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Letter from the CEO of United Way of Nevada County

Fall 2019

October is here and fall is in the air. The days are getting shorter and the evenings are getting cooler. Here at United Way that means it is campaign season. Now through the end of the year, businesses all over our county will be joining hands and opening their hearts in support of our community. This is the busiest time of year for United Ways across the country. During the campaign season, employees all over the county come together in support of United Way through annual workplace giving campaigns and special events. Workplace giving campaigns are a great way for businesses and employees to give back to the community. Businesses can give their employees the opportunity to sign up for payroll pledging to any non-profit of their choice or businesses may decide to do a special event for United Way. If you own a business or know of a business that might want to get involved, please contact United Way.

United Way’s mission is to improve lives by mobilizing the caring power of our community. Through programs like Food Access Saturday and the 2020 Free Health Clinic United Way works towards making impactful change in our community.

When we reach out a hand to one, we influence the condition of all. We build the strength of our neighborhoods. We bolster the health of our communities, and we change the lives of those who walk by us everyday.

Together, united, we can inspire hope and create opportunities for a better tomorrow. Living united means being a part of the change.

Enjoy the fall!



Megan Timpany, CEO United Way of Nevada County

One of United Way of Nevada County’s focus areas is access to HealthCare. This being said, United Way has taken on the task of hosting a free 2-day Health Clinic, January 11 & 12 of 2020. The clinic will be held in partnership with California CareForce, and will take place at the Nevada County Fair Grounds. Dental, optical and medical services will be available to anyone who needs care. Many people in our community need help receiving these important services. United Way and California CareForce are hoping to serve at least 1000 people over the two days.

United Way is currently recruiting professional volunteers to be part of the healthcare clinic. Dentists, Ophthalmologists and MD’s are still needed to help make this clinic happen. We are also looking for general volunteers to help with set-up, take down and registration. United Way’s goal is to raise at least \$75,000 to cover the cost of the clinic, there is still a need for donations. If you are interested in getting involved please visit our website at Uwnc.org, or call us at (530)274-8111.

As we strive to make a difference in the community, we encourage you to think about getting involved. Look inside this publication to learn more about the great work United Way is doing in addressing food insecurity in Nevada County. Also inside, check out our upcoming events such as Grills & Grilles and the County Book Sale happening at the Rood Center.



Una Kobrin, Director of School of Care donated \$2,000 to the 2020 Free Health Clinic. L-R: Jacqueline Finley, Megan Timpany, United Way CEO, Una Kobrin, Valerre Aquitaine, Annie Mikal-Heine and her children Penelope and Zora.

2019-2020 UWNC Board of Directors

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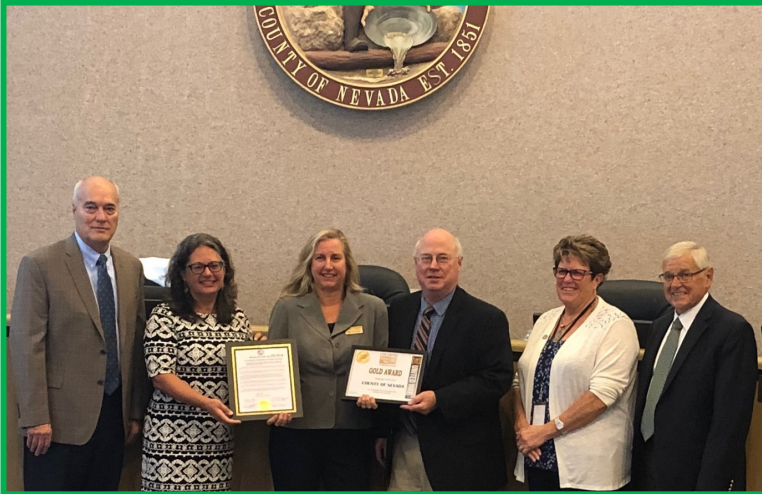
United Way of Nevada County’s Mission: To improve lives by mobilizing the caring power of our community.

NEWS FROM UNITED WAY...

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October is “United Way” Month!

October is United Way month in Nevada County! Below is a picture of Megan Timpany, CEO of United Way of Nevada County (center) receiving the proclamation, declaring the month of October “United Way” month, from County Supervisors recently. A big “THANK YOU” goes out to all businesses and employees that have been involved with United Way Workplace giving campaigns. Below are some of the United Way of Nevada County Workplace Giving campaigns for 2018/2019:



Telestream
 Nevada County
 Texas Instruments
 JC Penney
 Bank of America
 UPS
 Belden
 State of CA
 Sierra Memorial Hospital
 AT&T
 ThermoFisher

PG&E
 B&C Ace Home Center
 Valero
 Wells Fargo
 FedEx
 Grass Valley School Dist.
 Nevada City School Dist.
 Macy's
 Union Pacific Railroad
 Banner Bank



The County's Book Sale extended to Nov. 27th!!

Nevada County is holding its 24th 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! The County is accepting donated books, in good condition, now through Oct. 25th. You may drop off your donated books inside the east door in the Rood Center Lobby.

The Book Sale begins October 7th and runs through November 27th. All proceeds go to United Way of 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.**

United Way's 12th Grills & Grilles Event: October 19th- A huge success!!



United Way of Nevada County announces its 12th annual “Grills & Grilles” fundraiser with a BBQ competition, Car & Motorcycle Show, and the 5th annual Derek Sorensen Memorial Disc Golf Tournament. The event will be held on Saturday, Oct. 19th at Western Gateway Park in beautiful Penn Valley. We are bringing back our big fundraising event with its original hometown charm. The Backyard BBQ will be the feature, with local BBQ teams competing for bragging rights and prizes. The public will taste their delicious samples and vote for the best! We need Backyard BBQ teams! If you're a BBQ aficionado, and would like to compete in the Backyard BBQ competition, please register your team now!

There will be fun for the entire family, beginning at 9am with the 5th annual Derek Sorensen Memorial Disc Golf Tournament. A Car & Motorcycle Show, where people from all over will showcase their beautiful cars, motorcycles, and bikes of every year, make, and model will be held. Grease Grit & Grime will be providing live music, and vendors, wine and beer, raffles and a children's area will round out the fun. Enjoy great food while listening to music in beautiful Western Gateway Park, which is known for its dog park, playground, bocce balls courts, and many other amenities, all of which will be open during the event. Backyard BBQ samples will be served beginning at noon. Admission is free, tickets will be sold for food, drinks and more!

Sign up now if you want to register your Backyard BBQ team, or your car or motorcycle. To register a BBQ team or vehicle, or be a vendor or sponsor of this great event, please contact United Way at (530) 274-8111 or admin@uwnc.org. Disc golf players can register the day of the tournament from 8am-9am; for more information contact Woody at (530) 272-4400. The first place winner of the 2017 Backyard BBQ People's Choice award “The Rib Doctors” headed up by long-time Backyard BBQ-er Kristian Hockinson (pictured at left) will be back to defend the team's title.

Collaborative Meeting on Food Insecurity

United Way of Nevada County has been focusing on advocacy and collaborative work that addresses three distinct impact areas; the basic human needs of Food, Emergency Shelter and Access to Health Care. Through mobilizing the community, United Way hopes to make some impactful changes in Nevada County. Food insecurity in Nevada County was the main subject of a collaborative meeting facilitated by United Way, which brought together local experts and leaders in the field of food insecurity to discuss what the true needs and gaps are in Nevada County. Through this collaboration and the collection of statistical analysis, United Way hopes to learn what is most needed in Nevada County in the particular area of food insecurity.



At times during the year, Food insecure households are uncertain of having, or unable to acquire, enough food to meet the needs of all their members because they have insufficient money or other resources for food. Researchers find that food insecure adults face higher risks of chronic diseases (like diabetes and hypertension) as well as depression and poor mental health. Food insecurity is also linked to poor academic outcomes in children. Statistics collected by the national agency Feeding America, shows that Nevada Counties food insecurity rate is 13.8 %, which comes out to an estimated number of food insecure individuals in Nevada County of approximately 13,560. How many of these are children or seniors? United Way wants to open up these discussions to learn what the community needs to battle the fight against hunger. Over the last five years, United Way has contributed the largest percentage of their funds to programs that address hunger. Through a similar collaborative meeting held two years ago, United Way was able to discover the need for a food distribution program for working individuals. Food Access Saturday was conceived from the

collaboration, and provides supplemental food every second Saturday to those people unable to make it to food distributions on weekdays. Since inception close to 2,500 people have received bags of nutritious food.

Some of the questions addressed recently: “Should the community join together to create a program that gives free backpacks of food to students in need?”, “Should the community strive to get food to the homeless and transient population, who have no place to store and prepare food?”, “Should we address delivering nutritious food to homebound seniors or the disabled?” “Should there be more food assessable to the working poor, who are struggling to make ends meet?” Where does the community need to make the most impact in creating a healthier Nevada County? That is what United Way hopes to learn through these collaborations and discussions.

Representatives from Interfaith Food Ministry, Food Bank of Nevada County, Sierra Community House (formerly Tahoe Safe Alliance, Project Mana, and Family Resource Center of Truckee), County of Nevada Department of Health, Gold Country Community Services, Placer County Food Bank, Sierra Harvest and United Way of Nevada County (see pic above) attended this meeting with many great ideas and discussion points. The Food Insecurity Collaborative hosted by United Way of Nevada County plans to meet every 3 months.



FOOD

Access Saturday

Every second Saturday ~ 10am—12
@ Interfaith Food Ministry
440 Henderson St., Grass Valley

Nevada County residents who can't make it to food distributions during the week are welcome to get food at Food Access Saturday!

Upcoming dates : 10/12, 11/9, 12/14, 1/11/20

Food Access Saturday is a partnership between United Way of Nevada County and Interfaith Food Ministry



United Way Board members, Kristen Long, Anna Crockett and Tom Myers and volunteer Terri Cooper-Myers helping out during a Food Access Saturday (FAS) food distribution.

GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED

**GREAT THINGS
HAPPEN
WHEN YOU
LIVE UNITED**

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



Upcoming Events...

County Book Sale to Benefit United Way ~ 10/07—11/27

During the 24th annual Nevada County Book Sale, you can purchase discount books and help a good cause, United Way! Drop off gently used books through Oct. 25th in the Rood Center Lobby.

United Way's Food Access Saturday ~ 11/9/19

Supplemental food is distributed every second Saturday of the month at Interfaith Food Ministry located at 440 Henderson St. in Grass Valley.

United Way's Wine Summit ~ 11/17/19

Enjoy sampling specialty wines while learning all about the intricacies of wines at the same time. Dave Luce of Alta Sierra Wine Shop will be on hand to share his knowledge. Purchase wine for your holiday parties, or as gifts. Sunday, Nov. 17th at Lake Wildwood Oaks Clubhouse, 11305 Cottontail Way, in Penn Valley. Rain or shine.

Grass Valley Free 2-day Health Clinic~ Jan. 11th/12th 2020

United Way is hosting a California CareForce health clinic on Jan. 11th and 12th next year! It will be held at the Nevada County Fairgrounds. We are looking for volunteers and sponsors! For info on helping with the clinic or getting medical attention, visit our website at uwnc.org

For more information on any events, please call 274-8111 or email admin@uwnc.org

Uwnc.org/events



UWNC Partner Agencies

FREED	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
Habitat for Humanity	YMCA
PIELL	



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