

Middle Way House Provided A New Life For Me And My Children

By a former Middle Way House guest

When I think back to my past, one of the hardest things for me to think about is how I believed that I deserved to be abused. Every day as I saw people around me, through my eyes, I saw those people as more intelligent, more capable, harder workers, better parents, and more beautiful people, than I. That of course is why they did not deserve to be abused and why I did. I accepted a life of unhappiness and pain, abuse and sadness, but there was always a small part of myself that told me that things could be different

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Safety-Net

July 2011

Providing Overnight Shelter For The Homeless

By The Rev. Dr. Jack E. Skiles, First United Church Bloomington

We are part of a community that has a great concern for the needs of the many and growing group of folks who find themselves homeless. I have such a grand appreciation for the efforts of so many that cross all the lines of politics and culture and religion in order to seek to provide not only temporary shelter but also more long term solutions and alternatives.

The Public Action to Deliver Shelter (PADS) program in Chicago

I am just completing a two year term on the governing Board of the Interfaith Winter Shelter and appreciate as never before the long term dedication and patience it takes to begin a project of this nature. In the sixteen years I was serving as a professional clergy in the northwest

suburbs of Chicago we were part of a thing called PADS, Public Action to Deliver Shelter. Each evening of the week from October 1st to April 30th we would have three churches open with the total capacity of nearly 130 per night in a 20 square mile area. Suburbanites were often surprised to discover that we had so many folks who were homeless in our well to do communities and that they were practically invisible. PADS is now 20 plus years old and still doing an excellent job of providing emergency shelter and food. It has merged with an agency call the Hope Center which provides case work management for all folks who present for emergency shelter. The combined group is called "From PADS TO HOPE." The group is quite passionate about actively working with folks to move out of homelessness. They have close to

a 20% rate per year of helping folks find resources to move into temporary or permanent housing options.

The Interfaith Winter Shelter (IFWS) Program in Bloomington

Much of the work of the IFWS effort has been modeled after the PADS program and its many expressions throughout North America. This model of emergency winter shelter is both very needed and is not enough for the needs of those who find themselves homeless. This year's efforts have seen our number of guest who are homeless rise dramatically. Through so much of this season's efforts we saw ourselves providing shelter for 50 plus people with more than a doubling of the number of guests who were women from the

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Bridges To Somewhere: People Helping People Building Bridges, Not Moats

Safety-Net is a free volunteer-driven community publication that is published once every three months and is sponsored by the South Central Community Action Program (SCCAP). Its mission is two-fold. Part of the mission is to educate community members about programs available that help individuals and families to enrich their lives. And a second part of the mission is to make positive connections between those in our community who have resources, and those who do not. The ultimate goal is to encourage everyone to participate in making Bloomington a special community that links everyone together. A big "thank you" to all of you who encourage the publication of Safety-Net by contributing articles that make Safety-Net possible. Each issue

features the many agencies, as well as City and County programs that reach out to people and offer much needed community services. There are also writings and poems from individuals who have benefitted from these programs. At the end of the publication there is an extensive Agency Guide that enables individuals to locate appropriate resources. Comments from readers are most welcome. Please address them to the editor, white@indiana.edu as well as the assistant editor doug@insccap.org. Place Safety-Net on the subject line, and state whether you would like your comments printed in the next issue. Past issues of Safety-Net are available at the Safety-Net website, <http://safety-net-newspaper.com/>.

Changing Lives, One House at a Time

By Larry Pejeau, Sales and Acquisition Manager at the ReStore
www.monroecountyhabitat.org

Habitat for Humanity of Monroe County promotes home ownership by building houses in partnership with families in need of adequate housing. Habitat believes in a hand up not a hand out and these simple, decent homes are sold to our partner families at no interest and no profit. Habitat for Humanity of Monroe County has built 109 homes to date and has a 0% foreclosure rate. Future home owners are involved in the process from homeowner classes to volunteer sweat equity at the affiliate office or a build site. Additional labor to build homes comes from a wide variety of community volunteers under the direction of Habitat build staff. There is a huge demand for affordable housing in our county and our wait list exceeds our build rate by as much as 300%.

Home construction is sponsored

by individuals, groups and companies as well as by Habitat for Humanity of Monroe County's own ReStore. The ReStore, located at 301 West 11th Street in Bloomington, accepts donations of building materials, windows, plumbing fixtures, lighting, doors, flooring and more as well as gently used furniture. By rechanneling these materials that might normally end up in our land fill the ReStore is able to generate independent revenue to support the agency's important mission. ReStore is open to the public and is a wonderful location to shop for all types of home improvement projects from construction to decorating and we always offer a fascinating and eclectic mix of inventory that turns over quickly. Our stock relies upon the generosity of our donors and savvy

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CALENDAR OF UPCOMING EVENTS

"Each One, Feed One" Community Food Drive to Benefit Monroe County United Ministries

Friday, August 26-Sunday, August 28 volunteers will be collecting donations of food, cleaning supplies and hygiene items at grocery stores in Bloomington and Ellettsville. 250 volunteers are needed to help meet the goal of 15,000 pounds collected during this three-day drive. Visit www.mcum.org for more information.

MIDDLE WAY

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and that small part of me was the spark that I believe kept me alive. I was afraid of change though, and for a long time I felt that Middle Way House was there for other people, not me-because I, of course, deserved what was happening to me.

Middle Way was there for me, waiting, even before I was ready to reach out to them for help. I remember being at different places in town, and seeing someone sitting at a table with information about the services provided by Middle Way House. I always noticed them there, made note of Middle Way House's existence in the back of my mind, but never had the nerve to approach the person sitting at the table because I knew how close to the surface my emotions regarding my personal

situation were. I stayed where I believed was a safe distance away, not quite realizing that my real safety would come from the services and empowerment offered by Middle Way House. It took time for me to realize that Middle Way House could help me. It took people telling me about the programs offered by Middle Way House, it took me driving past the building as it seemed to call out to me, it took me seeing information about their services out in the community, and it took time, lots of time for me to realize Middle Way House was there for all people, including me.

When I first started using the services of Middle Way House, I found it a bit odd that someone would tell me that no one deserves to be physically abused. This was hard for me to believe because I could come up with a million reasons as

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About Safety~Net

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SPECIAL SECTIONS

The special sections in this issue are: Voices, Agency Reports, Volunteer Opportunities, Shalom Community Center, Agency Guide, SCCAP, Public Comment Therapeutic Jail Programs.

AGENCY GUIDE

There is an extensive Agency Guide pointing out where specific services/programs are available and how to access them.

AGENCY REPORTS

Each issue of *Safety~Net* has articles contributed from the many non-profit/social service agencies in the Bloomington area about programs and services that they provide, as well as volunteer opportunities.

WE WELCOME COMMENTS AND SUGGESTIONS.

Please send these to the editor at white@indiana.edu. Sign your name, and indicate whether you would like for your comments to be published.

Amethyst House, Inc.

By Julia Dotson, Lead Case Manager

Who we are

Amethyst House, Inc. continues its Mission to "provide a foundation for sober living by partnering with individuals, families and communities impacted by substance abuse issues by providing quality recovery services for clean, sober and healthy living."

Cindy

Cindy is a resident of our Women in Transition program and has offered to share her story for this issue of Safety Net. Thank you Cindy for this important community contribution:

"I am a mother of two beautiful daughters and four very energetic and wonderful grandchildren. Just over a year ago, I lost most of my material possessions and

almost lost my family. They had no choice but to refuse to deal with my addictions anymore. I had no place to call home, no car and no job. I was lost. I spoke with a wonderful woman (that is now my sponsor) and she told me about local shelters and the Women's Amethyst House. I had heard many good stories of women who had gone through the program and had turned their lives around. They had what I wanted....a new way of life.

I called the Women's Amethyst House to find out how to become a candidate for their program. That very day I picked up an application. I was so excited to hear that I was going in the right direction, not only to get help, but to save my life. I was told there was a two month waiting list, but in a just few days I got a call telling me they had an opening. I was scared but determined to get my life in order.

In August 2010 I moved in the house. It was a full house. I soon started looking for a job, but employment was scarce. Eventually I found a part time job but it didn't last long. I was again unemployed.

My yearly check-up with my OB-GYN had been scheduled for three months prior to moving in the house. My doctor told me I had some problems and required exploratory surgery. After the surgery he ex-



Amethyst House

Contact us

Please contact us if you have questions or concerns about yourself, a friend or loved one. We can be reached at the contacts below:

Administrative/Outpatient Office:
812 336-3570
Men's Halfway House:
812 336-2812
Women's Halfway House:
812 336-2666
Evansville Office: 812 401-3415

www.amethysthouse.org

OVERNIGHT SHELTER

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year before. Many of the churches thought we had reached capacity at 40 and like our hearts, we discovered that we could stretch well beyond initial capacity guesses.

One of the basic working tenets of providing sheltering in churches is that one does not need to be a professional person

to provide excellent care and shelter. This emphasis has nothing but admiration for the professionals in the field of working with folks who are homeless. But, it does challenge the average pew sitter to recognize that we are more than adequately able to give emergency shelter and caring in many cases in the very buildings where we worship. IFWS brings to reality what many of us believe, doing what we preach in our own worshipping homes.

I prefer to work the overnight shifts in

plained to me I needed extensive surgery. Again, I was scared to death, not knowing the outcome of my future. I became very nervous and my anxiety level was off the charts. My surgeries were performed in November of 2010. More setbacks, but I refused to give up. With help from my Case Manager, my sponsor, and encouragement and love from the family I had almost lost, I managed to stay strong and focused.

general. I have come home sometimes at 3:30 AM, other times just after 6 AM excited and energized by the other volunteers that I have spent the evening with. It has long been a rich encounter to discover others who are actively struggling to provide meaningful expression of their faith concerns. And, meanwhile, we have the privilege of saying, "Yes, it is only 3:00 in the morning, I hope you can get some more sleep," or "Yes, the snoring is loud even out here." I love making coffee at 5

AM for the early risers and walking them a cup of my finest brew. It is wonderful knowing that the heat in our building that would be there anyway is getting used for those who really do need it most.

Please accept my most sincere thanks for your efforts in whatever area you have to give. It takes all of us to keep working toward providing shelter for those who need it so very completely.

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to why I deserved to be abused! My first involvement was in the support group and it truly gave me hope. It was the first time, in a very long time that I was able to be honest with people about the life that I was living. The most amazing thing is that no one in the group looked at me like I was stupid and they actually cared about me. The best way to describe the support group is to compare it to the warmth, comfort and security that a child feels when they curl up in their mother's lap. It was a safe place, and I wasn't alone. The fire inside me that was once just a spark started to smolder and I started to want a better life. I really didn't have any great expectations, because I was still confident that I didn't deserve anything better, but I figured, I could at least try to create a better life for my kids.

For me, leaving an abusive relationship and being on my own with three children depending on me was a scary thing to do. That may be hard for some people to understand because it does seem more logical to want to leave an abusive home because abuse is scary, but by leaving I was declaring that I did not deserve to be abused. I still was not ready to believe that yet as the echoes of all the times that I was told I could never make it on my own haunted me. Eventually "maybe" started popping into my mind as I thought about my future. "Maybe I can leave." "Maybe the kids and I can laugh and be happy." "Maybe I can have a home where no one yells or is scared." "Maybe I could go to school." Middle Way House was there waiting for me when I was finally ready to take the huge risk of leaving. In looking back, one of the greatest things about Middle Way House was that no one there ever told me what to do, when to leave, or how to leave. They made sure that I knew what options I had and gave me the power to decide what I did with those options. This was very important, because if someone at Middle Way House would have told me that I had to leave before I had progressed to the point to being ready, I would have turned away from Middle Way House and their services and never reached the point that I have today.

I was very blessed to have been able to live at the Rise, Middle Way House's Transitional Housing Project. This pro-

gram allowed me to provide a nice, safe home for my children that I could afford since my rent was based on my income. Many of my fears and doubts still remained and since I was so used to being told how many things I did wrong, I kept waiting for staff from Middle Way House to tell me what I was supposed to do. Some days the anxiety was overwhelming since I felt that I must be doing something wrong, and yet when I would meet with my advocate at the Rise, she would ask *me* what I wanted to do and help me realize all of the different options I had that could help me reach my goals. I started to wonder if maybe my choices and ideas were not always wrong. Over time, I have learned that all of my choices while I lived at the Rise weren't great, but they were *my* choices to make and having the ability to make those choices, learn from them, and be supported in them was great.

It was exciting to see how much my children grew while living at the Rise. Things had progressively grown worse in our lives so it was difficult for me to judge how much they had been hurt by the abuse in our home until we were free of it. I realized how they expected to not have a voice or an opinion and sadly I realized how little they laughed. The guilt of what I had put my children through was horrible and I realized that it would take a lot of work to help them regain trust in me and in the world in general. The Youth Program operated by Middle Way House provided wonderful services that helped my children learn to trust again. When my children saw adults who cared about them, without even knowing them and adults who accepted them for who they were, it made them less shy and less ashamed. Unfortunately, even though my children did not do anything to deserve the abusive home they lived in; they felt ashamed as if it was their fault and that they too deserved the abuse in their home. As my children experienced more and more positive interactions with the many workers and volunteers in the youth program, they began to see themselves differently. They began to be more outgoing, spontaneous, happy and confident. My children and I eventually created a home where there was laughter. What was once only a "maybe" became a reality.

Eventually many other "maybes" became realities. I went to school at the local community college and also got a job at Middle Way House Food Works. I

remember the day I signed up for classes, it was so embarrassing because I was so afraid that they would tell me that I was too stupid to attend that I sat there and cried the whole time I was enrolling. I knew they thought I would never succeed. I decided to get a part-time job while I went to school, and the only place that I felt comfortable enough to apply was at Middle Way House's Food Works. I knew that if I applied anywhere else that I would probably start to cry because I would have convinced myself prior to any interviews that they would not want me. I knew that if I was interviewing with Food Works that they would not judge me since they were a business operated through Middle Way House. I remember my first few months working, and I must have said "I'm sorry" at least 20 times a day. I remember that I always felt like I was in everyone's way. Looking back, I realize that I was apologizing for my existence. Thanks to Middle Way House's Food Works, I learned that I did not have to apologize for existing because I was an asset to the world!

I moved out of the Middle Way House's transitional program after 2 years. I finished my classes at the community college and continued to further my education at a 4 year college. I was able

to secure a professional job and I began to volunteer in my community. I now support my family without the help of any government programs. I know that this would never have been possible without the help of Middle Way House and their holistic approach to ending domestic violence. To simply remove me from a situation of abuse, where I would never again be thrown across a room, have a fork held threatening at my eyes, or a torch stabbed at my chest, would have saved my life, but it would not have drastically altered the path of my life. I would have simply been safe for the moment. Middle Way House went further than just keeping me safe, they taught me to love myself and to realize my capabilities. They taught me to understand my rights as a human being. They taught me that the spark that always kept me going could burn bright, and most importantly, Middle Way House helped me to strive for things that I was afraid to strive for. Without Middle Way House, I would not have the full and complete life that I have today. I am confident that the positive changes in my life and my children's lives, that are the result of Middle Way House, will impact our family for generations, and for that, I will always be grateful!

3rd ANNUAL GOLF FOR KIDS' SAKE

A benefit for:



Please join us for a prize-packed, fun-filled day of golf and dinner featuring IU Athletic Director Fred Glass!

Wednesday, June 29th, 2011
Shotgun Start @12:30 pm
Eagle Pointe Golf Resort in Bloomington, IN
\$400/foursome (18 holes plus dinner)

To register:
<http://golfforkidssake2011.kintera.org>
OR Contact Big Brothers Big Sisters at 812-334-2828



Free reading programs at the Monroe County Public Library

By Margaret Harter, Community Relations Coordinator
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Reading Takes You Places

Summer Reading Programs & the Get Reading, Get Moving Partnership

This year everyone can play a FREE summer reading game at Monroe County Public Library. There are programs for all ages: children, teens, and adults. Plan to join the fun.

Children's Summer Reading Game

The children's Summer Reading Game is all about reading for fun and staying active throughout the summer. Our theme is "One World, Many Stories." Children receive small prizes for every five points they earn. There are four ways to earn points: reading books, being physically active for 30 minutes, taking the weekly challenge, and answering questions posted online. Every child who completes the 25-point game gets to choose a brand-new paperback from the library's prize collection. The book prize starts July 11, and children have until August 17 to collect all prizes.

Get Reading, Get Moving Partnership

This year's Summer Reading Game is even more fun and challenging for school-age children (Grades K-6). The library is participating in a new community-wide partnership called Get Reading, Get Moving.

Research shows that children who read over the summer maintain their reading skills and can even make reading gains. Children who don't read can lose two months of reading achievement every

summer—with lifelong consequences. New research suggests that children's reading ability can be inhibited by a seemingly unrelated problem: inactivity. Children who are physically active over the summer boost their brain function. Summer inactivity can cause children to gain weight three times faster than during the school year.

The good news is that children who read just 15 minutes a day during the summer can advance their reading level. Any physical activity—walking, dancing, biking, playing—can increase brain function by up to 20 percent. Activity initiates biological changes in the brain essential for learning.

The Get Reading, Get Moving partners offer many ways for children to build their brains and bodies this summer. Monroe County Public Library are featuring more activity programs and information on the importance of active lifestyles for children. The Monroe County YMCA, Indiana University Health Bloomington, and the City of Bloomington Department of Parks and Recreation are adding reading activities to their summer programs and present additional fun physical activities at the library. Southern Indiana Pediatrics will promote reading at summer well-child visits through the Reach Out and Read program. The Monroe Smart Start Birth-to-Five Coalition is finalizing a picture book, *B is for Bloomington*.

Teen Summer Reading Game

The theme of this year's Teen Summer



Reading Game is "The World in Your Hands." Teens who earn 10 points get their choice of a paperback book. There are four ways to earn points, Teens get to choose from reading books, attending programs, writing book reviews, and answering online challenge questions. Prizes available starting July 1 through August 17.

MCPL's First Adult Summer Reading Program



It's past time for letting kids monopolize summer reading fun at the library. So this year, adults get to explore up to nine ideas that have the potential to stretch their mind and body, and their world. And, yes, there will be drawings for prizes. The program runs June through July.

Find Out More

Whatever your age, you can explore your world this summer at the library. For more information on the Children's Summer Reading Program (and how to adapt it for pre-readers), go to www.mcpl.info/childrens/srp11.html. You can read the research behind the Get Reading, Get Moving partnership at www.mcpl.info/getreadingmoving. Stop by the Main Library, Ellettsville Branch, or Bookmobile to sign up for all summer reading programs. Questions? Call 349-3050 for more information.

CHANGING LIVES

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customers shop often as they do not want to miss out on the daily deliveries of diverse, interesting and reasonably priced merchandise.

ReStore accepts donations at the store and staff is always available to assist with these dropped off items and we are happy to provide a tax donation form. The ReStore also has a large box truck with a lift that is available to pick up larger appliances or large quantities of items from donors homes or businesses. ReStore business hours are Tuesday, Thursday and Friday from 10:30 am to 5:30 pm, Wednesday from 12:00 pm to 5:30 pm and Saturday from 8:30 am to 3:30 pm. Donation pick up can be arranged by calling 331-2600 and pickup can usually be scheduled within a week of the initial call. Please call the ReStore at the same number if you have any questions regarding items you would like to donate and our staff will gladly answer your questions. If you would like to have a representative from the ReStore speak to your service group about Habitat's mission or ReStore's inventory needs please contact Larry at 812-334-9444 or email pejeau@monroecountyhabitat.org.

Anyone interested in learning more about becoming a future home owner through our program should contact Rebecca Mankowski or Susie Kateregga at the affiliate office located at 213 East Kirkwood in downtown Bloomington or call 331-4069.

We love and need gently used furniture, house wares and appliances as well as surplus building materials. Your donations can make a real difference in a local family's life. You might not be a builder. You might not be a donor. However, by buying, donating to and volunteering for ReStore, you are helping Habitat for Humanity achieve its goal of eliminating poverty housing by giving a hand up, not a hand out. We do appreciate your support.

Special Section : Shalom Community Center

Volunteering at Shalom has changed my life

By Laura Clapper

One evening at the Upland Brewery, a friend introduced me to someone who would change the next four years of my life. Whitney Gent is a short brunette with spunk jumping out of her pores. Over a beer she told me about her work with the Shalom Community Center and effused about the people she had gotten to know during her time volunteering there. I caught her enthusiasm on the spot and called the next day to ask about volunteering.

I've volunteered for different reasons over the years: because my mom thought it would be good for me, because school groups organized service projects, or because I wanted to feel good about the work I did. But Whitney had another perspective entirely. She worked at Shalom because she firmly believed that people have basic human rights and because she saw that those human rights were inaccessible to many in our community. Her sense that injustice was being done was so certain and her desire to protest it so strong that she couldn't talk about the issues of homelessness and poverty without making solidarity with those experiencing them irresistible. While Whitney moved from her volunteer work into the work of Development Director for Shalom (while she was still in graduate school), my own connections with Shalom deepened more slowly. I began volunteering at the hospitality desk, greeting guests and doing secretarial work, and I gradually got to know some of the other people at Shalom, learning as much from them as from my first mentor. My first year at the desk, I met a family with two small children whom the parents wanted to send to school showered, and I watched as both parents had to arrive early at Shalom's door to ensure that the children could get a shower spot in time not to miss school. I became acquainted with another gentleman who had just been laid off after several decades of loyalty to his employer. I remember our

first conversation over Shalom's coffee, when he told me of his lay-off still in shock. I see him regularly now. Later, I met a gentleman who had saved up enough money—and with Shalom's help gotten his medical coverage forms in order—so that he could return home to his family in another state: he wanted to reconcile with them before terminal cancer wouldn't leave him any more time.

I have seen Shalom provide many basic necessities to people over the years: it provides food, personal hygiene products, and case management for financial, housing, and medical benefits assistance (and the list could go on). And for this service, people in and beyond our community rightly donate to the Center. But every bit as basic as these is our need for community, and Shalom offers this too. My friendship with Whitney, continues to grow, and I continue to come to Shalom to learn from the people (both guests and

volunteers) there about the world we share—the injustices in which we are all implicated as a human family and the justice we seek together. When we are thinking about what it means to be a community, or a community center for that matter, it seems to me that our first question is how we see each other as human beings. I am learning this from my experiences at Shalom.

I overheard the director, Forrest Gilmore, last month explaining to an interviewee with the Center what the Tupperware bins were doing stowed away in cubbies behind the hospitality desk. Forrest's gaze settled on the bins almost distractedly. "Those bins," he said, "contain the personal belongings of over seventy people." And in a voice as much directed to himself as to the interviewee, he added, "You see each of those bins represents a human life, a person in our community."



Laura Clapper

From Hurt to Healing

By Rev. Forrest Gilmore, Executive Director, Shalom Community Center
620 South Walnut Street
(812) 334-5728
www.shalomcommunitycenter.org

He came into our center beaten, his collarbone snapped by a stick. Some young men thought it would be funny to beat up on a homeless man, and here stands our guest, wrapped in a sling. His is just one example of several acts of violence here in Bloomington over the last few months against people experiencing homelessness.

We must never forget it's hard to be homeless.

At Shalom Community Center, we never forget the harshness that so many of our homeless brothers and sisters experience on a daily basis. Above all else, we value the dignity of our guests. For a long as they need, we provide a safe place that honors and respect our clients, who so rarely experience honor and respect anywhere else.

In that environment of safety and dignity, those ravaged by the outside world can find the time and the space (and the resources) to heal.

Our low barrier approach meets clients where they are – often fearful, often distrustful. In a dangerous world, anyone can seem like a threat. We create the space to build trust... and ultimately transformation.

The low barrier approach is often misunderstood. Low barrier simply means making it as easy as possible for our guests to get the services they need. When there are so many challenges for people who are homeless, we try not to create more. The low barrier way is considered best practice on a national level to reach as many people as possible, especially those most difficult to reach. It's only requirement – honor

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HEALING

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the safety of others, in addition to yourself.

Because of this approach, we often work with an incredibly wide spectrum of people. As many as 80% of people experiencing homelessness only remain homeless for a short period of time. We often help these folks find housing and get a job, while they deal with the basic challenges of day-to-day living without a home.

About 20% of people who experience homelessness could be considered chronically homeless. These folks often face some of the most harrowing challenges any of us could face: mental illness, alcohol and drug addiction, posttraumatic stress disorder, sexual and physical abuse, on and on. We are like a hospital emergency room, tending to those most in need.

Because we don't distinguish between the temporarily and chronically homeless, offering dignity and service to all who need it, some have not always seen Shalom in the most positive light. Yet, we feel the moral charge to respond to the needs where we find them. Just as an emergency room does not pick and choose the injuries and illnesses that come through their door, neither do we. We offer healing. That's what we do.

While the majority of our clients do not fit the mold of the chronically homeless, some of them do. If we do not work with these clients facing these most difficult of challenges, who will? If not us, then who?

With your support, Shalom can continue to make a huge difference. You can be the hero by supporting Shalom with your time, talent and treasure. To make a financial donation, you can donate online at www.shalomcommunitycenter.org or send a check to Shalom Community Center, P.O. Box 451, Bloomington, IN 47402. If you'd like to volunteer, you can look for details on our website or contact us at (812) 334-5734. We are a 501(c)3 nonprofit and a member agency of the United Way. Last year, 90 cents on the dollar went to support direct programming.

Special Section: Therapeutic Jail And Re-entry Programs

New Leaf-New Life Jail Programs

By Tania Karnofsky, Program Director, New Leaf-New Life

New Leaf-New Life is a non-profit that began in 2005 offering transitional services, a substance abuse class and Bingo. Since that time the programs offered have grown to include a host of educational, therapeutic, and recreational programs to inmates in the Monroe County Jail that address issues such as substance abuse, anger management, and transitional needs of inmates preparing to be released.

Addicts in Recovery (AIR) Community

The AIR Community started in July 2006 is a residential substance abuse treatment program. It continues today occupying a 12 person dorm on the 1st floor of the jail. Participation in this program is limited to men who have volunteered and expressed a desire to overcome addictions and make a positive change in their lives. Participants in this program attend daily groups, most of which are facilitated by the inmates themselves, focusing on substance abuse, anger management, life skills, and community building. Most of the groups are run by the inmates. RSVP volunteers come in every month and bring activities and art projects that can be sent to children and family members. New Leaf-New Life volunteers provide other enrichment programs including play reading, art, meditation, and discussion groups on a variety of subjects.

Other Programs

New Leaf-New Life offers afternoon discussion classes weekdays from 3:30-5:00. Tuesday, Weds., and Friday classes deal with recovery from addiction and Thursday classes deal with problem solving. On Saturday mornings there is a creative writing group for men. Twice

a month volunteers from Women Writing for a Change hold a writing circle for women. Another New Leaf-New Life program and favorite activity for the inmates is Bingo. Every week several people from St. Mark's Church come in and run Bingo games in the blocks on a rotating basis.

Monroe County Jail Transition

The Transition Program focuses on the practical things that can be done to raise the likelihood that inmates will make a smooth transition when released back into the community. Some of the things we frequently supply inside the jail are: Birth Certificates, Amethyst House applications, school applications, Financial Aid applications, and reading glasses. We also help people make contact with their employers, family members, landlords, etc. on a case by case basis. We receive other requests that we do our best to with such as getting glasses repaired. When a person goes to DOC and has no one to release their property to it will be discarded. Inmates can release their property to New Leaf and we will deliver it or send it to family or friend or hold it for them until their release. During the time in jail New Leaf staff and volunteers develop relationships with the inmates that often continue after their release. When people are released we are able to find them clothes and personal care items they will need.

Support Services Outside

For several years New Leaf ran a support group outside of jail called Crossroads, on Thursday evenings. We also staffed, for a few hours a week, a cubicle at WorkOne where ex-offenders could get assistance in finding employment.

In June 2010, OASIS, a new volunteer organization, (see brochure) started

See "NEW LEAF", page 8

Oasis: Organized Assistance So Inmates Succeed

By Dwayne Mead

This is a brief update on our efforts to help ex-offenders make a successful transition back into society. We would like to inform the public that our hours have changed at the Work-One office. The new hours are 9:30 a.m.-12 p.m. (Mon-Thurs).

It has been a goal of mine to try to help former inmates like myself. I personally know how many obstacles one is faced with upon release from a correctional facility. Many individuals have lost everything while incarcerated. It is our goal at O.A.S.I.S. to help ex-offenders help themselves find jobs, clothing, and a positive attitude.

We have been working side-by-side with New Leaf/New Life and would like to thank Tania Karnofsky for her help getting our information to the inmates at the Monroe County Jail. She has been a helpful liaison to us.

If you, or someone you know, is currently incarcerated at the jail and would like someone from O.A.S.I.S. to meet you at the time of your release please write to Tania via in-house mail and she will notify us.

See "LETTER", page 8

Special Section: Therapeutic Jail And Re-entry Programs

NEW LEAF

Continued from page 7

offering services to inmates after their release. This group works closely with New Leaf and has taken on facilitation of the Thursday evening support group and staffing the cubicle at WorkOne. WorkOne is now staffed with volunteers M-Th 9:30 – 12:00 pm. The support group now meets at Recovery Engagement Center(REC) on Thursdays from 6-7pm. Oasis volunteers also have are available to meet people when they're released and help with their immediate needs.

On Fridays, at 6:00pm, at the Recovery Engagement Center (REC), Susan Sandberg and Tania facilitate a support group for people who have been in the AIR Community in the jail.

On Tuesday mornings from around 10:30 to 11:30 Martha Voyles, is at Shalom representing New Leaf and meeting with people released from incarceration.

GED/Education/Employability Classes

In January 2011 New Leaf-New Life replaced MCCSC in partnering with the Monroe County Jail to run the GED/educational program in the jail. This program offers two 2 hour sessions for men M-Th and one afternoon session for women on Fridays. Inmates who participate in this program are offered the opportunity to improve their basic skills, prepare for the GED exam and take a pre test to deter-

mine readiness to take the GED exam. Those who already have high school or a GED can work on employability skills, typing, word processing or more advanced academic skills.

New leaf-New Life is preparing to add two new programs at the jail.

Transition Assistance will be offered one evening a week by volunteers from Centerstone and IU. Starting in early June inmates who are expecting to be released shortly will have an opportunity to meet one on one with a volunteer to discuss their plans, unique situation, and what resources are available to help them make a successful transition. Volunteers will work with OASIS, Centerstone, and Recovery Engagement Center, to make sure that support will be available to those who want it.

Inmates will learn about this program through the New Leaf News, a monthly newsletter that is distributed throughout the jail.

Women's support group

A significant number of incarcerated women are involved in abusive relationships and many will return to the same negative situation when they're released often because they don't see any alternative.

Middleway House will be offering a new weekly group for women who are preparing to reenter society. Debra Morrow who has been working with the women in the jail for several years will be leading the group.

LETTER

Continued from page 7

Finally, I would like to say a few words about our efforts. We are trying to help the public see that a lot of the people who are released from incarceration really want to change their lives. However; it is hard for them to find employers that are willing to give them that chance. A person who needs to feed their family doesn't have 3-7

years to wait for a job like a lot of the employers require in Monroe County. If given the chance most of these individuals could be productive members of this county. Please remember that if they are working then they are not breaking into your property or selling drugs to your kids.

Writings from Inmates

From: Inferno.... By.. Dante Alighieri.. 1295 AD.. Canto III, lines 41-58

And I: "Master, what is the grief extreme
Which makes them so there fortune execrate?"
He answered: "Brief words best their case beseen.
They have no hope of death: and their estate
Is so abased in the blind life they own
That they are environs of others' fate.
Report of them the world permitteth none.
Mercy and justice have them in distain
Let us not talk of them. Look and pass on."
I, who looked, beheld a banner all a-strain,
Which moved, and, as it moved, so quickly spun
That never a respite it appeared to deign.
And after it I saw so many run,
I had not thought death had so many undone.

From: The Burial of the Dead... By T.S. Eliot...1922 Lines 60-67

Unreal city,
Under the brown fog of a winter dawn.
A crowd flowed over London Bridge, so many.
I had not thought death had undone so many.
Signs, short and infrequent, were exhaled,
And each man fixed his eyes before is feet.
Flowed up the hill and down King William Street,
To where Saint Mary Woolnoth kept the nine.

The Un-living.... By: Wm. Ralph

To be alive,
And not be "alive",
That is the call.
I pity those who surrender all,
For a chance to find a wasteful illusion,
meandering blind,
In a vanity of complaint.
Singleness of purpose, involuntary, relentless,
With no fear or restraint.
They begin the day,
Doing this and that along the way,
Anything to get some pay.
So easily become the prey.

Then to get; ah, to get
The only thing left,
The one and only thing left in life---left in death.
And here have to stay, stay in limbo to the end.
To forget what might have been..
To forget what might have been....
A bras ouverts, a grands frais.

Small world.
Cold pain, all is pain: With nothing to give.
Take, take, only and always having to take.
Trying to hold on, day in day out,
No change, no way out;
Tdruditur dies die, suo matre.
The lucky ones get out early,
Their death in haste,
Void of grace.
Over time nothing changes, they only rotate faces.
And the place.

And oh, how the numbers grow,
How well I know,
Being caught in the throes.
And I see so many, how can there be so many?
I had not thought death had undone so many.

To be alive and not living,
Where all is take...And never giving.
Trapped in ubiquitous desire and fate.
The long unchosen wait.
Unchosen...

Special Section: Therapeutic Jail And Re-entry Programs

SO MUST WE

I've been through hell
So much like Dante's
Well taylored to my crime
Like a concrete swimming suit and a sea of me
This last year without you
Not just you
All of you
There is no more we
I go on, not broken
Remade, renewed, resurrected
The kind of hell you grow from or die
I am here to tell you
I've returned: not me
Overcome, surpassed, transcended,
Refined, transformed, redeemed
I'm not the me I once was
But closer to the me I've always been
By the way, I forgive you
I hope you forgive me too
Forgiveness is giving up all
Hope of a better past
So must we.

—Paul Fahrenkrug, A.I.R. Community 5/25/11

RECOVERED TIME

Although we have been apart for some time
Due to reasons associated with my crime
I will not let this time apart be in vain
Immersing myself in recovery from life's
temptation
Sadly it's within these locked doors that I
Transform so I'm released with much
Anticipation your loving embrace will
Be my ultimate motivation so until
That day comes I'll just have to be
With you in my dreams where your
Image never fails to be gorgeous and
serene.

—Cody Price, A.I.R. Community

MY EXPERIENCE IN THE ADDICTS IN RECOVERY COMMUNITY

By Cody Price

When most people think of getting incarcerated they think of just wasting time. Because of the New Leaf-New Life program at the Monroe County Jail, this doesn't apply to me. The AIR (Addicts in Recovery) Community has changed my way of thinking and given me hope for the future. Prior to my incarceration a year ago I saw my future as bleak. I believed that I was doomed to die an addict, and could never recover from this disease. This program changed my outlook on life, recovery, and my future. It helped me set goals and want to help others;

I now hope to become a Recovery Coach. AIR has given me the opportunity to facilitate groups and helped me realize that I could be an aid to others who have fallen victim to the extreme depths of addiction. For the first time in my life I'm not scared of being sober and I welcome the clarity it brings my head, my body, and my life. I'm eager to confront the challenges that recovery presents.

I'd like to take this opportunity to thank the volunteers who give their time to teach us and to come in and spend time getting to know

us as people. Without you guys our recovery would be at a serious loss. A special thanks to Frank Miller, John Putz, Susan Sandberg, Markus Dickinson, RSVP, Vid Beldavs, Wain "Bingo" Martin, Joan White, Marc Haggerty, and Tom Greenwood. Most of all I'd like to thank Tania Karnofsky for spending countless hours working to help everyone involved in the program. You all deserve our deepest thanks and gratitude for supporting us in the difficult recovery process, and recognizing us as people, not criminals.

Just a few lines to express my appreciation for the New Leaf-New Life programs, and to the volunteers here at the Monroe County Jail. It is through their hard work and dedication that inmates, myself included, have the opportunity to participate in the Addicts in Recovery program, become part of the recovery dorm community, and focus on recovery from drugs and/or alcohol addiction. I am grateful for the opportunity to continue to grow in my recovery and do all I can to be part of the solution.

I'm no stranger to recovery, I've been in and out of the doors of A.A. since the mid '80's and I truly wanted to get help and stop drinking every time I went to a meeting. But I am an alcoholic and addict. I am scared to open up honestly and reach out for help. It is painful and I didn't like the pain that comes with change.

In reality making difficult changes is often painful. But today that pain is much more desired and welcomed over the pain and agony caused by my addiction. The pain doesn't last near as long and I have wonderful people in recovery willing to help me get through it.....

I'm glad I'm not fixed in my ways or stuck in my addiction. As I work through the pain I'm learning to be open to the changes offered in recovery.

I used to hide my feelings of despair and addiction keeping me lonely, isolated, and shameful. I became convinced that I was hopeless, unworthy, and unloveable. This became normal for me and I used chemicals to suppress these feelings and emotions. I became someone I truly didn't like, so I sank even deeper into my addictions. But the amazing thing is, as I honestly work my program of recovery, with help and support from others in my class, groups, meetings, my mentor, my sponsor, and my recovery coach, I continue to grow, to change, and develop a new sense of who I am and what I want to accomplish with the time I have. No more hesitating, no more waiting – I like the fact that I'm changing. I have the strength to break the chains that kept me bound to my addiction. I have found a new community of friends, a new way to walk and a new path to follow. In my heart I know I can do this, with the help of my new family and friends.

Today I am happy. I am grateful for the small things. My moment of clarity came with a price, but I'm happy to say it came....

I have faith in myself, and my program of recovery.

—Walter Raines, A.I.R. Community

Hope for Prisoners Task Force

By Glenda Breeden

We are involved in advocacy, mentoring, and partnering with people incarcerated and/or paroled. Our community partners include NewLeaf/NewLife (NL/NL) and OASIS. Our task force members also work with Area 10, Salvation Army, Work One, and other organizations that have programs for parolees and families.

Hope for Prisoners gave \$350 to NL/NL for reading glasses and birth certificates for inmates at the Monroe County Jail. And we continue to collect quilting materials for the Quilt Project at Wabash Valley Correctional Facility. The quilters, in turn, donated 50 quilts to Bloomington's Winter Homeless Shelter in December.

Besides our ongoing volunteer efforts, our goal for this fall is to put renewed energy into the Read-to-Me program. Volunteers will record prisoners as they read books to their children or grandchildren. Each recording and book will then be given to the children. This program has been successful in many jails and prisons in helping to renew or develop relationships between family members. We will have another children's book drive as we get this off the ground and running. We also plan to do a display of poetry and arts and crafts of people incarcerated, perhaps at the Showers Building.

Hope for Prisoners has monthly meetings at 11:30AM, on the 2nd Wednesday of each month in the library of the Unitarian Universalist Church at 2120 N. Fee Lane. Contact person: Glenda Breeden, bgbreeden@att.net, 812-829-3431.

What is the Circles® Initiative?

The Circles® Initiative is a high-impact strategy to move people out of poverty and change the way the public views poverty. Locally, it is housed at South Central Community Action Program and has been active in Monroe County for almost three years. Circles® groups meet around the United States in 60 sites, and communities are added every week.

The mission of the Circles® Campaign is to transform communities by building relationships that inspire and equip people to end poverty. The vision of the Circles® Campaign is that: Everyone in America has enough meaning, relationships and resources in his or her life to thrive.

Circles® defines poverty as the extent to which you do without resources and includes things like increasing mental, physical and emotional health in their planning strategies. Many people who live in poverty earn an income, but it isn't enough to pay for necessities. This causes a monthly juggling act to prioritize which bill should be paid. Should I choose my asthma medicine or pay the electric bill? Sometimes the only realistic option is to choose between bad choices. If I don't pay, my electric bill, for instance, and my lights get shut off, I will have to pay a stiff

penalty to get them reconnected in addition to paying the bill. If I skip my medication, I may not be able to work and every dollar earned is important. It is very difficult to plan for the future if you are always faced with a crisis of survival. A family must be able to plan ahead to acquire sufficient resources to be stable. The conference described next shared strategies to help increase stability by strengthening knowledge, self worth, and community resources and support.

Regional Conference held in Bloomington

On May 19, Bloomington was privileged to host the first ever regional conference for the Circles® Initiative. Six sites from around Indiana; Hartford City, Muncie, Indianapolis, Scott County,

Evansville and Monroe County, met for a day of giving and receiving support, encouragement, insight, friendship and influence. This conference brought together more than 100 people of all economic backgrounds and varied life experiences to build relationships and brainstorm strategies with a goal of everyone being able to support their family and contribute to the community in productive ways.

Bloomington was chosen to host the conference because the central location is convenient for people all

South Central Community Action Program

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Bloomington, IN 47404
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<http://incccap.wordpress.com/>

over the state. More importantly, Monroe County was chosen because our initiative has had good success sharing effective local strategies to build Circles® and change the way our community looks at poverty with regional and national sites. During the one-day training attendees spent time in large and small groups sharing and learning.

The conference began with a get to know you exercise designed to foster relationships among the different site attendees. During the day there were keynote speakers, a panel discussion and break out sessions offered on many topics. The three keynote speakers—a person working his way out of poverty, a volunteer from Muncie who is also an author, and the CEO of Move The Mountain, the founding organization for the Circles® model—inspired the group with their experiences and vision. People were offered a choice between eight breakout sessions including how to hold a weekly meeting, building a board, acquiring resources, managing volunteers, training strategies for adults and youth, and discussion of projects designed to change the way a community might reduce the barriers that keep people in poverty. A panel of local people shared their personal story of why they decided to become involved with Circles® and what they have learned.

An attendee who is a local Circle Leader (person working their way out of poverty and sharing their experiences with the broader community) had this to say: "I received a lot of



Circle photo Scott Miller CEO of Move the Mountain Leadership Center

See "CIRCLE INITIATIVE", page 11

CIRCLE INITIATIVE

Continued from page 10

information about other sites and I thought it was great camaraderie. I got to reconnect with people I met last year at the national conference and I feel I made friends—we are all a part of the circles family".

Another Leader said she really enjoyed hearing the story of one of the keynote speakers, Carlos Guajardo. Guajardo, a leader from Ohio who is now part of the national training team, runs poverty simulations and co-facilitates poverty education classes. Carlos explained how having a negative, chaotic upbringing caused him to view life in a way that wasn't helpful. He said with information and support, he changed the way he thinks, which also changed the way he acts. Carlos now feels much better about where he is going in his life and has spent the past two years overseeing VISTA members in an Ohio poverty relief agency.

The importance of having all economic groups at the table when discussing poverty reduction strategies is a Circles® value. Many people do not know anyone in a personal way that lives without enough resources and

are surprised and distressed to learn that getting and keeping a job does not necessarily move a person out of poverty. A keynote speaker who is a Muncie Ally (a person with sufficient resources who forms a friendship with a Leader to offer support, connections and insight) spoke about being matched with a Leader and working with her on a budget. He was shocked and upset when he realized how little

income she had to care for her family and asked in a panic how she could survive month to month. The Leader patted him on the arm and assured him it would be ok. People living without enough have to be very good at maximizing resources so they can survive and this Leader knew

panic would not be helpful. Circles® offers the information and community support needed to create a stable environment where people can dream and meet goals and this conference was an opportunity to share what works well at each site and identify what would likely help make a site stronger and more effective.

Circles® locally offers many ways for individuals to get involved. If you are interested in learning more, please contact Linda Patton, Circles® Coordinator, at 339-3447 x 206 or lindap@insccap.org.

WE CLIMB THE MOUNTAIN

As members of the Circles Antipoverty Program, we climb the mountain,
The poor and the wealthy travel up, hand in hand.
As we climb higher and higher, against poverty we fend,
We work together and the message that we send,
Is that the higher we climb, the more free we all will be,
Because as we reach out to each other, the more we will see!

LEARN, LEARN, LEARN!

—David White

The following poems were written by Circle Leaders and Allies:

CIRCLE'S

You may not know my face
I am your brother, your sister, every race
I'm reaching out my hand
Touch me if you can
Circle my life, around neighbors and friends
This circle can help poverty end
Connected to the circle, empowered I stand
Rich in spirit, that's what I am.

—Kay Goodman

Circles 3

at six her dad's job left and so did her dad
mom started drinking 'cause she was so sad
at eighteen she met a guy she thought would save her
at nineteen he said to their child, "see ya later."
no job and no schooling, a lot to size up
with no lessons or training in how to rise up
she wished there was aid that would actually aid
in improving the life she'd unwittingly made...

—Suzin Snyder

Life Cycles

The circumference of our Circle grows bigger with time.
We are all points on it: different colors, ages, sex, and politics.
The centripetal force that draws us (is our center) is the desire for justice,
a need for community, the love for each other despite the differences.
We share stories, laughter, tears, food, and depend on each other
as we consider ourselves an extended family with ties that bind
but with a willingness to loosen the hold that can strangle.
We are turning; we are learning; we are yearning for richer, fuller lives.

—Joan Foor White

Circles 2

Take my hand,
Let's roam this vast land,
You've changed my life in so many ways,
Let's dance our troubles away,
Love is just a stone's throw away,
Let your spirit guide your way,
My friend, my companion, my neighbor, my guide,
Put all your hate aside!

—Kay Goodman

See "POEMS", page 12

POEMS

Continued from page 11

The following poems were written by Circle Leaders and Allies:

CIRCLES

she moved into a project despite all that she did
where the playground's collapsing and so are the kids
she wished she had help that actually helped
that would let her create her own life for herself
she joined a group of intentional friends
and found a beginning instead of an end
supported by light, love, and laughter she's free
to leap from this pit that is called poverty

—Suzin Snyder

Circles 2

when I think life exists to be unfair
I can recall that my allies, my friends, are always there
when the only things I have are pain and hardship to share
I can lift myself up knowing I have friends who truly care
poverty feeds on itself but we're anticipating
taking action to resolve inhibited relating
if it's "my fault" or "society's" we don't waste time debating
the thing that's more important is it's my life we're creating

—Suzin Snyder

CIRCLES

Ignored by most, discarded
by others in this system
I do not understand,
One hand on my shoulder
steadies me, leads me to find my voice,
measure and plan my pace, and
—in the circle of time and opportunity—
find my place.

—beth kelley

Circles

Speak of New & Goods
Speak of Appreciations
Heart speak
Community Speak

Sensing hope
Heart warming
Spirit rising
Community expanding

—Helen Kane

THE ESSENCE OF MY BEING

The essence of my words are practical.
They aid and assist; hurt and encourage.
They joke and cast stones; convey and hide the truth.
They forge a template, to which my pride makes me follow.

The essence of my actions are tedious.
Kind and abusive; considerate, but retroactive
Diligent and frustreating; egocentric, but for the benefit of my peers.
Passing time and making it stand still,
They push me toward a goal, rather good or bad.

The essence of my thoughts are never ending.
They plague my minute to minute and day to day, but bless my weeks
They're both happy and dark, only resting when I sleep or run, laugh, or talk.
Silence is null, rest is void.
They hold me back and push me forward, one idea at a time.

The essence of my desires are relentless.
Lustful and unattainable; innate and essential; never ending
I strive toward goals because I desire
I constantly hope and build expectations, that are crushed by the world.
They drive my actions, but nothing I do gets me closer to them.

The essence of my motives is unclear,
They are selfish, but selfless.
They are clear and unobstructed with ulterior underlying intentions.
I don't always know them or their meaning, but they're prevalent in everything.
They are the purpose behind my every conscious action.

The essence of my happiness is gone too fast.
It is necessary, but few and far between.
It's rapid disappearance hurts, but makes me do anything to attain it;
It is a drug.
Chasing happiness is chasing a dragon.

The essence of my sadness is overwhelming
They are calling it depression, it sweems to consume me, coming and going
Creeping at night, bombarding me during the day.
I hide it well, but it constantly dwells in the pit of my stomach
Eating away at my very being.

The essence of my life is pain
Through which my sence of self has been designed and created
Molded and evolved, chiseled and sculpted.
OI remember storms, not sunny days, tragedies not triumphs.
Without pain there is no pleasure;; without sadness no happiness
Without tears, laughter is nothing
Without misery there are no peaks or valleys, mountains or seas
Roads or bridges. Without agony life is flat, boring, nothing.
Without hurt I have nothing, without suffering I aspire for nothing
Without my scars I am plain. Without pain I am nothing.

—Jonathan Holland, A.I.R. Community

Special Section: Voices Seldom Heard

View from Behind the Bars

~Work from the Shalom Writers' Circle~

First Day in Hades: Part I

Rick May

This bus is gone. Now, I'm being marched to a small room where I will be showered, disinfected and given attire that really does nothing to enhance my well laid-out body. Then, it's on to the fish line where the regular primates of the devil's hotel beat their chests and scream: "You're mine, son. I'll be lookin' you up, believe me!" Welcome to the first day in Hades.

Night comes. So hard to sleep. Mixed in with the endless cacophony of slamming steel doors are the sounds of the lost souls: those young enough to have never experienced this sort of perverted life, who have neither the courage nor the will to resist these sexual madmen, which whom we must all coexist. "What shall become of me?" I ask any higher power who will answer, as I, at last drift into a

sort of tortured sleep.

Morning. Day two of Satan's chain gang, marching into the chow hall and picking up your tray. Something ungodly-looking is plopped into it. "I'm supposed to torture my insides with this," I say to no one in particular.

"I'll take it, son," says a voice to the right of my table, "been here so long, it all tastes like caviar to me."

I hand him the tray, minus the bread, and he urges me to the chair next to him.

"Please," he said, "and I don't usually say please in here, especially to no new fish. Name's Benny." I told him mine and he continued with his talk: "Well Rick, you probably rappin' with yo' first lifer. Aint never gettin' out of this hellhole. Double murder. Some dude I didn't even know and my old lady. Good

enough for the both of em, I say." As I examine this person, I noticed one of his eyes being strangely milky-looking, not at all like the other. "Hell of a price, son. Man took a fireplace poker to my eye, just before I slit his throat, ear to ear, not too pretty, eh? Well, I'm used to it."

Then, it was time to go back to my "ori" or fishtank cell. Benny nudged me, and slipped something into my hand. "You seem like a good kid, but you kinda small. Maybe this'll help." I felt it, then Benny said, "Stash it quick boy! The man sees that you seg for sho. That there's called a 'shank'." A penitentiary knife. Sharp on both sides. Careful now, or you'll cut yo' whole damn hand off!" I quickly and carefully slipped it into my pocket and walked into my cell. [To be continued....]

"Your world is your own prison"

Kent Johnson

Your world is your own prison, built stone by stone of your own hand, by your own free will. Breathe in the stagnant air of your arrogance and taste the bitterness of selfishness that precedes you wherever you go. Self-importance is a rusted iron lock barring the way to freedom. And, always the view from your soul's windows is distorted by the bars and gates you yourself put there. Break free and love your fellow man."

"Jesus is in Prisons"

A Song by Danny Lee Griffin

Chorus:

Jesus is in prisons
his love is still the same
Your sins can be forgiven,
Believe in Jesus name.
Open your heart and let him in
You'll never be the same.
Freedom is the reason
God made salvation's plan.

Well, no matter what you're doin'
Or the sins that you have done,
Jesus gave his life for all of us,
He's a respecter of no one.
Well, killin', stealin', and dealin'
To him it is all wrong.
So confess it now before him
And your sins will be all gone.

Yes, Jesus loves me,
My Bible tells me so.
Yes, Jesus loves me,
He's a refuge for my soul.
I loved that tune in Bible school
When I was just a child,
Yes, Jesus love me,
Cause he's my savior now.

The Shalom Writers' Circle

meets every Thursday

from 1:30-2:30

at the Shalom Center.

Come and join us!

For more information, contact

Shannon Gayk at sgayk@indiana.edu

"Freedom Calls"

Rick May

(The writer of this poem will soon be off parole after 1.5 years.)

Freedom calls, how sweet to see,
Just forty days and I'll be free.
To travel, breathe, and bathe once more,
In the rays of joys galore.

Mistakes were made and Time was served,
But from stressless days I've never swerved,
Soon brighter days shall be observed.

It's been a while but I've kept my smile,
As I walk the even, golden mile,
When freedom calls, it's all worthwhile,
To live to tell, to keep my style.

Special Section: Public Comment

An excerpt from the song “A Song for Joel Rekas”

written by Kent E. Johnson

Most of what we do every day is merely trying to write our own names in the shifting sands of Time... But, if the page upon which you write is another man's Heart, and Love is the ink that fills your quill, the story-line you write can live on for generations. Go ahead... drop your little "Pebble of Compassion" into the vast Ocean of Humanity and watch as waves of Love spread out in all directions, touching every shore! One kind act can echo toward the Future, touching a thousand lives before it's Love Energy fades. It is the utmost measure of a Man that he should choose to live his life in this manner... Dedicated to the work Joel Rekas on behalf of those in need here in Bloomington...

—kent

Blessed are the coffeemakers

By John C. Isbell

Blessed are those who, when they hear about suffering,
Ask a follow-up question instead of changing the subject.
In back room, in office, in court room, in board room:
Blessed are those who make life a little easier
While others are talking. Blessed are
Students who tell a homeless navy vet
Who just wants a little flirting and affirmation
That they like sailors. Blessed are homeless people
Who collect twist-off tops to make a difference.
Blessed are those who donate two hours a week,
Because, be real. Blessed are
Those who write a check when the time comes.
Blessed are those with nothing who try to raise their kids right.
Blessed are the poor, for they shall be close to God.
Blessed are the simpletons and the felons,
The crazy lady haranguing the pedestrians.
Blessed is the guy with the free flyers.
Blessed are the coffeemakers.
Blessed is your neighbor you never talk to.
Blessed are the dead, for their span on Earth is ended.
Blessed are the sinners who repent of their sins,
For that guilt they flee from shall be lifted.

Special Section: Volunteer Network

Volunteer Network outlines the multiple opportunities to lend a hand in and around Bloomington. The City of Bloomington Volunteer Network keeps an archive of volunteer positions for all ages and skills at <http://bloomington.in.gov/volunteer>

By Elizabeth D. Savich, Director of Bloomington Volunteer Network
savichb@bloomington.in.gov

Be More Awards

The Be More Awards, honoring local volunteers for outstanding community service, were presented on April 5th.

Eighty-six individuals and groups, all of whom had been nominated by community members, were recognized for their generous commitment to the community in the past year. The Awards program is sponsored by the City of Bloomington Volunteer Network, Community Foundation of Bloomington and Monroe County, IU Credit Union, United Way of Monroe County and WTIU Public Television.

Award recipients in ten categories were selected by an independent panel of judges. Mayor Mark Kruzan presented each honoree with a commemorative plaque and Community Foundation Program Director Renée Chambers presented each with a \$500 check for the organization for which the recipient volunteered. A total of \$5000 was presented by the Community Foundation of Bloomington and Monroe County to community organizations through the Be More Awards.

The recipient of the Be More Creative award, Jim Hettmer, was recognized for his 19 years of service to the Bloomington Playwrights Project, primarily in the areas of facilities maintenance and technical operations. The BPP, located at 107 W. 9th Street, is a non-profit theatre dedicated to producing new plays and providing theatre education for all ages.

The recipients of the Be More Involved Award were Pi Kappa Phi of Indiana University. They were nominated by Amy Jackson of Stone Belt for their exceptional dedication to individuals with developmental disabilities. These fraternity men provide volunteer leadership at all Stone Belt philanthropic events, host dinner-dances each semester at their home for Stone Belt clients, and also host two client dances each year at Stone Belt, with more than 500 individuals with disabilities at each event.

The recipient of the Be More Phenomenal award was Jo Gilbertson. Jo has been a Board Member and Co-President of Citizen Advocacy of South-Central Indiana (CASI) since its inception eleven years ago. CASI facilitates and supports one-on-one matches between citizens with disabilities and other members of the community for the purposes of friendship and advocacy.

The recipient of the Be More Knowledgeable award is Volunteers in Tutoring Adult Learners. VITAL volunteers work with more than 300 learners each year. In the last six months, an average of 56 tutor pairs have been active.

The Be More Energized award was given to 14 year old Lauren Means, who contributed over 100 hours of her time in the last year to The Villages, WonderLab Museum, The Life Church BLAST Kid's Program, and Lighthouse Christian Academy. At The Villages, a foster care, adoption, and family services agency, she

See “BE MORE AWARDS”, page 16

Volunteer Needs

Shalom in the Summer

When IU students are gone, the Shalom Community Center still needs meals to be cooked and served, a kitchen which needs to be cleaned, and the phone which needs to be answered. Can you give at least two hours a week in the short term to help Shalom get through the summer until the student volunteers return and get settled? The minimum age is 18; volunteers must attend an orientation which are held every Wed. from 4:30-6:30 p.m. Please contact Pam Kinnaman at (812) 334-5734 or volunteer@shalomcommunitycenter.org. (www.shalomcommunitycenter.org).

Food Providers needed

Want to use your culinary skills to feed hungry volunteers? Habitat for Humanity of Monroe County is in need of food donors to prepare and deliver food to their hard-working construction volunteers on a Saturday. After building all morning, their volunteers love sandwiches, casseroles, pasta, Crockpot dishes, vegetable sides, desserts and snacks. Packaged snacks are also needed and can be dropped off at the office (213 E. Kirkwood Ave.) from 8 a.m.-12 p.m. and from 1-4 p.m. All ages are welcome! Please contact Fiona at volunteers@habitatforhumanity.org or 331-0415. (www.monroecountyhabitat.org).

Summer Breakfast Prep and Delivery

The Community Kitchen needs your help to assemble and deliver free sack breakfasts which are distributed to children in low-income neighborhoods during the summer. The prep shift is from 7 to 8:30 a.m.; delivery shift runs from 8:15 to 11:15 a.m. Regular kitchen shifts (11:30 a.m.-1:30 p.m. and 3:30-6:30 p.m.) are also needed. Phone is preferred method of contact. Adults and teens at least 14 years of age are welcome (10 if accompanied by an adult). Please contact Annie Brookshire at (812) 332-

0999 or volunteer@monroecommunitykitchen.com. (www.monroecommunitykitchen.com).

Hoosier to Hoosier Community Sale

You can divert reusable items from the landfill during student move-out while raising funds for local organizations by volunteering for the Hoosier to Hoosier Community Sale! Volunteers collect, sort, pick up items and help on sale day. All ages are welcome; children must be accompanied by an adult. Volunteers are needed June 4, 18, 25, 29, July 7, 9, 16, 23 and 30. Sale day is Aug. 20 at the Gladstein Fieldhouse at IU. Please contact Jenny Gibson at (812) 360-2437 or jengibso@indiana.edu. (www.indiana.edu/~sustain/hoosier_to_hoosier).

Garden Program

The Garden Program of the Hoosier Hills Food Bank increases the amount and nutritional quality of food provided to area food pantries and soup kitchens. The garden is located at Strangers Hill Organics, which donated the long-term use of an acre of land, free tillage and access to water for irrigation. In 2010, 236 volunteers grew thousands of pounds of organic vegetables! Volunteer hours are Mon. and Thurs. from 5:30-7:30 p.m. and Fri. from 10 a.m. to noon. Groups looking for a one time project can set up special hours. Minimum age is 18 unless supervised by an adult, in which case children as young as 8 are welcome! Please contact Kai Westerfield at (812) 334-8374 or volunteer@hhfoodbank.org. (www.hhfoodbank.org).

Summer Camp Assistant

Volunteers are needed for the Salvation Army day camp to assist staff by teaching lessons and supervising activities ranging from music, art and field trips to the new computer lab and air-conditioned

gym. Jazz up your summer by swimming, playing and learning with some of the area's most deserving youth! Please contact Courtney Grau at (812) 336-4310 ext. 12 or Courtney_Grau@usc.salvationarmy.org. (www.bloomington.salvationarmyindiana.org).

Graphic Design

The Latino Community Center (El Centro Comunal Latino) is looking for individuals who can design flyers and other publicity materials for events and who can update their current promotional materials. Knowledge of design software is required; Spanish is not necessary. Please contact Aimee Light at elcentrocomunal@gmail.com. (www.elcentrocomunal.com).

Bargain Boutique

Do you love clothes? Then My Sister's Closet of Monroe County would love your assistance on a weekly or bi-weekly basis in their Bargain Boutique. Volunteers process donations, tag and display clothing, and help women select work attire. No retail experience needed; training is provided. It's lots of fun—helping other women shop—while working for a great cause! Adults, teens and families welcome. Please contact Dorothy Hawkins at (812) 355-6842 or hawk81439@aol.com. (www.sisterscloset.org).

Retail Coordinator

Bread of Life Soup for the Soul is a Christian, community-oriented church which, through donations and the hard work of volunteers, feeds, clothes and cares for the needy. A Retail Coordinator is needed to oversee the day to day operation of the small thrift store, which is used for fund raising. The Coordinator is responsible for all retail operations including that the store is stocked, tidy and with the assistance of the Volunteer Coordinator, staffed. This is a full time board officer position which is up for election on May 24 at 7 p.m. It is open to any qualified person who will be dedicated to their volunteerism and not take their responsibilities lightly. Religious background

or commitment is not important, as this is about serving our community and enriching our neighbors' lives. Please contact Anita Sciscoe at (812) 822-2134 or breadoflifesoupforthessoul@yahoo.com. (www.breadoflifesoupforthessoul.org).

The City of Bloomington Volunteer Network is your source for information about volunteering locally. To search for more opportunities, visit www.bloomington.in.gov/volunteer or call 349-3433. The inclusion of an organization in this list does not imply City endorsement or support of the organization's activities or policies.

Directory of agencies and services

This directory outlines several agencies and services available to residents of Monroe County. Additionally, many listings provide contact information for prospective volunteers. For more extensive articles about many of these agencies and services, see earlier issues of Safety-Net at <http://safety-net-newspaper.com/>. Several of the agencies and services described provide multiple forms of aid. Unless otherwise noted all services and agencies are located in Bloomington.

Addiction Counseling

Amethyst House

Address: 645 N. Walnut St.

Phone: (812) 336-3570

Web: www.amethysthouse.org

Volunteer Contact: Gina Lovell ([812]336-3570 x10; amethyst@bloomington.in.us)

About: 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 Evansville.

Centerstone of Indiana, Inc.

Address: 645 S. Rogers St.

Phone: (812) 339-1691

About: 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. Centerstone 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.

Alcoholics Anonymous

Address: Hours and locations vary.

Phone: (812) 334-8191

Web: www.alcoholics-anonymous.org

About: Provides support for those wanting to stop alcohol consumption.

Adult Education

MCCSC Adult Education

Address: Broadview Learning Center, 705 W. Coolidge Drive

Phone: (812) 330-7731

Web: www.adult.mccsc.edu

Volunteer Contact: Melanie Hunter (330-7731 x 52137; mhunter@mccsc.edu)

About: The Monroe County Community School Corporation's Adult Education program offers free, individualized instruction and guidance to teen and adult learners who need to get their GED diploma, want to improve basic job and literacy skills or

learn new ones, are trying to learn English as a Second Language, or who aspire to create better opportunities for themselves and their families. There are also low-cost beginning computer classes for people age 55 and over. Classes start again August 16. Orientation for new students is Monday August 22; check for times. Located on Coolidge between Rogers St. & Rockport Rd., on the #2 South BT route.

AIDS/HIV Services

Bloomington Hospital Positive Link

Address: 333 E. Miller Dr.

Phone: (812) 353-9150

Web: www.bloomingtonhospital.org

About: About: HIV testing and extensive care coordination for those living with HIV/AIDS. Serve as a community resource regarding HIV/AIDS education and awareness. Also offer Hepatitis B, Hepatitis C and Syphilis testing.

Clothing, furniture, housewares

Backstreet Missions Thrift Store

Address: 1911 S. Walnut St.

Phone: (812) 333-3341

Monroe County United Ministries

Address: 827 W. 14 Ct.

Phone: (812) 339-3429

Volunteer Contact: Rebecca Gordan ([812] 353-9150; mcumhelp@bloomington.in.us)

About: 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.

My Sister's Closet of Monroe County, Inc.

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BE MORE AWARDS

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volunteered on projects for foster families and in the local office. Means was nominated by The Villages, which will receive the award check for \$500.

The Bloomington Symphony Orchestra was the recipient of the Be More Collaborative Award. Now in its 41st year, the Bloomington Symphony Orchestra promotes a lifelong appreciation of and enthusiasm for music through its performances of classical literature as well as outreach and educational work throughout the community.

The Be More Sustainable award was given to Bobbi Boos, founder and board

member of the Local Growers Guild. Bobbi worked for over five years to grow the organization, serving as a volunteer board member, treasurer, bookkeeper, office manager, and tireless advocate for local food. The Local Growers Guild promotes local food choices, access, and production in order to decrease the carbon foot print of our community's food consumption and increase the health and well being of our citizens.

Two Be More Bloomington awards were presented. These awards are selected from all of the submitted nominations. The criteria include consideration of overall excellence, level of community impact and embodiment of community goodwill.

The first was presented to the Black History Month Steering Committee. This committee comes together each year to

plan and implement programs and events to educate, entertain and increase awareness about the contributions of African-American men and women in our community and beyond.

The second Be More Bloomington award was presented to Jim Beeson for his work with First Christian Church's anti-poverty programs. This includes their Sunday morning breakfast for people who are homeless called "The Gathering Place", and their participation in the Interfaith Winter Shelter, a joint effort by local churches to serve the homeless. He also works with the "Circles Initiative", a Community Action Project program which works to break the cycle of poverty.

The Be More Dedicated award, which is awarded for a lifetime of service, was given to Dr. Henry Upper for his involve-

ment in both Stone Belt and First United Methodist Church's social justice programs. Dr. Upper has been involved with Stone Belt for more than 25 years, serving on the Board of Directors for fifteen of them. He is also committed to the outreach efforts of First United Methodist Church, particularly in support of the Interfaith Winter Shelter, Shalom Community Center, Habitat for Humanity, and the Church's Wednesday Food Pantry. The \$500 award was split between Stone Belt and the Community Outreach programs of First United Methodist Church.

"This is such a warm and exciting community event – I love being around these remarkable people," said Bet Savich, of the City of Bloomington Volunteer Network, which organizes the Be More Awards. "The community wouldn't be where it is today without them."

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Address: 1010 S. Walnut St.

Web: www.mysistersclosetofmonroeco.org

Volunteer Contact: JoAnne Bunnage ([812] 335-6603; jbunnage@indiana.edu)

About: Provides low-income women with free interview and workplace apparel, helping them overcome hurdles they face to independence and family self-sufficiency. Also sells used, affordable clothes to the public.

Salvation Army

Address: 111 N. Rogers St.

Phone: (812) 336-4310

Volunteer Contact: Monica Clemons ([812] 336-4310 x10; monica_clemons@usc.salvationarmy.org)

About: Provides a variety of services, including: food pantry, food vouchers, seasonal assistance, clothing and clothing vouchers, 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 and thrift store.

St. Vincent de Paul Society

Address: 4607 West State Road 46

Phone: (812) 961-1510

Web: www.bloomingtonsvdp.org

Volunteer Contact: Scott Alber, ([812]335-1280;volunteer@bloomingtonsvdp.org)

About: A Catholic led ecumenical society of volunteers dedicated to helping those in need. Assistance is offered in the form of community resource information, vouchers for furniture, and in some cases limited financial help with a utility bill, rent, rent deposit or other essential need. Almost all funding comes through donations and assistance is given without regard to religion, race or creed. Volunteer opportunities abound.

Disabilities assistance programs

Abilities Unlimited

Address: 2620 N. Walnut St.

Phone: (812) 332-1620

Web: www.abilitiesunlimited.net

Volunteer Contact: Lynne Argent ([812]332-1620; au@abilitiesunlimited.net)

About: Supplies free services to citizens with disabilities, including the elderly. Services include the temporary loan of durable medical

equipment after an accident or illness, such as a wheelchair, walker, bath seat. Individuals who do not have insurance can borrow equipment for as long as they need it. Other services include the supply of Home Modifications for Accessible Living to low income City of Bloomington residents. This includes installation of wheelchair ramps, safety railings, and bathroom renovations. Also offers camp scholarships to young people with disabilities.

Citizen Advocacy of South Central Indiana, Inc.

Address: PO Box 1732

Volunteer Contact: Jo Gilbertson ([812]219-5566; j.gilbertson@insightbb.com)

About: Facilitates the recognition, promotion and protection of the rights and interests of people with disabilities through Volunteer Advocates.

Options

Address: 200 E. Winslow Rd.

Phone: (812) 332-9615

Web: www.optionsfbl.com

Volunteer Contact: Karen Scherer, (kscherer@optionsfbl.com)

About: For over 26 years, Options has provided customer-oriented, community-integrated services to people of all ages with disabilities. Options offers customize services in community living, employment and continuing education. Other services include health care coordination, behavior supports and respite. Options services are available in seven South-Central Indiana counties. Options' mission is to partner with people with disabilities and their communities to bring about self-directed and fulfilled lives.

People & Animal Learning Services (PALS)

Address: 680 W. That Rd.

Phone: (812) 336-2798

Web: www.palstherapy.org

Volunteer Contact: Jan Gavin ([812]325-7863; jbrown@indiana.edu)

About: Provides Equine Assisted Activities (EAA) such as therapeutic riding and hippotherapy to children and adults with disabilities and to at-risk youth from South Central Indiana. PALS is a NARHA Premier Accredited Center (www.narha.org) and a United Way of Monroe County Member Agency.

Stone Belt

Address: 2815 E. 10 St.

Phone: (812) 332-2168

Web: www.stonebelt.org

Volunteer Contact: Amy Jackson (332-2168 x314; ajackson@stonebelt.org)

About: A community-based organization with over 48 years of experience in serving persons with developmental disabilities.

Supports include residential, employment, life skills training and psychological services. With locations in Monroe, Lawrence, Owen, Bartholomew and surrounding counties, Stone Belt's mission is to prepare, empower, and support persons with developmental disabilities and their families to participate fully in the life of the community.

Employment resources and job counseling

WorkOne

Address: 450 Landmark Ave.

Phone: (812) 331-6000

About: Assists individuals and businesses in meeting their employment and training needs. WorkOne provides employment services, job counseling and assessment services, training services through WIA, older worker services through Experience Works, vocational rehabilitation services through Indiana Vocational Rehabilitation, veteran services and unemployment insurance benefits.

Options

See disabilities assistance programs.

Stone Belt

See disabilities assistance programs.

Job Links

About: An Area 10 Agency on Aging RSVP program that helps people evaluate job needs, inventory skills, review available jobs, develop a resume, prepare for an interview, and link with potential employers. Services are free, confidential, and non-discriminatory for job-seekers of all ages. Job Links counselors are available at Shalom Center (334-5728), Salvation Army (336-4310), and Area 10 Agency on Aging (876-3383).

Family Services

El Centro Comunal Latino

Address: 303 E Kirkwood Avenue, Room 11

Phone: (812) 355-7513

Web: www.elcentrocomunal.org

About: CCL is a grassroots, community-based organization that seeks to provide an accessible and safe space for all Latinos, with a focus on Spanish-speaking people, to find information, access to resources and a place to hold community events. CCL's work includes tutoring services for all ages, the medical interpretation network, direct service, Volunteer Income Tax Assistance program, the Legal Advice Project, Informate—series of educational presentations, health programming, and the Bienvenidos program; a support group that helps immigrants acculturate to life in the United States.

Family Resource Center at Templeton School

Address: 1400 Brenda Lane

Phone: (812) 330-7735 x 50117 and 50120

About: Provides pre-school play groups and story hours, a Free Family Market (a free food source) on Fridays, 2:00-3:30 p.m., and programming for families focused on literacy and family fun; information and referrals for the needs of children and families.

Head Start Program

Address: 1520 W. 15th St.

Phone: (812) 334-8350

Web: www.headstart.bloomington.in.us/

About: Guides children aged 3 to kindergarten towards gaining cognitive skills, patience, sharing, problem solving, hygiene, safety, and practice in good decision making. Free to income eligible.

IN Dept. of Child Services

Address: 1717 W. 3rd St.

Phone: (812) 336-6351

About: Services are designed to protect children from abuse and neglect by partnering with families and communities to provide safe, nurturing, and stable homes. To make a report of child abuse or neglect the public can call 1-800-800-5556.

Division of Family Resources

Address: 1787 W. 3rd St.

Phone: 1-(800)-403-0864

About: Provides aid to families with dependent children (Temporary Assistance for Needy Families, TANF), food stamps, Medicaid.

Monroe County United Ministries (MCUM)

Address: 827 W. 14th Court

Phone: (812) 339-3429

Web: www.mcum.org

Hours: 6:30am-5:30pm

About: Full-time care for children ages 2-6 on a sliding fee scale, parents must be employed or attending school, NAEYC-accredited center

WIC Program

Address: 333 East Miller Drive

Phone: (812) 353-3221

About: Provides nutritional support for underprivileged mothers, babies and children up to five years of age in Monroe and Greene Counties. Applicants must meet income guidelines, live in Indiana, and have a nutritional need. All services are provided free of charge.

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Food stamps

Division of Family Resources

See family services.

Health care

Futures Family Health Clinic

Address: 338 S. Walnut St.

Phone: (812) 349-7343

About: provides family planning health services for adolescents, men, and women. Services are provided on a sliding fee schedule based on income. Services offered include annual exam and Pap smear, pregnancy testing, STD and HIV testing, birth control counseling, emergency contraception, health education, birth control pills, birth control shots, IUD (intrauterine device), and condoms.

Bloomington Hospital Home Health & Hospice

Address: 619 W 1st St.

Phone: (812) 353-9818

Web: www.bloomingtonhospital.org

Volunteer Contact: Melanie Miller ([812]353-9818; mmiller@bloomhealth.org)

About: Provides care and support for people who are terminally ill and their families. Training classes for new volunteers are offered twice a year.

Hoosier Healthwise for Children

Address: 401 Morton St., Suite 260 (City Hall)

Phone: (812) 349-3851

Web: www.hoosierhealthwise.net

About: A state sponsored health insurance program for children, pregnant women, and low-income families. Applicants must meet eligibility criteria. Free or low cost, depending upon income.

Monroe County Public Health Clinic

Address: 333 East Miller Drive

Phone: (812) 353-3244

About: Services provided include screenings for hypertension, hyperlipidemia, elevated blood sugar, anemia, elevated lead, tuberculosis, head lice and pregnancy; health and wellness assessments; communicable disease education. Call for appointment.

Planned Parenthood

Address: 421 S. College Ave.

Phone: (812) 336-0219

Web: www.ppin.org

About: Services 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.

Vistacare Hospice

Address: 1801 Liberty Dr., Ste. 103

Phone: (812) 330-9640

Web: www.vistacare.com

Volunteer Contact: Cathi Counterman ([812]340-3467; cathi.counterman@vistacare.com)

About: Provides caregiver relief and companionship for terminally ill patients and bereavement support for family members.

Volunteers in Medicine Clinic

Address: 811 West 2nd Street

Phone: (812) 333-4001

Web: www.vimmonroecounty.org

Volunteer Contact: Shelley Sallee ([812]333-4001 x109; info@vimmonroecounty.org)

About: Provides free medical care, including dental care at the offices of participating dentists, for people living in Monroe or Owen County who lack health insurance and have an income at or below 200% of the federal poverty level. This means that the income must not exceed \$20,420 for a 1-person household. For each additional person, add \$6,960. To qualify for medical care individuals must fill out an eligibility form about their economic situation and set up an eligibility interview. Children or adults who qualify for health care at the clinic will receive free care at Southern Indiana Pediatrics.

Housing (abused women)

Middle Way House

Address: 338 S. Washington St.

Phone: (812) 333-7404 (admin phone), (812) 336-0846 (crisis line)

Web: www.middlewayhouse.org

About: 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.

Housing (emergency, for adults)

Backstreet Missions

Address: 215 Westplex Ave.

Phone: (812) 333-1905

Web: www.backstreet.org

About: A men's shelter with services including 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.

Martha's House

Address: 1010 S. Walnut St. (office) 919 S. Rogers (Shelter)

Phone: (812) 335-6841 (812) 332-1444 (office)

Volunteer Contact: Bobbie Summers

About: An emergency shelter with 28 beds for homeless men and women. Services provided include case management, food, and clothing. Opens at 4:30 p.m.

Housing (Intact Families/Adults)

Bloomington Catholic Worker

Address: 573 & 577 Graham Place near Bloomington High School

Phone: (812) 339-4456

About: We offer short-term, home-based hospitality to people facing homelessness.

Housing (Pregnant women)

Hannah House Maternity Home

Address: 808 N. College Ave.

Phone: (812) 334-2662

Web: www.cpcbloomington.org

About: A comprehensive residential program for pregnant women and teenagers. Offers access to prenatal and pediatric care. Also offers life skills training and assistance in achieving longer-term educational and career goals.

Housing (Rental)

Bloomington Housing Authority

Address: 1007 N. Summit St.

Phone: (812) 339-3491

About: Subsidized housing, Section 8, Public Housing. Cost varies to income eligible.

Housing and Neighborhood Development

Address: 401 N. Morton Street, Ste. 130

Phone: (812) 349-3420

Web: www.bloomington.in.gov/hand

About: Creates affordable housing opportunities in the City of Bloomington by working through its partnerships with local non-profit and for-profit developers and through its in-house housing programs. HAND provides housing counseling to individuals with housing needs or difficulties and provides a variety of learning opportunities for the community on housing related issues. In addition,

HAND enforces the Property Maintenance Code and the City's weed and trash ordinances.

South Central Community Action Program, Inc.

Address: 1500 W. 15th St.

Phone: (812) 339-3447

Web: <http://www.sccap.monroe.in.us/>

Volunteer Contact: Beth Pankoski ([812]339-3447 x233; beth@sccap.monroe.in.us)

About: State and federal anti-poverty programs for low income individuals and families. Weatherization Assistance, Energy Assistance, Owner Occupied Rehabilitation, Section 8 rent subsidy program.

Housing (homeless youth)

Stepping Stones

Address: PO Box 1366

Phone: (812) 339-9771

Web: www.steppingstones-inc.org

About: Transitional housing program and supportive service for homeless young people aged 16-20.

Youth Services Bureau

Address: 615 S. Adams St.

Phone: (812) 349-2506

Web: www.youthservicesbureau.net

About: Provides short-term residential care and crisis intervention for youth ages 8-17. Provides other services as well.

Legal and court-related services

Community Justice & Mediation Center

Address: 120 W. 7th St., Ste. 310

Phone: (812) 339-1551

Web: www.bloomington.in.us/~mediate

Volunteer Contact: Amanda Nickey ([812]336-8677; vorpcm@bloomington.in.us)

About: Programs include the Victim-Offender Reconciliation Program, Shoplifter's Alternative Program, Workshops, Trainings, and Community Mediation Services for neighborhood, school, family or business conflicts.

Legal Services Organization of Indiana, Inc. Bloomington

Address: 214 S. College Ave.

Phone: (812) 339-7668

About: Cannot help people in criminal cases. Helps people in civil cases, including: Housing (eviction, foreclosure, landlord/tenant); Public Benefits (food stamps, SSI, unemployment, poor relief, Temporary Assistance for Needy Families (TANF); Health (Medicaid,

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Medicare); Divorce or child custody where there is child abuse or spouse abuse; Child In Need of Services (CHINS); Consumer (collections and repossessions); Education (including expulsion and access to special education services and Vocational Rehabilitation); Access to Justice (e.g. denial of a court-appointed attorney in certain civil cases).

Monroe County Court Appointed Special Advocates

Address: 120 W. 7th St., Ste. 104
Phone: (812) 339-1551
Web: www.monroementalhealth.com/casa.asp

Volunteer Contact: Sandy Rampley ([812] 339-1551 x23; casakids@bloomington.in.us)
About: Provides direct advocacy for child victims of physical abuse, sexual abuse and neglect. Volunteer advocates represent children in the court process to protect the child's best interests.

Monroe County Prosecutor—Victim Assistance Program

Address: 301 N. College Ave., Rm. 211
Phone: (812) 349-2670
Web: www.co.monroe.in.us
Volunteer Contact: Sarah Lanman ([812] 349-2670; slanman@co.monroe.in.us)
About: Helps to ease the trauma victim's burden by explaining the criminal justice process, accompanying victims to court, updating them on current cases and obtaining restitution.

Meals and pantries (no cost)

Meals

Area 10 Agency on Aging

Address: 630 West Edgewood Drive, Ellettsville, IN 47429
Phone: (812) 876-3383
Web: www.area10agency.org

About: Area 10 Agency on Aging offers 3 main nutrition and food services for senior citizens.

Congregate Meals — We offer congregate meals at 11 am at the following locations: Spencer Senior Center, Fairview United Methodist Church—Bloomington, Cambridge Square Apts.—Bloomington, Unionville Senior Center, and Maple Shades Apts.—Ellettsville. Seniors must be over 60, and a \$2 donation is requested.

Mobile Meals — We home deliver meals to seniors who are 60 years of age or older

and who are unable to prepare meals for themselves due to illness or disability. A \$2 donation is requested to help cover the cost of the program. For more information seniors can contact Mary Boutain at 812.935.2505 or e-mail her at mboutain@area10agency.org.

Food Pantry — We provide seniors with two bags of groceries and frozen food each month. Seniors must be over 60 and can call 812-876-3383 to request an application for eligibility.

Backstreet Missions (Gino's Cafeteria)

Monday-Friday: Lunch: 11-12 p.m.; Dinner: 4-5 p.m.
Saturday: Breakfast 8-9:30 a.m.; Lunch 11-12 p.m.

Bloomington Meals on Wheels, Inc.

Address: 714 S. Rogers St.
Phone: (812) 323-4982
Web: www.bloomington.in.us/~meals
About: Provides meals to homebound people who are unable to cook for themselves. No age or economic restrictions. To enroll, call number listed. A volunteer will arrange for meal delivery and special dietary needs, explain the costs and how payments can be made.

Bloomington Catholic Worker

Address: 573 & 577 Graham Place near Bloomington High School
Phone: (812) 339-4456
About: We share a home-based dinner every night of the week at 6:00 on the southside to which all are welcome. Thursday nights have the largest feast. Please call so we can direct you to the correct house.

Community Kitchen

Address: 917 S. Rogers St.
Phone: (812) 332-0999
Web: www.monroecommunitykitchen.com
Volunteer Contact: Annie Brookshire ([812] 332-0999; volunteer@monroecommunitykitchen.com)

Monday-Saturday: Dinner: 4-6 p.m.
About: Provides hot meals in a sit-down area as well as cold carry-out boxed meals. Also provides meals for afterschool programs at Boys and Girls Club, The Rise, Girls, Inc., Monroe County Community Corrections JAMS Program, Teen Learning Center, and Rhino's Youth Center.

Community Kitchen Express

Address: 100 W. 11th St.
Monday-Saturday: Dinner: 4-6 p.m.
About: Provides hot and cold meals as carry-out only. See Community Kitchen listing (above) for phone and volunteer information.

First Christian Church

Address: Corner of Kirkwood Ave. and Washington St.

Sunday: Breakfast: 8-9:30 a.m.

Harvest House Soup Kitchen

Address: 1107 S. Fairview Dr.
Phone: (812) 339-4462
Sunday: Lunch: 2-4 p.m.

Shalom Community Center

Address: 620 South Walnut Street
Phone: (812) 334-5728
Web: www.shalomcommunitycenter.org
Volunteer Contact: Pam Kinnaman ([812] 334-5734; pam@shalomcommunitycenter.org)

Monday-Friday: Breakfast: 8-9:30 a.m.; Lunch: 12-1:30 p.m. (except Wednesday lunch, 12-1 p.m.)

About: A daytime resource center for those experiencing homelessness and poverty. The facility is open all day and functions as a Day Shelter for guests, where they can use restroom facilities, make phone calls, and do their laundry. Guests can go there to see case workers, employment counselors, connect with visiting agencies, seek assistance through the Family Homelessness Prevention Project, store belongings, receive mail, use restroom facilities, and take a hot shower.

Pantries/Groceries

Area 10 Agency on Aging

See meals and pantries — meals

Hoosier Hills Food Bank

Address: 2333 W. Industrial Park Drive
Phone: (812) 334-8374
Web: www.hhfoodbank.org

Volunteer Contact: Kai Westerfield (334-8374; volunteer@hhfoodbank.org)
About: Collects, stores and distributes donated food to 84 nonprofit organizations with feeding programs that directly serve needy and hungry people. Distributes about 2 million pounds of food to hungry people each year.

MCUM Emergency Food Pantry

Address: 827 W. 14th Ct.
Phone: (812) 339-3429
Web: www.mcum.org
Hours: Monday-Friday 8-11:30 a.m.; 1-3:15 p.m.

About: Distributes non-perishable food, three days' supply provided. Must be Monroe County resident and complete a brief intake form.

Mother Hubbard's Cupboard

Address: 1010 S. Walnut St.
Phone: (812) 355-6843
Web: www.mhcfoodpantry.org
Hours: Monday-Friday 4-6 p.m.
About: Provides nutritious food to people in need. Most of the food is received from the

Hoosier Hills Food Bank. Also operates a Nutrition Education Program and an organic Community Gardening Program.

Salvation Army

Address: 111 N. Rogers St.
Phone: (812) 336-4310
Hours: Monday-Thursday, 9 a.m.-noon; 1 p.m.-4 p.m.

About: Need ID. Depending upon income and resources, can offer one week's supply of groceries. Will not provide again for at least 30 days.

First United Methodist Church

Address: 219 E. 4th Street
Hours: Wednesdays, 3:00-5:30 p.m.
About: Provides brown bag lunch, groceries.

Township Trustees Food Pantries—Bloomington

Address: 2111 W. Vernal Pike
Phone: (812) 336-4976
Hours: Monday-Friday 8 a.m.-4 p.m.

About: Provides canned goods. Must be a resident of Bloomington Township.

Township Trustees Food Pantries—Perry

Address: 1010 S. Walnut St.
Phone: (812) 336-3713
Hours: Monday-Friday 9 a.m.-3 p.m.
About: Provides canned goods. Must be a resident of Perry Township.

Medicaid

Division of Family Resources

About: Medicaid is a federal and state funded medical assistance program that pays for approved and needed medical care for persons who meet eligibility requirements. For more information on the Division of Family Resources see the family services listing.

Older citizen programs

Area 10 Agency on Aging

Address: 630 W. Edgewood Drive, Ellettsville, Indiana 47429
Phone: (812) 876-3383
Web: www.bloomington.in.us/~area10

About: Offers programs and services, as well as being a resource of information about services for older and disabled citizens living in Monroe and Owen Counties. Services that can be accessed include in-home health-related services, home-delivered and congregate meal sites for the elderly, support groups, affordable housing, assistance for the homebound, handyman services, a long-term-care ombudsman program for residents of area nursing homes, a Retired and Senior Volunteer Program, an Older Workers Program for those 55 and older seeking employment, recreational and arts programs at Area 10's

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DIRECTORY

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Endwright Center in Ellettsville, and also manages the Rural Transit bus service.

Pregnancy testing, counseling, education

Planned Parenthood

See health care.

WIC Program

See family services.

Rent, utility, bill assistance

First call the Township Trustee in the Monroe County Township in which you live: Bean Blossom (876-5109), Benton (332-6081), Bloomington (336-4976), Clear Creek (824-7225), Indian Creek (824-4981), Perry (336-3713) Polk (837-9446), Richland (876-2509), Salt Creek (332-9777), Van Buren (825-4490), Washington (331-0809).

Youth programs

Big Brothers Big Sisters

Address: 418 S. Walnut St.
Phone: (812) 334-2828

Web: www.bigsindiana.org

Volunteer Contact: Contact Kathy Delaney Willett, Director of Outreach and Enrollment

About: Big Brothers Big Sisters of South Central Indiana helps children in Monroe and Owen counties reach their potential through professionally supported, one to one relationships with measurable impact.

Bloomington Boys and Girls Club

Address: 311 S. Lincoln St.
Phone: (812) 332-5311

Web: www.bgcbloomington.org

Volunteer Contact: Lily Kleinlein ([812] 334-2828 x232; iklein@bigsindian.org)

About: A guidance organization which fosters the physical, intellectual and social growth of boys and girls ages 6-18 with a special concern for those most in need of service.

Girls Inc.

Address: 1108 W. 8th St.
Phone: (812) 336-7313

Web: www.girlsinc-monroe.org

Volunteer Contact: Lucy Berger, Director of Operations ([812] 336-7313; lberger@monroe.girls-inc.org)

About: Girls Inc. of Monroe County, is an affiliate of a national youth organization

dedicated to inspiring girls to be strong, smart, and bold through after school programming, organized sports, and summer/winter camps. Provides programming for girls ages 6 to 18. Services include transportation, organized sports, a teen room, technology, self-defense and homework help.

Harmony School

Address: 909 E. 2nd St.

Phone: (812) 334-8349

Web: www.harmonyschool.org

Volunteer Contact: Libby Gwynn ([812] 334-8349; libby@harmonyschool.org)

About: An independent pre-Kindergarten through 12th grade school providing education to youth ages 3 to 18 from a wide range of economic and educational backgrounds.

Rhino's Youth Center

Address: 331 S. Walnut St.

Phone: (812) 333-3430

Web: www.rhinosyouthcenter.org

Volunteer Contact: Brad Wilhelm ([812] 333-3430; rhinosdirector@ameritech.net)

About: 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, provides programs in partnership with the City of Bloomington Parks and Recreation Department through the week after school. Several creative and practical classes and workshops, as well as mentoring, tutoring, counseling, and more, are available.

Youth Services Bureau

Address: 615 S. Adams St.

Phone: (812) 349-2506

Web: www.youthservicesbureau.net

About: Alongside youth shelter (see housing [youth]), provides counseling, education, supervised recreation, and transportation to and from school, as well as referrals to a variety of agencies for other needed services.

Additional services

Catholic Charities-Bloomington

Address: 631 North College Avenue

Phone: (812) 332-1262

Web: www.CatholicCharitiesBtown.org

About: Provides education, social service delivery, and advocacy. Takes special interest in poor, disabled, and otherwise disadvantaged persons. Serves residences of Brown, Lawrence, Morgan, Monroe, Orange and Owen counties, especially through mental health services. Provides individual, family, couples and group counseling to the English- and Spanish-speaking clients.

Habitat for Humanity of Monroe County

Address: 213 E. Kirkwood Avenue

Phone: (812) 331-4069

Web: www.monroecountyhabitat.org

About: Habitat for Humanity helps families and volunteers to build homes for those living in inadequate housing. The homes are for families who have an income but do not have the funds to secure a bank loan. The money to build the homes comes from contributions from local churches, citizens, businesses, and other sponsors. Families pay back a zero interest mortgage over 15-25 years. That money goes into a fund which helps to pay for more houses.

Monroe County Safe Kids Chapter

Phone: (812) 353-5437

About: Certified Child Passenger Safety technicians will help you install your child's car seat and answer questions regarding general vehicle safety. If you need financial help with the purchase of a seat, let us know. All services are by appointment only.

Midwest Pages to Prisoners Project

Address: 310A S. Washington St.

Phone: (812) 339-8710

Web: www.pagestoprisoners.org

Volunteer Contact: Tess Hannah (339-8710; midwestpagestoprisoners@yahoo.com)

About: Provides free reading material to inmates upon request. Encourages self-education among prisoners in the United States.

Monroe County Public Library

Address: 303 E. Kirkwood Ave.

Phone: (812) 349-3050

Web: www.mcpl.info

About: Offers books, magazines, audio-visual materials, Internet computers, and free programs for all ages. It serves the county through facilities in Bloomington and Ellettsville, the Bookmobile (with over 25 stops weekly), and the Outreach Van. Library cards are available at no charge to all county residents. The VITAL literacy program offers one-on-one confidential tutoring to adult learners and ESL classes. During the school year the Main Library offers homework help to elementary students and math homework help to teens. During tax season volunteers offer tax help. The library also offers public meeting rooms to nonprofit groups. Anyone in the community may produce a program through CATS for the Public Access Channel

Monroe County Wrap-Around

Address: 645 S. Rogers St.

Phone: (812) 337-2225

About: 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 driver's 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.

New Leaf-New Life, Inc.

Address: PO Box 7071

Phone: (812) 349-2890

Web: www.newleaf-newlife.org

About: Volunteers work both inside and outside the jail to help inmates, and those recently released from jail transition successfully back into society. Services offered include: employment help; support groups; family support; and community referrals. Volunteer opportunities can include: mentoring; transition services; office work; family outreach; or programming in the jail.