

# DMARC E-Bulletin

For the week of May 11, 2009

Here are this week's announcements. Please help publicize these events in your congregation's bulletin, newsletter or bulletin board or pass the information to someone who can benefit from it.

## DMARC ANNOUNCEMENTS

### DMARC at the I-Cubs

All summer long at Sunday home Iowa Cubs games, fans can bring three canned food items to donate in exchange for a free general admission ticket. For \$3.00 more, tickets can be updated to Reserve Grandstand Seating. The dates of the games are May 24, June 7, June 14, June 21, July 19, August 23, August 30 and September 6.

### DMARC PREFERRED PERSONAL PRODUCTS DONATION SITES:

Needed items include: *diapers, baby wipes, baby powder, deodorant, toothbrushes, toothpaste, shampoo, bars of soap, razors and feminine hygiene products.*

**BIDWELL RIVERSIDE CENTER**, 1203 Hartford Ave., DM 50315 244-6251

Contact: Josh/Cassie

**CITY OF WEST D.M. HUMAN SERVICES**, 318 5<sup>th</sup> St., WDM 50265 222-3660

Contact: Tammy Lage

**COMMUNITY SERVICES SITE ON 6TH**, 1618 6<sup>th</sup> Ave., DM 50311 248-6241

Contact: Danita Parker

**DOWNTOWN FOOD PANTRY SITE**, 701 Grand Ave., DM 50309 243-1381

Contact: Sherry Kepner

**IOWA HOMELESS YOUTH CENTERS**, 1219 Buchanan St., DM 503126 265-1222

Contact: Nikki Dempsey

**RED ROCK COMMUNITY ACTION PROGRAM**, Neveln Resource Center, # 305, 406 SW School St., Ankeny, 50023 965-0433 Contact: Sharon Brooks

**ST. MARY FAMILY CENTER**, 1815 Hubbell Ave., D.M. 50316 262-7290

Contact: Susie Paloma

**SALVATION ARMY SOCIAL SERVICES**, 1300 6<sup>th</sup> Ave or 1216 E 25<sup>th</sup> Ct., DM 50314/ 50317- 282-3422/ 266-3156 Contact: Shireen Braman/Joanne Norelius

**YOUNG WOMEN'S RESOURCE CENTER**, 705 E. 2<sup>nd</sup> St., Des Moines, IA 244-4901 Contact: Heather Soener.

*All preferred sites report collections to DMARC which allows us to track distribution and to better serve those in need.*

## **Sack Saturday Opportunities**

Are you looking for a way to get more involved in the community? Each month the Des Moines Area Religious Council seeks volunteers to participate in Sack Saturdays. Participants are asked to commit two hours to greeting shoppers at local grocery stores and encouraging either their purchase of sacks of food items costing \$5.00, individual items of food (such as peanut butter, cereal, pasta, soups) or cash. The food items collected are used to supply local food pantries in the Des Moines area. Money collected is used to purchase additional food items. This is an ideal opportunity for church, business or civic groups to work together to help meet a need in our community.

*To sign up for a Sack Saturday, contact Cindy Morton at 277-6969 or 238-4593.*

## **DMARC Emergency Food Pantry Needs Paper Grocery Bags**

DMARC's nine food pantries are in need of paper grocery bags in good condition. The pantries re-use paper sacks for packing food items to be given out to those in need. Large quantities of these paper sacks are consumed in the process, and the need is ongoing. Purchasing paper grocery sacks is not possible due to cost, and therefore, recycling paper sacks for this purpose is our only option. If you have extra paper sacks, you can drop them off at DMARC or any of our nine pantry locations.

## **UPCOMING EVENTS**

*Next deadline May 22*

### **MAY**

#### **Saturday, May 16**

##### **DAUGHTERS OF NORWAY**

Eva Nansen Lodge #46 presents Smorgasbord, a delicious buffet meal featuring a variety of Scandinavian cuisine including salmon, meatballs, lefse, fruit soup, salads and desserts. There will also a Norwegian style show with regional costumes. This meal will begin at 11:30 a.m. at Redeemer Lutheran Church in Des Moines. The cost is \$15 per person, \$20 after May 13.

*For tickets, contact Shirley McLaughlin at 255-8937.*

#### **Sunday, May 17**

##### **JEWISH FOOD FAIR**

Enjoy a generous selection of traditional Jewish Food. This year will feature brisket, kugel, challah, matzo ball soup, falafel, blintzes, rugelch and more. The fair runs from 11:00 a.m. – 3:00 p.m. at Temple B'nai Jeshurun. Tickets cost \$15.00 in advance at the office (515/274-4679) or at the door May 17. Call 274-469 or email [director@templebnaijeshurun.com](mailto:director@templebnaijeshurun.com) to order.

## **Sunday, May 17**

### **SINGER/SONGWRITER**

David M. Bailey, singer, songwriter and cancer survivor will present a free concert at First Presbyterian Church in Newton. David is fighting a recurring brain tumor and is currently being followed by CNN for a future story on survival. David's father is Dr. Ken Bailey and they have both written for *Presbyterian Today*. The concert begins at 7:00 p.m.

*For more information, call Amy at 641-521-9037 or go to [www.davidmbailey.com](http://www.davidmbailey.com).*

## **Wednesday, May 20**

### **HIGHWAY TO HEALTH—HEALTH FAIR FOR SENIORS**

Polk County Senior Services will host a health fair and Senior Expo at the Varied Industries Bldg. at the State Fairgrounds. Approximately 1800 people sign up for the event, with about 400 going through the Health Fair. Participants are given a “punch card” that encourages people to visit the health fair booths. Each vendor will be given a paper punch and can punch a participant's card after they have visited the booth. Cards are entered into a drawing for \$100 gift card from Hy-Vee and other possible prizes.

The Health Fair will be held in the south meeting rooms of the Varied Industries Building. This is for privacy and acoustic reasons. If you are participating in the health fair there will be no charge for your space. We ask that you do not charge for your services. Senior Services may be able to reimburse your agency for services that otherwise could not be provided. For more information on reimbursement, call 286-2062 after March 20. This year vendors are allowed to sell products.

## **Thursday, May 21**

### **DMARC SERVICE AWARDS LUNCHEON**

This year's Service Awards Luncheon will be Thursday, May 21 at the Airport Holiday Inn. The cost will be \$35, \$10 of which is tax-deductible. Watch our E-Bulletin and website, [www.dmreligious.org](http://www.dmreligious.org), or call 277-6969 for information on how you can register.

## **Thursday, May 28**

### **CHURCH BUSINESS ISSUES WORKSHOP**

The Des Moines Chapter of the National Association of Church Business Administration is sponsoring a FREE 3 hour workshop to help answer questions such as; “Does your church handle donations according to IRS regulations?, Do you have sufficient policies for the handling of your church finances?, Does your current insurance policy cover misconduct claims?, Do you know the most common safety risk for those at your church?, Are you aware that you need to protect your church's non-profit status. The workshop will be at Plymouth Congregational, 4126 Ingersoll Ave. from 9:00 – noon.

*R.S.V.P. to Laurel Swanson at 967-4818 or [laurel@iccaltoona.org](mailto:laurel@iccaltoona.org).*

## ***JUNE***

### **Saturday, June 6**

#### **GREEK FOOD FAIR**

The Greek Orthodox Church of St. George is hosting a Greek food fair from 11:00 a.m. to 8:00 p.m. Food includes Spanakopita, Paximathia, Kourabiethes, Koulouria, etc. There will be fun, fellowship, Greek dancing and a great time for all.

### **Wednesday, June 10**

#### **4<sup>th</sup> ANNUAL CFUM SCORE FOR KIDS GOLF TOURNAMENT**

Copper Creek Golf Course is hosting this tournament with all proceeds going to The Haven After School Program. The tournament will be four person best shot with a shotgun start. The cost is \$85 per golfer. Registration begins at 7:00 a.m. with golf beginning at 8:00. Lunch will be served at 12:30. The registration deadline is May 23.

*With questions, contact Vivian Bryson at [Vivian@cfum.org](mailto:Vivian@cfum.org).*

### **Tuesday, June 16**

#### **FREE SEMINAR FOR OLDER IOWANS AND CAREGIVERS**

This seminar deals with question of life planning and consumer issues; living wills and health care power of attorney; guardianships; conservatorships; Medicaid eligibility; predatory practices; and more. It's sponsored by the Iowa Department of Elder Affairs and Iowa Legal Aid Legal Hotline. The Des Moines area seminar is located at Ola Babcock Miller Building on E 12<sup>th</sup> & Grand in Room 308 and runs from noon – 4:00.

*To register call 1-800-992-8161.*

### **Monday, June 22**

#### **WORLD RENOWNED MORMON TABERNACLE CHOIR**

The Mormon Tabernacle Choir composed of 360 vocalists and accompanied by the Orchestra at Temple Square will perform at Wells Fargo Arena. The Choir will perform American folk songs, spirituals, hymns and choral masterworks. The show starts at 7:30 p.m. Tickets are currently on sale at the Iowa Events Center Box Office. Call 866-553-2457 or visit [www.dahlstickets.com](http://www.dahlstickets.com) for more information. Ticket prices range from \$25-75.

## ***LOOKING AHEAD***

### **Wednesday, July 15**

#### **BACK-TO-SCHOOL HEALTH FAIR**

The 9<sup>th</sup> Annual Back-to-School Health Fair sponsored by Children and Family Urban Ministries in conjunction with Moulton Extended Learning Center's "Back to School Open House" benefited over 500 students and families last year with free school physicals, school supplies and community resources. Volunteers are needed for the planning team, donating school supplies, purchasing gift cards for door prizes and help with the cost of string bags for every student to ensure that this year is even better.

*To volunteer, contact Kristin Maahs at [krismaahs@msn.com](mailto:krismaahs@msn.com) or 238-8978.*

## **Wednesday, July 22**

### **I-CUBS SILENT AUCTION**

The Iowa Homeless Youth Centers and the Des Moines Area Religious Council's Compassion in Action Program will host their annual silent auction at the I-Cubs game. The auction is a fundraiser for our programs and proceeds will go toward helping youth and families in need. Items to be auctioned off include sports memorabilia and fun packages.

*With questions, please contact the DMARC office at 277-6969.*

## **ANNOUNCEMENTS**

### **Share Iowa May Food Packages**

Share can offer you 50% savings on food packages for just 2 hours of volunteer service per month.

**A: Best Value Package: \$22.00** – 1 lb. Bacon, 4-Tyson Pulled Pork and Provolone Wraps, 8 oz. Cooked Corned Beef Deli, 1 lb. Grilled Turkey Breasts, 1 lb. Frozen Beef Ravioli, 25 oz. Pasta Sauce, 8 oz. Shredded Mozzarella cheese, 7 oz. Raspberry Muffin Mix and Assorted Fresh Fruits and Vegetables.

**B: Fruit & Veggie Package \$12.00:** Assorted Fresh Fruits and Vegetables, 25 oz. Pasta Sauce, 8 oz. Shredded Mozzarella cheese, 7 oz. Raspberry Muffin Mix.

**C: Meat only Package \$12.00:** 1 lb. Bacon, 4-Tyson Pulled Pork and Provolone Wraps, 8 oz. Cooked Corned Beef Deli, 1 lb. Grilled Turkey Breasts, 1 lb. Frozen Beef Ravioli.

**D: Ribeye Steak Package \$13.50:** 6 – 8 oz. Steaks, individually wrapped.

**E: Grill Package: \$17.50:** 4 – 5 oz. Ball Tip Steaks, 4 – 5oz. Polk Tenderloin, 3 lbs. Hamburger Patties, 1 lb. Boneless Chicken Breasts.

**F: Choice Item: \$6.00:** 3 lbs. Boneless, Skinless, individually frozen, ready to cook Chicken Breasts Fillets. (Must purchase package A, B, C, D, or E to qualify for this item.

*[www.shareiowa.org](http://www.shareiowa.org) or email [shareiowa@mahaska.org](mailto:shareiowa@mahaska.org)*

### **Money Workshops**

Running from Wednesday, April 29 to June 3 from 12:30 p.m. – 2:30 p.m. these money workshops help you understand credit, organize your financial records, put your financial dreams into action, set spending goals and trim spending, open and manage your bank accounts, get your credit reports and correct mistakes all for free.

*For more information, contact Claudia Hawkins at 283-0940 or [chawkins@ised.org](mailto:chawkins@ised.org).*

### **Debtors Anonymous Meeting**

This is self-help consumer provided program for people with debt or financial problems. The moderator is an individual with experience in the area of Debtors Anonymous meeting facilitation. Meetings are sponsored by Central Iowa Center for Independent Living and are held on the second Tuesday of each month from 2:00 – 3:00 p.m. at 655 Walnut St., Ste. 141 in Des Moines.

## **Was Your Church Damaged by 2008 Floods?**

The Iowa Historic Preservation Alliance is looking for information on religious places damaged by the 2008 floods to help the Partners for Sacred Places, a company based out of Pennsylvania. Learn more about them at [www.sacredplaces.org](http://www.sacredplaces.org).

This organization goes into communities after a disaster to help fix up and rebuild churches and religious places. They want to set up an office in Iowa but are missing an important detail, addresses and contacts for religious places that were damaged.

The data compiled will be shared with the Rebuild Iowa Office (RIO) and with the Partners for Sacred Places so local churches are aware of the benefits that the Partners for Sacred Places can provide.

*Send info on any damaged religious places along with a contact for that church to:  
Don Hampton (Indianola, Trinity United) at  
515 961 6808 or [dbhampton@att.net](mailto:dbhampton@att.net)*

## **Free Health Clinic**

First Christian Church and the Boys and Girls Club are offering a free health clinic funded by a grant from Blank Children's Hospital. The clinic runs through June and is open to area residents up to age 21. A Licensed Family Nurse-Practitioner will staff the clinic and perform examinations, school/sports physicals and basic sick care along with some vaccinations and writing necessary prescriptions.

*Open Thursdays from 4:00 – 7:00 p.m. on Mezzanine of the church.*

## **Iowa Healthy Links Leader Training**

Polk County Health Dept., in partnership with Aging Resources of Central Iowa, Visiting Nurse Services and Polk County Senior Services is offering the Stanford University evidence-based Chronic Disease Self Management Program.

Leaders must complete a 4-day training workshop running Monday, June 1 through June 4, 2009 prior to teaching. This is a self-management workshop and is given for 2 ½ hours once a week for 6 weeks. It is offered to adults who have various chronic health conditions, such as Arthritis, Heart Disease, Diabetes and Osteoporosis. The workshop is scripted and is given as outlined and designed to be facilitated by lay people.

After completing the 4 day training, leaders would co-facilitate a group with an experienced Master Trainer. They would co-facilitate, present short information sessions that are scripted and facilitate discussions. They are not responsible for setting up the logistics of the workshop or completing documentation.

Leaders will provide at least two six-week workshops within the following 12 months. They may receive an honorarium upon completion of the six week workshop.

*For more information on training and leader training application, visit:  
[www.polkcountyiowa.gov/health](http://www.polkcountyiowa.gov/health)*

## **Making Home Affordable Program**

Designed to assist American families to refinance or modify their loans to a monthly mortgage payment that is more affordable, this program is free through HUD. Don't be taken in on a scam. You do not have to pay to be assisted through HUD. If you're trying to modify or refinance your loans to a monthly mortgage payment that is more affordable, visit the Making Home Affordable website at [makinghomeaffordable.gov](http://makinghomeaffordable.gov). You can also call the Homeowner's HOPE hotline at 1-888-995-HOPE for free foreclosure counseling assistance.

## **Spring 2009 Parent Enrichment Classes**

The Child Abuse Prevention Council is sponsoring various classes including parenting children 0-5 years, parenting school age children, parenting children with difficult behavior; strengthening families, real life parenting skills, and helping children succeed in school. Classes are free and some provide child care and a meal.

*For more information or to register call 725-2682.*

## **Iowa VISTA (Volunteers in Service to America) Summer Programs**

Programs run 8 to 10 weeks, and various start dates are available throughout the summer. Iowa VISTA will have three Summer Associate programs in 2009 serving with Vista Flood Recovery in Cedar Rapids, Iowa Human and Civil Rights program across the state, and the Oakridge Neighborhood Services in Des Moines. The Oakridge position is an enrichment program for school youth ages 5-17 that incorporates positive social behavior and lifestyle choices. Summer Associate Vista members receive a modest living allowance of around \$1500. For an 8 week program and an end of service benefit of either a \$1,000 Education Award or \$200 monetary award for successful completion of program.

*Please visit [www.americorps.gov/vista](http://www.americorps.gov/vista) or call 800-942-2677.*

## **Coping During Anxious Times**

This Catholic Charities counseling program is based on Bowen Family Systems Theory. The counseling staff includes a bilingual therapist, and works with clients of all faiths regarding a number of issues including managing stress and anxiety. Fees are based on income and family size and range from \$8-\$75.00 per session. There are offices in downtown Des Moines, Altoona, Ankeny, Waukee, and Perry. Evening appointments are available.

*To schedule an appointment, contact the Des Moines office at 244-3761*

## **Employment Assistance Office**

Westminster Presbyterian is offering an unused office with computer, printer, internet connection, telephone and books on searching for jobs and updating your resume. If you are between jobs and would like to use this facility, please call Joan at 274-1534 to reserve the room.

## EMPLOYMENT OPPORTUNITIES

### **Director of Children's Education Ministries**

West Des Moines United Methodist Church is seeking someone for this three-quarter-time position. The person in this job will provide leadership, coordination and supervision for children's programs from birth – 6<sup>th</sup> grade including Sunday School, Nursery, Wednesday Night Live, Vacation Bible School and more. Strong relational, organization and communication skills as well as the ability to identify and empower program leaders, teachers, volunteers are desired. Resumes can be submitted via fax at 279-3523 or by email to Pastor Barrie Tritle at [btritle@wdmumc.org](mailto:btritle@wdmumc.org). For a complete job announcement, visit [www.wdmumc.org](http://www.wdmumc.org).

## VOLUNTEER OPPORTUNITIES

### **Alternatives to Violence Project/Iowa**

AVP/Iowa is currently reaching out to local worship groups and community organizations. AVP/Iowa's mission is to help people develop the capacity to lead nonviolent lives through affirmation, community building, cooperation, and conflict resolution skills. AVP/Iowa is beginning its sixth year offering monthly, three-day workshops of Iowa's prisons. These programs can be utilized in a variety of other community settings. We are actively seeking volunteers to participate in this effective program.

*With questions, contact Stan Sanders or Cheryl Sutton at 279-8129 or email [stansanders2@gmail.com](mailto:stansanders2@gmail.com).*

### **Iowa Resource for International Service**

IRIS needs host families for foreign student exchange. Iris brings Nigerian and Tanzanian high school students to Iowa for a school year. This program is funded through the US Dept. of State and the grant is given to organizations which can bring students from underprivileged countries with culturally and religiously diverse backgrounds. Youth Exchange and Study was created after 9/11 to help break down barriers between Christians and Muslims in their home countries and in the United States. IRIS brings a 50/50 mix of Christian and Muslim students.

*For additional information, contact Kimberly Hope Athay at [kim@iris-center.org](mailto:kim@iris-center.org) or visit <http://www.iris-center.org/>.*

### **Mercy Hospice Volunteers**

Mercy Hospice is in need of volunteers who live on the south and east of Des Moines. Trained Volunteers visit with patients, give caregivers a needed respite and occasionally provide transportation to Dr's appointments or assist with errands or household tasks.

*Contact Mary Kay Casey, Mercy Hospice Volunteer Coordinator at 644-6147 for more information.*