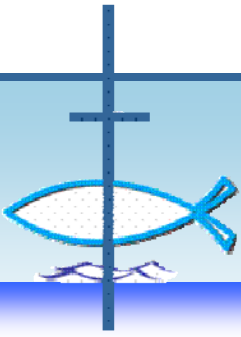


Summer 2017



LAKE CHRISTIAN MINISTRIES

EXECUTIVE DIRECTOR'S COLUMN

David English

Over the last several weeks, Lake Christian Ministries has been seeking clarity on how we communicate to our community the variety of programs we have so everyone will have a greater understanding of what we do and why we do it. We have found a simple way to categorize what we do using the headings, "Today," "Tomorrow" and "Bridges" between.

Each category is explained below:

TODAY: We have many programs that help our Neighbors meet the challenges of Today. They address their basic and immediate needs. We provide Food, Clothing, Household Goods, and Crisis Financial Aid. We also assist in dental care and work with the Lions Club to do eye and hearing screening.

TOMORROW: We provide programs that help our Neighbors have a better tomorrow. This currently consists of both our Job Placement program and our Getting Ahead and Staying Ahead program. We normally refer to these two programs as "New Tomorrows" programs, designed to help our Neighbors achieve a better future.

Our Job Placement program helps our Neighbors develop the skills to get and keep a job. They include resume development, application and interview skills development, actually finding a job and the attitudes and behaviors of job retention. Our Getting Ahead program is far more transformative. It begins with an intensive 16 session course that guides our Neighbors through a comprehensive self-assessment of their lives and urges them to take personal responsibility. It helps them better understand themselves, develops support groups, and helps them investigate their own talents. It covers a wide range of life skills from spiritual to financial.

BRIDGES: An important part of our program is helping our community better understand people who are living in poverty and to realize how we are similar and how we are different. This is Community Education directed at non-Neighbors, including Volunteers, Donors, Business Partners, Employers and the Community at Large.

It takes many volunteers to enable LCM to accomplish the significant work we do, outlined above. We operate three mornings a week, the last Tuesday of the month from 5 to 7, and at two mobile sites once a month. Volunteers serve in many different capacities, depending on skills, interest, and needs. They greet and sign in our Neighbors, interview Neighbors, answer the phones, work in the pantry, pick up food, sort and hang clothes, shelve household goods, manage financial aid, write grants, serve on the IT team, and operate the warehouse, just to name a few. We can always use volunteers but at the moment we have a special need for additional volunteers as coaches in job placement and to greet and register our Neighbors. If you have an interest in learning more about volunteering, please contact me at LCMEXDR@gmail.com.

Finally, please note LCM will be celebrating its **25th Anniversary on November 9, 2017** beginning at 11:30am. We are looking for stories that help convey the spirit, history and evolution of LCM and its Neighbors. Please send yours to me at LCMEXDR@gmail.com.

SPECIAL THANKS TO BART MATTHIES

*Special Thanks to Bart Matthies
for His Work on the
Jim Cameron Memorial Walk
& Good Luck to Lynne Siemon
in Her New Role as JCMW Chair*



Bart Matthies has asked to step down this year as the Jim Cameron Memorial Walk (JCMW) Chairman. We want to thank Bart for the dedication and passion that he has devoted to the JCMW over the past five years. During his tenure as event chair the JCMW has grown into a significant fundraising program for LCM that provides approximately \$50,000 for LCM's important services and programs.

Bart plans to remain on the Planning Committee and assist the new chair, as needed, this year. He has successfully passed the JCMW leadership torch to Lynne Siemon, another dedicated LCM Volunteer. We are thrilled to have Lynne assume the event chair role. She comes to us with experience with Run & Walk events, having led the efforts for a similar event with her previous job.

Please mark your calendar for the 2017 Jim Cameron Memorial Walk. The event will be held on the morning of September 16th. Lynne has hit the ground running and needs your help in making the 2017 JCMW an overwhelming success for LCM. She needs several volunteers to help in a variety of ways this year--from registration processing to team leader recruitment. We encourage you to assist in any way you can to make the 2017 event, under Lynne's much-appreciated leadership, the best JCMW yet!

If you would like to help with the JCMW, please contact Lynne Siemon at 540-871-3995 or lsiemon235@gmail.com or Jane Winters at 304-532-6880 or janewinters001@gmail.com.

And once again, a HUGE thanks to Bart for all he's done to make this event so special for LCM!

Going back to school. Already?

By Lynda Imirie

Going back to school. Already? Yes, it's mid July and yes, those *are* school supplies you see on the shelves at the stores. Incredibly, our local schools start classes next month!

While many of us may remember the excitement of going back to school with new notebooks and pens, there are hundreds of children in Bedford and Franklin counties whose families struggle to make those purchases on a limited budget. Some simply can't afford them.

That's why donations for school supplies and backpacks are being solicited for the 300+ children registered here. For the past several weeks, families with children in kindergarten through high school have been signing up for assistance in buying items needed for that first day of class.

Local churches, organizations, businesses and individuals are encouraged to help in one of the following ways:

- **Make a donation to LCM** (note "school supplies" on memo line of check).

By grade level, supplies average:

K-1st grade: \$10.

2nd – 3rd grade: \$15.

4th – 5th grade: \$20.

Middle school: \$25.

High school: \$30.

- **Buy a backpack for a child.** All designs/sizes welcomed and needed. Backpacks may be **dropped off at Bethlehem United Methodist Church** in downtown Moneta, across from the Library. Please do NOT bring backpacks to Lake Christian Ministries.

- **Those who can help assemble** the school supplies **August 9th or 10th** should call 721-3492 to volunteer. Supplies are bagged according to grade, using lists supplied by the schools. Distribution is August 11th and 12th.

Your help is needed, and very much appreciated.



New Tomorrows - “Staying Ahead”



- Josselyn Gregory and Rusty MacMullan

The 14 graduates of the fall “Getting Ahead” 2016 class, sponsored by Lake Christian Ministries, Bedford Community Health Foundation, and Bethlehem United Methodist Church, have all set goals to improve their life. In the interest of reaching their goals, they wanted to continue meeting as a class and have, indeed, gathered in conjunction with Bethlehem United Methodist Church’s “Wonderful Wednesdays” program throughout the winter and spring. They named their continuing class sessions “Staying Ahead.”

The group has tackled several important subjects. Speakers have come to teach financial planning, nutrition, and cooking inexpensive but healthy meals. The group has continued, during several sessions, to recount the things they learned through “New Tomorrows” and to plan specific steps toward their original goals. Rusty MacMullan has been with the group during these transitional meetings to assist and to offer support for the many-layered needs of participants. Many of the graduates now have jobs and all are staying in touch with each other as they work toward continued improvement in the quality of their lives.

As we look forward to the summer and fall “Getting Ahead” classes, we hope that our community members will be moved to serve our GA participants as mentors and coaches during the classes and after graduation. This collaborative journey of discovery and renewal is an extraordinarily powerful and transformational experience for both participants and coaches.

If you are interested please contact Joss Gregory or Rusty MacMullan at Lake Christian Ministries.

**Can you
help us
find a new
name**

... for future editions of this LCM Newsletter?

The Communications Team plans to re-name this publication to reflect the strategic direction outlined on Page 1 of this issue. Your suggestions are welcome!

Submit your ideas by July 26 to **Jerry Hale** at thehales@embarqmail.com.

UNDERSTANDING PERSONS IN POVERTY



By David English
and Don Blanchard

We mentioned in our last newsletter that we would have a series of articles exploring our understanding of our Neighbors living in poverty. The focus of this article is to identify the resources that everyone needs but may not be available at a sufficient level for persons in poverty. The resources that a person in poverty needs include:

- A. Ability to emotionally cope
- B. Mobility/Transportation
- C. Situationally appropriate language skills
- D. Physical health
- E. Financial security
- F. Healthy family support systems
- G. Healthy community support systems
- H. Healthy social relationships
- I. Spiritual Health

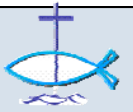
Every person has these resources at some level. The key is determining at what level and then trying to increase the level of the resource. The chart below lists the typical resources needed for people in poverty. It is on a simple scale from 1 to 10 where the higher the number the greater the resources available to the person. Where you see an “*” on the chart, it is one person’s best guess of where the average Neighbor falls. You can see by the chart that financial health, transportation, housing security and ability to emotionally cope are very low but the resource of healthy social relationships (that is the kind that will help them out of poverty) is especially low. It must be pointed out that no one chart will describe all persons living in poverty.

Resource	1	2	3	4	5	6	7	8	9	10
A. Ability to emotionally cope			*							
B. Mobility/Transportation		*								
C. Situationally appropriate language				*						
D. Physical Health			*							
E. Financial Health incl. gov't support		*								
F. Healthy family support systems		*								
G. Healthy community support systems				*						
H. Healthy social relationships	*									
I. Spiritual Health							*			

People in poverty are much more likely to experience dramatic changes of their own map, even though they have very little room to decline from their current position. This illustrates the fragile nature of poverty and the resources needed to cope and/or overcome serious crisis when they occur. When a crisis happens, often there are little reserves to handle it without having lasting scars emotionally and financially making it harder to move out of poverty.

We encourage all readers to draw their own personal chart or maybe that of collective friends or family. Mark a place on the scale across from each resource where you feel represents your current level of resource. Finally, compare your result to our “example Neighbor in need”.

2017 JIM CAMERON WALK



Once again it is time to start thinking about the Jim Cameron Memorial Walk.

This year the walk, in Huddleston, VA is on

Saturday, September 16th
at the SML State Park

Registration starts at **9:15** and we begin walking about **9:30**.

The walk is 5K through the beautiful park. But, if you can't do the entire 5K that is fine, too. There are many places to turn around. Water will be provided throughout the walk. A tee shirt and lunch will be provided.

I'm Ann Johnson, heading up the LCM Volunteers team. The volunteers of LCM are the heart and soul, and have always placed in the top 5 of the most pledges for the walk. I'm hoping this year will be no different. You can register on-line at **CrowdRise.com**.

I need the registration as soon as possible but you can even bring your pledge form the day of the event. I ask that you at least try to pledge \$25 to cover the administrative costs of the event. If you register with the form, place it in the folder marked "Ann Johnson" in the file cabinet in the Director's office. Pledges/checks/cash can go there too, just please clearly mark them. If you would like to register online please go to: **www.crowdrise.com**. **Be sure to select 2017 and the LCM Volunteers as your team.** You can make your pledge there as well. All proceeds go to Lake Christian Ministries.

If you have any questions please send me, Ann Johnson, an email at asjjah@aol.com or call me at [540 721-1091](tel:5407211091). Also, you can mail all the registration forms/pledges to my home: 200 Inlet Drive, Wirtz, VA 24184.

Tax Credits for Business Partner Donations

- Tom Gordon

Lake Christian Ministries continues to make significant contributions to the overall health of our community. This commitment--and the funding that makes it possible--is in no small part attributed to our Business Partners. Currently LCM has 25 Platinum Partners and 7 Gold & Silver Partners. Our Business Partners help us help others, and in return we promote them to our community through various forms of advertising and support. Most recently we have made arrangements with the Smith Mountain Eagle newspaper to spotlight a Platinum Business Partner in each week's edition.

Our Platinum Business Partners are eligible for a \$650 state tax credit for each \$1,000 contribution. Not only do they get the tax credit but they can also claim the deduction on their federal and state returns. In essence, the \$1,000 contribution only costs them about \$200. We will receive our new tax credit allocation from the state very soon and we will be contacting local businesses to see who would like to help us help the community and take advantage of the free advertising, support and tax credits. If you have interest—or know of someone who might-- please feel free to call LCM at 540-297-3412 or contact Tom Gordon at 540-352-9056 or bwowner@embarqmail.com.

DONATIONS ARE APPRECIATED



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Waterfront Women



Presented by Charlene Maresca

Recommended Reading: HILLBILLY ELEGY by J. D. VANCE

Hillbilly Elegy is important for people in our area to read because it is about folks in Franklin and Bedford counties as well as Kentucky and Ohio where the story takes place. Unfortunately, there are rural people in poverty here as well as in counties and states all over the USA!

The most important lesson that comes from the book is that **one person CAN make a difference in another person's life**. The book has direct relationship to the role of “New Tomorrows” coaches, our “Getting Ahead...” program and the work of all LCM volunteers. A deeply moving memoir with its share of humor and vividly colorful characters, it is the story of loss of the American Dream for a large segment of the country. We can all be protective of our own: “I don’t want my child working in a textile factory,” we might say. But is that right for other people’s kids? Employment—any kind of employment--allows an individual to take care of his or her family, put a roof over their heads and food on the table, AND that makes them feel good about themselves.

Those of us who have read Hillbilly Elegy absolutely loved it. It gave us a better understanding of poverty's roots and offered ideas on how **we CAN make a difference in the lives of those who want to escape the poverty cycle!**

PANTRY ITEMS NEEDED!

Pantry Items Needed
(In order of Most Requested):

- Laundry Detergent
- Dish Washing Detergent • Shampoo
- Conditioner • Toothpaste
- Tooth Brushes • Bar Soap
- Toilet Paper
- Cleaning Supplies • Paper Towels

Lake Christian Ministries

is a **501(c)(3)** nonprofit organization located on Old Moneta Road in Moneta. Since 1992, LCM has been providing food, clothing and emergency financial aid to low-income lake-area residents from Bedford, Franklin and Pittsylvania counties. LCM’s Mobile Food Pantry also serves Neighbors at Penhook United Methodist Church and the Moneta Senior Center.

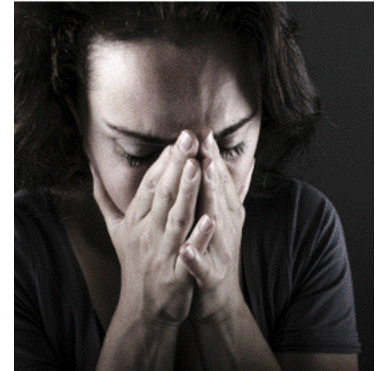


Volunteer Bob Altice admits, it wasn't the usual request for assistance ordinarily processed at Lake Christian Ministries. As a financial counselor, he often helps facilitate payment for utilities about to be cut off or medical emergencies; frequently he also provides guidance in developing monthly budgets.

The neighbor he was assisting one day last month was a single woman in her late 50s who was living in a fifth wheel trailer. Her 10 gallon hot water heater had rusted out and for the past six months she had been taking cold showers.

“Her health was not good, and I could tell the situation was causing her a lot of stress” Altice recalled. “I could understand that. Cold showers are never a comfortable thing.”

Because it was not a service LCM was equipped to provide, the woman was referred to her local church for assistance. She returned the following week having been told they too, were ill-equipped to help her. Although she had a small network of friends and family, they were not able to assist her with this water heater dilemma.



Altice knew by her file she had been infrequently to LCM before. She had a medical disability and only a small income. After conferring with the LCM Operations Manager Bill Koontz, the men decided to call a plumber who had done work for LCM on previous occasions. They asked him to assess the situation and specific need in order to determine the costs involved.

A Google query of the expense of an RV hot water heater showed a variance from several hundred to over \$1,000 depending on the capacity and condition involved, not including labor. As soon as the plumber gives his report, LCM will do what it can to assist with finding the funds needed for the repairs, according to Koontz.

“While talking to her,” Altice said, “I discovered she had processed a Social Security Disability Claim that had been denied for a technical error. I acknowledged her frustration but encouraged her to reapply. Those things happen. You just have to try again. Sometimes, just having someone familiar with the bureaucracy and willing enough to talk you through it helps.”

In the mean time, Altice gave the woman the plumber's phone number and instructed her to come back once the costs are confirmed. The water may not have heated up yet, but the kindness was warmly reassuring.

“I try to do all I can for our Neighbors at LCM,” Altice said. “Usual or not, I want to do anything I can to help them.”



LAKE CHRISTIAN MINISTRIES

**P.O. Box 695
Moneta, VA 24121**

Summer 2017

LAKE CHRISTIAN MINISTRIES

**13157 Moneta Road • PO Box 695
Moneta VA 24121**

Phone: 540-297-3214

Hours of Operation:

Monday, Wednesday or Friday

9 AM—12 Noon

Last Tuesday Evening 5:00—7:00 PM

Visit our website:

www.LakeChristianMinistries.org

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LCM is a United Way Partner Agency.

A financial statement for Lake Christian Ministries is available upon written request from the Office of Consumer Affairs, Commonwealth of Virginia. PO Box 1163, Richmond, VA 23218.