

# BRIGHT HORIZONS

Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

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## Searching for Good Samaritans

We all know the parable Jesus told in response to being asked, "Who is my neighbor?" The man asking the question wanted to justify himself for not loving others. What are the reasons those two good religious folk passed the injured and vulnerable man? Perhaps they were afraid of the environment. Stopping to help would place them in danger. Perhaps they were very busy and had important people to see, places to go, and things to do. Stopping to help would mess up the schedule. Perhaps the good folk passed by because they did not want to spend money on the man lying by the road. Helping people does cost money. It is reasonable to assume that all three things, fear, busyness, and cost were factors in the choice to walk on by the man.

Friends don't let fear, busyness and cost keep you from helping people. It is risky to help people, but it is far more risky to walk on by. If we refuse to help people our souls wither away and die. If we ignore people because we are too busy we risk enslavement to schedules, agendas and work that will suck the life from you and leave you an empty husk of a human being. Don't be afraid to give away money to help people. Money is a false god and false treasure that does no good hoarded away. One day we will all die and that money won't mean a thing. Jesus wants us to store away treasures in heaven. These treasures are eternal while money dries up and blows away.

There are people in need all around you. Some are in your families. Some are down the street. Some are right here in Steubenville. We are busy planning the Summer Program. We are planning to teach, feed, and expand the horizons of the children of Steubenville. Every summer you see the kids out playing and looking for something to do. And there are those around who are more than willing to help the kids find trouble. Spending a month learning math, English, Bible, and going on field trips is a much better choice. In many ways these kids are the man lying by the road. They are vulnerable to the street. There are those who wish to steal their innocence and exploit them. Will you consider taking a chance to help? Will you consider taking the time to care for these kids? Will you consider giving money so that these kids can be cared for in an appropriate manner?

The Urban Mission depends upon Good Samaritans. We always have. We are deeply grateful for how you have supported the work of loving your neighbor as self. Enclosed in the newsletter is an envelope for our K-KIDS Summer Program. Please consider responding to this need. May God bless you richly as you store up treasure in heaven.

*Love, Pastor Bruce*

## Mission Garage Sale

Urban Mission  
Warehouse  
May 4, 5 and 6  
9-12; 1-3



There will be toys, household goods, wall paper, furniture and lots of odds and ends. All items priced to sell!

## K-KID'S Ham Loaf Dinner

**Friday, May 13, 2005**

**4:00-7:00 PM**

Wintersville UMC

702 Main Street, Wintersville, OH 43953

*(Meal Includes: Ham Loaf, Potato Surprise, Corn or Green Beans, Applesauce, Roll, Pie and a Beverage)*

**Adults \$6      Children \$3**

Tickets can be purchased in advance by calling 282-8010 or at the door. Carry-outs Available

*This is the only Fundraiser for our K-KID'S  
(Keeping Kid's Involved During Summer) Program.*

## Minority Health Month a Success!

This has been a good year for Minority Health Month activities. It is exciting to see how the churches joined in the promotion.

Benjamin Ibe, Program Specialist from the Ohio Commission on Minority Health was in Steubenville for the Kick off at Quinn AME Church on the first of April. Health displays were set up at 13 Minority Churches and remained up throughout the month. The Men's breakfast was a great success and they plan to continue to meet to discuss health matters. Good Health begins with you! Follow these tips for better health . . . Drink water; Don't overeat; Say no to "super-sizing it"; and walk as often as you can.  
**-Sharon Kirtdoll, Community Developer**

## Statistics of a Growing Need

Mid-Ohio Foodbank serves agencies that feed needy people in 20 Ohio counties. Member agencies report monthly on the number of meals served at kitchens and on the number of food requests met by pantries (a food request is equal to a three-day supply of food, a minimum of nine meals per person). Food pantries met 7% more food requests in 2004 than in 2003, 13% more in 2004 than in 2002. Soup kitchens provided 4% more meals in 2004 than in 2003, 18% more in 2004 than in 2002. When a family of three is served at a food pantry that counts as three food requests – nine meals for three people. Most pantries provide at least four or five days food, some provide more than a week, so the actual number of meals provided is far more than the minimum number we calculate.

**Meals per month:** 94,460 requests x 9 = 850,140 meals  
*(provided by pantries)*

*(provided by soup kitchens)*                      Plus    225,178 meals

*(provided monthly)*                      At least    1,075,318 meals

**Nearly 13 million meals provided in 2004:**  
6% more than in 2003; 14% more than in 2002.

Within the 20 counties serviced by Mid Ohio Food Bank, there are many services provided. These include the following:

Food Pantries:	271	(Jefferson County – 11)
Soup Kitchens:	83	(Jefferson County – 5)
Senior Residents:	07	
Youth Camps:	95	(Jefferson County – 1)
Shelters:	25	(Jefferson County – 1)
Day Care:	16	
Adult Group Homes:	21	
Adult Rehab:	20	
Youth Residents:	07	
Misc.:	11	

These statistics are staggering. This shows how the need for food continues to sky rocket. Agencies continue to try to keep up with the rising numbers. Urban Mission is one of those agencies. With the continued financial support and donations of food items from those within this community, we are able to continue to meet the growing need for food in our area.

**-Linda Smith, Program Director**

## Community Summer Program



As the end of the school year approaches, we are already making plans for the Urban Mission's Community Summer Program. This years program will again be a collaborative effort between First Westminster Church, Calvary Fifth UMC, Quinn Memorial AME Church and Urban Mission.

Our Summer Program Director, Angela Suggs is busy making plans for a wonderful program filled with educational activities, Bible lessons, field trips and other exciting events. The program will begin in late June and run weekly through the first week of August. The close of the program will be our 13th Annual Street Carnival. Sign-ups for the program will begin in early June. Mark your calendars now and plan to involve your child in this wonderful, fun and educational program.

## Feinstein Hunger Challenge



This year's Feinstein Hunger Challenge proved to be a success again! We thank all the churches, groups, schools, organizations and individuals who gave donations toward the Feinstein matching funds Hunger challenge.

We will receive our portion of the monies in the near future. We appreciate all of your efforts to help feed your friends and neighbors in need within the Upper Ohio Valley.

## Ceramics Classes

Are you looking for a new hobby or just an activity to participate in within the community?? Then why not join our ceramics class?!?! The ceramics class, taught by Peg Bell, is held **Thursday's from 9 a.m. - 3 p.m.** at the Urban Mission, 301 North 5th Street. You can bring your own projects to work on in the class or purchase pieces from Peg.

If you are interested in being a part of this fun and productive class, stop by the Mission and visit Peg on Thursday's or give her a call at 740-282-8010.

## Parish Nurse News: Osteoporosis Awareness and Prevention

May is National Osteoporosis Awareness and Prevention Month. Osteoporosis is a condition in which there is a loss of bone mass. Healthy bone continuously undergoes a process of absorption and rebuilding. In osteoporosis there is more absorption of bone than rebuilding, leading to a loss of bone mass. The bones become weakened and prone to fractures. Areas in which fractures occur most often are the hip, spine, and wrist. Although osteoporosis occurs four times more frequently in women, men also develop this condition. Osteoporosis can be prevented, so let's look at the measures that can be taken to prevent this condition.

It is very important to build strong bones throughout your lifetime. Prevention of osteoporosis needs to begin in childhood and continue throughout life. Although there are treatments for osteoporosis, prevention is always preferable to treatment. The National Osteoporosis Foundation has developed five steps for the prevention of osteoporosis. Let's look at those steps.

**Step One:** Consume appropriate amounts of calcium and vitamin D. There has been a link shown between inadequate amounts of calcium and the development of osteoporosis. Calcium can be obtained from your diet or through supplements. The recommended intake of calcium is 1000 to 1300 mg per day. The body needs vitamin D in order to properly absorb calcium. Vitamin D comes from exposure to sunlight and from the diet. The recommended intake of vitamin D is 400 to 800 IU (International Units) per day. You can purchase calcium supplements that also contain vitamin D, which is recommended if you do not receive enough vitamin D through your diet and exposure to sunlight.

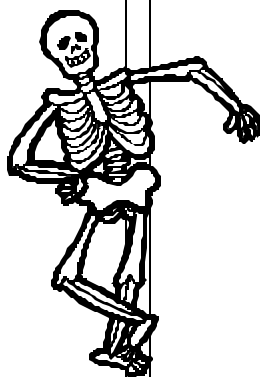
**Step Two:** For healthy bones, exercise regularly. You

should engage in weight-bearing exercises starting in childhood. Walking, dancing, stair-climbing and hiking are good weight-bearing exercises, which can be started in childhood and continued throughout your life.

**Step Three:** Avoid smoking and excessive alcohol intake. The **last two steps** involve working with your health care provider, such as your family doctor or the parish nurse. You should discuss bone health with your healthcare provider, including activities to promote healthy bones. The **final step** is to have a bone mineral density test and take medication when appropriate. A bone mineral density test is a painless, noninvasive test. One version of this test is done in a hospital or outpatient setting using an x-ray scanner. The scanner usually takes x-rays of the lower spine and hips and requires you to lie still on a table. There is also a portable machine that measures bone mineral density in the wrist or heel. This machine can be used at health fairs and other settings. A bone mineral density test is the best way to make an early diagnosis of osteoporosis before a fracture occurs. If osteoporosis is discovered, treatment can be started with medications. Treatments can prevent further bone loss, which can reduce the risk for fractures.

Osteoporosis is a silent condition that can lead to bone fractures in later life. These fractures can significantly impair a person's life. The best treatment for osteoporosis is prevention. Talk with your doctor or the parish nurse about ways that you can prevent and treat osteoporosis before fractures occur.

**-Michalene King, RN, MSED, MSN**  
Assistant Professor of Nursing, Kent State University



**Take these steps  
for healthy bones!**

**May 2005**

**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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**LABEL**

### **Upcoming Events in May 2005**

2	Parish Nurse	11:00 a.m.
3	Hunger Committee Meeting	10:00 a.m.
4	Program/Evaluation Committee Meeting NCDC Meeting	2:00 p.m. 4:30 p.m.
4-6	Urban Mission Garage Sale (UM Warehouse)	9-12; 1-3
7	Mission Rejoice	6:00 p.m.
9	Parish Nurse	11:00 a.m.
10	Finance Committee	6:00 p.m.
13	K-Kid's Dinner (Wintersville UMC-702 Main St.)	4-7 p.m.
14	Mission Rejoice	6:00 p.m.
16	Parish Nurse	11:00 a.m.
17	Packing Day for Food Distribution	9:00 a.m.
19	God's Pantry Ohio Food Distribution	9-12; 1-3
21	Mission Rejoice	6:00 p.m.
23	Parish Nurse	11:00 a.m.
24	CSFP Senior Food Distribution	1:00 p.m.
26	God's Pantry West Virginia Food Distribution Board of Director's Meeting	9-12 4:30 p.m.
28	Mission Rejoice	6:00 p.m.
30	Mission Closed for Memorial Day Holiday	Closed

### **Hutton House Needs**

Our Hutton House apartments are in need of a few items for our residents. If you can donate any of these items, please contact Debra at 740-282-8903.

- Kitchen Tables & Chairs
- Apartment Size Stoves
- Curtains
- Cleaning Supplies
- Personal Care Items