



**UNITED  
COMMUNITY  
MINISTRIES**

*At the Heart of Community*

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### ***FOR IMMEDIATE RELEASE***

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## **BISHOP IRETON SWIM AND DIVE TEAM SUPPORTS UCM**



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The Bishop Ireton High School Swim and Dive Team is conducting monthly collection drives for UCM's Food Pantry during its 2015 - 2016 season. Pictured at UCM making the delivery of tuna, rice, and other much-needed staples on the Friday morning before the blizzard is Swim Team Captain Emma Klein.

"The high school's food donations were unpacked right on the pantry shelves for the many families coming in before the blizzard hit," says Jose Flores, UCM Food Pantry Manager. "On a typical week day, we provide more than 100 cans of tuna to hungry families. Tuna is always a much appreciated and perfect item to donate to a food drive."

"Thank you to the students and Coach John Gullickson for thinking of our families who need help," says Susan Johnson, UCM Development Associate. "With the blizzard and so many days of snow closings, we are expecting higher demand at the Food Pantry than usual in the coming months. Many of our clients are working poor families, often

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employed in jobs where if they can't get there or the business has to close, it means they don't get paid. The blizzard may mean that many have missed several days of pay, impacting their capacity to manage expenses. Donations of food as well as monetary donations for our food program at [www.ucmagency.org](http://www.ucmagency.org) will help ensure UCM can be stocked for our neighbors in this special time of need.”

**United Community Ministries (UCM)** mobilizes the power of community to equip, educate, and empower people to measurably improve their lives. For more than 46 years, UCM has provided a vital connection between people in need and the people committed to helping them thrive. Services include:

- **Immediate Help.** For families and individuals in crisis, UCM provides counseling, food, financial aid, and referrals to other resources.
- **Children’s Programs.** UCM provides the next generation with essential education and enriching experiences, including full-day early care and learning, new parent education, and after-school programs for youth leadership development and computer access.
- **Workforce Development.** UCM helps adults increase their employability, with job counseling and computer training and with ESL and citizenship classes.

In Fiscal Year 2015, thanks to generous community support, UCM provided life-changing assistance to 10,200 individuals in 4,000 families in the Alexandria portion of Fairfax County. This included 5,000 children – more than any other agency in the Huntington-Mount Vernon area.

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