Eliminate Financial Stress During the Holidays

Holiday financial stresses look different than the usual financial stress. There is added frustration due to shopping for gifts, the holiday dinner for the family and traveling. To ease anxiety often associated with the holidays here are some suggestions that may help.

- Save pennies now. Put back a little money now in order to afford a present or two when the holidays arrive.
- Make a 3 to 5 dollar gift grab bag. Wrap the gifts and let people choose. Make a boy bag and girl bag for the kids and maybe a hostess grab bag for the people who entertain your family during the holidays.
- Pay ahead in October and November on your utilities to balance monthly bills with the seasonal expenses. When the December bills arrive they should be less & you'll have more for the holiday season.
- Make a budget for the holidays. Involve the kids in this exercise. Consider every expense including the holiday meal.
- Remember that the kids are going to be home for two weeks and household expenses will be higher. Discuss activities and focus on free and low cost things to do.

Julie Barrett is the Workforce Development Specialist for the Martindale Brightwood Community Development Corporation.

Article By: Julie Barrett

What It’s All About!

MBAES 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.

MBAES Vision- A highly educated, productive citizenry contributing to a thriving Martindale Brightwood Community!
Francis W. Parker School 56 - Principal, Lauren Franklin

Great partners make for a great school! At School #56 we have very generous and supportive partners that help make our school a flourishing learning environment for our scholars. One of our successful partnerships is with Ivy Tech and their students. Students from Ivy Tech help in the classrooms, which is a wonderful service they have given to our school is childcare during PTA meetings. The kids have a great time while the parents are able to be fully present and focused during the meeting. We are so glad to have this relationship with Ivy Tech and their wonderful students!

Joyce Kilmer School 69-Principal, Tihesha Guthrie

Many people need food assistance for the first time in their lives as the local unemployment rate continues to rise. With hundreds of families seeking food assistance from local food pantries in the coming months, the likelihood of our families being turned away due to the low supply has increased. Joyce Kilmer Academy and Indy Parks will host a non-perishable Food Drive during November to help our families. Also, our Food Pantry Grand Opening will be in November and each month thereafter.

James Russell Lowell School 51- Principal, Jennifer Pearson

James Russell Lowell would like to express their heartfelt thanks to Lenscrafters for their OneSight Regional Vision Clinic that served 11 of our students with much needed glasses in September. This effort was a true collaboration of community school partners. Students were identified by teachers, screened by the Marion County Health Department when they visited the school for vision screening and then served with glasses by Lenscrafters staff. The Lenscrafters van was parked at IPS 49 and the students were examined and fitted for glasses on the spot. Thank you.
**Brightwood Community Center**

The Brightwood Community Center has a long history of helping families deal with financial stress. As a result of that history, we offer many services to help families better cope with the stresses of life; such as:

**Food and Clothing Services:** Open Mondays, Tuesdays, Thursdays 10 AM-2 PM

**SPARK After-School Program:** Mon-Thurs 4-7 PM, ONLY $10 a child per month

**Weekly ZUMBA & Tae-Kwon-Do Classes**

Come visit us: 2410 North Station Street, 46218

www.brightwoodcommunitycenter.org

“To love God and our neighbor without bounds through justice, love and reconciliation.”

This is our mission. This is Brightwood!

**United Way of Central Indiana**

United Way of Central Indiana is an invested partner of the MBAES initiative. United Christmas Service needs your generosity to assist families in need. Go online to uwci.org/ucs to learn more and donate directly or sign up to assist a family. When matched with a family in need you will purchase presents and food and deliver them to the family. Donor groups can be companies, churches, neighborhoods, families, civic organizations, individuals and other entities. If you prefer you can provide a financial donation, which will go towards a voucher for families to use to purchase food, clothing, and/or toys.

Article By: Marie E. Jones

The United Way provides a variety of financial resources and support for families in need. For more information or to donate, visit uwci.org/ucs.

**Edna Martin Christian Center**

The Edna Martin Christian Center provides comprehensive family- and community strengthening programs and services including Early Child Development, After School Program, Summer Program and Camp, Life Skills Training, Community Service Program, Tutoring and Mentoring Program, Leadership and Legacy Program.

During the holidays EMCC will be hosting a Community Thanksgiving Dinner November 20th from 5 to 7pm.

Everyone is welcome.

Article Provided By: EMCC
News You Can Use

Upcoming Events

- School 51 Education Taskforce Mtg, Nov. 9, 10:30 AM
- IBE Parent Empowerment Conference, Nov 17, 9:00 AM
- School 56 PTA & Family Night Nov. 26, 5:30 PM
- School 69 Community Council Mtg., Dec. 12, 10:00 AM
- IPS Student Winter Break Begins, Dec. 20

HOLIDAY RECIPE!  Eggnog is a minefield of calories -- weighing in at around 340 calories per cup with 19 grams of fat--unless you make some serious changes. Try this!

Ingredients:
1 1/2 cups skim milk
1/2 cup fat-free half-and-half
1/2 cup pasteurized egg substitute
1 tsp vanilla
1 packet artificial sweetener
Nutmeg (for garnish)

Instructions: Combine all ingredients in a blender. Serve cold or over ice and garnish with nutmeg. Per serving: 64 calories, 7 g protein, 8 g carbohydrate, 0.5 g fat, 0.3 g saturated fat, 3 mg cholesterol, 0 g fiber, 144 mg sodium. Calories from fat: 7%. This recipe makes 4 servings.

For more on this recipe go to http://www.webmd.com/food-recipes/features/low-calorie-holiday-recipes

Community Partners

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

For information pertaining to the Martindale Brightwood Alliance for Educational Success, (MBAES) contact Nicole Oglesby, Project Director, noglesby@iupui.edu or Sereta Douse, Project Specialist, sldouse@iupui.edu / 317.278.9700