

# ALWAYS UNITED

*Always Giving. Always Advocating. Always Volunteering.*



United Way of the Midlands envisions a community where all members – children, youth, adults and seniors – achieve their potential. This four-year plan is an invitation to Always United members to join us in the fight to give everyone a chance to succeed.

[Click here](#) to view our 2018 IMPACT PLAN

On April 23, Always United Members gathered for lunch to learn how to become active in the organization.

Karen Oliver, Senior Director, Community Resources, invited members to use United Way of the Midlands four year plan to choose projects of interest to the organization.

Steering Committee members shared opportunities to participate. The chart below gives the five areas for your consideration.

Paul Fant, Steering Committee Chair, encouraged members to apply to join a committee or council.

(See more on page 4)

## Activating Your Membership-Ways to Participate

Guiding Always United  
Committee Participation

- Join committees or teams that determine, direct and implement activities supporting the purpose of Always United.

Community Impact  
Behind the Scenes

- Participate in interactive events and visits to partners that provide deeper understanding of issues United Way is working to improve in our community. Then help determine ways Always United members could address the challenges presented.

Personal Development

- Take part in activities based on interest expressed by members that are designed to enrich member's lives.

Volunteer Opportunities

- Share your skills or interest to help people or nonprofit organizations improve.

Social

- Expand your personal connections and meet other Always United Members while having fun.

Visit [uway.org/alwaysunited](http://uway.org/alwaysunited) to learn more and sign up.



## MENTOR MINUTE

*"I'm so grateful that United Way was willing to try something new and pilot the mentor/mentee program! My mentor, Hayes Mizell, has been incredibly insightful by serving as an objective voice of reason and sharing a wealth of wisdom based on his extensive experiences. The opportunity to learn from someone outside my current industry has already broadened my perspective."*

*- Punam Patel*

## ALWAYS VOLUNTEERING TO LEND A HAND

### Why is volunteering such an important part of the purpose of Always United?

"Committing even as little as one hour a week can have a profound benefit on your own life, and the organizations that rely on such help will be able to thrive," says Dawn C. Carr MGS, Ph.D., in *The Third Age*.

These four reasons are excerpted from her article found on Psychology Today's website.

#### **1. Volunteers live longer and are healthier.**

Volunteers are happier and healthier than non-volunteers. In fact, during later life, volunteering is even more beneficial for one's health than exercising and eating well.

#### **2. Volunteering establishes strong relationships.**

Working alongside people who feel as strongly as you do about supporting a particular cause creates a path to developing strong relationships with others. It isn't just beneficial for making new friendships either. Volunteering alongside other members of your

family strengthens family bonds based in "doing" your values.

#### **3. Volunteering is good for society.**

Almost all mission-driven nonprofit organizations, are successful only if they maintain a strong volunteer workforce. These organizations are committed to doing good things for society. They pick up the pieces where government programs leave off, and by volunteering for these organizations, you participate in helping our society meet the needs of people from all walks of life.

#### **4. Volunteering gives you a sense of purpose.**

Although it is not well-understood why volunteering provides such a profound health benefit, a key factor is assumed to be that volunteering serves to express and facilitate opportunities to carry out one's sense of purpose. The very nature of volunteering means choosing to work without being paid for it.

## VOLUNTEERING THE EASY WAY

1. Sign up at [Volunteer.uway.org](https://www.volunteer.uway.org) with your email address and fill in the required information. When asked for a Company please use **Always United - United Way of the Midlands**.
2. Respond to the [Always United Skills and Interest Survey](#).
3. Watch your email for periodic information about volunteering for projects in your interest areas or special group projects with other Always United members.

Questions?

E-mail [AlwaysUnited@uway.org](mailto:AlwaysUnited@uway.org).



## ALWAYS GIVING TO THOSE IN NEED

### You Helped a Family Through a Crisis

Amelia had to ask for help.

“ I never dreamed it would come to this,” she cried in December 2016 when she came to Lexington Interfaith Community Services (LICS) seeking assistance with electric, water, food and clothing.

Amelia had an 11-year-old son, Tony, in Lexington Two School District and a special-needs, Amanda, who was 14-months old. Her daughter’s severe medical condition required multiple doctor’s appointments, occupational therapy and additions specialty treatment.

Exhausting her company benefits and family leave time, Amelia had no alternative but to quit her job of 13 years to make sure that her daughter received the proper care that could mean a more normal future. Even working two jobs, her husband, Tom, struggled to keep the family afloat financially.

Amelia’s family had adjusted to a strict budget. Then a series of unforeseen but necessary auto repairs completely exhausted the family’s funding.

Because of your support to United

Way LICS took care of the water and electric bill, provided clothing for the growing children and food for a hungry family. The LICS Christmas program made their holiday bright.

By May 2017, Amelia’s crisis had passed because you were there in December. Amanda’s health improved dramatically because of the early intervention and full-time attention she received from Amelia. Now, she attends programs outside the home to meet her developmental needs.

The family can meet their month-to-month living, childcare and medical expenses. They are working toward long-term stability.

Amelia returned to work in March and within two months received a promotion to office manager. Tom works full time while picking up additional work to build savings. Their goal is to purchase their first home.

Because of you, Amelia and her family made it through a crisis, had a bright Christmas and, now, have an even brighter future.

*\*Names changed to protect privacy of the family*

## COMMUNITY IMPACT BEHIND THE SCENES

### UNDERSTANDING THE IMPACT OF POVERTY

May 16, 10 a.m. - 12 p.m.

This interactive experience will help Always United members and guests gain a better understanding of the challenges and needs of people in poverty. This session will help guide Always United members as we design, implement and participate in special projects that fulfill our purpose.

### BREAKING DOWN BARRIERS TO HEALTH SERVICES

June 20, 9:30 a.m. - 12 p.m.

Always United members will visit WellPartners to learn about their successes and challenges. With information gathered at these visits participants will spend time determining ways Always United members could address the challenges presented.

## PERSONAL DEVELOPMENT

### TEK - USING SMART DEVICES

June 14, Various times available

A partnership with AARP to help Always United members and their guests learn to use their smart devices. There will be sessions for beginners and experienced users. Registration will open May 7. Limited seats.

### QUESTIONS?

Please email [AlwaysUnited@uway.org](mailto:AlwaysUnited@uway.org) or call Claudia Brooks at 803-733-5112.



**Liz Anders & Candy Waites  
Register Attendees**



**Jeff Armstrong, YLS mentee,  
shares a moving testimony about  
having an Always United mentor**



**John Spade discusses  
communications and encourages  
members to join committees**



**Sara Fawcett welcomes members  
and shares the importance of  
Always United**



**Frank Brown leads the group in a  
discussion about the information  
presented and next steps**