

# Bright Horizons

A Newsletter Ministry of Urban Mission

Rev. Ashley A. Steele, Executive Director    Angie Brown, Newsletter Editor



Urban Mission friends and supporters,

The theme for this year at the Urban Mission is MISSION: POSSIBLE.

At a recent retreat, staff members were challenged to accept their mission - to do the impossible!

We believe God has a lot in store for our community in the coming year and we want to make sure the Urban Mission does its part.

With the creation of a new choice pantry, the expansion of the Hutton House, and several community development projects, 2012 is going to be an action-packed year for the Urban Mission and the people we serve.

Of course, we can't do these things alone. Jesus reminds us of this in Matthew 19:26 by saying, "With man this is impossible, but with God all things are possible."

This year, won't you join us as we rely on God to make the impossible, possible? This is your mission... if you choose to accept it.

This month's newsletter offers a number of mission volunteer and donor opportunities. Be sure to let us know how you'd like to get involved.

God bless you,

Rev. Ashley

This message will self-destruct in 5...4...3...2...1...

## Mission Statement

The Urban Mission is a concrete witness of Jesus by serving the needs of the poor and disadvantaged.

## Goals

The Urban Mission:

- Provides ministries and services for people in need that are beyond the usual capabilities and mission of local congregations;
- Supplies groceries and meals for those who do not have sufficient or adequate food;
- Provides a temporary shelter and safe haven in a structured home-like environment for homeless families;
- Provides leadership and program development in and for the African American community;
- Improves the housing of low-income individuals;
- Makes health care services and information more accessible for the poor;
- Provides services, programs, or ministries to address other specific physical, spiritual, social or emotional needs of the poor and disadvantaged;
- Recruits and enables congregations, judicatories, organizations, groups, businesses and individuals for voluntary community service.

## *Jellybean Challenge Time!*

Have you ever watched a bunny rabbit when it is sitting in your backyard. They just take their time hopping from place to place, eating a little grass or a leaf here and there until they disappear from your sight. The only time they move quickly is when they realize someone is moving in on them and then off they go!



Well, the role of 'moving in' is going to be in reverse this year. That Mr. Easter Bunny is going to be moving in on us very quickly this year. Because Easter Sunday will be April 8, we will be handing out our traditional treat bags at our March distribution (15th, 16th, 17th). So, that means we will need to have 1,000 bags of jelly beans at the warehouse by Monday, March 12.

Let's see if we can accept this challenge again this year and outsmart Mr. Easter Bunny. Get your co-workers, friends and family members together and make it a fun event.

If anyone has any questions about this challenge, please feel free to call me at 740-282-2911.

*~Linda L. Smith, Program Director*

## *Applications Available*

### *Robert E. Hutton Memorial Scholarship*

Applications are available to low-income students of any age pursuing higher education. Proof of income and letters of acceptance and reference are required in order to be eligible for a scholarship. Other evaluation criteria will be community and church involvement.

For an application, stop by Urban Mission or call us at 740- 282-8010 and an application can be mailed to you. The deadline for applications to be submitted is **Monday, April 2, 2012.**

### *JOSHUA Home Repair*

Applications are available to area low-income homeowners in need of minor home repairs. The program does not replace roofs, furnaces or windows.

In order to be eligible, you must own your home and provide proof of income and ownership. Please be aware that JOSHUA projects are not completed on a first come, first served basis, but rather by the abilities of the work groups and repairs needed. Stop in or call us and we will mail an application to you. The deadline to submit all applications is **Monday, April 16, 2012.**

## *Lupus Education Questions and Answers*

**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.

**Who gets Lupus?** Lupus is most common in young females (teen's, 20's and 30's). men and children can also have Lupus. The ratio of females to males is nine to one.

**What are the symptoms/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.

**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 that have been found helpful in Lupus.

**What is the outlook for Lupus patients?** 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).

**Where can I find out more information?** Visit [www.lupusuk.com](http://www.lupusuk.com).

Are you a Lupus patient, family member or caregiver?

Looking for support or to better understand this disease? You are invited to join us at our next Lupus Education and Support Meeting. The meeting will be held on:

**Monday, February 6, 2012; 6:00 PM**  
**Hampton Inn, University Blvd., Steubenville**  
**Topic: Tai Chi**

Funded by Ohio Commission on Minority Health and sponsored by Urban Mission/NCDC.



The classic "butterfly" rash on the cheeks and nose.

## Protecting Yourself from the Flu



Children commonly need medical care because of influenza, especially before they turn 5 years old.

The flu season is here. Flu shots are being administered. The flu shot this year contains the viruses that were most prevalent last year including H1N1. Whether you get the flu shot or not, there are some things you can do to protect yourself from the flu. One way to protect yourself is to lead a healthy lifestyle. This consists of eating a well-balanced diet, getting plenty of rest, and maintaining a moderate exercise program.

A well-balanced diet contains proteins, carbohydrates, and fats. There are national guidelines that list the recommended daily servings for these nutrients. Remember to eat lots of fruits and vegetables including fruit and vegetable juice. Don't forget to drink at least eight glasses of water or other healthy liquids each day.

You need to get enough rest—7 to 8 hours a night are recommended. Establish a routine for bedtime and stick to that routine. Spend some time in a relaxing activity before bedtime. If you do not get enough sleep during the night, you may need to take a nap during the day to ensure that you receive adequate rest.

Maintain a moderate exercise program. Your exercise program will need modified due to the weather. If you walk or run outside, you may need to find an inside place for this activity. When exercising, remember to layer clothing so that you stay warm, but can remove clothing if you become too warm.

Another way to protect yourself from the flu is infection control precautions. These include hand washing, disinfection of surfaces and staying away from persons who appear ill. Wash your hands as needed, including before meals and any time that you feel that they may be contaminated. Wash your hands with warm (not hot) water and soap for 20 seconds. If you are in a public restroom, turn the water off with a paper towel and use a paper towel to open the door. If hand washing facilities are not available, use one of the waterless hand sanitizers.

Clean and disinfect surfaces in your home and at work with disinfectant wipes. Surfaces that may come into contact with your nose or mouth, such as phones need to be disinfected, especially if someone who is coughing and sneezing has used the device. Stay away from people who appear to be sick—those who are coughing and sneezing. You may encounter these people in places such as movie theaters, sports arenas or church. If your church has a tradition of shaking hands, refrain from shaking hands with persons who are coughing and sneezing.

The flu season is here, so follow these tips to protect yourself from the flu. For additional information, check the CDC website at [www.cdc.gov](http://www.cdc.gov).

~Michalene A. King, PhD, RN, CNE

### Vehicle Donations Accepted

Do you have a used vehicle you would like to donate to Charity? Hutton House is accepting vehicle donations for our homeless families. By donating a vehicle, you can receive the full "Fair Market Value" tax-deduction.

We will provide your vehicle to a family with an adult licensed driver, free of charge. Vehicles will be used by these families to assist them in their transportation needs and help them to continue to work and become self-sufficient, productive members of our community. If you are interested in donating your used vehicle, please call Debra Bryan at 740-282-8903. Only vehicles that are in working order can be accepted.

### A Look Ahead to March News...



#### Ministry Report 2011

Look for our Ministry Report for 2011 to see how your efforts and prayers have made a difference in the lives of those in need in our community.

#### Annual Matching Funds Drive

The Mission has already received calls concerning when the annual matching funds drive would begin. The *good news* is that we just received our invitation from the **FEINSTEIN FOUNDATION** to participate in the program.

The annual Hunger Awareness and Matching Funds program will begin March 1, 2012. Donations of funds and non-perishable food items contributed will be proportionately matched by the Foundation. Watch our next newsletter for full details and how you can assist your hungry neighbors.

Urban Mission Ministries, Inc.  
 301 North 5th Street  
 Steubenville, OH 43952

Phone: 740-282-8010  
 Fax: 740-282-8514

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

Email: mail@urbanmission.org

**RETURN SERVICE REQUESTED**

LABEL

*February 2012*

**What's Happening in February?**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b>	<b>2</b> NCDC Mtg. 4:30pm <i>Groundhog Day</i>	<b>3</b>	<b>4</b> Mission Rejoice 6pm
<b>5</b>	<b>6</b> Parish Nurse 11am Lupus Mtg. 6 p.m.	<b>7</b> Hunger Committee Mtg. 10am	<b>8</b> Program/Eval.Mtg 1:30pm	<b>9</b>	<b>10</b>	<b>11</b> Mission Rejoice 6pm
<b>12</b>	<b>13</b> Parish Nurse 11am	<b>14</b> Packing for Food Distribution 9am  <i>Valentines Day</i>	<b>15</b> Food Distribution 9-12; 1-3	<b>16</b> Food Distribution 9-12; 1-3	<b>17</b> Food Distribution 9-12; 1-3	<b>18</b> Mission Rejoice 6pm
<b>19</b>	<b>20</b> Parish Nurse 11am	<b>21</b> CSFP Senior Distribution 1pm	<b>22</b> <i>Ash Wednesday</i>	<b>23</b> NL Folding 9am UM Board Mtg 4:30pm	<b>24</b>	<b>25</b> Mission Rejoice 6pm
<b>26</b>	<b>27</b> Parish Nurse 11am	<b>28</b>	<b>29</b>			