



# THE Grace Gazette

Grace Center is located inside Community Hardware  
701 West Popcorn Road Harrodsburg  
824.5595

Serving those in need  
in Clear Creek, Indian Creek  
& Polk townships

April 2009



ews from the Grace Center Board

## W h y P e o p l e V o l u n t e e r

\*To feel needed \*To share skills \*For a change of pace \*To get to know a community or neighborhood \*To help someone \*To gain leadership skills \*To do their civic duty \*To earn academic credit \*To keep busy \*To do one's share \*To see that resources are well allocated \*For recognition \*To make new friends \*To explore a career \*Parenthood \*To demonstrate commitment to a cause or belief \*To help a family member \*As therapy \*To do something different than their daily job \*To keep skills alive \*As an excuse to do something they love \*To donate their professional skills \*As a family tradition \*Because there is no one else to do it \*To be an agent of change \*To become an "insider" \*To be an advocate \*Because of their personal experience with the cause or problem \*Because of interest in or concern for the particular client group \*To be challenged \*To experiment with a new way of doing something \*As an alternative to giving money \*To feel proud \*To stand up and be counted

Grace Center welcomes volunteers of all ages and from all walks of life. Think about volunteering with us, and if not with us, with another group or cause that needs you!



Are your bills getting you down? Have you lost your job? Are you falling behind on your rent or mortgage payments? Can you pay your utility bills on time? Are you skipping medicine because it's too expensive? Do you need help?

Grace Food Pantry may be able to help you. While we can't pay your bills, we can help provide some of your food until things turn around. The idea is: if Grace Food Pantry helps out with your food, you will have extra money to pay other bills. Call 824.5595 or stop by the food pantry on Tuesday mornings at 10. The food pantry is located inside Community Hardware in Harrodsburg.

## *R e f e r a F r i e n d*

*I'd like to introduce my friend to Grace Center and the joys of volunteering.*

*Your friend's information:*

*Name*

*Address*

*Phone*

*Your information:*

*Name*

*Address*

*Phone*

*Drop off your referral at Grace Center, inside Community Hardware or mail it to us:*

*Grace Center Inc. P O Box 5 Harrodsburg IN 47434*

ophia's Art Corner

Hi Everyone,

The April art class theme is "travel", so kids: put your thinking caps on for that!

The April adult art class theme will continue with scrapbooking, using painting in the process.

Hope to see you all then!



APRIL 2009 ACTIVITIES

APRIL 14	EUCHRE 12:30 -2:30
	YOUTH ART 3:30-5:00
	Both at Community Center
APRIL 21	Grace Food Pantry: WIC Program & Smoking Cessa- tion 10:00-12:00
APRIL 28	EUCHRE 12:30-2:30
	COMMUNITY DINNER 5:30-7:00
	Both at Community Center

DO YOU HAVE A SPECIAL RECIPE TO SHARE FOR THE GRACE CENTER COOKBOOK?

We'd like to publish a cookbook featuring local recipes. You're invited to submit family recipes or other favorites. Send as many as you want! Some suggested categories are:

- Main dishes
- Soups
- Salads
- Breads
- Side dishes
- Desserts
- Appetizers

Mail to: Grace Center Inc. P O Box 5 Harrodsburg IN 47434

Kroger Card Update

On March 22, Grace Center Kroger card holders had purchased over \$5000.00 of gift card reloads! What does that mean for Grace Center? It means that Kroger writes a check to us for 5% of the sales. The check will be over \$250.00. This is why it is important for you to buy your Kroger cards from us and keep reloading them to buy groceries and gas. Remember it costs you no more, just a few minutes of time. Kroger cards will be available at the Community Dinner and at Community Hardware. Thanks go out to all of you who are supporting Grace Center by purchasing and reloading your Kroger cards!



Health Tid Bits

Parents, for a great website to help our kids learn about nutrition and portion size check out: www.theportionplate.com

**HEY KIDS! Take a good look at what's on your plate!**

**The Portion Plate works**  
This cool tool will help you to make the right food choices for a healthy you. The size of your food should fit the size of the object that is pictured on the plate.  
After you fix your plate, it should be:  
• 1/2 fruits and vegetables,  
• 1/4 whole grains and  
• 1/4 lean protein.

**Get Real!**

**bBetter NETWORKS**  
www.theportionplate.com

HAPPY EASTER !

