

The Pulse



Our Mission:

Work in collaboration with area-wide partners to provide life building, life sustaining services to the under-served in the greater Dayton community.

Our Vision:

To be a "model" organization in the community, using best practices in guiding those we serve toward self-sufficiency, with the end result being improved quality of life.

Newsletter

Summer 2010

Director's Heartbeat

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In this together

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Run, Eat, Work

News from the Feed Dayton 5K, Bob's kitchen, United Way Day of Action, and more!

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Service Learning Mutually Beneficial

Sinclair Community College

The Service Learning Center at Sinclair Community College has created a productive and rewarding option for the Life Enrichment Center. One of the most challenging needs for our Center is the management and improvement of staff computer/software. A group of eight students from Sinclair's capstone IT class accepted the assignment to address staff technology issues. Not only did the students meet staff needs, but they donated equipment and shelving. The students used a variety of outdated computers to configure more functional machines and then installed software. They also did some wiring and mapped internet connections within the building. In addition, they completed a much needed inventory of one of the equipment rooms. Further, one of the students took the initiative to provide the Center with written proposals to address additional technology improvements. As a conclusion to their ten weeks with us, a presentation was held at Sinclair to honor student accomplishments and to thank community agencies for working with the staff and students. We confirmed with the Sinclair staff that we are looking forward to hosting Fall technology classes.

Wright State University

In another significant service learning opportunity, Wright State University's business communications class accepted the challenge of working on our volunteer policies and procedures manual. Although the students lacked experience and knowledge, they made good progress. The class also created a Powerpoint presentation to use for our volunteer orientation program. The presentation of their efforts took place during a class meeting, which featured other agency projects.

Sinclair Service Learning students in another Spring Computer Information Systems Capstone course created a database for volunteers. The database will provide a flexible, comprehensive tool for tracking volunteer hours and accomplishments. The new system will also facilitate identifying volunteers for projects and special assignments. One unique feature is the ability to capture pictures readily and to print picture name tags for all of our regular volunteers.

We plan to partner with this instructor's class in September to create an inventory database for the Bike Shoppe. Additionally, long time LEC volunteer, Ruby Cox, will be completing an accounting internship by serving in the Bike Shoppe. The hours put into these programs will combine to propel the Bike Shoppe forward as a valuable community resource for the surrounding area.



DIRECTOR'S HEARTBEAT

Greetings,

Amazingly, we are half way through the year and it is shaping up to be a hot but productive summer. We have had some exciting developments take place so far and I look forward to what else God has in store for this ministry.

The Kids In New Directions program will be moving into our building in the fall. They offer after school programs that include art and music to the kids from East Dayton. This is an opportunity to better serve families as a whole. The kids will be able to get in-volved with the Bike Shoppe and the Fitness Center along with the quality K.I.N.D. programs.

We have been building upon our collaborations with the YMCA, Public Health - Dayton & Montgomery County and Creating Healthy Communities. We're establishing baselines for our Fitness Center that are standard with the aforementioned organizations to better enable us to measure the effectiveness of our health and wellness programs. Our goal is to impact the wellness of the community as a whole.

We continue to work on the Business Alliance Strategic Plan with the Life Resource Centre; with the help of the Dayton Foundation. It will allow us to be more efficeint, reduce costs and attract like-minded non-profits to the LEC.

As we move forward, I ask for your continued generous support and your fervent prayers. This "frontline" ministry is constantly coming up against obstacles and yet we know that God is always faithful. I thank all of you and will continue to pray for God's blessings upon you..

In His Grip,



Jeffrey Sorrell



In Appreciation

Donations from individuals and partner organizations keep our programs running and growing. A steady stream of financial donations, large and small, is needed to keep the doors open and the lights on so that the hope and love of Christ can be shared in practical, everyday ways at the Life Enrichment Center.

Corporate Sponsors

Supporting the LEC financially, with volunteer hours or with generous donations of food or other goods:

- | | | |
|-----------------------------------|--------------------------------|---------------------------|
| Becker Electric Supply | Gordon Food Service | Meijer |
| Bob Evans | HMC Networking | OinkaDoodleMoo |
| Boston Stoker | Huffy Corporation | Peerless Technologies |
| Cline-Cox Group of Morgan Stanley | J. W. Devers & Sons | Pinnacle Architects, Inc. |
| Community Mechanical | Lexis-Nexis | Quick Trax |
| Entenmann's Bakery | Lighthouse Carpet and Flooring | Reichley Insurance Agency |
| | | Sorrell Search, Inc. |

Community Partners

When blessed with more "in-kind" donations than we can use directly for our clients, and in keeping with the mission to work in collaboration with area-wide partners, the following organizations receive food or materials from the Life Enrichment Center for their programs:

- | | | |
|--------------------------|---------------------------|--------------------------|
| Beavercreek Fish | Fountains of Living Water | Mt. Zion |
| Beavercreek Seniors | God's Groceries | New Castings Enterprises |
| The Biltmore Hotel/Rugby | God's Meals | Oasis House |
| Boy Scout Camp | Hearts For The Homeless | Set Free Ministries |
| The Castle | Kirkmont Presbyterian | Teen Challenge |
| Caring Kitchen | Life Line Ministries | Victory Christian Union |
| Dayton Vineyard | Mad River Manor | Young Disciples, Inc. |
| Fairwood Village | Dayton Christian Union | YMCA of Greater Dayton |

Health and Education Partners

Providing professional services, volunteers and/or resources via the Life Enrichment Center:

- | | |
|---|---|
| Academy Health Services | Ohio Commission on Minority Health |
| American Cancer Society | Ohio State University Extension Program |
| Care Source | Premier Community Health |
| Center for Healthy Communities | Premier Community HeartWorks |
| Children's Medical Center | Project Read |
| Complete Solutions | Public Health - Dayton & Montgomery Co. |
| Educational Opportunities Center | Sinclair Community College, Career Center |
| Good Samaritan Hospital | Sinclair Community College, Service Learning Center |
| HelpLink | University of Dayton Physical Education Department |
| Jewish Hospital of Cincinnati | Wright State University College of Nursing & Health |
| The Job Center | Wright State University Service Learning |
| Life Resource Centre | YMCA of Greater Dayton |
| Montgomery Co. Department of Job Services | |
| National Kidney Foundation | |

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Board of Trustees
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Volunteer Spotlight

Life Enrichment Center Volunteers were honored at the annual appreciation luncheon held on Thursday, April 22. Volunteers from different areas of the LEC briefly testified to the blessings they have received through their time serving at the center. LEC Director Jeffrey Sorrell thanked all the volunteers for their unending generosity in sharing their time and talents. A wonderful lunch was planned and prepared by Lee Snead, Volunteer Director with the assistance of LEC Board Members Lori Simms, Dave Zimmer, and Chef Bob Ransom. Nursing students from Wright State University and Sinclair Community College also assisted with the luncheon service and clean-up. Each volunteer was reminded of the sweetness of serving together as they took home a small box of chocolates as a token of appreciation.



2009 Volunteer of the Year, Ralph Heckman was honored and thanked for his continued excellence and dedication in serving the GED Prep program. Volunteer Director Lee Snead presented Ralph with a plaque and gift card.



A special Lifetime of Service award was presented to Janet Sebastian for many years of service to the greater Dayton community. Janet was presented with a figure of praying hands and a cross which was fitting for this woman of great faith and prayer!

Welcome Back!

We welcome to our staff Lee Snead who has accepted the position of Volunteer Director. Diane Hoxie will continue on as Volunteer Coordinator of groups and special projects. Lee is not new to the Life Enrichment Center, but returns to us with increased experience and renewed enthusiasm.

Specific Volunteer Needs:

Individuals searching for a serving opportunity may find their blessing in volunteering their time and/or talents at the LEC. Interested individuals may contact Lee Snead, Volunteer Director at lee.snead@daytonlec.org, in the office 937-252-5700 ext 225 or by mobile 937-409-0695.

The LEC is currently seeking these part time, 3-4 hour shift, **individual** volunteer positions:

- Experienced Administrative Assistant
- Business Development Officer
- Plumber
- Licensed Electrician
- And other possibilities

For group projects, the LEC has ongoing needs including: general and deep cleaning, groundskeeping, and various projects. These are great areas to get your school and church groups involved. Maybe you have a work group or a number of friends who would like to volunteer together. For more information Contact Diane Hoxie, Volunteer Coordinator of Special Projects at dphoxie@yahoo.com or 937-252-5700 ext 229.

Current Donation Wish List

3 New vacuum cleaners (commercial ones preferred but others accepted)
 2 Carpet Shampoos
 Groundskeeping equipment (power and manual)
 Ink Cartridges for HP Color LaserJet 3500 (needs all 4 color cartridges)
 White copy paper
 Styrofoam plates; Styrofoam bowls; Heavy duty plastic forks and spoons; Napkins;
 Toilet paper; and Tri-fold paper towels

Wish List questions, contact Lee Snead at lee.snead@daytonlec.org, 937-409-0695, or office 937-252-5700 ext 225. Thank you for your continued interest and support.

**"Everybody can be great...
 because anybody can serve.
 You don't have to have a college
 degree to serve.
 You don't have to make your subject
 and verb agree to serve. You only
 need a heart full of grace.
 A soul generated by love."**

--Martin Luther King, Jr.



Education Services

June Classes:

(And faithful teachers!)

Tues-Wed-Thurs

Bible

(Mark, Jeff, Ray, Gabe or Gordon)

Crafts

(Kathy, Judi or Shirley)

Jobs

(Doris, Russ or Richard)

Computer

(Greg, Jim or Kathy)

Life Strategies

(Nelle or Vicky)

Meeting Life's Challenges

(Greg, Allen, Joanna or Lajuana)

Fitness Area

(Cassie)

GED

(Karen, Ralph)

Tuesdays Only

Christian 12-Step (Kathy)

Nutrition (Katie)

Wednesdays Only

Health/Nutrition (Brenda)

Violence Prevention (Jill) June 30th

Health screenings:

HIV/PSA or BP/glucose

Thursdays Only

Bible Study (Ray)

Osteoporosis/Menopause

(Karen, & Brianna) June 3

Self Defense

(Divon) June 10 & 24

Diabetes & Nutrition (Martha) June 24

GED Graduation Congratulations

Congratulations to Mark Schmidt, Corina Hernandez, and Michael L. Bridges for passing the GED test! Corina and Michael "walked across the stage" on May 27 at the GED Graduation Ceremony which was held at the Masonic Temple. All three graduates are making plans to attend college in the near future.

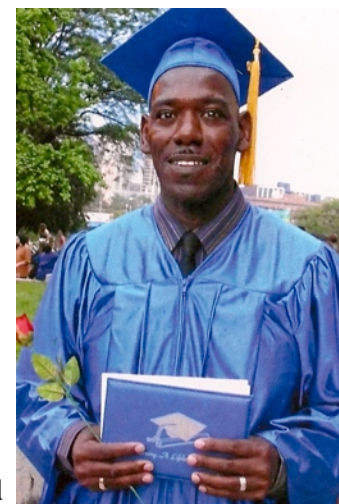
A new math class called TRANSITIONS is being started this summer for those students between GED and college. Concepts to be covered include Whole Numbers, Fractions, Decimals and Percents, Order of Operations, Perimeter, Area, Volume, Ratio, Proportion, Similar Geometric Figures, Equation Solving, Pythagorean Theorem, and Coordinate Planes. We're excited to see these students improve their skills before taking college placement tests.

Many times Adult Education students have to drop out of class due to transportation issues, job schedules, illness, or family problems. Former LEC students in these categories have received cards and calls inviting them to renew their educational quests! The teachers/tutors are dedicated to using the summer class time to assist those students in preparing for the GED test. The plan is to study intensely through the summer months and take a practice test in August. Enrollment for new students will take place on Wednesday, September 1, 2010.

Beginning in August, those LEC students who pass the Practice Test will have the cost of their GED test covered thanks to an account being set up by some financial donors. Our thanks to those who have realized the need and who will be contributing to this fund.



Corina Hernandez



Michael Bridges

English as a Second Language Program Celebrates Success

It was a very good year for the LEC English as a Second Language (ESL) classes, which went from two to eight faithful participants. The students were a very lively group and very enthusiastic about learning English. The class faithfully used a basic text and workbook in addition to the Rosetta Stone Computer program which really accelerated the learning of English for the students. ESL is very grateful for access to this effective program. The students in this class represented four countries:



Costa Rica, Guatemala, Colombia, and Mexico. ESL classes are held Tuesday and Thursday evenings from 6:30 to 8:30 p.m. on the third floor of the LEC. The program will recess during the summer and will resume classes again on August 24. Volunteer teachers are Jenny Ritzel of Xenia, who serves as the main teacher, and Virginia Bard of Dayton, who has been a faithful volunteer assistant. Carmen Brooks, a junior from Chaminade-Julienne High School, provided childcare all year during class time. This made a tremendous difference as the students were able to concentrate so much better with their childcare needs met.

On June 8, each of the participants received roses and a special certificate showing their levels of achievement and hours of attendance. The class was honored to have Jeffrey Sorrell and Ellen Shelley join them for this celebration. The students each showed off their English skills and the evening ended with pizza, cake, and other goodies. It was a fitting conclusion to a very good year with many reasons to celebrate.



Life Strategies Help People Put Life's Pieces Together

The "Life Strategies" volunteers help people piece together solutions to some basic life problems. Contact is made with every new client registering at the LEC to assess how needs can best be met. Referrals are made to public and partner agencies that provide various types of assistance. Through prayer and conversation, short and long term goals are set. It is a hand up to more of life! Nell Brotbeck reports, "It is always an exciting day in this department. Individuals walk through the door with various needs from material, emotional to spiritual. God is always faithful to give us discernment in meeting those needs with helpful resources, information and contacts."

Recently the Life Strategies department has been blessed with a volunteer, Linda Collins, who has organized our clothing room. As she helps clients find their sizes she is quick to also share an encouraging word. She and her five year old granddaughter send clients out with needed items and a smile.

There is currently a need for additional help within Life Strategies. Please contact Volunteer Director, Lee Snead, at lee.snead@daytonlec.org or 937-409-0695 if you are available Tuesday, Wednesday or Thursday mornings and would like to be trained in this area of ministry. There is also a need for donated bus tokens.



Christian based 12 Step Program underway

Recently added to the LEC's offerings is a Christian 12 Step Program that meets every Tuesday from 10-10:40 a.m.. The sessions are presented by experienced volunteer, Kathy Vangel. This is a Christian recovery program helping people deal with addiction and other obsessive behaviors.

Health Education and Screening Opportunities

Nutrition & Diabetes



On the last Thursday of every month Dietitian and Certified Diabetes Educator, Martha Grodrian, discusses nutrition topics at the LEC. The class offers a fun guide to improving health by eating better. Currently about one person in four will become diabetic at some point in their lifetime. Sessions range from stress reduction and its effects on digestion to "How to read food labels" and to discussions about how and what to eat. Friends and family are welcome. Summer class dates are Thursdays: June 24, July 29 and August 28.

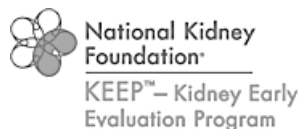
Spring Health Fair



The spring health fair took place on Thursday, April 29 with the theme of "Springing into Good Health." Sessions took place throughout the building all morning and concluded with lunch. In addition to standard screenings, special bone density and skin cancer screenings were included as well as classes in heart health, stress management, and disaster preparedness.

Participating agencies included: Ohio State Extension, Public Health Dayton & Montgomery County, Academy Health Services, Wright State University & Sinclair Nursing & Dental Students, Good Samaritan and Premier Community Health. The fall Health Fair is scheduled for Sept. 30th.

Kidney Screening



On August 19 the LEC will be having its annual kidney screening presented by the National Kidney Foundation. KEEP (**Kidney Early Evaluation Program**) is an early detection and early intervention program for people at increased risk of kidney disease. It is a free, one-day health screening that involves a questionnaire, blood pressure and weight measurements, lab testing and a physician interview. The goal of KEEP is to slow down or eliminate the progress of serious kidney disease. Sign-ups began at our health fair in April and will continue at the LEC. Anyone may schedule a screening by calling Danielle Estep at 1-800-242-2133.

Respect Yourself Seminar



The "Respect Yourself" Women's Health Fair and Seminar took place on Saturday, May 1, as part of Women's Health Week and included a keynote address, breakout sessions, screenings and lunch. The event attracted many individuals who were previously unfamiliar with the LEC. However, as a first time event and with stormy weather, attendance was smaller than had been hoped for. Feedback from those participating was very positive and several session topics will be incorporated into future Health Fairs.



6th Annual Feed Dayton 5K Strong from Start to Breakfast

Almost 160 runners and walkers came out in support of the Life Enrichment Center and Life Resource Centre on the crisp, sunny morning of Saturday, April 10, 2010. The course on the Mad River Recreation Trail reached into a loop in Englewood MetroPark and returned to finish directly under the Findlay Street bridge. There was even local news coverage!

Volunteers from Wright State University, prior participants, and family and friends of the LEC and LRC served in the registration area, on the course and in the kitchen to make the event run smoothly. Comments on evaluation forms after the event were overwhelmingly positive. In addition, this was our first year to have t-shirts designed for the 5K. While the total number of participants was down just slightly from last year, the event raised a record \$7000 for the programs of the LEC and LRC via fantastic sponsor support.

A special thanks goes out to all the volunteers and participants!

THANK YOU SPONSORS:

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**Miami
Quality Service**



Bronze Medal Sponsors:

*Becker Electric Company
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Evans Electric Company
Flagel, Huber, Flagel & Co.*

*Four Star Design Studio
James Investment Research
Pinnacle Architects, Inc.
Real Living Real Estate Services*





LEC Participates in United Way's Day of Action

United Way's Day of Action was held on Friday, June 4th with over 30 volunteers from four different local businesses working on three major projects around the Life Enrichment Center. Also assisting with the projects were 15 regular LEC volunteers and staff.

Fifth Third Bank employees volunteered in the Bike Shoppe by painting, insulating walls, and cleaning and organizing over 500 bicycles and parts.

MCM Electronics and Thorn, Lewis, & Duncan, Inc. employees assisted with yard work including mowing, weeding, trimming hedges and planting flowers. **New Page Corporation** accomplished a major cleaning of the LEC's commercial kitchen and restocking of the food pantry.



As the Life Enrichment Center is a mainly volunteer organization, major volunteer events such as the Day of Action provide much needed and appreciated work around the buildings and grounds. A heartfelt thanks goes out to United Way, all of the volunteers and to Home Depot who gave a discount on supplies.

Client Database Software Update



Clients are doing an outstanding job of using new Life Enrichment Center identification cards to get groceries each week. The majority of currently active clients now have cards. Returning clients and all new clients will have cards available as the need arises. The transition has gone very smoothly this spring! In addition to the

ability to scan cards for groceries, the database includes a photo I.D. and report options which will provide information helpful for grant writing. Thus, the new client database provides a very successful tool for clients and staff.

Kitchen News

A hot meal served with a smile is available to all who enter the doors of the Life Enrichment Center every Tuesday, Wednesday and Thursday morning and Saturdays at noon.



The number of breakfasts served continues to follow a now familiar trend. The first week of the month tends to be a little lighter with an average of 100 breakfasts served each day the kitchen is open. As the month progresses, attendance picks up so that by the last week of the month

Feed the hungry and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as day.

- Isaiah 58: 10

170-185 meals are served each morning. Helping to fill the gap as resources run thin each month and meet people of all walks and circumstances is one way the love of Christ is shown through the mission of the LEC.

The lunch program has had continued success thanks to area church ministries: **Hillside Chapel, Memorial Presbyterian, Mt. Pisgah, and Greater St. John's Baptist** who provide the volunteers to prepare and serve on a rotating basis. The numbers of lunches served each Saturday has increased from 28 a week in January to 62 in March to 104 in May. The weather outside directly impacts the Saturday program attendance.

Prayer requests for the kitchen include the continued provision of food for the preparation of meals. Thanks to Gordon Food Service, Bob Evans, and Entemann's for their faithful donations which make these meal programs possible.



Invest in the mission of the LEC on-line! Create your own account with secure access and have complete control over one-time or regularly scheduled gifts. Gifts can be placed on a credit card or debited directly from a bank account. Go to:

www.daytonlec.org

click "donate" in the bottom center of the home page

It's that easy!

THANKS to ALL OUR FAITHFUL SUPPORTERS for HELPING US HELP OTHERS!



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L I F E E N R I C H M E N T C E N T E R

Scouting for Food



Food Drives Fill Need

Pantry shelves will be empty again soon

The “Bone Yard” of the Life Enrichment Center might look like an enormous walk-in pantry to the untrained eye. However, this room really houses the support structure of the LEC. The bulk goods (most of which come from Gordon Food Service) are used for the breakfast and lunch programs. The regular sized items are used to supplement donated fresh items (i.e. bread, produce, meats) in client grocery bags each week. These canned goods come from individuals via various food drives in the community. It is that bag of groceries and those hot meals that often bring people to the LEC for the first or second time. Being able to have a recurring physical need met then allows individuals to address deeper needs and find long term solutions.

The LEC is blessed to be the recipient of the annual **Boy Scouts’** food drive, *Scouting for Food*. The event took place in March and resulted in about 150 barrels of dry and canned goods for the then essentially bare pantry shelves. This drive provides about a 6 month supply of food for distribution to LEC clients.

Recently, **First Christian Church of Huber Heights** held a successful food drive to benefit the LEC at a local Kroger location. It was a joy to pick up 12 overflowing barrels to add to the pantry. The LEC is so grateful for every food donation received throughout the year. A constant prayer is for more churches or organizations to hold a drive at some point in the year for the LEC. Supplies and helpful hints can be provided and any donations would be a huge blessing to so many.

Have your organization or business consider hosting a Drive to benefit the LEC! We are currently seeking groups to hold the following drives: Food, Scrub-A-Dub (personal hygiene items), Dining (paper, styrofoam and plastic items for consuming meals), and Bundles for Babies (baby items). We provide most everything you will need for a successful Drive. For information on how to hold a "Painless Drive", please contact Lee Snead: lee.snead@daytonlec.org or 937-409-0695.

Drop off and pick up of collection barrels can be provided at any location in the area.