

Grace Center Inc.'s mission is: providing nutritious food and promoting social interaction with commitment and grace to our rural community.

# The Grace Gazette

JULY 2009



Grace Center

701 W. Popcorn Rd.

Harrodsburg, Indiana

812-824-5595

NEW HOURS

**Pantry Hours:**  
**Tuesdays**  
**10:00 am-12:00 pm**  
 (Located in back of Community Hardware)  
**Serving Clear Creek, Indian Creek, and Polk Townships**

### WISHES

Commercial Cookware for the Community Dinners

Commercial Steel Shelving for Grace Food Pantry

Canned milk, catsup, egg noodles

### Kroger Gift Card Reload Update

**We met our goal!** Kroger sent Grace Center a check for **\$325.25!** Keep reloading those cards. Use your card to buy **groceries and gas!** What a great way to help Grace Center without spending any extra money!



How we helped our Community in MAY

- 257 Individuals served
- 59 of those are Children
- 89 Families helped
- 394 Bags of Food given
- 6 New Families Helped

Who can come to the Community Dinner?

**EVERYONE**

#### Board Members:

Margaret Simmerman  
 Tina Baugh  
 Jim Baugh  
 Susie Johnson  
 Jeff Calabrese  
 Georgia Schach  
 Steve Fichtner

## BOOGIE BREAKFAST RETURNS TO HARRODSBURG COMMUNITY CENTER

Friday, July 17 and Saturday, July 18 will be time for the 4<sup>th</sup> Annual Grace Center Boogie Breakfast. If you have attended past Boogie Breakfast fundraisers, then you know what's coming—a yummy breakfast!

This year, the Lion's Club will

join Grace Center volunteers to bring the community a breakfast of sausage gravy and biscuits, eggs, orange juice, and coffee. Doesn't that sound delicious?

While there is no charge for the breakfast, we urge you to give generously for this

annual Grace Center fundraiser. The breakfast will be served at the Harrodsburg Community Center from 7:30-11:00 Friday morning and Saturday morning.

**SEE YOU THERE**



Something New for July

### JULY'S COMMUNITY DINNER PITCH-IN

Chef Joel will not be available for the July Grace Center Community Dinner. Should we cancel the dinner? **NO!** The Grace Center Board decided the dinner should go on with a PITCH-IN DINNER!

**Grace Center will provide the following dishes:** • Honey Baked Ham • Baked Beans • JELL-O Fruit Salad • Ice Cream • Drinks.

**You, the community will provide:** • Side Dishes/Salads • Desserts

We know there are many good cooks and you won't want to miss some of the best food in the county! If you don't cook, you can pick something up at the grocery store. See you July 28 at 5:30-7:00. Come for FUN, FRIENDS, and FOOD!!



### Thanks Newsletter Gang

Beginning around 5:00 pm the day of the Community Dinner, volunteers fold and stamp our monthly newsletters, to get them ready to mail. Come join in the fun, then stay for dinner. This is an important event in our community, it involves YOU, our community!

### LAKEVIEW ELEMENTARY YEAR END FOOD DRIVE!

Lakeview Elementary School partnered again with Grace Food Pantry and held another successful food drive. Lakeview's Student Council and Staff ignored the hectic year-end schedule and helped organize a targeted food drive for Grace Food Pantry. Targeted food drives request items especially needed for the food pantry. All food donations are always welcome,

but it is very nice for the food pantry to supply items we know the families need. Lakeview students collected:

- 30 Skillet dinner mixes
- 38 cans of tuna and salmon
- 20 boxes of pancake mix
- 15 bottles of syrup
- 17 dry and evaporated milk
- 21 boxes of potatoes
- 14 packages of egg noodles
- 8 bottles of catsup
- 27 boxes of pasta

59 miscellaneous  
 Volunteers from Grace Food Pantry went to Lakeview and picked up the food, which totaled 255 pounds! Contact Grace Food Pantry at 824-5595 or gracecenter-inc@gmail.com if you, your business, organization, or church would like to organize a food drive. Food drives can even be held at Kroger's. **Get involved, Be involved!**

# Community Center Activity Calendar

www.gracecenterindiana.org		<b>JULY</b>			email: gracecenterinc@gmail.com		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 	6 ★	7 ★ <b>New Food Pantry Hours Starting in July</b> ★	8 1★	9 2 <b>Harrodsburg Lions Club 6:30pm</b>	10 3	11 4 	
		12 7 <b>Food Pantry 10:00am-12:00pm</b> <b>Grace Center Board Meeting 7:00pm</b>					
		13 14 <b>Food Pantry 10:00am-12:00pm</b> <b>Euchre 12:30-2:30</b> <b>Youth Art 3:30-5:00</b>			17 18 <div style="border: 1px solid black; padding: 5px; text-align: center;"><b>Boogie Breakfast</b> <b>Friday and Saturday</b> <b>7:30am-11:00am</b></div>		
		19 20 21 <b>Food Pantry 10:00am-12:00pm</b> <b>WIC and Smoking Cession, Health Dept. 10-noon*</b> <small>(inside Community Hardware)</small> <b>Adult Art 6:30-8pm</b>	22 22 <b>Indian Creek Lions Club 7pm</b> <small>Contact Lloyd at 824-0071 for location</small>				
		26 27 28 <b>Food Pantry 10:00am-12:00pm</b> <b>Euchre 12:30-2:30pm</b> ★ <b>Community Pitch-in Dinner, 5:30-7pm</b>				31 	

**Grace Center activities meet at the Harrodsburg Community Center unless stated otherwise**

\* WIC Program & Monroe County Health Department Smoking Cessation program is at Grace Center Food Pantry the THIRD Tuesday of each month from 10 to noon. Stop by to get information on signing up for the WIC program or sign up for a smoking cessation class. Information on other community service referrals for a variety of needs will be available.

## POWER DRINKS AND SPORTS DRINKS: SHOULD YOUR CHILD DRINK THEM?

**ENERGY IN A CAN**, the latest craze has come on strong. Youth of all ages are drinking them for a pick-me-up, but many pediatricians and nutritionists are saying these drinks are very unhealthy. The "sports" drinks are loaded with sodium. Many of the energy drinks contain large amounts of caffeine. Caffeine is only one in a long list of ingredients that give an energy boost. The most common ingredients are ginseng, guarana and taurine. All the ingredients combined, deplete the adrenal glands, (located near the kidneys), and can cause dehydration and other negative health effects.

After the initial jolt wears off, these drinks can leave you feeling tired and sick. This is especially true for children who drink them. The drinks are popular but are replacing nutritious foods and plain water; both basic needs that help children's brains and bodies grow in the healthiest ways.

**Another warning:** when you look at the nutritional facts, remember to notice the serving size. Did you know that the 32 ounce can of energy drink is meant to be FOUR-eight ounce SERVINGS? Parents, look at the research and have a serious discussion with your child about what comes in these different drinks. If your child needs an energy boost, start with healthy meals each day, which should include protein, grains, and fruits and vegetables. If kids and teens are sluggish during the day, water is a healthy energy booster.

Keep in mind, this includes Gatorade type drinks as well. Unless your child is a "marathon athlete", limit the amount of sports and energy drinks. Not only will this be healthier for you and your children, you will save money too!

Mary Lowery, Health Educator, Monroe County Health Department

## GRACE CENTER GIVES SPECIAL THANKS TO...

- Harrodsburg Methodist Church for donating canned goods.
- Susan and Kenneth Kimmick for bringing in fresh chicken eggs.
- South Union Christian Church for collecting 136 pounds of food and paper products.
- Tom and Kay Shirley for donating 28 pounds of liver.
- Tom Treanor from Amish Custom Outlet for donating fresh produce.
- Jack Sparks for giving 15 pounds of food.
- The kinds folks at the May Community Dinner for contributing \$226.50.
- Linda and Steve Rollins' cash donation
- Don and Charlene Allen's cash donations.
- Heritage Days Booth Donation donations of \$73.00.
- The Butcher's Block for donating meat and fish.

**VOLUNTEERS MAKE OUR WORLD A BETTER PLACE**



ADDRESS LABEL

Return Service Requested  
Harrodsburg, IN 47434  
PO Box 5  
Grace Center Inc.

STAMP