



# BRIGHT HORIZONS

Rev. Bruce Hitchcock, Executive Director

Angie Brown, Newsletter Editor

### Inside this issue:

Holiday Events Schedule	2
Santa's Recycle Shop	2
Power of Forgiveness	3
Parish Nurse News	3
Lupus Information	insert
UMM Calendar	4

## Eggs and Cereal: What's the Big Deal?

Eggs and cereal have become a topic of conversation at the Urban Mission, Mid-Ohio Food Bank and among those we serve. Eggs and cereal are two regular features of every bag of groceries distributed. Eggs are easy to use, versatile and high in protein. Cereal is fortified with essential minerals and vitamins. These two ingredients in our distribution are vital to the health and nutrition of children and senior citizens. Both eggs and cereal are easy to prepare and taste good. A senior citizen living alone may not cook a meal, but will fry an egg or eat a bowl of cereal.

Eggs and cereal are such hot topics of conversation for two reasons. Eggs have increased in cost substantially in the past few months. Cereal is no longer available to us through the food bank. Therefore, we are purchasing it at much higher prices. Costs have gone up. The second reason for conversation about the subject is the number of people needing eggs and cereal has increased. For the last three months we are providing groceries for 134 more families, 253 more bags and 19 more emergency cases than we did in 2006. The best price we could find eggs for this month's distribution was \$1.39 a dozen. We will prepare 900 bags. That is \$1.39x900, equaling \$1,251. If you

multiply that cost for one month twelve times, you will see that eggs alone cost \$15,012 a year. Cereal costs are now so high that we were forced to cut back to one box per bag. At that rate, it will cost \$10,800 per year. Two items in our food distribution now cost \$25,812.

Most items we purchase for distribution are fairly inexpensive. We have operated with a food budget of \$63,000 a year. Your generous donations of food keep those costs affordable. With expensive items moving into the cash purchase arena, we are facing difficult months ahead. The choice is between cutting critical items from the distribution, raising more money to purchase items or finding new suppliers at reduced rates. We have cut our cereal distribution in half. We are seeking new sources of food at reduced rates. We are also constantly seeking to raise money for the task God has given us. I am sharing this with the hope that you will choose to pray for the need of the hungry. I am also hoping that you will share this need with those you know. Finally, we are praying that God may move you to be generous in this time of need.

**-Love, Pastor Bruce**

### Annual Coat Giveaway

UM Warehouse

311 North 6th Street  
Steubenville, Ohio

October 22, 23 & 24

9:00-12:00 & 1:00-3:00

The Annual Coat Giveaway is just around the corner. Donations of good condition coats are welcomed.



Please bring donations to the Warehouse Ministry Center at 311 North 6th Street in Steubenville by **October 12, 2007.**

### October is Lupus Awareness Month



In this newsletter, we have provided an insert with information to help you gain a better understanding of Lupus. Funding for this program is provided by the Ohio Commission on Minority Health. Take time to become more aware of Lupus because, **"Someone you know has Lupus"**.

### Thanksgiving Challenge



This year's challenge has turned out to be a big success thus far! Our last item is 1,200 boxes of yellow cake mix.

## ***Holiday Events Schedule***

### **REGISTRATION FOR THANKSGIVING CHRISTMAS KIDS & COAT DISTRIBUTION**

**October 22, 23 and 24, 2007**

9:00 – 12:00 & 1:00 – 3:00

### **PACKING BAGS FOR THANKSGIVING**

**Tuesday, November 13, 2007**

Beginning at 9:00 AM  
(Lunch provided for volunteers.)

### **THANKSGIVING DISTRIBUTION**



**Wednesday, November 14, 2007**

9:00 – 12:00 & 1:00 – 3:00

**Thursday, November 15, 2007**

9:00 – 12:00 only

### **CHRISTMAS TOY DISTRIBUTION, TEEN STOCKINGS AND MITTEN TREE**

**December 13 & 14, 2007**

9:00 – 12:00 & 1:00 – 3:00

### **SANTA'S RECYCLE SHOP**

**December 19 & 20, 2007**

9:00 – 12 & 1:00 – 3:00

The following is necessary to register for these programs:

- A form of identification.
- Birth certificate, medical card or social security card showing names of children in household.
- You must know the source and the amount of gross income for anyone in the household having income
- Written verification of address (utility bill, rent receipt, etc.)

If you know of someone that you feel could benefit from our services, please share this information with them and encourage them to come see us. If anyone has any questions concerning the process of registration, please call Linda at 740-282-2911.

**All Registrations will take place at**  
**Earl Rodgers Plaza**  
**451 South 5th Street**  
**Steubenville, Ohio**



*October*  
*22, 23 and 24 only!*

## ***Operation Christmas Stockings***



The list is now ready to add the names of those who want to participate with this wonderful program. This project involves filling a Christmas stocking (holiday gift bags work wonderfully also!) with toiletries for a teen female or male. The stockings (approximately 200-250) will be presented to teens 13-18 years of age just before Christmas.

Items that can be included in the stockings are:

**Soap/Body Wash**

**Toothbrush & Toothpaste**

**Shampoo & Conditioner**

**Cologne/Aftershave**

**Lip Gloss/ Lip Stick**

**Hair Combs/Accessories**

**Cotton Balls**

**Jewelry**

**Comb & brush**

**Deodorant**

**Lotion**

**Talc Powder**

**Hair Spray**

**Nail Polish**

**Q-tips**

**Restaurant Gift Cards**

*(McDonalds, Wendy's, etc.)*

Please have the stockings back to Urban Mission on or before **Friday, December 7, 2007.**

## ***Mitten Tree***



Each year, we fill up a large Christmas tree with hats, mittens, gloves, socks and underwear for parents to take for their children when they pick up the gifts from our Christmas Kids Program.

We will be providing toys and gifts for 800 children so as you can see we need lots and lots of these items! Anyone wishing to help with this project can bring the items to the Mission at 301 North 5th Street.

## ***Santa's Recycle Shop***



Each year we have several families who do not make the deadline for registering their children in our Christmas Kids Program. In order to help these families have toys for their children, we will have "Santa's Recycle Shop" on **December 19 & 20 from 9:00-12:00 & 1:00-3:00.**

If you have any used toys, games, etc. please consider donating them for this program. We ask that these items be in very good condition as they will be gifts for under the Christmas tree.

If you would like to provide items, please deliver them to the Warehouse located at 311 North 6<sup>th</sup> Street .

## The Power of Forgiveness

I was in the middle of the busiest time of the year for me. Parents were coming in to pick up the packages Santa had left for their children. The lines were long and the parents were anxious. It is not a time when one likes to receive phone calls.

But, that is exactly what happened and I took the call. The message I received from the party at the other end of the line was one of the scariest calls I had ever received. The caller was a lady who did not make the deadline for our Thanksgiving distribution and she failed to get registered for the December food distribution. She was very upset and very expressive in her thoughts. She shared thoughts about me and against me that I will never forget.

It was probably two or three years before I heard her voice again. I heard her ask if Linda was in her office because she needed to talk to her. I knew exactly who was at the door and asked her to come into my office.

She sat down in the chair and didn't lift her head to look at me. She remembered our last conversation and knew the exact things she had spoken to me. She told me what she needed help with, but she knew she couldn't expect any help until she apologized for what took place years before.

I accepted her apology and today we are friends.

I recently helped her with another problem. It took a few days and some phone calls, but working together, the problem was resolved. The last time she was in my office she thanked me for helping her. Then she asked me to pray with her, and I did.

Seeing the difference in her from years ago in contrast to the woman that stood before me then, I was humbled and proud to pray with her. Not only will I never forget the day of the phone call, I will never forget the day she and I prayed together. It was definitely a "God Thing" and I can never get enough of those.

Whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that your Father who is in heaven, may also forgive you your (own) failings and shortcomings and let them drop. (based on *Mark 11: 25*)

**-Linda Smith, Program Director**

*"For you, O Lord, are good, and ready to forgive (our trespasses, sending them away, letting them go completely and forever); and you are abundant in mercy and loving-kindness to all those who call upon you." Psalm 86:5*

## Practical Tips for Head Lice Treatment

Whenever I am faced with a new situation, I always look for information to assist me. Although I have read about head lice treatment in the past, I did not feel adequately prepared to treat a head lice infestation on a young adult female. I initially went to the CDC website and printed information. I then went to the store and bought some over the counter products for treatment. I thought that I had followed the steps appropriately and that I had eradicated the infestation, only to learn a couple of weeks later that there were still head lice. I have learned a lot from this experience which I would like to share with you now.

Remember that head lice infestation does not mean that you are a "dirty person". In fact I was told by a nurse practitioner that head lice actually prefer clean hair. Once you realize that a family member has head lice, you will need to purchase products to treat the head lice. You could call your family doctor for a prescription for medication. I used the over the counter medications. Since my young woman had very thick hair, I always used double the amount of medication (if the package said use 4 ounces, I used 8 ounces). Make sure to leave the medication on only as long as the package says and rinse it out thoroughly. Medication comes both as a shampoo and as a cream rinse—don't use both at once. We found that the cream rinse worked better. Follow directions about a second reapplication in approximately a week.

Once you have applied the medication, then you must pick the eggs or "nits" off the person's hair. Most products come with at least one nit comb. You must part the hair into small sections and work one section at a time—looking for nits and combing

them out. Nits will be close to the scalp and stuck to the hair shaft. You cannot just pull them off—you must comb them to the end of the hair and then pull them off the piece of hair. Nits are typically found at the back of the neck, front hairline and around the ears, but can be anywhere on the head. I found that I needed to look underneath each section of hair, as nits seemed to hide underneath the hair. There are gel products available to assist in removal of the nits—these products were useless. When I discovered that I had not eradicated all the head lice and I went shopping for more products, I found an "all natural head lice removal kit", which contained the natural chemical sodium chloride—in other words it was saline (salt water). I purchased a squeeze bottle of saline and used it. Saline helped to loosen the nits for easier removal. I recommend saline over the gel.

It is extremely important that you **check the head every day for several weeks and remove any nits that you might find**. If you leave even one nit, it will hatch and you will be starting all over again. In the beginning of the infestation, it may take several hours to thoroughly check the head (it took up to 4 hours with my young woman as her hair was so thick). Checking daily and removing nits is the only way to know that you have eradicated the infestation. Since nit removal is so important, I wrote a little poem that you can recite while you are "nit picking": One nit, two nits, Stuck like glue nits. Three nits, four nits, I abhor nits. Five nits, six nits, Got to pick nits. Seven nits, eight nits, Must abate nits. Nine nits, ten nits, Start again nits. One nit, two nits Where are you nits?...

**-Michalene A. King, PhD, RN**



# October is Lupus Awareness Month

**Someone you know has Lupus.** *This chronic (incurable) disease affects more than 1.5 million Americans, impacts men, women and children alike. Lupus affects African American women age 20 to 40 at a higher rate than others. We have a new Lupus information help line. For help or information anytime, phone 740-282-8010 ext. 202. Our meeting schedule is listed on the other side of this flyer. Please plan to attend and become better informed about Lupus and other health issues.*

*During Lupus Awareness Month, we have expanded our education program to Belmont and Harrison Counties.*

*Sponsored by: Urban Mission/Neighborhood Community Development Center (NCDC)  
Funded By: The Ohio Commission on Minority Health*

## Lupus Events

**Sunday, October 14, 2007; 1-3 PM**

### **Health Fair**

St. James AME Church

300 East Market Street, Cadiz, Ohio

*Join us for a health fair immediately following morning worship service. There will be mini-workshops, booths, health screenings and food samples.*

**Thursday, October 25, 2007; 6-8 PM**

### **Lupus Talk Show**

Martin Luther King Center

905 Market Street, Steubenville, Ohio

The host will be Dr. Rex Crawley along with other special guests.

**Sunday, October 28, 2007; 1-3 PM**

### **Health Fair**

Shiloh Temple Church

117 1st Street, Bridgeport, Ohio

*Join us for a health fair immediately following morning worship service. There will be mini-workshops, booths, health screenings and food samples.*

There is no charge to attend these activities. Please bring a friend, neighbor or parent with you for a grand time. For additional information concerning any of these events, please call Sharon Kirtdoll at 740-282-8010.

*See you there!*

## Ten Questions About Lupus

- 1. What is Lupus?** Lupus is a disease where the immune system becomes overactive. Antibodies are produced and almost all organs of the body can be involved.
- 2. Who gets Lupus?** Lupus is most common in young females (teens, 20's and 30's). Men and children can also have Lupus. The ratio of females to males is nine to one.
- 3. Is it a world-wide disease?** Yes, Lupus affects people from all countries in the world. There are certain countries in which the disease appears to be more prevalent, such as the Caribbean, the far East and China.
- 4. What is the outlook?** Most patients with Lupus can expect a normal life-span. The disease, if diagnosed early and treated appropriately at an early stage, most commonly settles and ultimately goes into remission (the patient requires no medication).
- 5. What are the features of Lupus?** Fatigue, flu-like illness, skin rashes (including the classic "butterfly" rash on the cheeks and nose), hair loss and more importantly, internal organ involvement including pleurisy, kidney disease and brain inflammation.
- 6. How is it treated?** Early in the disease, usually in the more aggressive stages, it is treated with corticosteroids and/or antimalarials. Where there is kidney or brain disease, other drugs such as immunosuppressives are used. Management is usually aimed at reducing medication to the lowest dose possible and ultimately, to weaning the patient off stronger medications.
- 7. How can I help myself?** Some of the factors which exacerbate Lupus are stress, excessive sunlight and occasionally, drug allergies. Even those patients who are sensitive to ultraviolet light and develop skin rashes can lead a reasonably normal lifestyle. There are no diets which have been found especially helpful in Lupus.
- 8. What happens to the hair in Lupus?** The hair often thins and can become patchy when Lupus is active. It will usually re-grow as the disease is brought under control.
- 9. What about sunlight and skin in Lupus?** Approximately 60% of people with Lupus will be sensitive to the sun. Sunlight can cause skin rashes, burning of the skin and increased activity of Lupus in other organs within the body. It is not clear why some Lupus sufferers are sensitive to the sun and not others.
- 10. Where can I find out more about Lupus?** In addition to the self-help societies such as [www.lupusuk.com](http://www.lupusuk.com), there are patient networks in most countries of the world.



# Upcoming Lupus Education and Support Meetings



## November 2007

**November 14:** The Underground Railroad  
Belmont County, Ohio      6:00-8:00 PM      ***Coordinators:*** The Howard's & Patti West

## December 2007

**December 7:** Outing, Orchestra Concert  
Steubenville High School      7:00 PM      ***Coordinators:*** Walter and Pat Howard

**December 17:** Martin Luther King Center      6:00-8:00 PM      ***Coordinator:*** Patti West

## January 2008

**January 2:** Trinity Medical Center East      6:00-8:00 PM      ***Coordinators:*** Walter and Pat Howard

**January 28:** Martin Luther King Center      6:00-8:00 PM      ***Coordinator:*** Patti West

## February 2008

**February 6:** Trinity Medical Center East      6:00-8:00 PM      ***Coordinators:*** Walter and Pat Howard

**February 18:** Martin Luther King Center      6:00-8:00 PM      ***Coordinator:*** Patti West

## March 2008

**March 5:** Trinity Medical Center East      6:00-8:00 PM      ***Coordinators:*** Walter and Pat Howard

**March 17:** Martin Luther King Center      6:00-8:00 PM      ***Coordinator:*** Patti West

## April 2008

**April 2:** Fourth Street Health Center      6:00-8:00 PM      ***Coordinators:*** Walter and Pat Howard

### *Special Health Screenings*

**April 14:** Fourth Street Health Center      6:00- 8:00 PM      ***Coordinator:*** Patti West

### *Special Health Screenings*

## May 2008

**May 7:** Trinity Medical Center East      6:00-8:00 PM      ***Coordinators:*** Walter and Pat Howard

**May 19:** Martin Luther King Center      6:00-8:00 PM      ***Coordinator:*** Patti West

## June 2008:

**June 16:** Belleview Pool House      6:00-8:00 PM      ***Coordinators:*** The Howard's & Patti West



*Feel free to join us for any of the Lupus Support Group and Education sessions. You will learn important information about the disease of Lupus and how to better manage the condition. You will also gain the tools to support the person in your life living with Lupus. For more information, please call 740-282-8010.*

**OCTOBER 2007**

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

**Phone: 740-282-8010**

**Fax: 740-282-8514**

**E-mail: mail@urbanmission.org**

Non-Profit Org.  
U.S. Postage  
PAID  
Steubenville, OH 43952  
Permit No. 103

RETURN SERVICE REQUESTED

LABEL

## OCTOBER IS LUPUS AWARENESS MONTH

### Upcoming Events in October 2007

1, 8, 15, 22, & 29	Parish Nurse (Monday's)	11:00 AM
2	God's Pantry Hunger Committee Meeting	10:00 AM
3	Program/Evaluation Committee Meeting	2:00 PM
6, 13, 20 & 27	Mission Rejoice Service (Saturday's) (Worship at 6 PM, Dinner following service.)	6:00 PM
9	Finance Committee Meeting	6:00 PM
11	Neighborhood Community Development Center Meeting Greater Steubenville Community Development Corp. Meeting	4:00 PM 5:00 PM
14	Lupus Health Fair: St. James AME Church, Cadiz, OH	1:00 PM
16	Packing for Food Distribution	9:00 AM
18	God's Pantry Food Distribution	9-12; 1-3
22, 23, 24	Food Registration, Holiday Sign-ups and Coat Giveaway Sign-ups held at Earl Rodgers Plaza (see page 2) Coat Giveaway will be held the Warehouse, 311 North 6th St)	9-12; 1-3 (Daily)
25	UM Newsletter Folding Board of Directors Meeting	9:00 AM 4:30 PM
25	Lupus Talk Show: Martin Luther King Center, Steubenville Guest Host: Dr. Rex Crawley and other special guests.	6:00 PM
28	Lupus Health Fair: Shiloh Temple Church, Bridgeport, OH	1:00 PM

### **Hutton House Homeless Shelter**



Families experiencing homelessness often find the Holidays difficult when they are unable to provide gifts for their children.

Would you consider adopting one of our families and providing gifts at Christmas? Perhaps you would like to make a donation to the Hutton House to purchase gifts. If you are interested in donating to this program or would like further information about how you can help spread Christmas joy to our families at the Shelter, give me a call at 740-282-8903 and I'll be happy to speak with you.

*-Debra Bryan, Hutton House Director*