

ICM Partners Up With Community Resources to Help Families in Need

The Beatitudes Community Garden Club – ICM coordinates with Lowell Bailey, Executive Director, to send volunteer groups to seed and harvest the garden plots. Donations given to ICM have included: lettuce, spinach, kale, leeks, onions, bell peppers, snap peas, zucchini, squash and carrots all fresh from the ground. This project is such an amazing way for families to volunteer together and help provide healthy, fresh food to others in need. ICM is proud and blessed to be a part of the Beatitudes Garden.



Goodwill Career Center – On select mornings, ICM sets up an area for Goodwill Career Center employees to talk with our clients. This is a way we can help our clients help themselves. In 2015, Goodwill Career Center has placed over 7,000 people into employment. Learn more about the programs offered at:

<https://www.goodwillaz.org/locations/career-center/>

Healthy Start – South Phoenix Healthy Start is a federally funded, community based; infant mortality reduction program. Their mission is to increase the number of infants that live and remain healthy past one year of age.

Their project provides perinatal case management services, health education events and learning opportunities and community referrals to women and their families in the South Phoenix area. A team member is on-site twice a month to reach out to the families at ICM.

SNAP – ICM has been signing up eligible clients for SNAP, the federal food stamps program, since late 2013. In a partnership with the Arizona Community Action Association through the USDA, approximately 400 low income individuals and families have been signed up at ICM to increase the amount of food available to them. Clients are allowed two visits per month to ICM, and each allotment of food lasts 3 - 4 days. If clients and/or family members are not working, SNAP helps the family get through the month.

Cathedral Health Services – ICM, in collaboration with Cathedral Health Services hosts a monthly screening clinic for uninsured clients. The CHS/ICM Health and Wellness Center is staffed with professional medical volunteers serving individuals at no charge. Referrals for ongoing medical care are given to patients, as some haven't seen a doctor in many years, or may not have taken necessary medication for a long time. Services provided include: prevention: cholesterol, diabetes, blood pressure, immunizations, HIV, cardiovascular: heart, stroke screening, women's and men's wellness exams: mammograms, prostate, and STD screenings, pediatric wellness exams, hearing and vision screening, mental health counseling, education programs: weight and diabetes management, mammograms and dental health care.

YOU CAN MAKE A DIFFERENCE

Host a School Supply Drive

Rally with your co-workers, neighbors and family to help children in need.

Basic school supplies can add a bill of over \$40.00 per child and children in families make up almost 50% of all ICM clients. For many years families have turned to ICM for help with school supplies and with the support of donors like you we can continue to offer this service!

Below are some suggested items for drive donation:

- Backpacks, Pencils & Pens, Paper (loose and spiral folder), Markers & Crayons Dry Erase Markers, Glue sticks, 3 Ring Binders & Folders, Pencil boxes or bags, Erasers, Rulers, Calculators

MCP/ICM Cans-for-Likes Newsletter Article

ICM Food & Clothing Bank is teaming up with Mercy Care Plan to feed families in need in Maricopa County. For every "Like" the Mercy Care Plan Facebook page receives between April 1, 2015 through June 1, 2015, Mercy Care Plan will donate 2 cans of food to ICM Food & Clothing Bank, up to \$1,500.

Please help us help to feed the community.

Step 1: Click the **Like** button on the Mercy Care Plan Facebook page: www.facebook.com/MercyCarePlan

Step 2: Spread the word to friends and family. The more **Likes**, the more food ICM will receive.

What an easy way to make a difference!

Earn Funds for ICM While Shopping Online

When you shop at smile.amazon.com, Amazon donates a portion of the purchase price to ICM.

<http://smile.amazon.com/>

Grow the Love for ICM Food & Clothing Bank!

Sign up with eScrip to increase our earnings. It only takes a few minutes and it's free, get started right now at:

www.escrip.com/howitworks.

Visit escrip.com/love for program details.



Volunteers are the heart of

