1 thru April 30, 2004**. Mark your calendars and pinch your pennies between now and March and help us fight hunger in the Upper Ohio Valley. Please be sure to mark "Hunger" in the memo if donating by check.

## What Impact Have You Made?

The "The Paradoxical Commandments" is a poem that Mother Teresa had engraved on the wall of her home for children in Calcutta. These words describe the people who volunteer at Urban Mission . . . Loving anyway, being kind anyway and doing good anyway. We could not succeed without each of you doing your part to serve others.

Thank you very much to the individuals, schools, churches, businesses and other groups who worked to provide 20,078 hours of volunteer time during the year 2003. Many of you may not even realize the impact you have made on the many friends who are served at the Urban Mission. But no matter what the number of hours were that you gave, you touched someone along the way. And many don't realize that they were actually doing the Lord's work. Each of you made that decision to help.

*"Be strong and courageous; Do not be frightened or dismayed, For the Lord your God is with You wherever you go. -Joshua 1:9. Let us travel into 2004 together with the strength and courage needed to continue to do the Lord's work. With Him leading us in the right direction, His work will continue to be accomplished.*

-Linda L. Poe, Program Director

### "The Paradoxical Commandments"

People are often unreasonable, illogical, and self-centered; Forgive them anyway.  
If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway.  
If you are successful, you will win some false friends and some true enemies; Succeed anyway.  
If you are honest and frank, people may cheat you; Be honest and frank anyway.  
What you spend years building, someone could destroy overnight; Build anyway.  
If you find serenity and happiness, they may be jealous; Be happy anyway.  
The good you do today, people will often forget tomorrow; Do good anyway.  
Give the world the best you have, and it may never be enough; Give the world the best you've got anyway.  
You see, in the final analysis, it is between you and God; It was never between you and them anyway.

By: Kent M. Keith

## Parish Nurse News: Help for People with High Cholesterol

Cholesterol is a substance that is made by your body in your liver. Cholesterol is important in metabolism and is the main component of bile. Bile is a digestive fluid, which helps to break down fat.

The American Heart Association has developed a step approach for the treatment of elevated cholesterol. Treatment will depend upon your levels and your risk factors. Risk factors include advanced age, diabetes, family history, high blood pressure, male gender, obesity, sedentary lifestyle, and tobacco use. The first line of treatment is diet therapy, followed by medication for persons who are at high risk.

Recent research reports have shown that diet therapy can reduce total cholesterol. The persons who followed the special diet reduced their overall cholesterol as much as the persons who took the cholesterol lowering medications. This special diet in-

cluded a combination of foods that are known to lower cholesterol. Oatmeal and oat products were used instead of other grains. It is believed that cholesterol combines with oat-based products and is removed from the body. A diet that is low in cholesterol and fat and high in fiber is recommended. Careful selection of food products can help to lower your total cholesterol.

If diet and exercise do not lower your cholesterol levels, or if you have risk factors, your doctor may prescribe one of the cholesterol-lowering medications. These medications lower both total cholesterol and LDL. A person taking these medications will be monitored with blood tests. A side effect of these medications, which should be reported immediately to your doctor, is muscle tenderness.

-Michalene King, RN, MSED, MSN

# ANNUAL ROBERT E. HUTTON SCHOLARSHIP DINNER

On **Saturday, February 21, 2004**, the Mission will be having its **Annual Scholarship Dinner** at Calvary Pentecostal Church, 255 North Fifth Street, Steubenville. It will be an evening full of food, fellowship, and inspiration that you will not want to miss. The **dinner will begin at 5:30 PM** and conclude with a **special service at 6:30 PM**. We invite you to be a part of this important evening. You will find a reservation form below. Please fill it out and return it with a check or money order. **Tickets are \$17** per person. **Deadline for the tickets will be February 16, 2004.**

Please consider donating extra monies directly to the Hutton Memorial Scholarship Fund. The Scholarship Dinner is the vehicle through which we endeavor to raise funds necessary to provide low income persons an opportunity for further education. We are again offering four \$650 scholarships. Your donations are needed as they will make a difference in the lives of needy youth. We hope to see you at the Dinner. It will be a wonderful evening. If you have any questions about purchasing tickets, or making a contribution to the Scholarship Fund call Deborah at 740-282-8010. **Again, we would like to remind you this is a FUNDRAISER for the Scholarships. Part of the dinner tickets goes to the Scholarship Fund.**

If you know anyone who would benefit from a Hutton Memorial Scholarship, please call Deborah for an application or send a self addressed stamped envelope and one will be sent.

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## RESERVATION FORM

### URBAN MISSION ANNUAL SCHOLARSHIP DINNER FEBRUARY 21, 2004

Church/ Organization/ Individual \_\_\_\_\_

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

#### TICKETS MUST BE PREPAID

Number of Dinner Reservations \_\_\_\_\_ Amount Enclosed (**\$17 each**) \_\_\_\_\_

\*Tickets to be picked up \_\_\_\_\_ Name of Person picking up Tickets \_\_\_\_\_

I have tickets (Please write in the number on the tickets) \_\_\_\_\_

If you would like your tickets mailed, please enclose a **self addressed, stamped envelope**.

Robert E. Hutton Scholarship Fund Contribution of \$ \_\_\_\_\_ enclosed.

**RESERVATION DEADLINE: February 16, 2004**

Mail to:  
**Annual Scholarship Dinner 2004**  
**Urban Mission**  
**301 North Fifth Street**  
**Steubenville, OH 43952**

•••••  
• **Please note:** The time of •  
• the Annual Dinner has •  
• been changed from **5:00** •  
• **PM to 5:30 PM**. A short •  
• program will follow at •  
• 6:30 PM. •  
•••••



**February 2004**

**Urban Mission Ministries, Inc.  
301 North Fifth Street  
Steubenville, OH 43952**

**Phone: 740-282-8010**

**Fax: 740-282-8514**

**E-mail: [mail@urbanmission.org](mailto:mail@urbanmission.org)  
[www.urbanmission.org](http://www.urbanmission.org)**

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### **Upcoming Events in February 2004**

|    |                                                |          |
|----|------------------------------------------------|----------|
| 2  | Parish Nurse                                   | 11:00 AM |
| 3  | Hunger Committee Meeting                       | 10:00 AM |
| 4  | Program/Evaluation Committee Meeting           | 2:00 PM  |
| 7  | Mission Rejoice                                | 6:00 PM  |
| 9  | Parish Nurse                                   | 11:00 AM |
| 10 | Finance Committee Meeting                      | 6:00 PM  |
| 11 | Personnel Committee Meeting                    | 3:00 PM  |
| 14 | Mission Rejoice                                | 6:00 PM  |
| 16 | Parish Nurse                                   | 11:00 AM |
| 17 | Packing of Food Distribution Bags              | 9:00 AM  |
| 19 | God's Pantry Ohio Food Distribution            | 9-12;1-3 |
| 21 | Annual Scholarship Dinner (See details inside) | 5:30 PM  |
| 21 | NO MISSION REJOICE                             |          |
| 23 | Parish Nurse                                   | 11:00 AM |
| 24 | CSFP Senior Food Distribution                  | 1:00 PM  |
| 25 | Lupus Support Group Meeting                    | 6:00 PM  |
| 26 | God's Pantry West Virginia Food Distribution   | 9-12     |
| 28 | Mission Rejoice                                | 6:00 PM  |

### **HUTTON HOUSE NEEDS**

Several of our Hutton House Apartments are in need of furnishings including those below. If you can donate any of these items, call Debra at 740-282-8903

- Complete single and double beds
- Couch beds
- Can openers
- Coffee pots
- Sets of dishes, silverware, cooking utensils, pots/pans
- Coffee and end tables
- Working refrigerators and stoves
- Table and chairs