



Safety~Net

April 2006
Vol. 2, Issue 2

This issue's focus: Homelessness

ABOUT SAFETY~NET

Safety~Net is a quarterly publication about our community's social service/non-profit agencies, and financially sponsored by the City of Bloomington. Please transmit comments and suggestions to

the Safety~Net editor at shalom@bloomington.in.us and place Safety~Net comments on the subject line.

THIS ISSUE

Focus: The focus of this issue is home-

lessness in our community and programs/services for people experiencing homelessness.

Agency reports: The second portion of the newspaper contains reports from the social

service/non-profit agencies.

EARLIER ISSUES

Earlier issues of Safety~Net can be accessed at the Shalom Community Center Web site: www.shalomcommunitycenter.org.

Homelessness issues must be addressed

From the editor, with contributions from Dan Lodge-Rigal, Board President, Shalom Community Center, and Jodi Tobias, Executive Director, Martha's House

This issue of Safety-Net is focused on homelessness and related problems that people experiencing homelessness in our community have to face. The U.S. Department of Housing and Urban Development (HUD) defines homeless individuals and families as people "who are sleeping in places not meant for human habitation, such as cars, parks, sidewalks, and abandoned buildings, or those who are sleeping in an emergency shelter as a primary nighttime residence". (Emergency shelters are short-term shelters where individuals stay for few days up to a month or two.) If we also include people in transitional housing programs who have moved beyond an emergency shelter and can stay

longer, e.g. a year or two, until they are ready to obtain permanent housing, and those individuals who are fortunate enough to find a place to sleep in a friend's apartment, there are many people in Bloomington and Monroe County who experience homelessness at some point every year. Estimates based upon information obtained from various Bloomington agencies places the figure in the hundreds, but some think that the actual number for all of Monroe County is much larger. Short-term emergency shelters for individuals include Martha's House and Backstreet Missions, Inc. (Backstreet Missions is a men's shelter, and in addition to its emergency shelter, also has a program where an individual can stay up to one year.) Youth Services Bureau provides emergency shelter for youth experiencing homelessness and Stepping Stones provides transitional housing and services to

youth. The Salvation Army operates a transitional family shelter called a Transitional Living Program. Addiction treatment facilities include Amethyst House and Center for Behavioral Health. Women who are in danger of domestic violence and sexual assault, and their children can stay at Middle Way House. The Rise is a transitional facility for people moving out of Middle Way and working to get back on their feet. There is currently no emergency shelter for homeless families in Monroe County where a family can stay for a month or two until longer-term housing is found.

There are various reasons why people become homeless. Some people are homeless because they have lost their jobs and/or experienced unforeseen medical or other major expenses. These people require intervention from agencies that help people find jobs and arrange for pay-

ment of some of these expenses. Other people are homeless because of mental or behavioral problems that can be addressed by nonprofit agencies and counselors who have the necessary expertise in issues of mental health. Programs and services that are available to people experiencing homelessness include job counseling, meal provision, health care programs, programs for runaway and homeless youth, and programs designed to provide services to people having drug or alcohol problems, or mental disorders. Some of these programs are described in this issue. However, it is important to point out that most people who are homeless have not chosen to live this way, and we as a community can intercede and provide an opportunity for them to improve their lives. This will have a long-lasting positive effect on this and succeeding generations in our community.

Homeward Bound Walk, April 2

Do you care about the issues of affordable housing and homelessness? Join us for the Homeward Bound 5K Walk to Fight Homelessness on Sunday, April 2 in Third Street Park. Festivities begin at noon with music, food, kids' games and raffles; the walk starts at 2 p.m. Form your team of friends, family or co-workers today and sign up at www.homelesswalks.org. All proceeds stay in Bloomington to benefit 13 local agencies that work every day to prevent homelessness.

Mayor speaks on homelessness

By Mark Kruzan, Mayor of Bloomington

People who call City Hall complaining of panhandlers need to search their souls about why that "problem" warrants a complaint when the need that motivates the activity does not.

And elected officials must ask if we are so concerned about Bloomington's idyllic image that we don't speak often enough about its challenges.

A city where more than hundreds of local school kids qualify for subsidized school lunches. Home to countless underemployed citizens working two or more jobs to make ends meet. A place where too many people are one illness, car problem, or childcare need away from being unemployed or homeless.

I have been very saddened by contacts I've had from people telling me the City needs to "clean up Kirkwood" as though our homeless citizens were part of a litter problem.

The focus of those complainants - the focus of all of us - must be on social service support, education, affordable housing, and employment opportunities.

Whether your motivation is human compassion or wallet-based, empowering all citizens to achieve their potential and become or remain productive members of our community is the right thing to do.

For Bloomington to create a diverse economy, we have to develop affordable housing. We want people who work here to be able to afford to live here.

See "Mayor," page two

Whether a matter of "out of sight, out of mind," ignorance, or perhaps even a sense of shame, some people tend not to acknowledge Bloomington's homeless population.

Anyone who believes there isn't a problem need only visit the lobby of the Downtown post office overnight during winter months.

This issue

REPORTS FROM SOCIAL SERVICE/NON-PROFIT AGENCIES

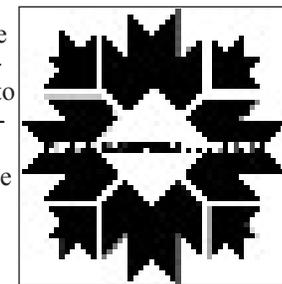
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This publication is made possible by the financial support of the City of Bloomington.

Stepping Stones offers youth housing

By Sheri Benham, Executive Director

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www.steppingstones-inc.org

She sits across from me, legs crossed comfortably, shoulders back, chin up. We are talking about why she's here, and her eyes are meeting mine the entire time. She sat down to talk with me after returning home from after-hours studying at school - and before she settled down to study some more.

She wasn't awkward, she was not shy. From the mouth of a girl-child, a mature young woman spoke, with confident hope for her future. She wants to study to be a therapist, maybe open an orphanage in the tiny, poverty-stricken country of Haiti. Right now, she works part-time and resides with the community of Stepping Stones as the Resident of the Month.

"I would be in an empty room... stuck in a room." That's where this beautiful woman-child existed before coming to Stepping Stones, a transitional living program for teens at-risk for homelessness. The person she described was hard for me to imagine as I sat across from her, seeing a composed and determined 16 year-old.

"My goals started moving when I got out of that room." She got out of that room because she qualified for the Stepping Stones program and agreed to the responsibilities required here.

I am confident this young woman can step towards and step into the goals and dreams she has for her life, thanks to the accessibility and support of an organization like Stepping Stones, created with young persons like her specifically in mind.



Photo submitted

Stepping Stones' young clients are given a safe, constructive transitional home.

Stepping Stones is an independent, non-profit organization that provides transitional housing + supportive services to individuals 16-20 years old who are experiencing homelessness. Our goal is to provide a structure where young people are given the opportunity to live by themselves but have adults "on-call" who can provide guidance, support, and a safety net. Our philosophy is that transitional housing needs to be a means to an end. Residents are given the opportunity to live on their own while developing skills to

become self-sustaining.

Currently, Stepping Stones has the capacity to support 8 residents. On April 2, an event to support and advocate the dignity and needs of homelessness in our community will take the form of a walk. Homeward Bound is an opportunity for

us to care in a participative way. The residents in addition to staff and the board of directors have formed teams for a little healthy competition to push them out to raise money for a cause they can testify to the benefits of. We hope you can help support this important event!

Mayor

Continued from page one

There are practical ways in which

affordable housing options can be created, such as:

- *Making affordability of residential living a part of tradeoffs in housing developments;
- *incorporating affordable housing in City historic preservation initiatives;
- *partnering with community groups such as the Bloomington Community Foundation, Habitat For Humanity, Housing Solutions, and Bloomington Restorations to develop new housing opportunities; and
- *launching redevelopment efforts to pursue converting neglected properties

into affordable housing.

Residential developers, neighborhood leaders, university representatives, city personnel, and experts can help guide the city through the process.

A real danger Bloomington faces is a class of citizens with no chance to break the bonds of poverty. A loss of an entire group of people's energies is a moral failure as well as a drain on limited resources and a waste of a much-needed skilled workforce.

City government is acting to recognize the fact that human development is key to economic growth.

I appreciate those of you who work every day to make Bloomington a better place to live for all of its citizens.

About Safety-Net

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Martha's House offers shelter, support

By Jodi Tobias, Executive Director

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Martha's House, Inc., a 28-bed shelter serving men and women over the age of 18 experiencing homelessness. The mission of Martha's House is to provide safe shelter while working to end homelessness. Martha's House served 257 individuals during 2004 and 344 individuals in 2005.

While Martha's House serves Owen and Lawrence County residents, the largest service provision is still to people who struggle to meet their basic needs in Monroe County. As the only emergency shelter in the area serving all sub-populations of the homeless, Martha's House strives to meet the needs and challenges of these individuals. (Monroe County's other shelters include a domestic violence shelter, a transitional family shelter, an addiction treatment facility, and a religion-based shelter for men.)

Since opening, Martha's House has grown to provide much more than merely

shelter to individuals seeking support. Residents entering the shelter are offered a safe place to live and a continuum of services to ensure they develop the skills necessary to maintain long-term self-sufficiency. Upon entry, clients are placed in the Welcome Program and given basic need items such as toiletries and clothing. During the first 72 hours of their stay, residents meet with a case manager for assessment and referral. In the Emergency Services Program, residents develop a case plan that will help them with their specific needs. Working with other organizations in the community, Martha's House offers on-site classes in job search and interviewing skills, budgeting, credit management, money management, and housing search skills. In addition, one-on-one sessions are available for sexual health/HIV testing and to learn how to stop smoking. Residents working their program for 30 days are then eligible for the Self-Sufficiency Program, which looks to longer-term goals for the resident as well as more intensive, individualized budget-

ing and saving. As residents move from the shelter, they can enter the Graduate Program, which offers follow-up case management and support to ensure the long-term ability of residents to maintain their housing.

Martha's House plans to expand to open an emergency family shelter once funding is secured. The family shelter will have similar programs to the individuals shelter, along with services for children. Currently there is no emergency shelter for homeless families in the area where a

homeless family can stay for a month or two until they can move into a longer term residency facility. This is an incredible gap in services for those members of our community most in need.

Martha's House was recently awarded a Supportive Housing Program grant from HUD to offer supportive services (including rent and utility assistance) to eleven individuals with disabilities who have been homeless for an extended period of time and four families experiencing homelessness.

Homeward Bound

A poem by a former Martha's House resident

*I walk these halls of Ivy with you each day
My pack may be heavier but I carry my books the same way
I've walked miles to get here, my pride in every step
To be known for this life, I would never accept
Not too long ago I remember that man holding a sign
Stopping and giving him food, feeling his lot could have been mine
Today I'm too proud or afraid to ask for help and money
I blend quietly, knowing all my life I've worked, honey
A march is coming that I now understand
Now that I shared a step with that man
I've marched for rights I thought I knew
I march today for a cause that could very well become you.*

Shalom Center expands into new space

By Patricia Andrews, Shalom Board Member

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The Shalom Community Center is expanding its facilities and offering new programs in 2006. While continuing its feeding program in the basement of the First United Methodist Church, in March Shalom moved its resource center and day shelter to 110 S. Washington Street, across the street from the church. Shalom continues its commitment to the central mission of providing a safe day shelter and resource center for people experiencing poverty, and its ultimate expressions of homelessness and hunger.

The new facility enhances Shalom's ability to realize this mission by providing more space for key existing programs, such as the Family Homelessness Prevention Project and the Shalom employment program. At the same time, the expanded space allows diverse agency representatives to work

directly with Shalom guests in a professional and private environment. Among the agencies visiting Shalom on a regular basis are: Work One, St. Vincent DePaul, Ivy Tech, the Bloomington Housing Authority, Indiana Legal Services, Positive Link, and the Social Security Administration.

The new Shalom facility is open each day, Monday through Friday, from 8:00 AM to 4:00 PM. It is completely handicapped accessible. It also offers laundry and bathroom facilities for guests (including a shower), a computer room, meeting rooms, and a large gathering space for conversation and fellowship.

New programming is also in the works. With the addition of a new case manager whose specialty is employment, for example, Shalom will offer more support for job readiness training, employment searches, transportation to jobs, and on-the-job support and mentoring. Shalom also plans to initiate a job training and

"Shalom will offer more support for job readiness training, employment searches, transportation to jobs, and on-the-job support and mentoring."

- Shalom Board Member Patricia Andrews, on some of the new services the expansion will allow.

certification program in the culinary arts in partnership with Work One and Ivy Tech. Other new programs will focus on bicycle safety and literacy (the latter featuring a small, but growing library), and health care screening for adults and children.

Even as it expands its resources and programs, Shalom will continue to serve meals in the church basement Monday through Friday. Breakfast will be served from 8:00-9:30 AM and lunch from noon-1:30 PM. In 2005, Shalom served over 4,000 meals each month, for a total of more than 50,000 meals during the year. In addition, the Wednesday Pantry (sponsored by the First United Methodist Church) will continue to offer bags of

groceries to those in need of food every Wednesday afternoon (3:30-5:30 PM). Shalom will also continue to administer the Templeton Family Market once each week. This program serves as a resource for families in the area by providing groceries, supplies, access to social services, and assistance with employment searches.

With the enhanced space and programming comes the immediate need for volunteers. We are grateful to the dozens of volunteers who helped us prepare the new facility for the expansion, as well as the hundreds of volunteers who have assisted in so many ways with the feeding, employment, and other programs over the years.

Reflections on Youth Brigade's walk

By Julie Geltmaker and Lucy Schaich, City of Bloomington Volunteer Network



Photo submitted

For those who witnessed or participated in last year's annual Homeward Bound Walk to fight hunger and end homelessness, there seemed to be no escaping the sight of the signature blue bandanas of a first-year walking team called the B-Town Youth Brigade.

Composed entirely of volunteers under age 18, the Youth Brigade successfully recruited 94 team members to walk for Homeward Bound to raise funds and bring attention to the issue of homelessness in Bloomington. The B-town Youth Brigade is a project of the Teen Action Project, a youth program of the City of Bloomington Volunteer Network. In addition, those team members passed out blue bandanas to all participants under the age of 18, regardless of team affiliation, in order to unify and make a statement about the presence and influence of young volunteers in this event.

As the hundreds of participants marched

down Third Street, the sea of blue in the crowd was an impressive sight and a clear representation of the power of young volunteers in our community. Youth volunteers are, indeed, a vital part of the Bloomington volunteer community and contribute to the building of a better Bloomington every day.

The B-Town Youth Brigade is at it again this year for the Homeward Bound walk on April 2nd in Third Street Park. All young people under age 18 are welcome to join the team and walk the walk along with their peers. Team donations can be made online at www.homelesswalks.org.

If you're a young person in Bloomington looking for ways to get involved in the community through service, check out more information about the Teen Action Project, the B-Town Youth Brigade and the City of Bloomington Volunteer Network at www.bloomington.in.gov/volunteer.

Bloomington Housing Authority helps others

By David B. Smith, Resident Services Coordinator, Bloomington Housing Authority



Photo by David Smith

BHA volunteer Charles Sira packages kits for children who had headlice. Sira has volunteered with the BHA for approximately eight hours, plus working for the animal shelter.

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What comes to mind when you think of Community Service? At the Bloomington Housing Authority (BHA), Community Service is defined as "the performance of voluntary work or duties that are a public benefit, and that serve to improve the quality of life, enhance resident self-sufficiency, or increase resident self-responsibility in the community." The BHA coordinates a Community Service program which, if you are a tenant of public housing, is designed to enhance your sense of accomplishment, self-respect and motivation to regain control over your life.

All Housing Authorities are required by federal statute and regulation to administer the community service program in public housing developments. If you are a tenant of public housing between the ages of 18 and 62 you must comply with the requirement, unless you are already working, going to school full-time, are disabled, or are otherwise exempt. The BHA is required to track your participation in community service activities, and cannot renew your lease - essentially terminating your housing - if you are found not in com-

pliance. Keeping up with the Community Service requirement is critical to maintaining an apartment with the BHA, but is very easy to do!

Do you like working with others, or would you prefer to work alone? Do you enjoy working in an office, or would you rather work outside? What would you rather be doing: Helping others, or taking some classes? Whatever Community Service activities you choose can be both fun and educational. Get some exercise, make some friends, work with folks who depend on you, establish some credible references and gain some valuable work experience. You can do whatever you enjoy the most!

Volunteering can include working at a local youth or senior center, homeless shelter, food bank, school, church, hospital, hospice, resident council, recreation center, etc. or caring for a neighbor's children so they can volunteer somewhere else. Self-Sufficiency activities can include job readiness programs, GED classes, substance abuse or mental health counseling, English proficiency (reading) classes, apprenticeships, budgeting and credit counseling or any kind of class that helps you reach financial independence.

See "BHA," page five

Habitat: "A hand up, not a hand out"

By Rebecca Mankowski, Volunteer/Family Services Coordinator

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www.monroecountyhabitat.org

Habitat for Humanity of Monroe County is a nonprofit, ecumenical Christian organization. Their mission is to build simple, decent homes with people in need, guided by the philosophy of, "no interest, no profit." Habitat charges no interest on their mortgages and sells the houses for no profit. By doing this, Habitat hopes to eliminate poverty housing in Monroe County. Habitat's priorities are:

1. To eliminate poverty housing in Monroe County
2. To be a visible, representative organization that stimulates the community and partners with churches and other organizations
3. To provide and maintain meaningful and exciting opportunities for partner families, volunteers, and the community

Habitat's motto is "A Hand Up, Not a Handout." Habitat serves families in Monroe County who are living in inadequate housing. These families have an income but do not make enough to secure a bank loan.

Habitat is not a give-away program, but a joint venture between volunteers and partner families, or homeowners. Partner families are required to participate in the construction of their own new home and to help other prospective partner families build their homes. The volunteer labor

Habitat clients thankful, ready to build

Ernie and Susan Wright have spent the majority of their lives in Indiana, but never met until bumping into each other at the local Waffle House.

"I saw Ernie reading the Bible," Susan said. "We got to talking."

They were pleasantly surprised to run into each other again at a local mental health center.

"It turned out we both have mental illnesses and were in remission with our meds," Susan said. "That was about ten years ago. We've been married seven years."

A two-bedroom home at Fourteenth and Blair Streets will soon be a dream come true for the Wrights, who, after living in a cramped one-bedroom studio apartment for years, will be blessed with a corner lot, eight trees, a tool shed, and a yard for their Pomeranian. Their current 300-square-foot apartment was "supposed to be for one person," said

Ernie. "The landlord cuts me some slack since he knew my dad."

With her bubbling laughter, Susan will tell you straight up, "We're little home bodies, so we can't wait to own a house! Ernie looks forward to owning a home for the yard - for flowers, small saplings, and bushes that will make the place look beautiful."

Susan, on the other hand, is more excited about all the clothes they'll wear as they build.

"We're already buying winter stuff," she said. "I bought steel-toed boots and all the flannel shirts in our sizes at the Salvation Army store."

According to Ernie, God has given the project His blessing, and it certainly seems so. The couple prayed to build on a lot they fancied and got it. They began saving for a storage shed only to find that sheds are now coming standard with Habitat houses. Even when Ernie suffered



from intermittent doubts and fears, the Habitat staff talked him out of any buyer's remorse by reviewing the couple's budget again and again.

"Habitat has been so great," said Susan. The couple's sweat-equity hours have largely been completed by cashing in at the Habitat ReStore, where any profits from gently used goods are funneled back into more houses.

"I'm just thankful our build is in the winter," said Ernie. "I can't wait to meet people, to work side by side with students and the elderly."

helps keep the cost of the homes at a minimum.

The money to build Habitat homes comes from contributions from local churches, citizens, businesses, and other sponsors. Limited government funding is accepted for land or infrastructure development. Families pay back a zero interest mortgage over 15-25 years. That money

goes into a fund which helps to pay for more houses.

This year, Habitat for Humanity of Monroe County and five local home builders will participate in the national Home Builders Blitz 2006. From June 5-9, 2006, professional home builders and Habitat for Humanity affiliates in communities across

the United States will work alongside concerned volunteers to build 1,000 decent, affordable homes in five days. It will be the largest event of its kind in the history of the United States. With the blitz, Habitat will be able to house 13 families instead of only 8 during the current fiscal year.

BHA

Continued from page five

Louise

Jordan volunteers

at Community Kitchen, an agency which provides free, nutritious meals six days a week to those in need. Louise works two hours each week preparing meals for distribution. Louise said she enjoys volunteering "because it keeps you busy, and keeps your brain going." She likes that she doesn't just sit at home, but gets out and helps others. Louise enjoys talking to people at her volunteer site, where she has made several friends.

Annie Brookshire, volunteer coordinator for Community Kitchen, acknowledges the rewards of volunteering, whether a person is doing the work or receiving the benefits. "Some people who feel down and out might think they are the only one, when there are many in the same situation." Annie wishes all the volunteers (like Louise) who package carry-

out meals could see the results of their efforts. "The interaction between staff, volunteers and patrons is important. It's a real good feeling to have patrons say 'please' and 'thank you.' You can see that they are truly grateful for their dinner."

Another successful volunteer is Charles Sira, who feeds the cats every Tuesday morning at Bloomington Animal Care and Control. Charles says that volunteering creates a positive job history. "I'm so glad I can list my Community Service jobs on employment applications, because my last three paid jobs were bad experiences." Volunteering allows Charles to do what he likes best. In addition, Charles says that volunteering "gives you the sense that you're still earning your keep."

Steve Brown feels that Community Service is the opportunity to give back to the community which supported him in a time of need. Two years ago, Steve says,

"my whole life fell apart, and suddenly I found myself homeless. Public housing was a way to get a start." After he moved into an apartment at the BHA, Steve felt "a certain amount of guilt" because he only paid the minimum amount of rent. Now Steve volunteers for the BHA Resident Council, passing out flyers and cleaning the Community Building just two hours a week. Community Service "gives me something that I HAVE to get up and do each week," says Steve. He feels his job allows him to remain connected with the public housing community and with the efforts of the Resident Council, all of which has lead Steve to run for office in the upcoming Council election.

The Bloomington Housing Authority would like to identify and develop relationships with agencies which have a need for volunteers. If your organization would like to become a preferred volun-



Photo by David Smith

Volunteer Louise Jordan prepares tomatoes for the Community Kitchen.

teer site, or to inquire more about the Community Service program, please contact the BHA Resident Services Coordinator at the information listed at the beginning of the article.

United Way of Monroe County: What we do

By Barry Lessow, Executive Director and Lauren Dant, Communications Intern

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In February, United Way of Monroe County marked 50 years of improving people's lives. Our efforts are oriented toward achieving seven community goals:

- Everyone should have sufficient food
- *Everyone should have a safe place to live
- *Everyone should have access to basic health care
- *People in crisis should have access to emergency services
- *Children and youth should have the opportunity to grow and prosper
- *Everyone should have the skills and support to enter and stay in the workforce
- *Seniors should be supported in their efforts to be independent

We want to ensure adequate core services are available for citizens who need them. This 'safety net' includes critical, lifesaving services like food, shelter, and security. At the same time, United Way

must address the reasons why people need the safety net and to help those who are able become self-sufficient.

To accomplish these goals, the United Way Community Care Fund is allocated to member agencies, each of which has met stringent standards of quality and efficiency. Knowledgeable volunteers study assessments, read applications, and talk with agencies before making the tough decisions about where funds can do the most good.

United Way also supports these goals in many other ways by working with organizations throughout the community:

- *We bring partners together to address specific issues: The Workforce Preparation Network, a United Way initiative, is bringing together 40 community partners in business, social service, education, government, and labor to help students and adults achieve their educational, vocational, and life goals.
- *In September 2005, United Way, along with several other groups, worked to ensure that our community was ready to welcome Katrina evacuees and to help

them through this crisis.

*United Way strengthens the nonprofit community through support of the Non-Profit Alliance for Monroe County. United Way helps produce the weekly NPA e-newsletter, web site, and progress report. United Way also serves as the NPA fiscal agent.

*United Way also provides fiscal support for the Homeward Bound walk. To ensure the most money goes to help the homeless, United Way donates its services and does not receive any of the revenue generated by the walk.

*In 2005, United Way helped sponsor the Latino and Asian summit and the printing of the Latino needs assessment.

*The Annual Letter Carriers Food Drive is also supported by United Way. In 2005, this effort by NALC 828 netted more than 30,000 pounds of food benefiting the Hoosier Hills Food Bank.

*Last fall, United Way hosted eight AmeriCorps*NCCC members for six weeks. The team completed several improvement projects for nine local nonprofits. At the same time, eight agencies got help during the annual Day of Caring.

*An updated resource center and new Foundation Center grant search software at United Way are open to all nonprofits in the community.

*United Way operates several referral services, including the IRIS guide and First Call for Help. United Way also helps keep the SCAN community needs assessment updated for program planners and grant writers.

*United Way provides capacity building grants. In 2005, grants went to help Big Brothers Big Sisters increase their big/little matches, and Middle Way House and Rhino's to renovate their new facilities.

*The Monroe County Emergency Food and Shelter Program Local Board, chaired by United Way, distributed \$36,929 for food programs, shelters, and rent/mortgage/utility assistance.

United Way is proud to partner with people and organizations that want to address the most urgent human service priorities in our community and help people make positive, long-term improvements in their lives.

Rhino's Youth Center enters new era

By Brad Wilhelm, Director

331 S. Walnut Street
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www.rhinosyouthcenter.org

Rhino's Is A Special Place For Bloomington Youth

For over 13 years Rhino's Youth Center has been providing entertainment and engagement for the youth of our community in a safe, alcohol, tobacco, and other drug-free environment. A division of the Harmony Education Center, Rhino's is also a United Way member agency and partners with the City of Bloomington Parks and Recreation Department.

Existing Weekend And After School Programs

Rhino's offers weekend concerts and other entertainment and after school programs in radio, video, journalism, and art. The programs and entertainment are guided by the youth themselves as they have an integral role in Rhino's operation. All of the after school programs have at their core the desire to enable youth to use their own unique voice through media and the arts. Youth involved in these programs also assist other community organizations such as Amethyst House, Middle Way House, Girls Inc, Big Brothers Big Sisters, Youth VOICE anti-tobacco programs, and more.

New Programs

Rhino's Youth are currently working on several exciting new projects.

*The Video Program will be producing a series of videos for the City of Bloomington Police Department that will include training, recruitment, and police and youth interaction.

*There are also plans to develop a youth led mental health screening and mentoring program in cooperation with the Center for Behavioral Health. All programs will be working with younger youth from the Girls Inc program this summer to help train youth in employment "soft skills" with the assistance of the Workforce Preparation Network (WPN), and the journalism program is finishing a book of their work to be published early this year.

Rhino's Has Expanded To Accommodate Increased Attendance And Participation In Programs

2005 saw Rhino's expand into a new facility at 331 S Walnut that nearly triples its capacity. An amazing outpouring of community support helped raise the money to renovate the space, and now Rhino's stands as a shining example of what a progressive community can accomplish to assist youth to grow and prosper.

The average weekend show attendance has nearly doubled since the move, and the capacity of 440 has been reached 5 times since early September. Rock, Hip



Rhino's clients Andi Dema, Lewis Rogers, Nile Arena, Addison Rogers ham it up.

Photo by Pam Kinnaman

Hop, Punk, Dance, Jam, folk, and more have been presented in the new space with more national acts slated for 06. Of particular interest to "older" community members (like the author) is a show with the man behind the Rutles and the music of Monty Python, Neil Innes on May 21.

Along with the new opportunities come new challenges as well. All non-profits face yearly budget needs, and Rhino's Youth Center is no different. In addition, funding for the second phase of the renovation which includes a sprinkler system,

sound baffling, and window tinting must be secured.

Community Volunteers Are Needed

Rhino's Youth Center is seeking motivated and creative community members to add to our Advisory Board. If you are interested in helping out or just would like more information on what may be the most unique and innovative youth center in the country, please contact Rhino's through the information listed at the top of this article.

Wonderlab: Striving to serve the whole community

By Louise Schlesinger, Marketing Director



308 West Fourth Street
Bloomington, IN 47404
(812) 337-1337

<http://www.wonderlab.org>

“You make science fun!” declared the young girl with the pink ribbon in her hair. “I want my mommy to see the giant bubbles.” With those words, the little girl captured the essence of WonderLab: to make science exciting and to create an experience for the whole family to enjoy together.

WonderLab is a science museum where visitors can touch the exhibits and where there are no wrong answers. This is because we believe that science is not just a body of facts, but instead is an active method of discovery that involves testing, measuring, observing and creating. The WonderLab experience feels like play, but, in fact, it is an experience steeped in learning.

Founded in 1995, WonderLab opened in its current location in 2003 and serves almost 75,000 people a year. Because WonderLab’s exhibits are multi-sensory and incorporate universal design, the

museum can serve individuals with disabilities. Individuals also may reserve wheelchairs and noise-reducing earmuffs for their visit.

WonderLab is a private 501(c)(3) non-profit organization. As a private entity, it is necessary for WonderLab to charge admission and request financial donations to help meet budgetary needs. Despite these financial circumstances, WonderLab’s board and staff strongly believe that it is important to make the museum as accessible as possible. Free and low-cost opportunities include:

First Fridays. WonderLab is open extended evening hours until 8:30 pm the first Friday of every month throughout the school year. General admission is reduced after 5:00 pm to \$3 per person. BT bus service is free all day the first Friday of the month, and Route 4 buses stop directly in front of the museum.

WonderCamp Scholarships. WonderCamp is the museum’s summer science enrichment program for children entering kindergarten through grade 5. Financial aid is available for eligible children.

See “WonderLab,” page eight

Photos submitted

Above: A young boy’s building falls apart at the earthquake table. The exhibit is part of “The World We Create,” a special traveling exhibition at WonderLab through June 4.

Below: A young girl discovers the mirror tunnel in the Discovery Garden, an area of the WonderLab Museum just for toddlers and preschool-age children.



Big Brothers Big Sisters makes an impact

418 S. Walnut Street; PO Box 2534
Bloomington, IN 47404
(812) 334-2828
bbbs@bloomington.in.us
www.bigsindiana.org

There are more than 200 local children waiting to be matched with a Big Brother or Sister. Big Brothers Big Sisters of South Central Indiana has a goal to match at least 145 youth by June, but this is not possible without the support of the community and additional volunteers.

Potential volunteers are encouraged to attend an information session to learn more about the various programs (please contact the office for an updated schedule). A wide variety of volunteer opportunities are available to fit anyone's schedule and interests. There are three programs offered at local schools, a program at the Boys & Girls Club, the traditional community mentoring program, and a program for our "Kids on Deck" (those on the waiting list for a "Big"). Some programs require a time-commitment of as little as a few hours each month. Volunteers are able to choose the program that best fits with their interests and schedules.

Big Brothers Big Sisters (BBBS) is the nation's oldest and largest youth mentor-

By Erica Hedrick, Marketing Intern, and Andrea Smith, Director of Operations

ing organization. BBBS of South Central Indiana serves more than 1,000 children each year between the ages of 6-17 in Monroe and Owen counties through a variety of mentoring programs. In 2005, our agency served 730 kids in one-to-one matches, and provided additional programming for nearly 300 youth through our group mentoring programs.

Our one-to-one mentoring programs make a huge difference in the lives of local youth. Along with national research that demonstrates the positive impact of Big Brothers Big Sisters mentoring, an annual local analysis of each of our programs showed that children matched with a Big Brother or Sister for a minimum of one year:

- *75% demonstrate improved relationship to family
- *75% improve their school performance
- *40% develop improved educational and career goals
- *95% show marked increase in self-esteem

"We want potential volunteers to know that they can make a positive impact on a child's life by just being there," says Liz

Grenat, Executive Director of BBBS of South Central Indiana. "It's not about the type of activity they do together, but it's the time spent together that really makes

a difference."

To learn more, please contact us at the information listed at the beginning of this article.

BBBS clients talk about experience

By Little Sister Katrina and Big Sister Kathy Zaleski

We have been matched for about 18 months, and we hang out weekly. During our time together, we have both grown and learned from one another. Our time together is always fun, and we are constantly doing different activities that allow us to explore Bloomington. One of our favorite places to visit is the YMCA to work out, and the best part is using the hot tub after we are done. Some other activities we enjoy are swimming (especially at Lake Monroe), hiking in the various parks, and teaching each other new dance moves.

Since being matched, Katrina's grades have dramatically improved. She has become more assertive and a better decision-maker (in fact now she plans some activities for us). Kathy has introduced her to new activities, places, and food. Katrina was able to try Thai food for the first time (and probably the last time!). We both really enjoy talking about our families, frustrations with school, and boy problems.

We have both helped each other mature and become more self-confident. When Kathy graduates, she plans on becoming a secondary education teacher. Katrina has helped her with this by improving her ability to connect with adolescents and understand their concerns and problems during the teen years. She has also helped Kathy have more confidence around adolescents.

One of our favorite memories together was the sleepover for Katrina's birthday in November. We ate pizza, gave each other pedicures, played with the Ouija board, and watched some movies. Katrina's friends attempted to show Kathy and her roommate how to dance (like 'pop it,' a dance move they still cannot do), but neither have any rhythm. We continue to help each other grow and learn and the time we spend together is always fun and great.

Prescription program has many problems

Tomilia Allison, Mayor, City of Bloomington, 1983-1985

If you are having trouble with the new prescription drug program, you are not alone. Let me say right away that the best advice you can get is in the Feb. 2006 issue of Consumer Reports magazine. Other useful sources are listed at the end of this piece.

Why is the new program so troublesome? The list is long. Individual drug needs can vary tremendously, and so can the 40-60 insurance companies in each state that offer drug coverage. The available plans can involve different

formularies (lists of covered drugs), different co-payments, different choices for brand-name drugs and generics, different monthly premium payments, different lists of participating pharmacies, and different provisions for persons traveling out-of-state or persons who have moved to a different state. They also vary in their reputations for service: Some make it notoriously difficult to ask a question of a real person. Comparison shopping can be a challenge: We are often told to consult the internet, but many seniors are reluctant

or unable to do so.

The new program has created a special problem for "dual eligibles", persons who receive coverage from both Medicaid and Medicare. These persons were assigned to insurance companies entirely at random, without regard to whether the company provided the necessary drugs. As a result, many persons for the time being are doing without the drugs they need. We need to know who in Monroe County are not getting the drugs they need. Many of them are old, frail or isolated. This problem is nationwide. Many states have stepped in to cover the drug payments until the federal snafu can be fixed.

The federal government is scrambling to clean up the mess it created. As a stop-gap measure, the Bush administration has ordered insurers to provide the beneficiary with a 30-day supply of any drug previously taken, and to charge seniors no more than \$5/drug. Did you know that? This is a broken plan that needs to be fixed. What

we must do locally is to canvass our dual eligibles to make sure that they are getting their drugs. Our government is not doing the job.

Other sources

Web Sites

www.medicare.gov

www.cms.hhs.gov

www.socialsecurity.gov

www.state.in.us/idoi/shiip

Publication

Medicare & You handbook

1-800-MEDICARE (1-800-633-4227)

Social Security Administration

1-800-772-1213

Indiana Senior Health Insurance Program

1-800-452-4800 (To talk with an actual human being say "Agent" any time during your call.)

WonderLab

Continued from page seven

Free Group Admission.

WonderLab's

Connecting to the Community provides free group admission through non-profit agencies that serve low-income families. Connecting to the Community is supported by grants and donations to WonderLab that are specified for this program.

Plus several others, located on this issue's Calendar (Page 12).

WonderLab is a resource for the entire

community, and there are many ways to come into contact with the science museum. Some people will visit the facility; others will become volunteers. Still others will be served in after-school programs, which WonderLab offers for at-risk children in partnership with the MCCSC. Whatever way WonderLab touches your life, we hope you can say, as one man wrote, "I love that it is so friendly at WonderLab. Five stars."

Bloomington Hospital: Compassionate care

By Amanda Runyon, Publications Specialist

405 N. Rogers Street
812.353.3000

Bloomington Hospital operates three long-term care facilities throughout south central Indiana: Bloomington Hospital Hospitality House, located in Bloomington; Bloomington Hospital Hospitality House - Bedford; and Bloomington Hospital Residence at McCormick's Creek, located in Spencer. Each facility offers residents access to an extensive rehabilitation programs, including physical, occupational and speech therapies.

Hospitality House in Bloomington also offers advanced care for those with Alzheimer's. The facility's Advanced Alzheimer's Unit opened at the end of 2005 and is one of only two long-term care facilities in our region offering this service. The Advanced Alzheimer's Unit is designed for people in the late stages of Alzheimer's who require more specialized care and services. The Unit's staff

has received special training to provide more individualized care and one-on-one attention to address the residents' changing needs.

For more information about the Advanced Alzheimer's Unit at Bloomington Hospital Hospitality House, please call at the number listed above.

Hospitality Houses around the area Bloomington Hospital Hospitality House

1100 S. Curry Pike, Bloomington
t 812.353.3000

Bloomington Hospital Hospitality House - Bedford

2111 Norton Lane, Bedford
812.2759.4437

Bloomington Hospital Residence at McCormick's Creek

210 State Highway 43, Spencer
812.829.3444

Thoughts on Our Lives Here at the Bloomington Hospitality House

By Lorene Conley, Mildred Nichols, and Barbara Borders

I never thought I'd be in a nursing home, but it's different here...like family

I need the care they give me

You can count on the staff from day to day

We know they'll be here.

I'm taken care of here,

My clothes washed, staff helps...it's good!

At this point in our lives, we are still growing

While we watch our families grow.

It's good to have activities to keep us busy.

We go to cooking class, play ball and sing.

Others are here to help you in every way with a smile on their faces.

We have to give the kitchen staff credit,

They feed us each day to keep us healthy.

I've learned so much here.

We're getting older, but we still have to have the courage to go on.

It's an adjustment to be in a nursing home,

Sometimes we are more dependent.

But, we adjust through reaching out to others.

We enjoy ourselves here.

There are less worries and more freedom to enjoy life!

CBH clients tell how they were helped

"When I fall, they reach out their hand and lift me up. They pull me up and give me hope. CBH is like a big family. They listen and help each other. When I feel alone I know there are others just like me. CBH has helped me realize this. Thank God for CBH. If not for them I might not be here."

Mark Shepherd

"My name is Cathi Nikirk from CBH-Bedford. I appreciate them (CBH) helping me to get my apartment. I met several people who have been through what I have."

Cathy Nikirk

"CBH has done a lot for me. They helped me be on time for appointments and (taught me) how to get by on a dollar bill, how to share with others, gave me friends and a sense of value, and showed me that there is (sic) a lot of people (that) need help and need friends too, and how to be sufficient. They gave me proper manners."

Bradford Scott Patton

"CBH has helped me with the good lunches that we have. The lunches are good and nutritional and served with a smile. The ladies in the kitchen are nice and sweet."

Candy Sykes

"Like all othes I have trying times in my life. The Center for Behavioral Health of Bedford has always managed to help me cope with situations that were often too much for just my shoulders. The doctors have always listened and cared. They have always been there to give you the attention you need. The PHP (Partial Hospitalization Program) is the greatest. The ladies are always there to start your day with a 'good morning' and sometimes when you are greeted with a smile by staff or friends, it can change a 'bad hair day'. Case managers are wonderful to have. I am not very good with money and without my case manager and her guidance I couldn't make it. CBH has been kind to me. It has brought me out of depression, helped me with coping skills, and given me life-long friends. Thanks, Staff."

Lydia Barchman

"I was first diagnosed with a mental illness in 1973, a couple years after I got out of the Navy. In the next few years, in spite of my illness, I was able to graduate from Ball State University; but it was difficult, because I had to withdraw for a couple terms due to my illness. I first came into contact with the Center for Behavioral Health (CBH) in the mid-1980s when I moved to Bloomington. I had been wandering the streets in a state

CBH at a glance

By Cathi Norton, CBH Community Relations Specialist

645 S. Rogers Street
(812)-339-1691
www.the-center.org

Quietly serving the community for 37 years, Center for Behavioral Health (CBH), continues to be a mainstay for people with mental health and chemical dependency challenges. The Center offers a complete range of outpatient counseling and residential services to individuals of all ages and has been recognized as a national leader in providing research-based, clinically effective treatments as well as in the implementation of a computerized electronic health records. CBH has the largest residential continuum in the state (which includes four low income apartment complexes) and an employment service for people with serious mental illnesses, repeatedly recognized as the top-rated in the state. CBH provides services to over 9000 people per year and employs over 300 people in 22 facilities across 5 counties in South Central Indiana.

(All CBH content copyright 2006)

of paranoia and delusions when I came to know Mark Hickman at the Center. He made sure that I knew I was in a safe place and had me admitted to Crisis Care, where I was diagnosed and put under the care of a doctor from whom I received medications.

Soon I was living in an apartment at Wylie House, which was under Mark's supervision. I took classes at Indiana University and graduated with a Master's Degree in 1989. I moved back to my hometown and worked there for a year, but the stress of working took its toll and I had a severe relapse. This, plus a failed love affair, prompted me to phone Mark. Fortunately, there was an opening at Westplex Woods apartments, run by the Center, and I moved there in the early 1990s. I went on Social Security Disability in 1991. My association with the Center has been fortunate for me. My nurse practitioner, Ursula McCormick, has me on stabilizing medicine and my four successive caseworkers, Greg Clark, Andy Matthews, David Handy, and Aprell Kirk, have been friendly and efficient. I am living a better life through my association with the Center for Behavioral Health."

Duane R. Stiger

See "CBH," page ten

Community Kitchen stopping hunger

By María del Pilar File-Muriel, Intern

917 S. Rogers Street
812-332-0999

www.bloomington.in.us/~kitchen

The Community Kitchen of Monroe County strives to eliminate hunger through direct service, education and advocacy. Community members can get nutritious meals Monday-Saturday 4-6pm in our sit down location and take home up to two meals from both our main (917 S Rogers) and Express (1100 West 11th St) locations.

Even though hunger is an immense societal problem, Community Kitchen's daily operations positively impact the quality of life of local people. In our business we don't get excited about setting service

records because it means that the need for food assistance is rising. Despite that, it is important to mention that in 2005 we served a record number of meals at Community Kitchen. Throughout last year, over 132,000 meals were served to hungry adults and children in Monroe County.

"I am proud to be here helping people who are going through difficult times. I know hunger is a big problem, and what I do makes me feel good, but I also know that it is a problem that will last for a long time. People who come here are very genuine even though they are going through hard times, and maybe this organization is what helps them keep good spirits," said Adam Sommer, Kitchen supervisor.

In addition to our on site service, the

Kitchen has targeted programs that serve those most in need. Because of the vulnerability of our young and old, we work to especially target children and seniors in our meal programs. Through programs such as Feed our Future, Backpack Buddies, and the Summer Breakfast Program. In 2005, 35% of our meals were served to children, while almost 22% went to seniors.

Community Kitchen involves many volunteers every day. Individuals, student and community groups get involved by helping cook, pack and serve meals. Let us know if you would like to help by contacting our volunteer coordinator at kitchen@bloomington.in.us or by calling 812-332-0999. We are also interested in

talking to groups about our services and hunger issues in our community. If you would like the Kitchen to visit your organization please contact Vicki Pierce, Kitchen's director at our main telephone number.

We are always thankful for our community partners, donors, business and individuals who participate in fund raising events like the Taste of Bloomington, CROP Walk, Palette to Palate, and Home-ward Bound among others. The Kitchen's cash budget is supplemented by in-kind budget of over \$150,000 in contributions of food, labor, rent and services.

Willing Spirit

A poem by Victoria Rogers

*In these days of woe
It takes*

*More than my willing spirit
To move the forces bent
On destruction of our world.*

*Seeing humans as destiny
Ignores our small part
In the magnificent structure
Designed by God or evolution
To grow in harmony and balance.*

*Species die, with habitats
Sacrificed to development and greed
Fueled by comfort, rather than need.
My ordinary choices could show willingness
Blessed by thoughtful action.*

*But, my internal need for external comforts
Often out shouts any willingness to be
Part of a movement or solution
If it would take away living
In the style to which I am accustomed.*

*In these days of woe
It takes
More than a willing spirit
To move the forces bent
On destruction of our world.*

*We seek comfort and safety with our own
United in tribe or class or race or country
While the other, the different, the enemy
Are held apart with any weapon at command.
Poverty, borders, laws, written or unwritten.*

*Their children die starved and diseased
Victims of political shifts of power
Policy or miscommunication.
Faces of poverty and famine beg
My attention and action*

*But, my internal need for external comforts
Often out shouts any willingness to be
Part of a movement or solution
If it would take away living
In the style to which I am accustomed.*

*In these days of woe
It takes
More than my willing spirit
To move the forces bent
On destruction of our world.*

CBH

Continued from page five

Gerri. I have been a client of Horizons (a program at Center for Behavioral Health) for about two years and it has been very helpful to me in so many ways. Without the facility I would be a total recluse. I have a huge problem with isolating myself. The staff and clients are so

"My name is Geraldine but everybody calls me

friendly and helpful. The groups and activities have helped me a lot with my self-esteem. Among the many groups that I attend, my favorites are writing, music, art exploration, ceramics, painting and crafts. The facility also provides an array of activities including outings to the library and other interesting places around town, games, and special weekend retreats. The facility also offers nourishing, healthy meals and a washer

and dryer so we can do our laundry."

Geraldine Siegrist

"The Bloomington Mental Health Center (CBH) is good at providing the basic support that clients need. I have been a client in Bloomington for over 20 years. In that time the mental health services in Bloomington have improved greatly. The Center helps diminish the stigma associated with mental illness. It

also provides support to clients who have very few outside contacts. Considering how little is spent on mental health services in this nation, Bloomington does a good job providing mental health care. People who need the services most live much better lives because of dedicated professionals."

Charles L. McGowan

New Leaf; lowering recidivism

By Vid Beldavs, member, Board of New Leaf-New Life, Inc.

www.newleaf-cej.com
(812) 857-4999

New Leaf - New Life, Inc. Is a Bloomington-based non-profit that was founded in April 2005 by a group headed by Rev. Harold (Hal) Taylor to address unmet needs of people caught up in our criminal justice system. New Leaf sees jail as an opportunity to intervene in the lives of troubled people following a philosophy of therapeutic justice. In Hal's words "The corrections system should correct. People should come out of prison and jail more capable of leading productive lives than when they entered the system." Over 90% of those who are incarcerated return to the community. But of those that are released about 70% wind up back in the system within three years. In fact the vast majority of people who go through the criminal justice system are made less able to be contributing members of society. A significant number of troubled people are transformed into hardened criminals at a cost to society comparable to attending a top rated university. New Leaf is dedicated to eliminating such waste by focusing on volunteer-driven programs revolving around the jail. The LET program initiated by New Leaf has been operating since March 2005 in the Monroe County Jail. LET, recently renamed LRT, is a voluntary program for men and women inmates seeking to free themselves of addictions. In December the Transition Program was

launched in collaboration with Work One and the Jail. In the Transition Program, New Leaf coordinates volunteers who serve as "navigators" for inmates and those released from jail to find sources of support for successful re-entry into the life and work of the community.

Recently New Life provided administrative support for the organization of the Community Forum on Recidivism by members of Citizens for Effective Justice (CEJ). The Forum brought together judges, council members and other community leaders to discuss approaches to reducing recidivism. The event was key-noted by Morgan Moss, a nationally recognized expert on a new paradigm that transforms jails to become settings for helping troubled people to become contributing members of the community. In late February New Leaf prepared a grant proposal to implement the Morgan Moss Community Model (CM) in the Monroe County Jail. The grant was submitted by Sheriff Steve Sharp to the Indiana Criminal Justice Institute (ICJI).

A second grant prepared by New Leaf submitted to ICJI is for funding to continue the LRT drug and alcohol rehabilitation program in the jail. This second grant was submitted by the Warren County sheriff and will cover similar programs in both the Warren County and Monroe County jail. Other grants are planned for needs such as support groups for families of incarcerated people.

Agency reference guide

For more extensive articles about these agencies, see earlier issues of Safety-Net at www.shalomcommunitycenter.org. To learn more about the agencies, and how to volunteer, please access their websites. Several of the agencies described below provide multiple services.

Agency

Service

Amethyst House
Backstreet Missions, Inc.
Bloomington Meals on Wheels, Inc.
Big Brothers Big Sisters
Center for Behavioral Health (CBH)
Community Kitchen
Crisis Pregnancy Center
Family Services Association/Mental Health Alliance (FSA/MHA)
Martha's House
Middle Way House
Monroe County United Ministries (MCUM)
Monroe County Wrap-Around
Mother Hubbard's Cupboard (MHC)
Planned Parenthood
Retired and Senior Volunteer Program (RSVP)
Rhino's Youth Center
Salvation Army
Shalom Community Center
Stepping Stones, Inc.
Stone Belt
Youth Services Bureau

Transitional housing, addiction counseling
 Men's emergency shelter (crisis and 12 month program). Provides meals and other services.
 Provides nutritious meals to homebound people who are unable to cook for themselves.
 Matches adult volunteers and children
 Behavioral problems, Mental health treatment
 Serves meals, Monday-Friday, 4 p.m.-6 p.m.
 Provides multiple pregnancy services for new and expecting mothers
 Individual, family counseling, mental health treatment, CASA
 Emergency Housing
 Emergency housing for women who are victims of abuse or in danger
 Emergency services to assist families, subsidized child care
 Assistance to families and children, a multi-agency program
 Food pantry for people in need
 Services include medical exams, counseling, pregnancy testing, birth control, abortion service
 Opportunities for persons 55 and over to volunteer in the community
 Community youth center
 Emergency shelter, transitional housing, food pantry, other services
 Serves breakfast and lunch, several on-site services, link to other agencies
 Transitional housing, supportive services for youths, aged 16 to 21
 Provides support for people with disabilities and families with young children.
 Youth shelter

Amethyst House
 P.O. Box 11
 (812) 336-3570
www.amethysthouse.org

dietary needs, explain the costs, and how payments can be made.

917 S. Rogers Street
 (812) 332-0999
www.bloomington.in.us/~kitchen

network for services to this sector of the community), support groups that provide education and advocacy for families and friends of persons coping with specific types of mental illnesses, Court Appointed Special Advocates (CASA), who work with the Court to make recommendations for rehabilitative and protective services for children and families, and Families in Transition/Family Strengthening (provides parenting classes for both the community and for incarcerated parents).

Amethyst House provides structured living environments, treatment, and recovery services for individuals with addictions. Amethyst House operates three transitional living facilities: (1) a men's 1/2 way house, (2) a women's 1/2 way house that serves women and their dependent children up to 6 years old, and (3) a men's 3/4 way house. Amethyst house also operates an outpatient treatment facility in Bloomington as well as in Evansville.

Big Brothers Big Sisters (BBBS)
 418 S. Walnut Street
 (812)-334-2828
www.bigsindiana.org

BBBS matches adult volunteers with children ages six through seventeen in Monroe and Owen Counties. Volunteers mentor, bring support, and engage in fun activities with the children with whom they are matched. The "Bigs" meet with the "Littles" at school grounds and the Boys and Girls Club. For children who need and want a Big Brother or Sister, applications are available by calling 334-2828 or accessing the BBBS website (www.bigsindiana.org). BBBS welcomes calls from parents, teachers, and individuals working with youth and families who are interested in the mentoring programs.

The Community Kitchen of Monroe County serves free meals Monday through Saturday 4:00 p.m. to 6:00 p.m. Sit-down meals are served at 917 S. Rogers Street, and carry-out meals are served at the Express location, 1100 W. 11th Street. The Community Kitchen also provides meals for after-school programs at the Boys and Girls Club, The Rise, and Girls Inc. To volunteer individually, or as a group, for meal preparation or to help in serving, call the office manager at 332-0999.

Crisis Pregnancy Center
 810 N. College Avenue
 (812) 334-0104; (812) 334-0055 (24-Hour-Helpline)
www.cpcBloomington.org

Martha's House
 1010 S. Walnut Street
 PO Box 2115
 (812) 336-2597

Martha's House is an emergency shelter with 28 beds for homeless men and women. Services provided include case management, food, and clothing. If you would like to make a donation or volunteer, call the executive director at 336-2597.

Backstreet Missions, Inc
 215 Westplex Avenue
 Bloomington, IN
 PO Box 3297 Bloomington, IN 47402
 (812) 333-1905
www.backstreet.org

Backstreet Missions is a men's shelter that serves the community by extending Christ's love in practical ways. Services include a crisis and 12 month housing program, meals, the provision of clothing, ministry to spiritual needs, job and life skill training, GED classes, and employment and volunteer opportunities. There is also a Thrift Store.

Center for Behavioral Health (CBH)
 645 S. Rogers Street
 (812)-339-1691
www.the-center.org

The Center for Behavioral Health provides services for people with behavioral and mental health challenges, such as depression, stress, panic disorders, alcohol and chemical dependencies, phobias, child behavioral disorders, grief and loss, marital and family problems, and severe and persistent emotional disorders. Services provided include psychiatry, 24-hour emergency services, and vocational and residential services. CBH hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. Appointments must be made for services in the evening and weekend.

Free programs and services provided include: pregnancy testing and counseling, material support, childbirth and parenting education. CPC operates Hannah House, a residential program for pregnant women and teenagers.

Family Service Association and the Mental Health Alliance (FSA/MHA)
 120 7th Street | One City Centre
 (812) 339 - 1551
www.monroementalhealth.com

The goals of the FSA/MHA programs include promoting awareness, acceptance, and treatment in the prevention of mental illness, protecting children from abuse and neglect, and strengthening the quality of family life. The programs include Oak Tree Counseling (provides individual and family therapy), Ombudsman Program (assists people involved with mental health services with respect to arbitration and conflict resolution with those services), Jail Diversion (a support

Middle Way House
 24 Hour Crisis Line: (812) 336-0846
 Website: www.bloomington.in.us/~mwhouse

Middle Way House is an emergency shelter that provides services to protect and help women who are victims of domestic violence and sexual assault, and women who feel they are in danger. Services include a safe place to stay, case management, in-house children's programs, legal advocacy. There is also a transitional housing program called The Rise which has self-contained apartments for families leaving abusive relationships. Women and their children can stay at The Rise for up to two years. If you are interested in volunteering or making a donation, call (812) 333-7404.

Bloomington Meals on Wheels, Inc.
www.bloomington.in.us/~meals
 email: mow@bloomhealth.org

Bloomington Meals on Wheels, Inc. Is a non-profit organization that provides nutritious meals to homebound people who are unable to cook for themselves. There are no age or economic restrictions. To find out more, and to enroll in the program call 323-4982 and leave a message. A volunteer will arrange for meal delivery and special

Community Kitchen of Monroe County

See "Agencies," page 12

Agencies

Continued from page 11

Monroe County United Ministries (MCUM)
827 W. 14th Street
(812) 339-3429
www.bloomington.in.us/~mcum

MCUM provides a subsidized Child-Care Program for low-income families in Monroe County, which includes a year-round program for children two to six years old, and a summer camp subsidized child-care for children ages six to ten, when school is out of session. All care-givers in the families either work full time or attend school part-time and work part-time. There is also an Emergency Services Program that assists families who are experiencing a short-term crisis. The Emergency Services Program includes a food pantry, a clothing program, and financial assistance for rent or utility payments. If you would like to volunteer, call (812) 339-3429.

Monroe County Wrap-Around
645 S. Rogers Street
(812) 337-2225

Monroe County Wrap-Around is a multi-agency committee that provides needed services to families with children. For example; a case is brought to a particular agency, then a representative from that agency can present the case to Wrap-Around and all participating Wrap-Around agencies can play a role in coordinating help to the family in the most effective way. The planning process is done with the families "in the drivers seat". Each family identifies a "team" that works with them, and the team develops a plan based upon the strengths and needs of the specific family. Representatives from families also serve on committees that examine the policies and goals of Wrap-Around. This summer, the Lost Child Fund, which operates within Wrap-Around, is accepting funds to send children of working single parents to camp.

Mother Hubbard's Cupboard (MHC)
1010 S. Walnut Street, Suite G
(812) 355-6843
www.bloomington.in.us/~mhc

Mother Hubbard's Cupboard is a food pantry that provides nutritious food to people in need. Most of the food is received from the Hoosier Hills Food Bank. MHC also operates a Nutrition Education Program and an organic Community Gardening Program. If you would like to volunteer, call (812) 335-6843 or view the website.

Planned Parenthood
421 S. College Ave
(812) 336-0219
www.ppin.org

Planned Parenthood is one of the leading providers of health care in Bloomington. Services that are provided include pelvic exams, breast exams, testing and treatment of sexually transmitted infections, HIV testing and counseling, pregnancy tests, various types of birth control, emergency contraception (the "morning after pill"), as well as abortion services.

Retired and Senior Volunteer Program (RSVP)
7500 W. Reeves Road
(812) 876-3383

The Retired and Senior Volunteer Program of Monroe and Owen counties provides opportunities for persons 55 and over to provide a variety of services to the community, including: tutoring children in reading, helping to build houses, participating in neighborhood watch programs, delivering meals to the homebound, offering disaster relief to victims of natural disasters, and helping community organizations to operate more efficiently. RSVP assists volunteers in finding projects that match their interests and abilities. If you would like to volunteer, call (812) 876-3381 or email the Director, Shalini Sarin: ssarin@rsvp@area10.bloomington.in.us.

Rhino's Youth Center

325 S. Walnut Street
333-3430
Website: www.rhinosyouthcenter.org

Rhino's Youth Center, which is a division of the Harmony Education Center, provides entertainment as well as other programs for the youth of our community in an alcohol, tobacco, and drug free environment. In addition to music and shows, Rhino's provides programs in partnership with the City of Bloomington Parks and Recreation Department through the week after school. Media classes and practical applications, art programs, classes, workshops, mentoring, tutoring, Internet access, community service, one on one informal counseling, service referral, and more are available.

The Salvation Army
111 N. Rogers Street
(812) 336-4310

The Salvation Army in Bloomington provides a variety of services, including: food pantry, food vouchers, emergency shelter, transitional housing, seasonal assistance, clothing, furniture, appliances, household items, hygiene items, rent/mortgage assistance, utility assistance, medical assistance, disaster relief, summer child care, after school programs, summer residential camps, adult programs, child care connection, nursing home visitation, gas vouchers, bus tickets, a place of worship, and a thrift store. All services are without charge with the exception of Child Care Connection, thrift store, and transitional housing.

The Shalom Community Center
219 E. Fourth Street
(812) 334-5728
www.shalomcommunitycenter.org

The Shalom Community Center is a daytime resource center for those experiencing homelessness and poverty. It is located in the basement of the First United Methodist Church at 219 E. Fourth Street, and is open Monday through Friday between 8 a.m. and 4 p.m. Services include breakfast and lunch, mail boxes, telephones, laundry facilities, diapers

and other baby supplies, job counseling, job placement, resume assistance, G.E.D. preparation, and computer training programs. There is a weekly food pantry (FUMC Pantry) every Wednesday afternoon.

Stepping Stones, Inc.
P.O. Box 1366
(812) 336-7196

Stepping Stones, Inc. provides a transitional housing program and supportive services for young people aged 16 to 21 years old who are experiencing homelessness, in conjunction with Family Solutions and the Youth Services Bureau.

Stone Belt
2815 E. 10th St.
(812) 332-2168

Stone Belt provides education and support for persons with disabilities as well as providing support for families of young children regardless of disabilities. Support includes a Residential Living program, employment, life skills training, parent and child development, and psychological services.

Youth Services Bureau (YSB)
615 S. Adams Street
(812) 349-2506
www.youthservicesbureau.net

The Youth Services Bureau operates a Youth Shelter that provides short term residential care and crisis intervention for youths ages 8 to 17. Services are provided for runaways, homeless, and youth in crisis or abusive situations at home. Services also include counseling, education, supervised recreation, and transportation to and from school, as well as referrals to a variety of agencies for other needed services. The Youth Outreach Program, in collaboration with MCCSC, works with suspended and expelled middle school youth, and provides these students with intensive, one-on-one teaching to help them keep up with their education while they are out of school.

Calendar of upcoming events

Center for Behavioral Health

Friday Learning Series: 2120 N. Fee Lane-Bloomington, from 8-9:30 a.m. Free breakfast provided; no reservations necessary; and continuing education credits available for attendees who apply for them on site. For more info, call Cathi Norton at 812-219-4882.

April 21: Attention Deficit Hyperactivity Disorder

May 19: Domestic Violence & Mental Health
June 16: Mental Health: Funding, Families and Ethical Issues

Martha's House

3rd Annual Golf Scramble: June 6 at Cascades Park

Olcott Center for Cancer Education

Free skin cancer screening: Saturday, May 6, 10a.m.-6p.m., Tuesday, May 9, 5p.m.-7p.m. Call 353-5669 for an appointment (required). Free sunscreen will be available this summer from the Olcott Center for Cancer Education, to find out more, call 353-5669.

Shalom Community Center

Open House: March 28, 5 to 7 p.m. Food and tours provided. In celebration of expanded resource center, located at 110 S. Washington

Street.

The annual Shalom Benefit Concert: April 29, 7:30 p.m. at the Buskirk-Chumley Theatre. General admission \$20, students \$15. Tickets can be purchased at the Buskirk-Chumley box office before or the day of the performance. Proceeds benefit Shalom Community Center.

WonderLab

Family Astronomy Nights: April 4 through April 7 from 7:00 - 9:00 p.m. Free in the WonderGarden, weather permitting.

Race Cars: Sunday, May 21

Free Bloomington Speedway showcase of cars and champions outside the museum.

Dollar Day: Sunday, June 11. Sponsored by F.C. Tucker/OBR Realtors. Admission is \$1 per person.

BubbleFest: Friday, July 14 from 11:00 am - 5:00 pm. At Frank Southern Ice Arena, sponsored by City of Bloomington Parks and Recreation. Admission is \$2 per person. BT Route 1.

Discovery Time: Every Wednesday from 10:00 - 10:30 a.m.