

Help's on the Way - Issue 13, Spring 2008

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For several years, the Plymouth and Canton, Michigan Curves for Women, have conducted a food drive each year during the month of March. Both of these locations have designated, Help's on the Way as the recipient of donated food and personal hygiene items. In addition to the Plymouth and Canton fitness centers, Curves for Women of Dearborn, Michigan participated in this year's effort to feed neighbors in need. Our staff of volunteers have begun the task of collecting the donated items, and all of us at Help's on the Way were overwhelmed by the quantity of food and personal hygiene items donated by the clients of the Plymouth, Canton and



Dearborn, Michigan Curves for Women. Dave and Kim Scartelli own and operate the, Curves for Women in Plymouth and Canton,, Michigan. Gail and Kevin Bushbaker own and operate the Dearborn, Michigan Curves for Women. The Dearborn, Michigan Curves for Women will continue their food drive through the month of April. All of us at Help's on the Way want to express our gratitude and appreciation to the wonderful owners and thoughtful clients of Curves for Women. Please support these community partners who have taken such an interest in feeding hungry people.

Canton Curves for Women

44248 Cherry Hill Road

Canton, Michigan 48187

(734)844-6741

Dearborn Curves for Women

16201 Ford Road

Dearborn, Michigan 48126

(313)336-0143

Plymouth Curves for Women

44717 Five Mile Road

Plymouth, Michigan 48170

(734)414-0515

We want make special mention of the volunteer efforts of **Sammi Begin**. **Sammi** is a client of the Canton Curves for Women, and she decided to take the initiative to enhance the collection made by the generous clients of the Canton Curves for Women. Through her efforts, she collected two thousand eight-hundred pounds of food to add to the Canton Curves for Women, Food and Personal Hygiene Program. Many thanks to you, Sammi for going the extra mile for neighbors in need.

Times are tough in Michigan, and many of us know at least one family that is struggling to make ends meet. Being aware of this struggle, we have Included a very detailed source of information about the **WIC program**, and we encourage **You**, our readers to share this information with those who may be in a state of need. Please feel free to post any or all information presented in this newsletter at your place of worship or work. Thanking you in advance for sharing this information.

Bill Swift—Executive Director

Help's on the Way

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- School Supplies Program... Helping children with school supplies

Our clients are always in need of food and personal hygiene items. If you find that you are able to assist your ministry, even in some small way, the items listed below would be greatly appreciated. Please deliver these much needed items to our Client Service Center on Tuesday evenings between 6:30 and 8:00 PM, or on Thursday evenings between 5:30 and 9:00 PM. Our Client Service Center is located at 5346 South Beech Daly Road in Dearborn Heights, Michigan.

Food

Soups	Canned tuna	Cereal	Stews	Vienna sausages
Chili	Hamburger Helper	Grits	Pancake mix	Pancake syrup
Pasta	Canned vegetables	Rice	Cake mix	Cake frosting
Ravioli	Pudding	Gelatin	Noodles	Cookies
Mac & Cheese	Potato mixes	Baby Food	Canned fruit	Dried fruit
Juices	Salad dressings	Peanut butter	Milk (stable)	Milk (powdered)
Mustard & ketchup	Miracle Whip	Jelly	Coffee	Tea
Cocoa	Baked Beans	Refried Beans	Pork & Beans	Salt & Pepper

Personal Hygiene

Toilet paper	Bars of soap	Shampoo	Disposable Razors
Shaving cream	Feminine products	Toothbrush	Dental floss
Diapers	Baby wipes	Hand & Body Soap	Nail clippers
Deodorant	Toothpaste	Cotton Swabs	Small First Aid Kits

What is WIC?

WIC is a food and nutrition program funded by the United States Department of Agriculture through the Michigan Department of Community Health. Local agencies, such as health departments and non-profit organizations, deliver WIC services and benefits to the public.

WIC helps to correct or prevent malnutrition in low-income pregnant and breastfeeding women, women who recently had a baby, infants and children up to 5 years old who are at health risk due to inadequate nutrition. WIC provides supplemental food, offers professional nutrition education and makes referrals based on health screening and assessments of need.

What does WIC Provide? Supplemental Food. Nutritious foods are provided to supplement and help improve the diet.

Women and children may receive milk, cheese, eggs, juices rich in Vitamin C, cereals rich in iron, and dry peas/beans or peanut butter.

Breastfeeding women, who do not receive formula from WIC, may also receive tuna fish and carrots, as well as extra cheese, juice & beans.

Starting at 6 months of age, infants are eligible to receive infant cereal and infant juice.

For infants who are partially breastfed or not breastfed, WIC provides iron-fortified formula.

Fresh produce is provided to many WIC participants through Project FRESH, a Farmer's Market Nutrition Program.

Participants receive coupons for the foods which they may redeem at any of the WIC authorized retail stores throughout Michigan. > **Continued next page**

WIC Nutrition Education. Nutrition education is offered to all WIC participants or their care givers. The education must relate to the nutrition need of the individual and be of interest to them. Participants with high risk nutrition conditions are referred to a registered dietitian for a nutrition care plan & counseling. Common nutrition education topics include nutrition during pregnancy, infant feeding, and nutrition during childhood, and wise food shopping. WIC encourages women to breastfeed because of many health benefits for both baby and mother. General nutrition education topics may be provided by EFNEP/FNP.

Referrals. An added benefit of the WIC Program is screening for other health problems and referrals to other appropriate health and social services. These referrals may be for Medicaid, MI-Child, Healthy Kids, Food Stamps, immunizations, child health screening, family planning, Project FRESH, EFNEP/FNP, and more.

Who is eligible for WIC? Applicants must meet all of the following 4 criteria:

1. Fall into one of the following categories:

Pregnant Women

Breastfeeding Women up to 1 year from delivery

Postpartum Women up to 6 months from delivery

Infants

Children up to their 5th birthday

2. Resident of the state of Michigan. U.S. Citizenship is not required.

3. Income eligible (at or below 185% of Federal Poverty Guidelines or on Medicaid or food stamps)

4. Determined by WIC clinic staff to be at nutrition and/or health risk. Some typical health risks are: low blood iron or anemia; too much or too little weight gain (for pregnant women and children), poor diet, chronic disease, and developmental disabilities.

How much do WIC services cost? WIC services are free to applicants and participants.

What must an applicant bring to an appointment?

Proof of income or Medicaid Card

Proof of identification for the applicant (drivers license, birth certificate)

Proof of applicant's address

Proof of pregnancy, if available (for Pregnant Women)

Immunization record (for children)

Applicant should contact the local WIC office for more specific information.

What happens when someone applies for WIC?

Review of income, residency, and identity.

Review of health and medical history.

Review of usual dietary intake and eating patterns.

Review of immunization record (children only). >**Continued Next Page**

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Height & weight measurements taken.

Hemoglobin test performed (over 6 months of age).

Meet with health professional for determination of eligibility for program.

Discuss foods that will be received from WIC.

Learn nutrition & health information applicable for participant.

Learn about other helpful services & resources in the community.

Learn about how to use the WIC coupons.

Make next appointment to pickup coupons and receive additional nutrition education.

The initial appointment can take from 1-2 hours. The other appointments during the certification period usually take 30 minutes to 1 hour. Depending on the individual, the next appointment may be in 1, 2 or 3 months.

How long is someone certified for the program?

Depending on their WIC category, participants are certified for a specific length of time. At the end of the certification period, participants can repeat the certification process to be recertified. The general certification periods by WIC category are:

Pregnant women are certified up to 6 weeks past their estimated date of delivery.

Breastfeeding women are certified for 6 months at a time up to 1 year from date of delivery as long as they continue to breastfeed.

Postpartum women are certified for 6 months from the date of delivery.

Infants added prior to 6 months of age are certified up to their first birthday.

Children and infants added after 6 months of age are certified for 6 months.

If someone is working, can they apply for WIC? Yes, WIC looks at income, not whether or not someone is working.

Can someone be on WIC and food stamps at the same time? Yes.

If someone is no longer eligible for food stamps, are they eligible for WIC? Yes, they may possibly still be income eligible.

Can someone be on both WIC and the Commodity Supplemental Food Program (CSFP)? No, an individual may not be on both programs at the same time. Although, a family may have some family members on WIC and others on Commodity Supplemental Food Program.

How does someone apply for WIC? Contact the nearest WIC agency or call 1-800-26-BIRTH for this information.

Where can I get more information about WIC? Check out the following website: www.fns.usda.gov/wic

Email address for the WIC Division, Michigan Department of Community Health: Michigan-Wic@michigan.gov

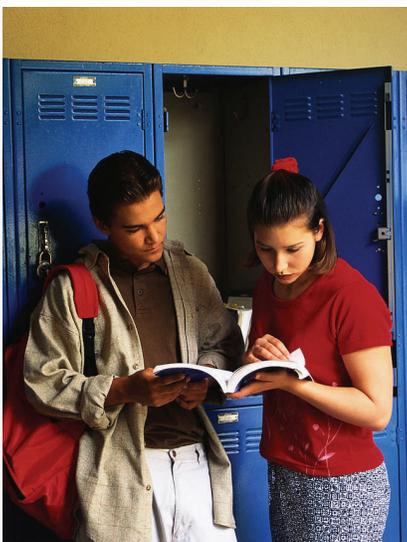
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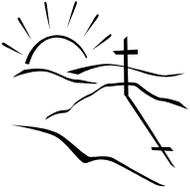


Help's on the Way Annual "School Supplies Program"

During the summer of 2008, Help's on the Way will partner with Ward Evangelical Presbyterian Church of Northville, Michigan to conduct a school supplies donation and distribution program. In the near future we will posting important dates and details on our web site www.helpsontheway.org of how this program will work, and how you may assist **your** ministry in this effort. This year we are hoping to collect the following items for distribution during July, August and early September.

Set of 24 crayons	Set of 48 crayons	Set of 12 colored pencils
Backpacks	Filler Paper (wide ruled)	Filler Paper (Collegiate Ruled)
One-subject notebooks	Rulers—Metric/Inch	Three-subject notebooks
Dry erase Markers	Pink pearl erasers	Three-ring binders
Composition notebooks	Index Cards	Duo-tang folders with pockets
Post-it notes	Pencil Packs	Fine-point felt-tip markers
Highlighters	Standard size clipboard	Clear-view three-ring binders





Help's On The Way
6784 Edwards
Belleville, MI 48111-1136

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Mission Statement

"Help's On The Way," is a, non-profit 501 (C) (3) incorporated organization, that works to provide food and clothing to the community mission field. We define the community mission field, simply as 'all of God's children.'

Mission Project

Our mission project is the operation of a facility that will meet the needs of the community as defined above. This building is located at 5358 South Beech Daly Road in Dearborn Heights, Michigan.

Our Vision

With God's grace, Godly inspired leadership, and the assistance of volunteers, both near and far, we hope to accomplish the following:

- Feed and or provide food to those in need.
- Develop and administer a "clothes closet," for those who are in need.

Our Client Services Center is located at 5358 South Beech Daly Road in Dearborn Heights, Michigan, one and one-half miles south of Michigan Avenue. We are open for client intake each Thursday, with hours of operation being six to eight-thirty PM. **Clients must be in line no later than 7:30 PM.** For a complete listing services, times of service, and types of donations we presently accept, please call 734.776.3184, or visit our web site.

helpsontheway.org