



Letter from the Executive Director

Summer/Fall 2018

As I look around at the beauty in our community, it is hard to believe we are already in the month of September and getting close to the autumn equinox. Throughout 2018, United Way of Nevada County has been working hard to bring impactful change to Nevada County. During the month of July, the annual United Way Board retreat was held. During the Board retreat, a lot of great work was accomplished. I am looking forward to working with the new 2018/2019 Board of Directors (pictured below). Each and everyone of them will bring a unique and positive energy to United Way of Nevada County's future.

Food Access Saturday has been a great success. To date this program has fed 1129 individuals and has given out 2536 bags of food. Not only has this been a great collaboration, it has also been a wonderful way to feed working individuals and families in need of food. Another impactful program that United Way is starting to work on is in collaboration with California CareForce. United Way has stepped up to help bring a free health care clinic to Nevada County. The hope is that through this clinic up to 1000 individuals will receive free health care services.

Along with these impactful programs, Nevada County continues to work with its partner agencies to maximize the resources available in our community. One example of this is the Van that United Way purchased to help Hospitality House get its clients transportation to such services as healthcare and employment interviews.

We are approaching the busiest time of year for United Ways all across the country. From September until the end of the year, businesses nationwide, will

be joining hands and opening their hearts in support of their communities. During the campaign season, employees all over our county come together in support of United Way through annual Employee Payroll Giving campaigns and special events. Employee giving campaigns are a great way for businesses and employees to give back to the community. If you own a business or know of a business that might want to get involved, please contact our local United Way office or visit our website at UWNC.ORG. Businesses can give their employees the opportunity to sign up for payroll pledging to any non-profit of their choice or businesses can just decide to do a special event for United Way.

United Way of Nevada County has been striving to create a healthier community, but we cannot do it without the community's support. With a limited amount of businesses in our community, we cannot just depend on employee payroll pledge campaigns to support our efforts.

We ask you to think about getting involved. Step forward and volunteer, give or advocate to help United Way reach its goals.

For more information on how you can help contact our office.

Have a wonderful Fall,

Megan Timpany
Executive Director

Letter from the new Board President

Hi, I'm Anna Crockett and I'm the Board President for this next term of United Way of Nevada County. During our family vacation a few weeks ago, I was asked what is your theme or goal during your term? My answer came to me so quickly, "Committing to Kindness".

I came from Southern California to Nevada City forty years ago. In that time, my family has had great joys and great sorrows. During all of these events, the community has been there for us. Teachers have guided our children far beyond the classroom, doctors have helped to heal us and save my life. Neighbors pulled together when tragedy struck when our son was in the

hospital, they filled the waiting room waiting to hear news of his outcome. I have always felt welcome and included in every aspect of living in Nevada County and I do my very best to give the same respect and inclusion to everyone I meet. This community has given our family so much and now it's my turn to give back.

United Way is the very best vessel to bring this community together and I intend to work very hard to reach out and tell everyone to become involved, it is my absolute pleasure.



2018/2019 Board of Directors:

Top, left to right: Shannon Buehler, Mondae Hott (Vice President), Joanne Weatherly (Secretary), Kristen Long and Annette Geare

Bottom, left to right: Diana Bare (Treasurer), Anna Crockett (President), Tom Myers, Deborah Lewis and Greg Michna

GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED

NEWS FROM UNITED WAY OF NEVADA COUNTY...

[UWNC Home Page](#)

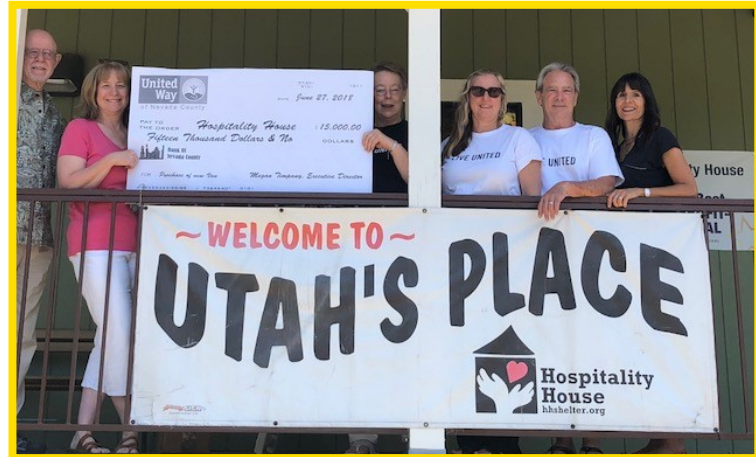
A big "THANK YOU" goes out to all businesses and employees that have been involved with United Way Employee giving campaigns. Below are the top United Way of Nevada County campaigns for 2017/2018:

- | | | |
|--------------------------|---------------------------------|-------------------------------------|
| TELESTREAM | STATE OF CA | WELLS FARGO |
| COUNTY OF NEVADA | SIERRA MEMORIAL HOSPITAL | FEDEx |
| TEXAS INSTRUMENTS | AT&T | GRASS VALLEY SCHOOL DISTRICT |
| JC PENNEY | THERMOFISHER | NEVADA CITY SCHOOL DISTRICT |
| BANK OF AMERICA | PG&E | MACY'S |
| UPS | B&C TRUE VALUE | UNION PACIFIC RAILROAD |
| BELDEN | VALERO | BANNER BANK |

United Way Funds Van to Help Homeless Access Services

United Way of Nevada County recently allocated \$15,000 to Hospitality House in order to purchase a new van. The funding came from the United Way of Nevada County Community Impact Fund. The van will be used to help clients of Hospitality House reach important services and provide an opportunity for homeless people on the street to access emergency shelter. This collaboration will bring an impact to the services offered to the homeless in Nevada County.

With the Hospitality House Homeless Access Transport (HAT) van, homeless families and individuals will be able to more readily access health services and hopefully break out of homelessness by having necessary services more readily available. The van (which will seat 8-15 passengers) will have scheduled morning and afternoon routes with stops at appropriate services.



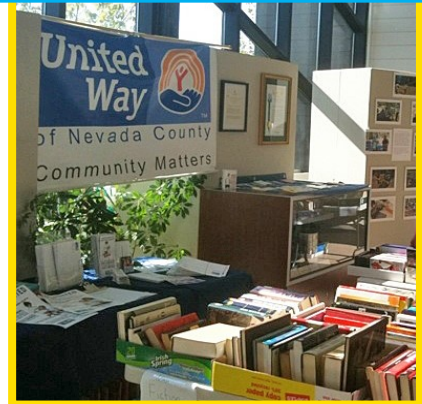
The County's 23rd Book Sale to Benefit United Way!

Nevada County is holding its 23rd annual Book Sale at the Rood Government Center Lobby, located at 950 Maidu Ave in Nevada City. It's time to load up and donate all those slightly used books you've been meaning to pass on! In preparation for the Book Sale, the County is accepting donated books, in good condition, beginning Sept. 10th. You may drop off your donated books inside the east door in the Rood Center Lobby.

Nevada County. Prices range from \$.50 -\$4, and the sale is open to the public; Mon-Fri, 8am-5pm. There are a variety of books on hand, including children's, cookbooks, fiction and non-fiction. This event is just one of many Nevada County is holding to benefit United Way of Nevada County.

For more information, please call or email Lelia Loomis: (530) 265-1498

The Book Sale begins October 1st and runs through November 6th. All proceeds go to United Way of



United Way's 10th Annual Day of Action



United Way of Nevada County has been coordinating a Day of Action every year since 2009. This year's 10th annual United Way "Day of Action" was held on June 21st. Over the years, many wonderful projects have been completed with the help of volunteers.

With the help of local businesses and individuals that took the time to help, we were able to make a difference for local nonprofits. Local businesses such as Telestream, Direct Technology, Coldwell Banker, Stanford Mortgage and others encouraged their employees to volunteer for this day of community involvement. Along with local business employees, students from local schools, United Way Board Members and individual community members helped to make this day a success.

Projects such as painting, gardening, organizing and bagging food for those in need were 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 in next year's Day of Action, please contact United Way of Nevada County.

Executive Director, Megan Timpany and volunteers from local businesses helping out at Hospitality House

UNITED WAY OF NEVADA COUNTY CERTIFIED PARTNERS

[UWNC Home Page](#)

Welcoming a New Partner Agency: The Family Resource Center of Truckee

The Family Resource Center of Truckee was conceived in August 2001 by a group of public and private agencies, community parents and advocates for the underserved populations in the Truckee area. Their mission is to promote social and economic success by providing education, mobilizing resources and advocating for change. All programs build on family strengths and are delivered through strategies of prevention, education, support and networking in collaboration with other resources and partner agencies. The center serves more than 1,000 families each year through four core program areas:

Family Advocacy: providing case management and referrals related to housing, employment, health, wellness, youth support and family-oriented events.

Tahoe-Truckee Mediation & Legal Assistance: providing mediation and limited scope legal services in the following areas:

- Family Law
- Landlord-Tenant Law
- Employment Law
- Small Claims
- Immigration referrals & DACA application assistance

Early Learning & Parent Support: offering classes, workshops and free weekly programming to support and educate parents and caregivers, with particular emphasis on facilitating the development of peer networks within our rural, geographically isolated community.

Promotora Health Outreach: offering workshops, one-on-one consultations and referrals to Spanish-speaking community members on mental health,

exercise, nutrition, patient responsibility, health care, breast health, health literacy and Chronic Disease Self-Management.

The Family Resource Center of Truckee serves as Truckee's one-stop location for safety net and family strengthening services. Their welcoming and knowledgeable staff provides support, case management and referrals to community members in times of need while also offering educational programs that promote healthy, thriving households.

Services include:

Housing Support	Mediation & Legal Assistance
Healthcare Access	Employment Support
Financial Coaching	Early Learning Programs
Food Resources	Promotora Latino Health Outreach
Immigration Assistance	



Hospice of the Foothills ~ Success Story By Vivian Tipton, Executive Director

Hospice of the Foothills has been a United Way Community partner since 2016.

The mission of Hospice of the Foothills is to affirm life and promote dignity at the end-of-life by providing professional, comprehensive and compassionate care to patients, their loved ones and our community. The focus of hospice is on caring, not curing. Hospice care involves a team-oriented approach to expert medical and nursing care, symptom management and emotional and spiritual support expressly tailored to each patient and family's needs and wishes.

They believe that patients and their families are at the center of care. Their caregivers and professionals are experts in understanding the needs and expectations of patients and family members and customizing care plans to meet those needs.

This letter of gratitude is just one of many the caregivers of Hospice of the Foothills have received. It is from family members whose loved one spent their final months in their care.

To all our dear friends at Hospice of the Foothills,

You all literally saved our lives. You came in to our world when we had lost all direction and hope. You restored calmness and allowed our loved one to be at rest and me to give him the loving care he deserved. There are no words to thank you all enough for your caring, support, direction, hugs and love during those months. We can look at that time with peace instead of anxiety and sorrow.

You made the process seamless and whenever we needed anything, someone was always there. We could have never done this without your support and help. You made the roughest time of our lives bearable. We learned a lot about ourselves; our strengths and weaknesses, but mostly about our love for each other.

Thank you again for your amazing mission.

Sierra Senior Services ~ Success Story By Sarah Deardorff, Executive Director

Sierra Senior Services has been a United Way Partner for nearly 14 years. United Way has funded over \$45,000 to Sierra Senior Services over the past 5 years.

Sierra Senior Services has been serving at-risk individuals 60 years of age or older in the Truckee/North Lake Tahoe area since 2001. Through Meals on Wheels, caring and dedicated community volunteers deliver meals to homebound seniors Monday through Friday.

Volunteers deliver food and friendship along with a daily wellness check to isolated seniors. Meals are prepared in their kitchen and provide 1/3 of the minimum daily requirements for older adults. All meals are low in sodium, cholesterol and fat and are approved by a Registered Dietician. The delivery area is approximately 860 square

miles; from Donner summit up Highway 89 to Hirschdale and from Incline Village to Tahoma on the West Shore. Two-thirds of the seniors are homebound, 83% live alone, 68% are renters, 52% are disabled, 75% are over the age of 75.

Meals on Wheels has been delivering to one couple in the area since 2017. They were referred by a local hospital when the husband was discharged after 6 weeks of treatment for a broken leg. His wife suffered from mild dementia and is his primary caregiver. Their children live out of the area and were very happy that their parents would be receiving a daily lunch delivery. The surprising part of the story is how the consistent nutrition began to help the wife's memory improve. She had been drinking mostly Ensure, and not eating much. Once she began to eat nutritious meals on a regular basis, her cognitive skills improved dramatically. She is also quite social and enjoys the daily visit with her volunteer. Jane claims that "Meals on Wheels" saved her life and gave her the ability to function again. Their family had been looking in to assisted living for their parents. However, now they are quite content with the current arrangements and feel assured that their parents have visitors daily to report any changes in their health or living conditions. Now, that's a success story.



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

Coming Events...

United Way's Food Access Saturday

Supplemental food will be distributed on the second Saturday of each month at Interfaith Food Ministry located at 440 Henderson St. in Grass Valley. Upcoming 2018 dates: Oct. 13th, Nov. 10th, Dec. 8th.

Nevada County Book Sale: 10/1-11/6

The 23rd Annual Nevada County Book Sale to benefit United Way is taking place at the Rood Center located at 950 Maidu Ave. in Nevada City. Beginning Sept. 1, donate your new or gently used books in the lobby. For more information, contact Lelia Loomis at 265-1498

Derek Sorensen Disc Golf Tournament 10/13/18

The 4th annual Derek Sorensen Memorial Disc Golf Tournament will take place on October 13th! It will take place at Western Gateway Park in Penn Valley. If you would like to register a team, please call or email: 274-8111 admin@uwnc.org

Disneyland Package Raffle

United Way is raffling off a Disneyland raffle package including five 1-day Park Hopper Passes and more. Tickets are available at B&C True Value and the United Way office and other locations throughout the county. For information please call or email our office.

Project Warmth

In late October, United Way will begin collecting warm hats, gloves and socks to distribute to those who need them the most. If you are interested in finding out how you can donate, or if you would like to have a donation box at your business, please call or email our office.

Holiday Wine Buying Event: 11/18/18 (Location to be determined)

Hosted by Dave Luce, wine broker extraordinaire and owner of Alta Sierra Wine Shop. He promises an informative afternoon as he unfolds the intricacies of a dozen hand selected top quality wine. The sampled wine will be available to order during the event.

UWNC Partner Agencies

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



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A big THANKS to Jim Adams and Ray Morgan Company for helping with our newsletter printing needs for many years.

