



# ***VOLUNTEER NEWS***

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## **What Will We Do When Mandy Is Gone?**

By Sydne Wirrick-Knox, Coordinator of Volunteers & Operations

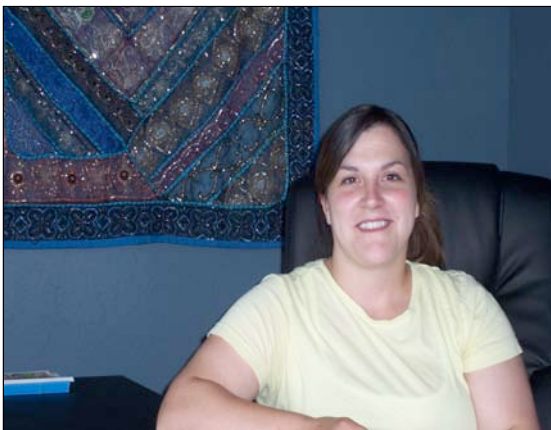


I'm sure most of you are asking "Who Is Mandy?" Mandy Bell is a student in the Human Service Program at Southeast Community College and will graduate in December of this year. She has been with MTKO since February 2010 working between 20 and 40 hours a week as an intern with the majority of her tasks revolving around outreach. Or maybe I should say she has worked mostly with outreach since we moved. Oh yes, Mandy helped with the move and in a BIG WAY. She boxed and carried, boxed and carried, boxed and, well you get the picture. Then she carried and unboxed, and carried....

Since helping the MTKO staff move and get settled in to our new location, Mandy's tasks have been many. Here is a partial list: Helping with ID's, Food Pantries, Mail, Messages, Showers, Laundry, Personal Care Items, Serve Lunches, Answer Phones, Decorate, Street Outreach, Locate Furniture For Guests, Transport Guests, and anything else that may be asked of her by an MTKO staff member. Whew, I'm exhausted just listing all of her duties.

When asked why Human Services, Mandy's response is, "I was in a criminal justice program (in a school other than SCC) and found I didn't like how people were viewed or categorized. I feel people deserve a second chance and Human Services seemed a better fit. I was going to be a probation officer but since being at MTKO, I really like outreach work."

Mandy has a very busy August planned. Her birthday is August 1<sup>st</sup> and on August 7<sup>th</sup> she is marrying Justin Eigsti. Mandy and Justin have been together for 7 years and share 3 adorable children: Jalen is 3, Chase is 2 and Evan is 9 months.



Mandy is also a member of the LOSS Team. LOSS stands for Local Outreach to Suicide Survivors. These mental health clinicians are dispatched to suicide scenes. Once there they assist survivors with questions, explain the police procedures, help with funeral arrangements and provide resources for support groups. Each mental health clinician involved in this team is a survivor of a family member's suicide.

**Thank You Mandy for all of the help you have been to the staff and guests of MTKO. We all wish you the best for your marriage and graduation. You have truly been a "sister" and we will miss you. I am sure you will succeed in your life with Justin, your children, and your career.**

## **123 ActionNow**

By Janet Buck, RD/MTKO Nutrition Coordinator

One of my duties as the Nutrition Coordinator at Matt Talbot Kitchen and Outreach is to attend meetings of a community-wide coalition known as 123 ActionNow. The purpose of this coalition is to help prevent people in Lincoln and Lancaster County from developing Type 2 Diabetes. Following is an article that another member of our coalition has written about staying healthy that I wanted to share with you this month.



### **Healthy Eating = Healthy You = Better Life**

You hear it frequently. The media bombards you with it both directly and indirectly. You may even say it to yourself much too often. "You can do better. Look better." "Your diet stinks. Eat your fruits and veggies." Magazine covers tell you that you are either too fat or too thin, among other things. Healthy lifestyle programs market this important message in many different ways. It's amazing how many ways 'Eat what your body needs for good health' can be said.

So, what's keeping you from powering your body with the fuel that it needs to run like a well oiled machine? Only you can answer that, but here are a few things for you to consider:

- **Keep it positive!** Don't allow the so called negatives about eating a healthy diet dissuade you from doing it. The benefits of good health far outweigh the discomforts of limiting 'junk' type foods and opting for their more nutritious counterparts. Think of actually wanting to go shopping for clothes and feeling great in them. (Imagine no more pulling your shirt over your protruding tummy or backside!). And wouldn't it feel good to enjoy being active rather than dreading to climb a flight of stairs or ride your bike in the neighborhood? Preventing chronic health conditions such as type 2 diabetes and heart disease are surely a major benefit as well.
- **You don't have to be overweight to feel lousy from poor nutrition.** I recently visited an animal shelter where hundreds of abused and neglected dogs have found refuge. Many have lost their hair, teeth, and their health from lack of exercise and good nutrition. In some cases, it has brought on early chronic disease conditions such as diabetes and arthritis. When given the proper food, exercise, and fresh air, it is possible for these pitiful creatures to regain their health. The transformation in many cases is astounding. They go from thin, bedraggled, and hopeless looking to healthy and active with thick shining coats! The results are amazing. It is the same for us humans. What we put into or neglect to put into our bodies equals what we get in return. Even if we don't see it on the outside, it may be causing damage on the inside.
- **Don't use tobacco.** This highly addictive and deadly product will only multiply your risk of chronic disease.

So, just as in math class when you learned that  $2+2 = 4$ , the foods you eat today = the health you will have tomorrow. A better life awaits you when you follow the rules for good health. Check out these websites for more information on preventing chronic disease:

[www.123actionnow.org](http://www.123actionnow.org)

[www.americanheart.org/presenter](http://www.americanheart.org/presenter)

[www.QuitNow.ne.gov](http://www.QuitNow.ne.gov)

*EAT HEALTHY   MOVE MORE   KNOW YOUR NUMBERS*

*Sandra Keller, RN*

*Health Promotion & Outreach Division*

*Lincoln-Lancaster County Health Department*



**Save this Date:**

**The 14<sup>th</sup> Annual**  
**“Huskers Helping the Homeless”**  
**Benefiting Matt Talbot Kitchen & Outreach**

**Saturday October 16, 2010 – NU vs.**  
**Texas**

**Volunteers needed to collect donations in**  
**downtown Lincoln on behalf of**

**GARDEN & GROUNDS CLEAN-UP**

**Volunteers Needed!**

**Thursday, August 5<sup>th</sup>**

**From 1:00 to 5:00 PM**

**MTKO will be working on a**

**If you are able to help please contact**

**Sydne at 477-4116 or [sydnemtko@windstream.net](mailto:sydnemtko@windstream.net)**

**Great volunteer opportunities are available for teams at MTKO**

- Provide, prepare & serve the 1<sup>st</sup> Wednesday lunch of the even months starting on October 6<sup>th</sup>.
- Provide and prepare the 2<sup>nd</sup> Tuesday lunch of each month (we have a team that serves) starting August 10<sup>th</sup>.
- Provide, prepare and serve the 2<sup>nd</sup> Friday lunch of each month starting August 13<sup>th</sup>.

Please contact Sydne Wirrick-Knox at [sydnemtko@windstream.net](mailto:sydnemtko@windstream.net) or 477-4116 for information.

**Thank you for your service to Lincoln's working poor & homeless!**

# Matt Talbot Kitchen & Outreach Emergency Action Plan

## **Matt Talbot Kitchen & Outreach Emergency Plan In Case of Tornado**

When a tornado **WATCH** is issued

- Listen to local radio stations for further updates
- Be alert to changing weather conditions
- Blowing debris or the sound of an approaching tornado may alert you. Many people say it sounds like a freight train

When a tornado **WARNING** is issued

- Move to designated shelter areas
- At MTKO the following areas are designated shelter areas:  
**The men's and women's bathrooms off of the dining room – Maximum capacity is 20 people in each bathroom**  
**The laundry room off of the dining room – Maximum capacity is 10 people**  
**The men's & women's bathrooms in the outreach area - Maximum capacity is 5 people in each bathroom**  
**The stairs to the basement and the basement of the library - Maximum capacity is 100 people on the stairs and in the basement**
- All volunteers from the kitchen and anyone in the dining room who is unable to use stairs need to go to the men's bathroom, women's bathroom and the laundry room.
- The remainder of the people in the dining room should be escorted through the outreach area to the basement and the basement stairs in the library.
- Anyone in the library should go to the basement there.
- The men's and women's bathrooms in the outreach area should be used for any overflow from the dining room and kitchen.
- Stay away from windows, particularly on the windward side, and avoid shelter in large rooms with large unsupported roof spans

**AFTER** a tornado passes

- Watch out for fallen power lines and stay out of damaged areas
- Listen to the radio for information and instructions
- Use a flashlight to inspect for damage

## **POWER OUTAGE**

**In case of a power outage**

- Locate the Emergency Supplies Kit-on the bottom shelf of the Bakers Rack in the food preparation area of the kitchen
- Listen to the radio for information and instructions



# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1 Lunch</b> Madonna Tracy Bell</p> <p><b>Supper</b> Family &amp; Friends Peggy &amp; Greg Dynek</p>	<p><b>2 Lunch</b> <b>NEED SUB TEAM</b></p> <p><b>Supper</b> Super Supper Servers Sue Connolly</p>	<p><b>3 Lunch</b> Family &amp; Friends Mary Jo Bousek</p> <p><b>Supper</b> Pooh Bears Teresa Harms &amp; Jan Mientz</p>	<p><b>4 Lunch</b> Mid-Town Center Serve Only</p> <p><b>Supper</b> Cathedral Potpourri Mike &amp; Jane Knopp</p>	<p><b>5 Lunch</b> Angel Helpers Mary Jo Bousek</p> <p><b>Supper</b> St. Joseph's #3 Provide White Hall/Clean</p>	<p><b>6 Lunch</b> IANL Dr. Ram Bishu</p> <p><b>Supper</b> Westminster Presbyterian Church Judy Roper</p>	<p><b>7 Lunch</b> College View Something Else Class Vicki Biloff</p> <p><b>Supper</b> Family &amp; Friends Joyce Champoux</p>
<p><b>8 Lunch</b> St Mary's Elmwood Les &amp; Ruth Ann Hlavac</p> <p><b>Supper</b> P.K.'s &amp; Friends Jessica Kennedy &amp; Alexia Scott</p>	<p><b>9 Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset</p> <p><b>Supper</b> Aldersgate United Methodist Donna Lanum</p>	<p><b>10 Lunch</b> Swanson Russell Serve Only</p> <p><b>Supper</b> Bryan/LGH College of Health Sciences Deb Schmailzl</p>	<p><b>11 Lunch</b> Christ United Methodist Mary Lange</p> <p><b>Supper</b> St Peter's Godteens Sarah Hodge</p>	<p><b>12 Lunch</b> Country Neighbors Beaver Crossing Brenda Stutzman</p> <p><b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek</p>	<p><b>13 Lunch</b> <b><u>NEED NEW TEAM</u></b></p> <p><b>Supper</b> Blessed Sacrament #1 MaryAnn Burda</p>	<p><b>14 Lunch</b> First United Methodist Suzie Miller-Schoen</p> <p><b>Supper</b> 1<sup>st</sup> Plymouth Julie &amp; Mitch</p>
<p><b>15 Lunch</b> St. Peter's Mary French</p> <p><b>Supper</b> Wallingford Family Barb</p>	<p><b>16 Lunch</b> Raymond United Methodist Church Provide &amp; Prepare <b>Lincoln Federal Savings Bank</b> Lending Hands Serve Only</p> <p><b>Supper</b> St. David's Episcopal Kathy Wilson</p>	<p><b>17 Lunch</b> First Lutheran Church Steve &amp; Karen Lenzen</p> <p><b>Supper</b> St. Thomas Aquinas Matt Davis</p>	<p><b>18 Lunch</b> Ann Nutter</p> <p><b>Supper</b> St Teresa's #1 Rosie Polak</p>	<p><b>19 Lunch</b> Christ Lutheran Church Middle School Ministries Rebecca Fisher</p> <p><b>Supper</b> St E's Mission Integration Committee Kurt Clyne</p>	<p><b>20 Lunch</b> Second Baptist Alice Eastman &amp; Marilyn Waldron</p> <p><b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp &amp; Dorothy Benes</p>	<p><b>21 Lunch</b> St Catherine's Lunch Bunch Eileen Zuerlein</p> <p><b>Supper</b> Holy Savior Lutheran II</p>
<p><b>22 Lunch</b> Calix Larry Kunc &amp; Chris Jacobsen</p> <p><b>Supper</b> St Joe's Godparents Mary Bill</p>	<p><b>23 Lunch</b> St Peter's/St Teresa's Circle Provide Cedars Foundation Staff Serve Only Ruth McKinstry</p> <p><b>Supper</b> Lincoln Poultry Chelsey Neesen</p>	<p><b>24 Lunch</b> Welcome Wagon #2 Beth Griffing</p> <p><b>Supper</b> Southwood Lutheran Leigh Porter</p>	<p><b>25 Lunch</b> Residential Treatment Community NSP Elisa &amp; Chara</p> <p><b>Supper</b> St Teresa's Coffee Group Norene Lackey</p>	<p><b>26 Lunch</b> Friends of Matt Talbot Kathy Grubbe</p> <p><b>Supper</b> St Francis &amp; St Claire Cal Wells &amp; Janet Harrison</p>	<p><b>27 Lunch</b> Sister Chicks Ursula McLaughlin &amp; Natalie Schreiter</p> <p><b>Supper</b> sheridan Lutheran Sue Alby, Brenda Wilcher &amp; Jennie Malone</p>	<p><b>28 Lunch</b> St John's Talbot Lunch Bunch Tini Van-Oehlertz</p> <p><b>Supper</b> CALL Cheryl Ferree</p>
<p><b>29 Lunch</b> Knights of Columbus Ken Polacek</p> <p><b>Supper</b> St Patrick's Manley JoAnne Richardson &amp; Sherry Kunz</p>	<p><b>30 Lunch</b> Lincoln Medical Alliance Jenny Ackerman</p> <p><b>Supper</b> St Michael's Cheney Chloe Burianek</p>	<p><b>31 Lunch</b> St Michael's Cheney Cheryl Petrig</p> <p><b>Supper</b> Servants at Heart Jason Rosenkranz</p>				

**Mission Statement:** The mission of Matt Talbot Kitchen & Outreach is to serve the physical, emotional and spiritual needs of Lincoln's working poor and homeless through outreach, advocacy, education and the provision of food and shelter.

## **USDA INVENTORY AS OF July 27, 2010**

### **Canned Fruits**

7 cases (24/ #300 cans) Applesauce  
19 cases (24/ #300 cans) Mixed Fruit  
20 cases (24/ #300 cans) Peaches  
3.5 cases (24/ #300 cans) Apricots

### **Canned Vegetables**

18.75 cases (24/ #300 cans) Corn  
11.75 cases (24/ #300 cans) Green Beans  
17 cases (24/ #300 cans) Mixed Vegetables  
6 cases (24/ #300 cans) Sliced Potatoes

### **Frozen & Canned Meats**

1.5 cases (40/1# packages) Frozen Hamburger  
4 cases (four 6# to 10# rolls) Frozen Turkey Beast Deli Rolls  
3 cases (33# each) Frozen Chicken Leg Quarters  
2.3 cases (48/12.5 oz cans) Canned Chicken  
3.5 cases (24/12 oz cans) Tuna

### **Miscellaneous**

12.5 cases (12/2# packages) Spaghetti Noodles  
12.5 cases (21/ #300 cans) Spaghetti Sauce  
7.5 cases (12/46 oz cans) Orange Juice  
7.75 cases (8/64 oz cans) Cherry/Apple Juice  
16 cases (8/64 oz cans) Apple Juice  
3.5 cases (30/2# packages) White Rice