



Grab 'n' Go Lesson Caring in Kentucky

Good People Grab 'n' Go Lessons are designed so educators have all of the education materials needed in one document to teach a 60-90 minute lesson on a specific topic. Some Grab 'n' Go Lessons will require photo copies while others will require internet access and a projector and speakers; some will require markers while others will require post-it notes each one is unique. We encourage educators to adapt the materials for their environment and learners.

(Note: All stock graphics are free on <http://www.freedigitalphotos.net>)

SUPPLIES: Printed Posters, Markers, Tape; U.S. Map; computer, internet access, projector & audio; Text Sheet Copies. Copies of the Good People Profile (double-sided); Additional supplies may be needed based on which "Getting to Good" activity you choose.

5-8 minutes Arrival Activity

1. Have this activity set up prior to the start of your program. It provides participants a warm-up while others are arriving.
2. Print the "How Many do You Have?" posters and hang them on the wall. If you can, print in color and enlarge to 11x17. You will find: TV/Remote Control, Laptop Computer, T-Shirts, Smartphone, Fork and Veggies, a Car, a Restaurant Menu, a Birthday Cake and a woman Grocery Shopping.
3. Provide markers or pens for participants to use. They can freely walk around the room answering directly on the poster.
4. If you are going to use with multiple groups, laminate the posters and use thin line dry erase markers.
5. The goal of this exercise is for participants to reflect on the "inventory" in their homes and community.

3-5 minutes Set Induction

Explain to your participants that today, we are going to learn about a community in Kentucky where the people there do not have access to many of these items of convenience and comfort, and more importantly can't access some basic needs. Ask your participants:

- What are basic needs you have?
- Are the items on the posters basic needs?
- How does your family get basic needs?

We will learn about organizations that help this community get their basic needs met.



8-12 minutes **The Good People Profile: Susie and Everett Duncan**

Read aloud (and/or distribute copies) of The Good People Profile (handout located at the end of the lesson). Then discuss:

- What motivated the Duncan's to get involved in their community?
- What basic needs did Susie and Everett consider that their neighbors might need?
- How can having easy access to basic supplies make a person's life better?
- Think about a time when you needed a last-minute item (something at the pharmacy, something for a school project or work) ... how long did it take you to get to the store to get the item? What challenges would you have faced if you couldn't get to the store because of distance or you didn't have a car?

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15-25 minutes

Getting to Know McRoberts

Background Information: McRoberts, Kentucky is part of a region of the United States known as Appalachia – and is determined by a cultural designation. To learn more about Appalachia, visit

http://www.arc.gov/appalachian_region/TheAppalachianRegion.asp.

Mapping

1. If you do not have access to a large map of the United States that you can use in front of the group, print the enclosed map graphic on 11x17 paper and give one copy out to every 3-4 people.
2. Have them find their home state on their map. Mark it with an X.
3. Have them locate Kentucky on the map. Mark it with an O.
4. Using a computer or smart phone, ask someone in the group to calculate the miles from your CITY to McRoberts, Kentucky.
5. Ask the participants: How do you think we can impact a community that is _____ miles away?

A Glimpse Inside

1. Share this 20/20 ABC video (5:25)
<http://abcnews.go.com/2020/video/courtneys-secrets-simple-dreams-6877545?tab=12841679> of Inez, KY (which is about an hour drive from McRoberts; the situations are very similar) and/or this segment
<http://abcnews.go.com/Video/playerIndex?id=6877502> (to 5:29).

2. If you feel it is appropriate for your learners, you can share some or all of the following statistics and have them research the comparable data for your city and county. We have gathered data from a few sources

(<http://www.city-data.com/city/McRoberts-Kentucky.html> ,
<http://www.usacityfacts.com/ky/letcher/mcroberts/>, <http://factfinder.census.gov/>
<http://kentucky.hometownlocator.com/ky/letcher/mcroberts.cfm>)

- McRoberts population in 2014: 886 (364 households)
- McRobert's population is 96.9% Caucasian
- Estimated median household income in 2014: \$29,422
- The median worker income is \$20,209.
- Only 26.3% of the population has an Associates Degree or equivalent
- 38% of the working population works in mining, quarrying, and oil and gas extraction.
- 16% work in agriculture, forestry, fishing and hunting
- McRoberts is a part of Letcher County, which has 23,952 residents (as of 2012). It is 339 sq. miles.

The US Census 5-year profile (2009-2013) also said:

- 88.6% of children under 18 in McRoberts live below the poverty level
- 91% of children qualify for federal free or reduced lunch

5-7 minutes

Sharing our Resources

- Based on what you saw and learned about the community, what resources (basic needs) do the people in Appalachia need?
- What resources do you have in your home or community that could help the people in McRoberts?
- What can others do to help the people in McRoberts have a better life?
- What luxury items (not basic needs) might the people in McRoberts like to have that would give them some extra joy?

10-18 minutes

What's Jewish About Sharing?

Included in this Grab 'n' Go is a Text Study sheet for your use.

Depending on the age of our participants, you may want to choose one text to explore via a projector, a few texts via posters, or provide them with the entire 2-sided text sheet. For advanced learners, you may want to provide them a *Tanach* for access to some of the original texts.

One method for engaging these texts:

1. Cut the texts into strips of paper making two or more copies of each text (enough for everyone in your group)
2. Have them find the other people who have their text.
3. Give each group a tabloid size blank paper and markers
4. Have them write the text in the middle of that sheet.
5. Ask them to write around the outside of the text:
 - a. Important key words or phrases
 - b. Their interpretation of the text
 - c. A modern application of the text
 - d. A drawing/doodle that best represents the text
6. Bring all the groups back together to share their texts and interpretations.

Some questions for consideration:

- What is the difference between giving items (clothing, food, supplies) directly to the needy as compared to allowing them to choose from a supply you make available?
- Why do you think **Exodus Rabbah 31:12** states that there is nothing more grievous than poverty?
- In exploring all of these texts, how does Judaism define poverty?
- Which of the texts require us to share of our own goods and which texts just tell us to give? What is the difference?
- What reasons do the texts provide for Jews to take care of non-Jews?
- **Deuteronomy 15:7-8** states: "If there is a destitute person among you..." Do you consider the residents of McRoberts "among you?" Why or why not?

8-15 minutes

The Good People Making a Difference in McRoberts

Family-to-Family is one organization the Good People Fund works with in the area around McRoberts (<http://www.goodpeoplefund.org/program/family-to-family/>). The Good People Fund has granted Family-to-Family financial support to their general operations and to provide food to those in need. In addition, the Good People Fund helped connect Denver's Redistribution Center to the community in McRoberts. Our partner delivered a 53-foot trailer filled with new clothing, furniture, housewares, building and school supplies, and other items. We have facilitated delivery of trailer loads of donated food for the past four years and we also underwrite the cost of monthly food packages for ten needy families.

Here is a short video (6:41) showing highlights of some of our trips:

<https://www.youtube.com/watch?v=SJ5wUWYupgM>



Visit these links to learn the other ways Good People Fund has support the McRobert's community:

- <http://www.goodpeoplefund.org/program/mcroberts-kentucky/>
- <http://www.goodpeoplefund.org/news/founder-redistribution-center-colorado-returns-millburn-truckload-goods-area-organizations-serve-need/>
- <http://www.goodpeoplefund.org/news/work-teachers-life-millburn-synagogue-forms-unusual-bonds-struggling-kentuckians/>
- <http://www.goodpeoplefund.org/a-whole-lot-of-watermelons/>
- <http://www.goodpeoplefund.org/news/bnai-israel-congregants-do-tzedaka-in-kentucky/>
- http://www.huffingtonpost.com/brad-rothschild/kentucky-journey_b_934296.html
- <http://www.goodpeoplefund.org/72-hours/>

Getting to Good

Depending on the time you have, this can either be a short conversation about some options to get involved or can be a hands-on project adjusted to your needs.

Ask the group to reflect on their original posters ...

- What do we have that we can share with others?
- How can we determine our basic needs from items of comfort and convenience?
- How can we get what we have in excess to those who don't have?
- What is Jewish about sharing what you have in excess with others?

Here is a list of ideas from Family-to-Family on how young people can get involved. <http://www.family-to-family.org/kids-helping-kids/>

If your group is looking for a deep, hands-on service project, consider planning an immersive service-learning trip to McRoberts similar to what members of Congregation B'nai Israel in Millburn, N.J. and Congregation Sha'arei Shomayim in Lancaster, PA have been doing. Every year they travel there to help repair homes, run summer camps and help where they are needed. They have established a close relationship with the locals in the community who welcome their visits. Leading up to your trip, your community can conduct different supply drives (non-perishable food, toys/games, books, clothing, school supplies, toiletries, etc). Consider how your group can engage in community organizing in order to get others from your greater population involved. The Good People Fund can help arrange your visit.

Your group's tzedakah donations can be contributed to The Good People Fund and earmarked for our work in McRoberts. <https://www.goodpeoplefund.org/mitzvah-donate/>



Why donate to The Good People Fund to distribute your tzedakah?

Shulhan Aruch, Yoreh De'ah 249:6

One able to motivate others to contribute, receives greater reward than the giver.

Shulhan Aruch Yoreh De'ah 249:7

A person should not contribute to a tzedakah fund unless he knows that its management is reliable.

Shulchan Aruch, Yoreh Deah 256:1

Every Jewish community is obliged to appoint charity administrators, respected and reliable individuals who will collect from each person what they are able to contribute ...and give to each poor person sufficient for their needs for the week.

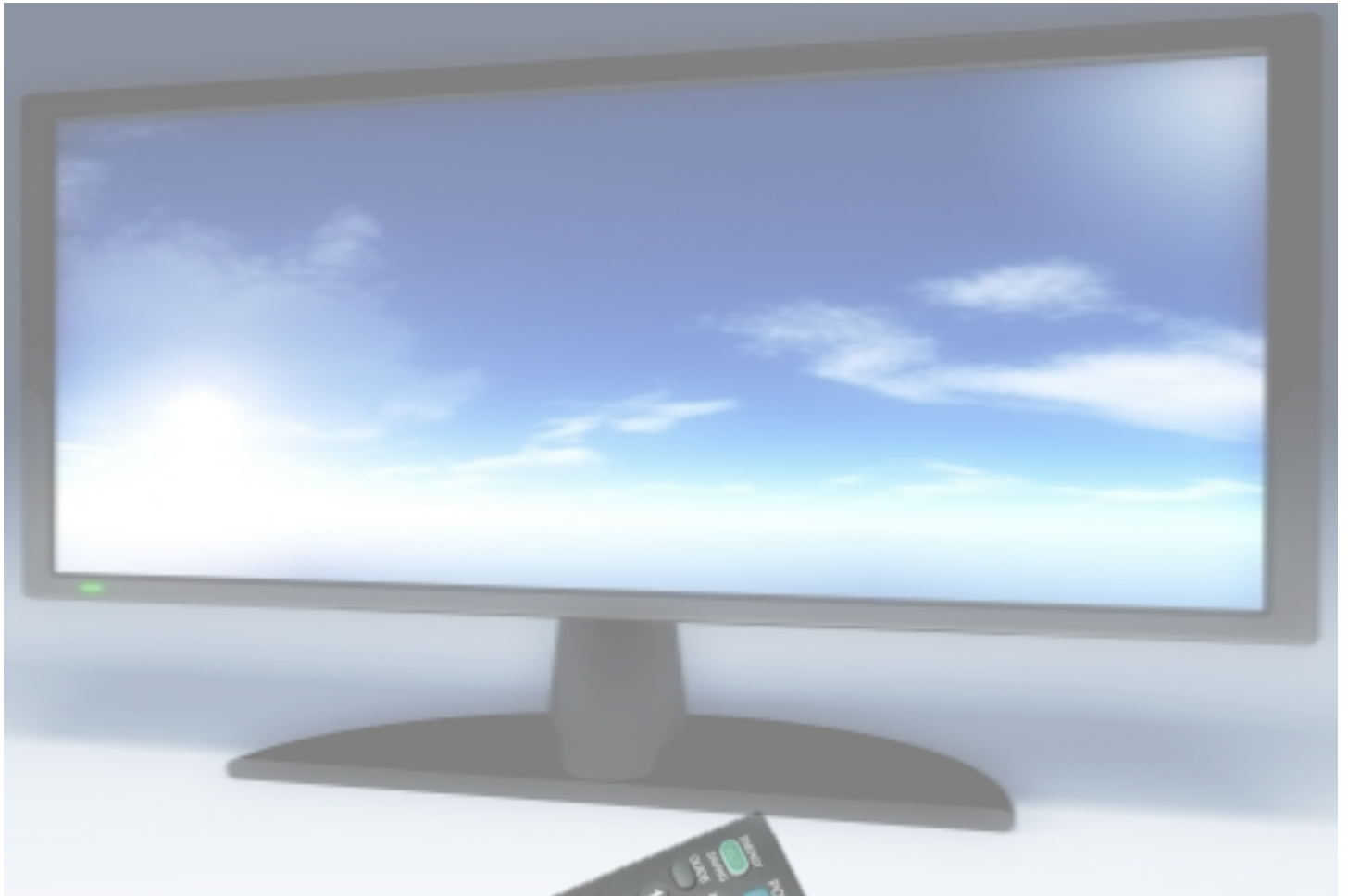
Mishnah Peah 8:7

A public fund needs to be collected by no less than two people, and distributed by no less than three people.

For a copy of our Annual Report, visit: tinyurl.com/2014GPFReport

How many are in your house?

Any shape and size.



How many are in your house?

Any shape and size.



Photo from Idea Go • <http://www.freedigitalphotos.net>

How many are in your bedroom?

Any shape and size, any saying, any brand, any color.



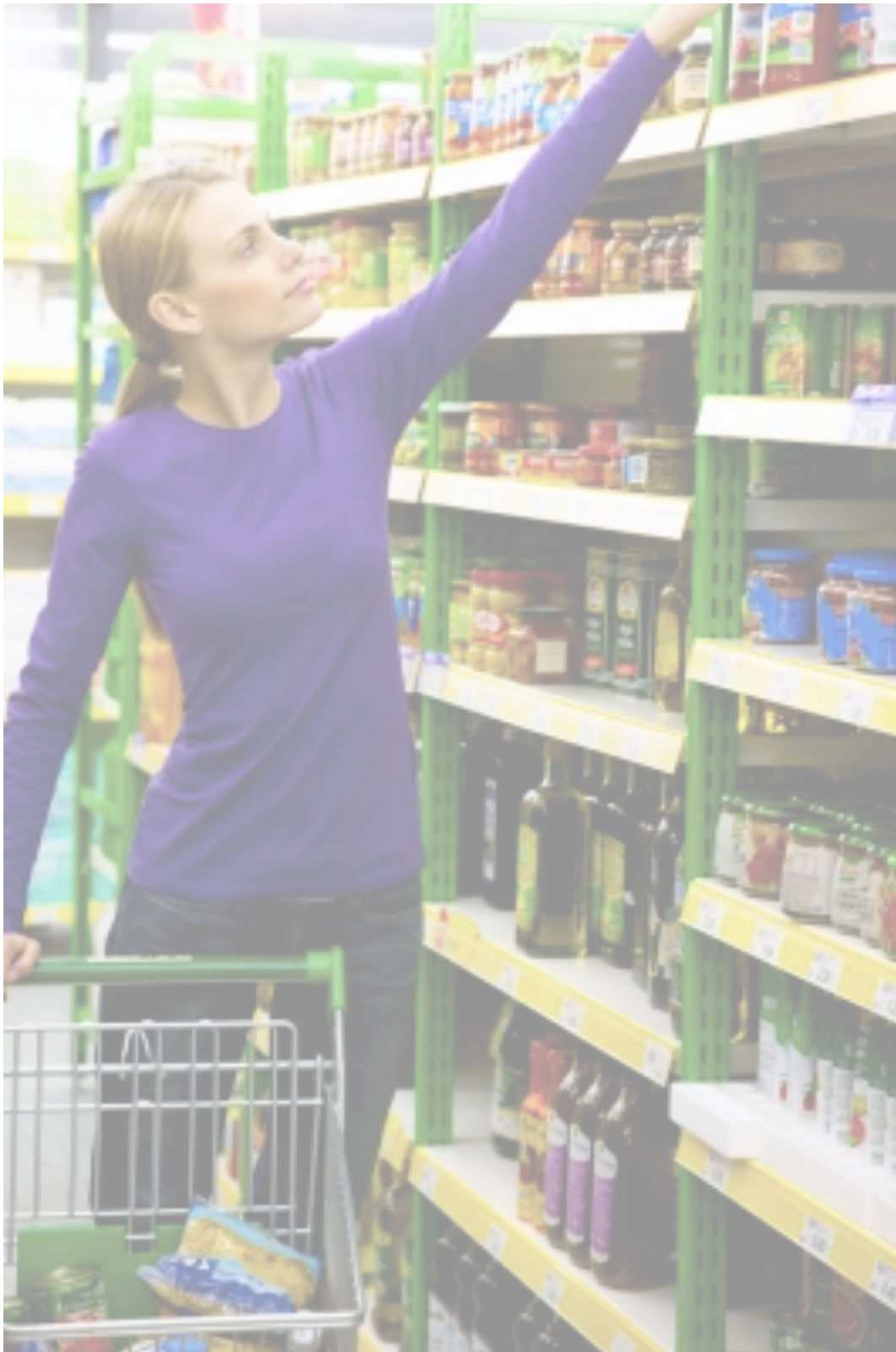
How many does your family own?
Any make and model.



**What vegetables are in your refrigerator?
How many forks are in your kitchen?**



**How many grocery stores are within 20 miles of your house?
or SuperStores with grocery sections?**



How many restaurants are within 10 miles of your house?



**How many of these are owned by your immediate family?
Any brand.**



How did you celebrate your last birthday?
What gifts did you receive?







Grab and Go Lesson
Caring in Kentucky
Text Resources

Leviticus 19:9-10

When you reap the harvest of your land, you shall not reap all the way to the corners of your field, or gather the gleanings of your harvest. You shall not pick your vineyard bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger: I am Adonai your God.

Deuteronomy 14:28-29

At the end of three years you shall bring forth all the tithe of your produce in that year, and shall lay it up inside your gates... and the stranger, and the orphan, and the widow, who are inside your gates, shall come, and shall eat and be satisfied, so that Adonai your God may bless you in all the work of your hand which you do.

Deuteronomy 15:7-8

If there is a destitute person among you, one of your brothers, within your gates, in your land which Adonai your God has given you, you shall not harden your heart, or close your hand from your needy brother; Rather you shall open your hand to him, and grant him sufficient for his need ...

Isaiah 58:7

It is to share the bread with the hungry, and to take the wretched poor into your home; when you see the naked, to clothe them, and not to ignore your own kin.

Malachi 2:10

Have we not all one Parent? Did not one God create us?

Psalms 145:16

[God] gives it open-handedly, feeding every creature to its heart's content.

Turn Over

Tur Yoreh De'ah 251

One who comes and says, "Feed me," we don't investigate to see if he is deceiving, rather we feed him immediately.

Shulhan Aruch, Yoreh De'ah 250:1

How much is it appropriate to give to the poor? 'Sufficient for his needs in that which he lacks.' If he is hungry, one must feed him. If he needs clothing, one must clothe him. If he lacks housing utensils, one must provide him with housing utensils... To each person according to what he needs. [AJWS translation]

Passover Hagaddah

This is the bread of affliction our ancestors ate in the land of Egypt. Let all who are hungry come and eat; let all who are in need come share our Passover.

Exodus Rabbah 31:12

There is nothing in the world more grievous than poverty; it is the most terrible of all sufferings.

Bavli Gittin 61a

Our rabbis have taught:

We support the poor of the non-Jews, along with the poor of Israel,
and visit the sick of the non-Jews, along with the sick of Israel,
and bury the poor of the non-Jews, along with the dead of Israel
in the interests of peace.

THE GOOD PERSON PROFILE

Susie and Everett Duncan

McRoberts, Kentucky is in rural America. Imagine living in a place where "downtown" has only one blinking traffic light, a few occupied storefronts, no movie theater, no supermarkets. Want to catch a movie? It will be a 30 minute drive or longer. Need some school supplies? The nearest convenient store or office supply store might be that same long ride and many families do not even have a car or truck so getting around is very difficult — there are no buses, no trains or even a cab company. Unemployment figures are above the national average and the average per capita income stands at about \$23,500, well below the state average of about \$40,000. Imagine trying to live and raise a family on less than \$24,000 a year.



Susie (orange shirt) and Everett with volunteers

And yet, even though things might seem pretty grim in McRoberts, there are some good people there; people who want to make life better for their neighbors; people who step up to help even when it isn't so easy to do so. Two of those people are **Susie and Everett Duncan** who moved to McRoberts from Lexington, (KY) with their little girl Gracie in 2003.

The early days in McRoberts were really difficult for this young family. Everett was studying to become a paramedic and working all the hours he could as a fireman (at \$7.00 an hour) to support his young family. Susie and Gracie rarely saw him. As Susie said, "to tell you things were rough is a mild understatement, but we managed even without a car...I would go days without seeing anyone."

One day Everett called Susie and told her about a house fire he had just fought. Living in the house were two young children, and Everett wondered if there were any clothes or toys that Gracie was no longer using that might go to these children who had lost everything. Not satisfied with what she had gathered in her own home, Susie called the local Wal-Mart and the Dollar Store and even some friends and neighbors to see if they could help. With a huge collection in hand, Susie and Everett delivered everything to the family.

(over)

And that was how it all started. When Everett finished his training they just started to help people the best they could. As Susie says, "if we went through such a hard time and people never realized that we needed help, then other people were probably going through the same thing."

Because the Duncan's believe that Christmas should be the happiest time of year for kids, each December Everett becomes Santa Claus because, as Susie remarked, "We know how stressful the holidays can be for parents, how even a stuffed bear or a toy car and a visit from Santa can brighten a child's Christmas and take a little stress off of the parents. It is really about seeing that smile from the kids."

Whenever this couple learns of a neighbor in need they are among the first to respond. One room of their very modest home is Susie's little food pantry where she stores donated food and hands it out to people in need. Once a month, with help from the Good People Fund she shops at the big supermarket about 25 minutes away and buys \$1000 worth of fresh produce, meat and some basics for ten families she knows are having a hard time.

Susie and Everett embrace the idea of community and know that even though life might be difficult for them, there are so many others who struggle each and every day and they want to help. After all, isn't that what we are all supposed to do?



Some volunteers, staff and board members from The Good People Fund join Susie and Everett in McRoberts to help distribute supplies to the community.