

Letter from the Executive Director

Spring is here, it is my favorite time of year. It is the time for spring blossoms and new beginnings; it is also the time to celebrate volunteerism. I am writing this in April, which is National Volunteer month. Here at United Way we could not exist if it wasn't for all the great volunteers that continue to give so much of their time and talents to help our county. Volunteers are truly the soul of our community.

“Volunteers do not necessarily have the time they have the heart” ~ Elizabeth Andrew

This edition of the United Way of Nevada County's newsletter is dedicated to all those great volunteers that continuously give back to our community. We wish to say **“Thank You”** to all of you who have given your time so generously to United Way of Nevada County. United Way could not continue to thrive if it wasn't for all the great volunteers that devote so much of their time to our organization. An extra big **“Thank You”** goes out to all those volunteers that have helped to make our new program Food Access Saturday become a reality. Volunteers helped to create this program and volunteers have given their time on a continuous basis for the last 12 months to help distribute food on the second Saturday of each month. Currently United Way has several volunteer opportunities:

- ♥ Apply to be a United Way Board of Director Member
- ♥ Join us for Day of Action on June 21st
- ♥ Participate on a committee (Special Events, Community Impact, Campaign , and Finance)
- ♥ Volunteer at the annual United Way Grills and Grilles event on Oct. 13th

United Way has been working hard to ensure that its mission is met to *improve lives by mobilizing the caring power of the community*. United Way of Nevada County is currently focused on helping to meet the basic needs of the community in the areas of Food, Emergency Shelter and Access to healthcare.

Programs supported by United Way in 2017 helped to:

- ♥ Distribute 1437 bags of groceries to low income working families on the second Saturday of each month.
- ♥ Provide shelter and care for 361 unduplicated people in 2017, including 220 men, 114 women and 27 children.
- ♥ Collect, package and distribute bags of food to 7,793 unduplicated clients in 2017 to families in need.
- ♥ Provide emergency shelter for a total of 147 clients for 4,293 bed nights, including placing 71 people in emergency motel nights for safety.
- ♥ And much, much more!

LIVE UNITED ... and volunteer today!

Enjoy your spring,

Megan Timpany
Executive Director

2018 UWNC Board of Directors

Diana Bare, President
Anna Crockett, Vice President
Joanne Weatherly, Secretary
Mondae Hott, Treasurer
Jim Belluomini
Greg Michna



United Way volunteer Debbie Evans taking a selfie with other volunteers during a recent Food Access Saturday.

GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED

NEWS FROM UNITED WAY OF NEVADA COUNTY...

[UWNC Home Page](#)

United Way's Annual Community Impact Process

United Way of Nevada County's annual Community Impact Process for calendar year 2018 has begun. Allocations will be distributed from the United Way of Nevada County Community Impact Fund. During this process, current United Way partners were able to continue partnership and/or request funding. Additionally, other qualified local agencies were able to apply to become new partners of United Way. Applications were made available for any community based, non-profit 501(c)3 organization that has provided Health & Human Services to the residents of Nevada County for at least 3 years.

UWNC has streamlined the application into one application for new partners, renewal of partners and partnership funding requests. All applications were due in April. All applicants will be reviewed by the UWNC Community Impact Committee, the UWNC Board of Directors, and the 2018 Citizen Review Teams made up of volunteers from the community. This review process will include site visits with all the applicant organizations by the

Citizen Review Teams.

The United Way of Nevada County's funding priorities are:

- Existing UWNC programs
- New UWNC programs
- Partner funding

Megan Timpany, Executive Director of UWNC said "The UWNC community impact process is an integral part of due diligence for UWNC donors." Any Health and Human Service Non-Profit agency that has questions about the application process may contact UWNC for more information.

United Way's 10th Annual Day of Action June 21st

United Way of Nevada County has been coordinating a Day of Action every year since 2009 with the help of many community volunteers. This year the United Way "Day of Action" will be held on June 21st. Over the years, many projects have been completed with the help of volunteers.

This will be the 10th Day of Action taking place in our community. With the help of local businesses and individuals who take the time to help, we are able to make a difference for local nonprofits. In past years, businesses such as Telestream, UPS, TriContinent, JC Penney, Texas Instruments and others encouraged their employees to volunteer for this day of community involvement. Along with local business employees, students from local schools and individual community members help to make this day a success.

Projects such as painting, chopping wood, gardening, organizing and bagging food for those in need will be completed with the overwhelming generosity of volunteers throughout the community. These wonderful volunteers come together on this one day to make a difference. If you or your business would like to get involved, please contact United Way of Nevada County.



Food Bank of Nevada County's Executive Director, John Candelaria with United Way Executive Director Megan Timpany and Warehouse Manager Bob Dion during a recent Day of Action.

United Way's 12th Grills n Grilles Event: October 13th ~ Save the date!



United Way of Nevada County will be holding its annual Grills 'n' Grilles fundraising event during a cooler part of the year... in October! This year it will be held Saturday, Oct. 13th at 11am...mark your calendars now! The location will be the same, in beautiful Western Gateway Park. United Way is hoping for an even larger crowd this year.

This fun event will include a Kansas City Barbecue Society (KCBS) sanctioned competition as well as the local's Backyard BBQ contest. The event also includes a Car Show, the Derek Sorensen Memorial Disc Golf Tournament, live music, vendors and a children's area.

The first place winner of the 2017 Backyard BBQ People's Choice 1st place award "The Rib Doctors" (pictured at left) headed up by long-time Backyard BBQ-er Kristian Hockinson will be back to defend the team's title.

United Way is currently looking for sponsors for this wonderful event, as well as BBQ teams, Car Show registrants and vendors. If you have any questions, please call 274-8111 or email admin@uwnc.org

United Way of Nevada County's Mission: To improve lives by mobilizing the caring power of our community.

UNITED WAY OF NEVADA COUNTY CERTIFIED PARTNERS

Sierra Foothill AIDS Foundation

By Susan Farrington, Executive Director



Sierra Foothills AIDS Foundation

"What Hurts One, Hurts All"



Sierra Foothill AIDS Foundation has been a United Way partner for over seventeen years.

In 2018, a woman who has been a Media-Cal waiver client with SFAF for 12 years was the recipient of United Way funds. She was infected with HIV at the age of 27 and had an AIDS diagnosis years later. She is 59 now and has AIDS related neuropathy, fatigue and weight loss despite being 100% compliant on her HIV meds. This year, she received a devastating diagnosis of multiple sclerosis.

Since that time, she's been receiving intense case management, including

numerous trips to specialists in Sacramento, with our Media -Cal Waiver nurse case manager and social work case manager.

With the use of United Way funds, SFAF was able to purchase new eyeglasses and a sturdy, high quality walker, which not only greatly enhanced this woman's quality of life but, more importantly, has allowed her to avoid any hospitalizations and remain in her home for now.

Partners in English Language Learning (PiELL)

By Christie Gillison, Board President

PIELL has been a United Way partner for over fourteen years.

Partners in English Language Learning (PiELL) has been established in Western Nevada County for over 30 years, and a United Way partner since 2003. We provide one-on-one language instruction for non-English speaking adults. Our mission goes beyond that though, and we work to build bridges that foster cross-cultural respect and enable our students to become thriving members of the community.

Our students face more challenges than most of us do just performing everyday tasks. These challenges include communicating with their children's teachers, speaking with others at work, grocery shopping, and finding health care and explaining medical issues. We provide Familywise discount prescription cards (a United Way sponsored program) to our students and share information on health fairs, and because our tutors work one-on-one with our students, we are able to address health issues as they arise. Our tutoring sessions have included practice making an appointment with a doctor and reading exercises that explain ailments of concern to our students such as strokes, lactose intolerance, and diabetes.

Our tutors have helped our learners understand insurance and Media-Cal and explained when and how to make a 911 phone call. Tutors sometimes assist outside of tutoring and have taken students to doctor's appointments and physical therapy sessions. Since one student learned that wellness exams were covered by insurance, she and her child now make annual doctor visits. One

tutor made a joint call with the student when there was an issue with insurance. One student needed glasses but didn't know where to turn. His tutor took him to some local optometrist offices to price an exam and glasses. With those prices more than the student could pay, they went to Costco in Roseville where the student got an eye exam and glasses. PiELL believes, and demonstrates, that tutors are partners.



FREED—Center for Independent Living: Partnering for Independence

By Ana Acton, Executive Director

FREED has been a United Way partner for over twenty-eight years.

Since 1985 FREED has been partnering with people with disabilities and older adults to live safer and more independent lives. FREED offers a wide variety of peer-delivered person-centered programs and services, including:

- ♥ Independent Living Skills Training, which helps both the older adults and persons with disability to live full, exciting, fulfilling lives in their own space, on their own terms, without having to rely on institutional living.
- ♥ Housing assistance and coordination, to support individuals in finding a place to live in what can be a challenging market and support to prevent evictions.
- ♥ The Fix-it program, where skilled volunteers provide minor home repairs and modifications for home safety and accessibility.
- ♥ A Traumatic Brain Injury (TBI) program with community re-integration, supported living, community education, and a weekly peer support group, providing community for people who have suffered a TBI.
- ♥ Assistive Technology services including an Equipment Reuse Program, consisting of a wide variety of donated items, ranging from walkers and wheelchairs to raised toilet seats. FREED also has a Device Lending Library where individuals can borrow device before purchasing their own, to fill in while their own device is repaired or replaced, or to provide an accommodation on a short-term basis.

- ♥ FREED also recently took over the Phone Reassurance program from RSVP, wherein volunteers call and chat with older adults who are isolated or want someone to check-in with, providing a vital social lifeline and source of comfort and security to a growing, underserved population.
- ♥ A Friendly Visitor program, wherein volunteers from the community do home visits and spend time with older adults or people with disabilities, who might not otherwise have a means of steady social interaction.
- ♥ Support for individuals when transitioning from a nursing home or other institutional setting to their own home and when being discharged from a hospital setting.
- ♥ And there's also a new Youth Program, which aims to offer support to younger people with disabilities who are transitioning out of high-school to post-secondary education, employment, or independent living.

A community organizing program for civic engagement around disability issues, which offers the opportunity to work with others to ensure systems and policies are reflective of and responsive to the needs of people with disabilities.

Come visit FREED's new office at 435 Sutton Way, Grass Valley or call 530-477-3333 voice or 530-477-8194 TTY. For more information go to: www.FREED.org.

United Way of Nevada County
P.O. Box 2733
Grass Valley, CA 95945
Return Service Requested

Coming Events...

United Way's Food Access Saturday ~ 6/9/18

Supplemental food will be distributed on the second Saturday of each month at Interfaith Food Ministry located at 440 Henderson St. in Grass Valley. For more information please call 274-8111.

United Way's 10th Annual Day of Action ~ 6/21/18

The 9th annual Day of Action will take place on June 21st. Businesses and volunteers from around the county will donate their time to help out local nonprofits with projects such as gardening, painting, sorting, etc. If you're interested, call or email.

United Way Grills 'n' Grilles Event 10/13/18 ~ Save the date!

The 12th annual BBQ and Car Show event "Grills 'n' Grilles" will take place on October 13th! Save the date! It will take place at Western Gateway Park in Penn Valley. If you would like to register a BBQ team or car for competition, or be a sponsor of the event, please call or email: 274-8111—admin@uwnc.org

Board & Volunteer Recruitment

United Way of Nevada County is currently seeking volunteers who represent a cross-section of Nevada County to serve on their Board of Directors. Preferably, the ideal candidates would have local business, county/state government, sales or marketing experience, and most importantly a passion for our community.

Board members participate in special committees, United Way programs, fundraising events, and bi-monthly board meetings. Volunteers are also needed to participate in special committees, and/or to help plan fundraising events. To find out how you can help, contact us at 274-8111 or admin@uwnc.org

UWNC Partner Agencies

Community Beyond Violence (formerly DVSAC)	Kare Crisis Nursery
Food Bank of Nevada County	Nevada County Habitat for Humanity
FREED Center for Independent Living	Partners in English Language Learning
Gold Country Community Services	Sierra Foothill AIDS Foundation
Hospice of the Foothills	Sierra Forever Families
Hospitality House	Sierra Nevada Children's Services
Interfaith Food Ministry	Sierra Senior Services
	Tahoe Safe Alliance

Spring

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Like us on Facebook!

UNITED WAY OF NEVADA COUNTY

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www.uwnc.org

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