AUGUST NEWSLETTER

Best Bargain In Town

After-school Program Launches Aug. 23

UCHM's After School program begins April 25, and we're expecting more fun and learning than ever this year.

The program takes place from 3:30 to 6:30 Mondays through Thursdays at our 150 State Street facility.

Enroll Now!

Tuition is $25 per week, and scholarships are available.

To enroll in the program, fill out the form found at this address: https://bit.ly/schooluchm or use the QR Code above.

Welcome our new associate director

Courtney Goff became UCHM's new associate director in late July, stepping in after Stephanie Henry-Floyd was promoted to executive director.

Goff will be familiar to many UCHM regulars, who will remember her from when she earned her practicum requirement at UCHM, leading to a master's degree from the University of Louisvilles Kent School of Social Work.

Before coming to UCHM, Goff worked at Big Brothers/Big Sisters.

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Buy a mum and support our 60+ program

For the second time, we're selling mums at $15 per pot in order to support the programs we offer for free to our 60-plus gang.

Deadline for orders is August 21. You can pay on pickup with cash, check or Venmo. The pots will be available from 2-6 p.m. Tuesday, Sept. 9.

Pickup is at United Crescent Hill Ministry, 150 State Street, 40206.

We're offering:

- red or white ornamental kales
- 9" yellow mums
- 9" red mums
- 9" purple/pink mums
- 9" orange mums
- 9" white mums.

To place your order, text or email Karen Phillips at (570) 313-8193 or ksp8781@gmail.com.

SHOE US SOME LOVE

We all have them: Those shoes we wore once and never wore again. The shoes we bought for our cousin's wedding that feel like medieval torture devices. Those shoes that were faves last summer but are simply wrong this year. The shoes your spouse never wears anymore. The dozens of shoes your kids grew out of before you got your money's worth.

So here's the assignment: Open all those closets and gather. Pretend you're harvesting a valuable crop that will keep some baby in diapers or some family fed – because you are.

Put all those shoes in a bag and bring them down to United Crescent Hill Ministry, 150 State Street. We need at least 4,000 pairs of gently used or new shoes. With that many shoes, Funds2Orgs.com will give us $2,000. That means we need to receive 450 pairs of shoes every week until our drive ends in September.

As you can see, we need a heck of a lot of shoes. So I need you to do one more thing. Talk to your neighbor across the street. Talk to your friends at the Elk's Club, talk to your Mahjong group and your pickleball foursome and your coworkers, and your boss. Ask them for gently used or new shoes.

Funds2Orgs ships the shoes to people who operate small family businesses all over the world. Those folks resell the shoes and support their families with the profits.

Your donation also keeps millions of shoes out of landfills.

So your gift helps UCHM, Louisville families, families overseas, and the Earth.

Is there a better reason to give?

Kroger card magic

UCHM just got a check for $127 from Kroger.

You can change a setting on your digital Kroger card, and add to the size of that donation every time you shop. And it costs you nothing.

Just go to kroger.com/communityrewards, log-in, scroll to item 2, and click "here." Enter "United Crescent Hill Ministries" in the spot for a donor. Thank you!

Wish List

MAKE WISHES COME TRUE

People who come to UCHM have wishes as small as a can opener and as big as a warm place to sleep.

Help fulfill some of those wishes by checking out our Amazon wish list at tinyurl.com/uchmwishes.

SHOUT OUT!

Rick's Computer Services

We'd be remiss if we didn't offer a thousand thanks to Rick's Computer Services.

It's a miracle that Rick Strobel keeps our aging computers rocking, allowing us to delay their inevitable replacement just a little longer.

Reach him at 419-5555 or at rick@rickscomputerservices.com

60-PLUS EVENTS AUGUST

Beth Franklin and Charleen McBroom preparing for Bingo.

EVERY WEEK

- **Tuesdays**
  10:30 a.m. Chair yoga with Arnie. Join the group any time.
- **Tuesdays & Thursdays**
  11:15 a.m. Lunch served. Reservations required one week in advance. Call 893-0346.
- **Tuesdays & Thursdays**
  After lunch it's time for Bingo!
- **Wednesdays**
  10 a.m. Strength training for all.
- **Wednesdays**
  10 a.m. All ages can join the crochet group. If you know how to crochet already, help make items for Project Baby Launch. If you've never made anything with yarn, this group is ready to teach you how to get started.

TUESDAYS

- **Aug. 5, 10 a.m.:** Elevating your salad and more from the Senior Health and Wellness Newsletter.
- **Aug. 12, 10:30 a.m.:** Charity Dawson plays Richard Dawson with our version of *Family Feud*.
- **Aug. 19, 10:30 a.m.:** Aunt Sally's Crafts
- **Aug. 25, 10:30 a.m.:** A fun word-association game called Think Alike.

THURSDAYS

- **Aug. 7, 10:30 a.m.:** Dog Days of Summer: Bring photos and be prepared to tell funny stories about your dog and cat friends.
- **Aug. 14, 10:15:** Mellwood Musicians.
- **Aug. 21, 10:30 a.m.:** Nicole Daniels talks about eating well on any budget.
- **Aug. 28, 10:15 a.m.:** Blue Moon Karaoke. Thank you Steve Buckley!

Robert Green

Joanie Williams and Dana Jackson

Helping newborns get a good start

UCHM helps a few new moms each month prepare for their new babies. We also offer a hand to moms of older babies. Can you donate any of these? We also take cash or checks.

BEDDING

- Crib -- no drop side-rails please; distance between slats no more than 2⅜-inches
- Bassinet or co-sleeper
- swaddles
- pacifiers
- Pack-N-Play

BATH NEEDS

- tubs or tub inserts
- washcloths
- bath towels
- nail-trim kit
- baby soap/shampoo
- baby lotion
- diaper rash lotion
- baby Orajel

CHANGING GEAR

- Diapers – we have enough newborn diapers. Need sizes 2-8.
- Wipes

MEAL NEEDS

- Bottles and nipples, slow-, medium- and fast-flow
- plates and bowls
- spoon/spork
- sippy cup
- nursing milk bags
- bibs
- burp cloths

TRANSPORTATION

- car seats: Please check the expiration date.
- strollers
- diaper bags
- portable changing pad.

While we appreciate people's impulse to give toys and stuffed animals, storage space limitations and other priorities means we cannot accept them. Items need not be new; gently used items make great donations.

BOOGIE!

Kosair Dance Band performs at UCHM Sunday Aug. 17

Spend a perfect Sunday afternoon at UCHM and hear the Kosair Dance Band bring life to hits from the '60s to more contemporary music. It's your perfect opportunity to dance from 2-4 p.m. Aug. 17.

A $5 donation at the door helps Kosair continue its charitable goals.

Please RSVP at 893-0346 to help us get a handle on the size of the crowd.

Join us for Mahjong Night August 13

Everywhere we go, we're hearing the click of Mahjong tiles, so UCHM decided to get in on the action from 5-8 p.m. Wednesday, Aug. 13 with our own MAHJONG NIGHT!

Whether you don't know a soap dragon from bar of Dove, or you're a master who plays closed hands without flinching, you're welcome to join the play.

To enter, we're asking you to bring five new or gently used pairs of shoes, or donate $5, or any combination of shoes and dollars that equals five. (More shoes is better! See page 2.)

We'll have refreshments to sweeten the deal, and folks are bringing their own mahjong tile sets.

Help us make our first Mahjong night a success.

Give for Good Louisville
COMMUNITY FOUNDATION OF LOUISVILLE

Make a meaningful difference

Events beyond our control may drive UCHM -- and especially our food pantry – into a crisis. That means this year it is more important than ever that you donate to United Crescent Hill Ministries Sept. 18, during the Give for Good campaign.

Sadly, our situation is not unique, but will play out at food banks and pantries across the country as federal funding cuts could spell disaster. Specifically, these are cuts to Medicaid and what we used to call food stamps and now call SNAP, for Supplemental Nutrition Assistance Program.

According to the organization, Feeding America, the SNAP cuts will eliminate 6-9 billion meals annually. That's how many meals the nation's food banks provide now. Food pantries like ours may have to double our resources with little help from government. The real crisis will hit in 2027 when both SNAP and Medicaid cuts are in effect, but the damage has already begun.

Earlier this year the President cut federal funding to food banks by more than $1 billion.

In the meantime, the number of pantry visitors are expected to increase now as the job market tightens and other benefits disappear.

To be a part of our Give for Good Team, go to https://rebrand.ly/UCHM25 or follow the QR code.

PANTRY NEEDS

Sometimes, pantry volunteers wish you could see what goes on when we're open. People often begin to line up 30 minutes or more before our official 1 p.m. opening.

Sometimes they bring their whole family, which can make a real crowd in our small building.

Nearly everyone is full of thanks. During the course of an afternoon shift, it's not uncommon to receive a hug or two from our regulars.

And it's always a pleasure when we have what they really need on hand.

Among our needs at the moment:

PERSONAL HYGIENE

- Shampoo and conditioner
- soap or body wash
- razors, shaving cream
- sanitary pads and tampons
- laundry detergent, especially pods
- diapers, all sizes except newborn
- baby wipes
- adult diapers
- toilet paper – always, always toilet paper

FOOD

- infant formula and baby food
- Canned soup
- Meals-in-a-can such as Chef Boyardee spaghetti and meatballs, beefaroni, ravioli and lasagna
- Meat in a can such as Spam, tuna, chicken
- white and brown rice
- canned black beans, white beans, pinto beans, chickpeas, red beans
- cooking oil, butter
- baking supplies such as sugar, flour, baking soda, baking powder
- coffee, tea, soda
- powdered milk and shelf-stable milk
- spices
- frozen chicken
- frozen beef, including ground beef
- cat food
- dog food.

Please keep in mind that the pantry is one place we always need volunteers to help with this rewarding work.

We'd love it if you would call 502-893-0346 and offer to give your time not only in the pantry but with many of our other activities. You can also contact us at uchmlouisville@gmail.com.

TROLLEY HOP

Chill Out

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Chill Out

We had a great night July 25 as the Chill Out spot for the return of the Frankfort Avenue Trolley hop. The Mellwood Musicians kept things lively, and everyone joined in to dance, draw or just watch the action.