Fight Germs This Season!
By Patrick Keller – Indiana University School of Nursing

During the Fall and Winter months, many people get sick. Getting a cold or coming down with the flu is not uncommon during this time.

There are many things that you can do to decrease the likelihood that you will get sick during the Fall and Winter.

Eat Healthy and Wash your Hands!

Study after study shows that hand washing is the number one way to protect yourself, and prevent the spread of disease. Just imagine how much more healthy you and your friends would be if you washed your hands more! Also, eating lots of fruits and vegetables helps you get the adequate amount of Vitamin C in your diet that you need. Vitamin C helps your immune system fight off germs!

Three Easy Things You Can Do to Fight Germs

Wash Your Hands!
Washing your hands is the most effective way to prevent illness.

Eat Right!
Eating a balanced diet gives your body the nutrients it needs to fight off illness!

Exercise!
Exercise gives your immune system an extra boost. If you get a fever, take a break from exercise.

The Marion County Health Department, 3838 N. Rural, offers flu shots. The cost is $15.00 for adults and $10.00 for children. Medicare and Medicaid accepted. For more information call 317.221.2122.

School Contact Information:
- Joyce Kilmer, IPS 69 School Coordinators
  Joyce Burns & Regina Parrish 317.226.4269
- Francis W. Parker Montessori, IPS 56 School Coordinator
  Maria Wright 317.226.4256
- James Russell Lowel, IPS 51 School Coordinator
  Mary Studley 317.919.0983
James Russell Lowell School 51
Principal– Lauren Johnson

Stephanie Caldwell, the teacher of James Russell Lowell IPS 51’s Intermediate Life Skills Class has created an innovative partnership with the Felege Hiwyot Garden Center (FHC) for her students with special needs. Every week they go to the one acre urban farm, a joyful place for experiential learning in Martindale Brightwood. The FHC director, Aster Bekele, has found many creative ways to reach children from the neighborhood with her love of conservation, nutrition and environmental science. Learning has truly been brought to life for this very special group of students.

Joyce Kilmer School 69
Principal– Tihesha Guthrie

The school staff at Joyce Kilmer dressed up as their favorite book character in support of the 25 Books Campaign. The students will have the opportunity to read 25 books of the principal’s choosing throughout the year. There will be rewards given out at different intervals based on how many books the students have read.

Francis W. Parker Montessori School 56
Principal– Lauren Franklin

November 10th was the official grand opening of Francis W. Parker Montessori’s new Food Pantry! With help from Gleaners Food Bank of Indiana, the Food Pantry is able to provide needed food resources to the families while simultaneously encouraging family involvement in school activities. The food pantry offers items such as bread, meat, cereal and cheese, and will be open every second Thursday of the month from 4:30-7:00 PM. This program is only for School 56 parents and is by appointment only! For more information contact Maria Wright at 317.226.4256.

Martindale Brightwood Alliance For Educational Success

⇒ Martindale Brightwood Alliance For Educational Success would like to say thank you to all of the volunteer parents, school staff and partners with a celebratory dinner on November 17, 2011. Dinner to be held at James Russell Lowell School 51 starting at 6:00 PM.

⇒ All teachers at Joyce Kilmer School 69 recently received first aid kits provided by Martindale Brightwood Alliance For Educational Success. The kits contained Band-Aids, cold packs, disposable gloves and much more! School 56 and School 51 teachers will receive first aid kits very soon.

⇒ DON’T FORGET! IUPUI’s Division of Continuing Studies offers low or no cost courses at the Adult Learning Centers at School 56, School 69 and Arlington Community High School. Contact Sylvia Cunningham for more information on course offerings at 317.278.7323 or at sycunnin@iupui.edu.
Rebuilding The Wall (RTW) is a grass-roots community effort to stabilize families through homeownership in the Citizen's King and Martindale Brightwood neighborhoods! RTW was asked by Francis W. Parker Montessori School 56 to be part of the Martindale Brightwood Alliance because we are focused on keeping families in the neighborhoods surrounding our schools. We do this by: partnering with families seeking to be homeowners; working to stabilize credit and finances so that families can become lender-ready; educating the community about homeownership; making buying a home affordable, based on families' income; creating a community network of support as we build into our neighborhoods together. RTW partners with organizations such as INHP (Indianapolis Neighborhood Housing Partnership) to make homeownership a reality even for families who have experienced evictions, foreclosures, bankruptcies, and credit problems.

For more information contact:
Shelley Landis, MSW, LCSW
THRIVE Coordinator
shelley@rebuildingthewall.org
317-925-9789
www.rebuildingthewall.org

Gleaners Food Bank
Gleaners Food Bank is the oldest and largest food bank in the state of Indiana. It provides food to over 350 pantries in need. Gleaners is excited to partner with the Martindale Brightwood Community to bring BackSacks and School pantries to IPS 51, 56, and 69. In addition, the agencies that partner with Gleaners Food Bank are allowed to visit the Fresh Room as often as they like to receive free food for their pantries. The Fresh Room has fresh fruit, vegetables, milk, eggs, yogurt, cakes, cookies, pies, etc. that are made available to school pantries. This has been a wonderful partnership so far and we look forward to growing these programs even more! Please visit St. Vincent De Paul or Old Bethel Pantries if you need any food assistance, or contact us directly at 317-925-0191 if you have further questions.

Brightwood Community Center
The Brightwood Community Center has been serving the Martindale-Brightwood area of Indianapolis for over 40 years! We are a faith-based non-profit supported by Metro Ministries, Inc. a benevolent arm of the United Methodist Church. A few of the programs and services we offer includes:

- Survival Skills for Women
- Kids Club
- Summer Day Camp
- Food Pantry and Clothing Assistance

For more information on programs and services please call 317-546-8200.
**HOLIDAY RECIPE!**

**Quick and Easy Low-Fat Pecan Pie Filling Recipe**

**Ingredients:**
- 6 egg whites
- 1 cup corn syrup
- 1 cup sugar or splenda
- 2 Tbsp margarine,melted
- 1 tsp vanilla extract
- 1 1/2 cup pecan halves

**Instructions:**
Preheat oven to 350 F. Combine all ingredients except pecans, mix well. Stir in pecan halves. Spoon into pie crust. Bake 50-55 minutes, until knife inserted halfway between the middle and outside edge of the pie comes out clean.

*For more information on this recipe and other recipes go to http://maddieruud.hubpages.com/hub/Diet-Friendly_Pies*

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**COMMUNITY PARTNERS**

- 37 Place
- 100 Black Men
- Boy Scouts of America
- Bright House Networks
- Brightwood Community Center
- Child Care Answers/ Play & Learn Choices Inc.
- Edna Martin Christian Center(EMCC)
- Felege Hiywot Center
- Girls Inc.
- Gleaners Food Bank
- HealthNet Inc.
- IMCPL Brightwood Branch
- Indiana Partnerships Center
- Indianapolis Public Schools
- Indy Parks and Recreation
- IU School of Dentistry
- IU School of Education
- IU School of Nursing
- IU School of Social Work
- Ivy Tech Community College
- Learning Well
- Making Connections
- Martindale Brightwood CDC
- Rebuilding the Wall
- United Way of Central Indiana
- And many more to come!

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**Upcoming Events**

- Adult Learning Center Introduction to Word School 69, Starts Dec. 1 9:00 AM
- Community Council Meeting, School 69 Dec. 14, 1:00 PM
- Winter Concert School 51, Dec. 15 6:00 PM
- Community Kwanzaa School 51, Dec. 26 2:00 PM

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**Contact Information:**
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**Martindale Brightwood Alliance for Educational Success**

**MISSION**-To advance the continuous development of a community wide partnership between the schools, families, health and human service agencies, faith based organizations, businesses, colleges/universities, maximizing the education and life potential of every child, young person and adult ---from cradle to career.

**VISION**-A highly educated, productive citizenry contributing to a thriving Martindale Brightwood Community!