

CommUUnity in Challenging Times

April 26, 2009 Catalog of Services

As a nation, and as a community, we are facing “Challenging Times”. Jobs continue to vanish and the recession feeds on itself. Our congregation and our congregants are and will be affected.

“CommUUnity in Challenging Times” was formed to identify services that we, our city, state or nation, can provide to help us to move through difficulties in such a way that we emerge in the future, stronger, more healthy, fulfilled, and environmentally and economically sustainable.

This “Catalog of Services” is a “dynamic” document that will be updated as new services are identified or offered. Anyone interested in providing a service that will contribute to building healthy families, community and congregation, please contact Michael Greenman at (614) 898-5825 or mgreenma@columbus.rr.com.

Services available within First Unitarian Universalist Church of Columbus

Job Counseling/Training - Help with the Job Hunt.

Tips and tricks to make your search a little less of a monster. What skills do you have to sell? (Most people have 100 – 500!) How can you better position yourself to find the leads you need? Resumé advice & review to make you more than just another name on another page in a stack.

Contacts: Mike Dobson: theTallUU@gmail.com Or Wanda Hambrick: 614-433-0363 or Nancy Noble (resumes): 294-5675

Housing

Learn about: “Save the *dream*”, Ohio’s foreclosure prevention effort. Help is available for FREE to homeowners faced with foreclosure or loan repayment problems, including information about legitimate housing counseling, legal assistance, foreclosure rescue loans and grants and other helpful ways to avoid or lessen problems associated with foreclosure. Also learn how to identify scams that are preying on fearful homeowners. This is a multi-faceted and multi agency program including the Ohio Governor’s Office, Ohio Department of Development, Ohio Attorney General, Ohio Treasurer of State, the Supreme Court of Ohio, Ohio Department of Commerce, Ohio Finance Agency, Ohio State Bar Association, Ohio Legal Assistance Foundation, Legal Aid organizations, and housing counseling agencies. At our table you will be able to discuss ideas and concerns with attorneys and progressive real estate professionals.

Contact: Bill Keating at: bkeating@columbus.rr.com or 614 204 5659

If you can no longer afford to make your house payments or you owe more than the value of your home, Realtors can help you “Short Sale” your home...by negotiating with the bank to accept less than the mortgage balance and insure that they do not seek a deficiency judgment. A Short Sale enables homeowners to preserve their credit and their dignity. Realtors can also help you keep your home by offering information about Forbearance Agreements, Loan Reinstatement, Mortgage Modification, Repayment Plans and Claim Advances.

Contacts: Paula Egbert, begbert657@aol.com, 614-890-5511

Deb McGuire, homescolumbus@gmail.com, 614-571-4663

Mary McMichael-Liston, maryml@topproducer.com, 614-581-6381

Confidential financial advice.

This can include but is not limited to debt management, a current financial assessment, helping those recently separated from a job to understand their options to weather the storm, retirement planning, education planning, insurance coverage, and retirement income management ideas. Also, for those interested, information on Environmentally Sustainable Investing and keeping your money in-line with your values is available. All counseling is private and confidential.

Contact: David C. Douglass: at david.douglass@wachoviasec.com

Confidential Tax Advice

This can include advising those in need about the tax implications that often arise when someone faces hard times. I would confidentially answer questions related to the tax implications of withdrawing retirement funds, having debt cancelled outside bankruptcy or offer advice in dealing with the Internal Revenue Service when tax problems already exist.

Contact: Sherri A. Stubbs, CPA: stubbscpa@sbcglobal.net (o) 614-577-1995; (h) 614-577-9277

First UU's Own Ridesharing Site – PickupPal

Cutting transportation costs provides savings that give you immediate cash! Learn about our “PickupPal” ridesharing program that will allow you to come to church on Sundays or at other times with fellow-members eliminating the use of one (or more) cars every time you do. Help us quantify CO2 and miles reduced, while getting to know others in our community. See www.firstuucolumbus.org home page for a link to the web site. Also, seeking volunteers to drive seniors to and from church events.

Contact: Michael Greenman, 898-5825, mgreenma@columbus.rr.com

Caring Committee - Loan of Medical Supplies and Durable Equipment

Seeking volunteer coordinator for this established program. Referrals made for short-term loan of crutches, walkers, bath/shower chairs, wheel chairs and more. Items are kept at owners' homes. We are seeking more donors to permit convenient pickup of equipment for all areas of town.

Contact: Carole Wilhelm, 889-1182, cwilhelm@columbus.rr.com

Neighborhood Network

(An outreach of the Caring Committee)

The Neighborhood Network is a “People Helping People” network within the UU community. Temporary, short term, emergency assistance is provided for transportation, errands, meals, visits, pet care, and child care. The community is divided by zip code into 12 service areas. Volunteers are welcome. For assistance or volunteering opportunities in your area please contact:

Contacts: Pat Owens 846-2949, pkowens@columbus.rr.com

or

Linda Miller 844-5419, lindamiller@columbus.rr.com

Health Care in Hard Times

The combination of rising health care costs and unemployment is stressing many families. Recent legislation has improved access for children, but a fix for adults will take much longer. Are there ways First UUC can match health care skills and needs so that members and friends can benefit?

Contact: Alice Faryna alicyna@yahoo.com 442 9310

Access Health Columbus exists to improve access to health care by advocating innovative solutions through a public- private partnership. Arrangements are available for health, vision, and dental care for adults with limited income. In addition, there are affordable prescription drug options for low income individuals and families. More details will be available at The Fair. Information about services through the Columbus Department of Health will also be made available.

Contact: Steve Loeb – sloeb@cph.osu.edu

Center for Humane Options In Childbirth Experiences (CHOICE) offers a unique program to the community, not found in most midwifery practices. As a non-profit organization, CHOICE provides the following services at no cost:

CHOICE Services:

- Free one-hour consultation with midwives, regardless of whether or not you choose to use our services.
- Free Lending Library (including books and videos and DVDs)
- Parent Support Group with weekly meetings and an active e-list
- Referrals to practitioners who can meet your needs, both pre & postnatally
- Parent Resource Center (free maternity clothes, baby clothes and baby equipment)

Contact information at CHOICE: 614-263-2229 or – www.choicemidwives.org

Contact at First UU: Tanya Rable Collins – 614-262-5747 – amazonmidwife@gmail.com

Pastoral Support – Pastoral Staff and Pastoral Team .

The pastoral staff and the 32 member Pastoral Team are available to provide pastoral support and counseling to help member deal with stress, sense of loss and other emotional challenges that result from economic hard times. Information on this help will be available at the table. As well as information on community services and financial assistance available for seniors needing help in securing medical assistance, transportation, care-giver help, and other assistance.

Contact: **Dick Dawson**, Chaplain – coordinator – dickdawson@hotmail.com or 614-459-0787

Children’s Clothing Swap Table (Schedule to be announced)

Children's Clothing Swap - BRING: Clean clothes (recommend you separate by size). There are no minimum requirements for how many items you have to bring or how many you can take but please be courteous and generous. Don't forget to bring a bag to carry home your finds. Clothing remaining will be donated to a charity

HOW IT WORKS: Clothes will be separated into size groups and marked with signs. Add the clothes you bring into the matching size piles. When the swap begins, look through the piles to find the items in the sizes you need and put them in your bag.

Notice: Children's Clothing, Book and Toy swap on Sunday April 26 in Room 9 after both services.

Contact: Patricia Boughton 614-860-1164

Programs Offered by Columbus Area Organizations (non-profits and community-based)

Simply Living has many offerings: visit www.simplyliving.org for additional details

Your Money or Your Life-

Seven sessions in how to see one's way to financial independence. This course offers a powerfully effective approach to such profound financial questions as:

- Are you challenged in making your dollars go further, in calming your money anxieties?
- Do you spend more than you earn?
- Do you feel you are making a living rather than making a life?
- Do you dislike your job, but can't afford to leave it?
- Is money fragmenting your time, your relationships with family and friends?

If you resonate with these questions, this course is for you.

One of Simply Living's most popular programs, "Your Money or Your Life" is offered periodically. The course is seven sessions held weekly. The course book is \$16. and the study guide is \$6. Both are available through Simply Living.

Contact: For information schedules, contact Randall Loop at 496-4595 or erloop@yahoo.com.

Walk/Bus/Bike: Routes to a Better Society

It is possible to reduce reliance on the automobile in Columbus. Resources and opportunities exist to move around the community by walking, using public transit and riding a bicycle. This presentation encourages the use of other modes of transportation in order to transform, not end, your relationship to the car.

Simply Living's *Alternative Transportation Project* (ATP) offers this workshop providing fundamental approaches to help individuals and groups become more active in personal, political and infrastructure change.

If you already use modes of transportation other than a car, this presentation provides practical ways to increase your integration of these other modes into your life.

If you rarely or never use modes other than a car, you will become connected to the personal –and economic- value inherent in walking, riding a bicycle and using public transportation, as well as to the benefits of living in healthier communities where mobility options abound.

Contact: For information on how to schedule a Walk/Bus/Ride session, contact Eric Davies at 268-7656 or ericdavies02@yahoo.com

Voluntary Simplicity-

- How might life be enriched through the practice of simplicity?
- What are some common misconceptions about a simple life?
- How can one live more with less? How much is enough?

- How can one swim against the tides of our society which sees growth, consumption, and technological advances as inextricable and desirable goals?
- What steps can one take to move toward a life simple in means, rich in ends?

Voluntary Simplicity is an Eight Session Course designed to answer these questions.

This well received course is offered by Simply Living's Eastern Heartland Earth Institute course series on living sustainably. Course book: \$25.

Contact: For information and course offering schedules, contact Ben Redman at 447-0296 or ben@simplyliving.org.

Chalice Organics Plus – Food Buying Co-op

Chalice Organics Plus is the UU Church's food co-op, or "food buying club" as they are sometimes called. This is a community of people who are interested in buying organic and natural foods at a lower cost than can generally be found at the retail natural food stores. Food items are generally bought by the case or bulk amount, but we also have a great system set up for people to share cases and bulk items so that buying in large amounts is not always necessary. Our food comes directly from the distributor, United Natural Foods, at its closest warehouse in Indiana. We have a delivery every four weeks, at the church, on a Friday morning. We all have a lot of fun breaking down the order, sharing food ideas and being introduced to all kinds of different, healthy food items! There are also other, non-food items available, such as toiletries, cleaning products and paper products. The focus is healthy, more affordable and eco-friendly!

Contact: Mary Boyd-Brown - mary.boyd-brown@cvm.osu.edu

First Link

FIRST LINK services strengthen and enhance the quality of life in our community by connecting people in need to community resources.

Dialing 2-1-1 connects you to this comprehensive information and referral service with access to thousands of social service, government and community resources –to help find a solution to any need. Free and confidential, 2-1-1 is available throughout Franklin County 24 hours a day, seven days a week.

Need dental care but can't afford it? Need a hot meal or a three-day supply of food? Do you need help caring for a child not your own? Are you struggling to find housing?

Questions like these lead Franklin County residents to FIRSTLINK.

FIRSTLINK
195 N. Grant Ave.
Columbus, OH 43215

Fax: (614) 224-6866

Email at info@firstlink.org

Free Geek

Free computer recycling and assistance to people in obtaining computers. (You work there and earn a computer.)

Contacts: info@freegeekcolumbus.org (614) 360-2182

The United Methodist Free Store

Free meals and a well-kept retail room where clothing and household items are free to qualifying people. It is located at 946 Parsons Ave. Clothing and household goods may be dropped off at the back door of the store during the following times: Mon, Tues, Thurs, and Sat 8:30- 12:30; Wed and Fri 1-5:30. **Hours for store:** Tues, Thurs, and Sat 10- 1; Wed and Fri 3– 6.

Contacts: (614) 443-1713 <http://www.4allpeople.org/freestore.html>

Other Services and Programs that may be of interest and will be presented in more detail in the future

Economic and Community Development Institute

This Columbus-based organization has the mission of “Investing in people to create measurable and enduring social and economic change. A small selection of their many services includes: Financial Literacy Training; Microenterprise Loans; First Time Homebuyer Down-Payment Assistance; Minor Home Repair.

Contact: <http://ecdil.org>

Freecycle

The Freecycle Network™ is made up of 4,681 groups with 6,432,000 members across the globe. It's a grassroots and entirely nonprofit movement of people who are giving (& getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by a local volunteer. Membership is free.

Contact: www.freecycle.org

Northwest Counseling Services

Many services for individual and families with challenges: A program called HomeSharing. Interviews are required so people can be matched appropriately. Ideal for someone who has space to rent and perhaps needs help with lawn care, errands, etc. Cost depends on ability to pay. Could help seniors in our church and serve as a source of housing for single people or even someone who might have a child if the right home is found.

Many more services!

Contact: 457-7876 – www.northwestcounselingservices.org (1560 Fishinger Rd.)

The Ohio Benefit Bank (OBB)

A public-private partnership that helps connect low and moderate-income Ohioans with free tax preparation and access to potential public benefits and work supports. In partnership with the Governor’s Office of Faith-Based and Community Initiatives (GOFBCI) and the Ohio Association of Second Harvest Foodbanks, the OBB encourages eligible Ohioans to claim tax credits, such as the Earned Income Tax Credit, and public benefits, such as food stamps, child care subsidies, home energy assistance and children’s health care insurance, by helping them prepare and file applications.

It can be accessed online at: www.obb.ohio.gov

Angel Food Ministries - National Food Resource Network

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing food relief and contributing to benevolent outreaches in communities throughout the United States. One box of food costs \$30 and provides balanced nutrition and variety with enough food to feed a family of four for a week. People do not need to demonstrate financial need. Local churches host pick up sites. You can find a local pick up site and preview the upcoming menu at their website.

Many locations in the Columbus area – visit the web site.

www.angelfoodministries.com

Frugaldad

A resource for the average family to find financial resources with a conservative slant. The term “conservative slant” does not refer to politics, rather the “conservative” approach to personal finances.

Contact: <http://frugaldad.com>

Interfaith Worker Justice - Congregational Toolkit on Unemployment and the Economic Crisis.

A comprehensive toolkit for congregations who want to address the economic crisis with methods that range from organizing congregational support groups to counseling those facing job loss to theological reflection to practical advice on unemployment insurance and more.

Contact: www.iwj.org/template/index.cfm

Simple Living America

Simple Living America is the first national, nonprofit membership organization for the general public centered on simplicity. What is simple living? It means many things to many people, but we are broadly defining it in lay terms as The Satisfaction of Enough. By providing mainstream America with a means to The Satisfaction of Enough through its unique Get Satisfied book, campaign and website, Simple Living America is helping to launch a satisfaction movement in this country. SLA calls for balance in a complex world.

Contact: www.getsatisfied.org