



# BRIGHT HORIZONS



Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

## The Year 2008 in Review

### GROCERY DISTRIBUTIONS

- 1,556 low-income families in OH & WV received help.
- 976 Families received Thanksgiving Baskets.
- 869,284 pounds of groceries distributed.

### SOUP KITCHEN (started in 1994)

- 18,921 hot meals served

### HUTTON HOUSE HOMELESS SHELTER

- 208 children & adults resided in the Homeless Shelter
- Length of stay: 90 days
- 281 "life skills" classes presented for Shelter Residents on budgeting, parenting, nutrition, conflict resolution, child safety, etc.

### JOSHUA SUMMER WORK CAMP

- 16 groups (379 people) from Delaware, Illinois, Minnesota, New York and all over Ohio completed 94 repair projects for 34 low-income homeowners and Urban Mission.

### NEIGHBORHOOD COMMUNITY DEVELOPMENT CENTER

- 26th Annual Coat Give-A-Way: 3,977 coats/items
- Shoe Give-A-Way; 2,010 pairs of shoes
- 18th Annual Minority Health Month
- Lupus Education and Support Program
- Parish Nurse Program
- Women's Health Committee
- Math Excellence Program
- Greater Steubenville Community Development Corporation

### CHILDREN'S SUMMER PROGRAMS

- 16th Annual Street Carnival (a day of free fun, food, games, rides and prizes for 1,000+ kids and adults)

### OTHER PROGRAMS

- 20th Annual Hutton Scholarship Program (four \$750 scholarships awarded)
- Mission Rejoice Saturday worship and fellowship meal
- Back to School supplies given to 630 youth
- Emergency Assistance: 1,016 individuals helped with groceries, baby needs, etc.
- Craft room activities and projects
- Ceramics group activities and projects
- Food for Seniors
- Sight for Students

### CHRISTMAS PROGRAMS

- 760 children 12 and under received toys and gifts through "Christmas Kids".
- 200+ teens received Christmas stockings
- 172 Families (464 Children and Teens) received toys and stockings through "Santa's Recycle Shop".

### IN-KIND DONATIONS (Food, coats, shoes and etc.)

- Hunger Ministries donation of items= \$133,698
- Christmas Ministries donation of items= \$95,892
- Hutton House Homeless Shelter donation of items = \$35,878
- Value of coats, shoes and Back to School supplies = \$13,359

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

### Upcoming Celebrations

#### Volunteer Appreciation Luncheon

*"Not all are oldies, but all are goodies!"*

**Friday, April 24, 2009; 12 PM**

Wintersville UMC, 702 Main Street,  
Wintersville, OH 43953

*Mark your calendars and make plans to attend these events! Additional info to come.*

#### Annual Dinner/50th Anniversary

**Thursday, May 14, 2009**

Time: TBA

501 Washington Street  
Steubenville, OH 43952

## Feinstein Challenge Hunger Drive



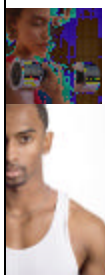
Once again the Urban Mission has received the special challenge from Alan Shaw Feinstein, a noted Rhode Island philanthropist, who has pledged to give \$1,000,000 nationwide to agencies that fight hunger. This Hunger Challenge has proved very helpful to our Ministry in the past and we are excited to take part again this year. Mr. Feinstein will proportionately match all donations given toward hunger from **March 1 through April 30, 2009**. This is not a dollar for dollar match. We will however receive a percentage based upon our rank of all agencies collecting food.

The wonderful thing about this program is that everyone can get involved, whether by monetary donation or a non-perishable food item. A part of this challenge also includes donations of food items. For example, if you donated a box of cereal, the Mission would benefit from the food donated and also be able to count the donation as \$1 toward the cash match.

Will you consider sending a donation of \$25 or more to help us take full advantage of this challenge? Perhaps you or your Church, civic group or co-workers would like to join together and collect canned goods. Any donation would be valuable toward this program and help us on the path to feeding those in need within our community.

Donations toward this challenge can be sent to Urban Mission at 301 North 5th Street, Steubenville, OH and be postmarked between March 1 and April 30. Please be sure to mark your contribution for "Hunger" in the memo. Thank you for thinking of your neighbors and friends in need.

~Rev. Bruce Hitchcock, Executive Director



## Minority Health Month Kick-off Event

**"Faithful, Fit and Fine in 09"**

*Friday, April 3, 2009*

*12:00 PM*

Emanuel Church of God in Christ  
128 South 5th Street  
Steubenville, Ohio 43952

## Applications Available

Applications for the **JOSHUA Home Repair** and the **Hutton Memorial Scholarship** programs are still available. If you or someone you know would like an application for either of these programs, you may stop in and pick one up or call the Mission at 740-282-8010 and one will be mailed to you.

The deadline for the JOSHUA application is **April 1, 2009** and the **Scholarship** deadline is **April 10, 2009**.

## Important Notice: Changes to the Food Distribution

We are constantly looking for ways to allow the process of our food distributions to be the best it can be. The year 2008 was the best year ever for our Thanksgiving and Christmas distributions. Christmas was our largest ever and we were able to provide for many more families than in previous years. But in serving the many more additional families, the time they spent waiting in line to be served was overwhelming.

This January was the first time in the history of God's Pantry that we were forced to postpone the distribution date due to the weather. In postponing the distribution to the following days, it gave us an opportunity to evaluate the program and how we could better serve our friends. This brainstorming gave the staff an idea that we will be implementing.

**Beginning in March, we are giving all of our families the ability to choose one of three days to come in and pick up their food.** Instead of the distribution being held on the third Thursday only, we are opening it up to the Wednesday and the Friday of the same week (**March 18th, 19th or 20th**). This will be a chance to reduce the long lines. It will also allow more days for our families to arrange transportation to get to Steubenville.

Our families received a flyer with this information at the February distribution. It will take them a few months to catch on to the changes. Hopefully, they will give us some good feedback as to how this new process is working for them.

Please pray for the staff and the families as we go through these and other changes to improve our processes. We will travel through the changes one at a time and with your prayers and God's grace...His will be done.

~Linda Smith, Program Director

## Lupus Education March Meeting Monday, March 16, 2008; 6:00 PM

Lupus Support group members will be treated to:

**Upper Body Massages      Tai Chi**  
**Manicure/Hand Massages      Blood Pressure**  
**BMI (Body Mass Index)**

Lupus display and presentation on how Lupus affects different parts of the body.

Coordinator: Asantewa Program Director: Sharon Kirtdoll

## Jellybean Challenge 2009

I would like to share some information I found while researching the little candy known as the jelly bean. Like many candy products, the origin of jelly beans is not exactly known but many experts believe a derivative of this candy dates back to Biblical times.

An offshoot of the soft centered candy was a confection referred to as Turkish Delight which originated in Istanbul, Turkey. While it wasn't a jelly bean, it was a candy with a firm outer shell and a soft, chewy center.



The earliest known appearance of the modern jelly bean was during the American Civil War when William Schrafft of Boston promoted sending the candy to soldiers in the Union Army. When The Beatles were on tour in the US, fans would often toss jelly beans on stage and send them as gifts to the group. The term was memorialized in the song, "Jelly Bean (He's a Curbstone Cutie)", kept popular through the 1940's by Phil Harris. And when Ronald Regan was President, he was known for keeping a jar of Jelly Belly jelly beans on his desk.

It was not until 1930 or so that jelly beans became an Easter candy, presumably from their resemblance to Easter eggs. Their egg-like shape was then associated with the Easter Bunny, who gave out eggs on Easter. As the egg shape represents fertility and birth, the jelly bean serves as a perfect holiday metaphor. The fictional and beloved Easter Bunny is believed to deliver eggs as a sign of the coming of spring and spiritual rebirth.

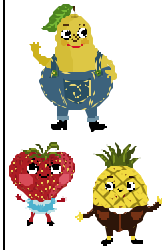
And once again, **Urban Mission will help our families celebrate this wonderful season by providing a bag of jelly beans in their Easter Treat bags.** It is our hope that everyone will help provide the jelly beans as you have in the past. It is a great project to participate in.

**We will need 850 bags of jelly beans this year. We will be giving them to our families on April 15th, 16th and 17th.** Because we will be closed on Good Friday and Easter Monday, the deadline for getting the bags to us will be **Thursday, April 9th.**

Have fun with this project and if you have any questions about it, please feel free to call me at 740-282-2911.

-Linda Smith, Program Director

## Parish Nurse News: Nutrition and Weight Loss



**March is National Nutrition and Weight Loss Month.** Nutrition is the science of foods and nutritionists are those who study foods and the relationship that foods have to health and illness. Their study not only includes foods, but the processes by which the body takes in, digests, and uses foods. Nutritionists or dietitians can assist people who need to be on special diets because of health problems or they can work with anyone who wants to eat healthier. They can counsel people who want to lose weight to ensure that the weight loss is done in an appropriate manner.

The CDC has some recommendations for healthier eating. The following are some recommendations. Make sure that you eat enough fruits and vegetables every day. You should start your day with a healthy breakfast which includes fruit or fruit juices. Keep fruit handy for snacks. Eat salads and other vegetables with lunch and dinner. Make sure that you don't add a lot of high calorie salad dressing or other high fat or calorie ingredients to your salad.

Watch the type of dairy products you eat and drink. Switch to "lite" or low fat dairy products. Consider using soy milk and soy milk products which contain no cholesterol. Choose leaner cuts of meat such as beef round, pork loin chops, turkey, chicken, and roasts. Trim visible fat from meat before cooking and drain grease. Avoid fried foods that can be high in fat.

Try to avoid processed snacks that can be bought in stores. These snacks may contain large amounts of fat and salt. Fruits and vegetables make healthier snacks. Cut down on the portion size of snacks and desserts. Substitute low fat or fat-free baked goods, cookies and ice cream for the regular ones.

Cut back on your portions, both at home and in restaurants. The recommended portion size for meat is 3 ounces. Typical restaurant portions are twice the size of normal portions, so either order a half-serving or eat half the food and take the other half home. Choose wisely at fast food restaurants. Order lean roast beef or grilled chicken sandwiches, skip the cheese and don't "supersize" your meal. You can still eat out and eat healthier.

Now is a good time to think about eating healthier as spring will be coming soon. Poor nutrition has been linked to many diseases including diabetes, heart disease, and some cancers. Follow the recommended eating tips and exercise to stay healthy.

-Michalene A. King, PhD, RN

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## Upcoming Events in March 2009

2, 9, 16, 23 & 30	Parish Nurse (Monday's)	11:00 AM
3	God's Pantry Hunger Committee Meeting	10:00 AM
4	No Program/Evaluation Committee Meeting	No meeting
5	Neighborhood Community Development Center Meeting Greater Steubenville Community Development Corp. Meeting	4:00 PM 5:00 PM
7, 14, 21 & 28	Mission Rejoice Service (Saturday's)	6:00 PM
10	Finance Committee Meeting	6:00 PM
16	Lupus Support Group Meeting: MLK Center (See page 2)	6:00 PM
17	Packing for Food Distribution	9-12; 1-3
18, 19 & 20	God's Pantry Food Distribution (See page 2)	9-12; 1-3 Daily
24	CSFP Senior Food Program	1:00 PM
26	UM Newsletter Folding UM Board of Directors Meeting	9:00 AM 4:30 PM

## Mission Rejoice

The Calendar for 2009 is still open for Churches wanting to serve as Mission Rejoice Service hosts.

If your Church is interested or you would like more information, please call Rev. Toni at 740-282-8010.



## An FYI

It was recently announced that cell phone numbers would be made public, thus allowing telemarketers to call your cell phone.

If you would like to have your cell phone number blocked, call 1-888-382-1222.