



United Way of Nevada County
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Letter from the CEO of United Way of Nevada County

Spring/Summer 2019

It is hard to believe that it is almost Summer Solstice and we are half way through the year. Here at United Way we have been busy making positive changes in Nevada County. In May we held "Day of Action", it was a wonderful day of community involvement. Volunteers from all occupations helped many different non-profits with their special unique needs. This was a true community experience; with projects such as painting, planting gardens, and building fences being completed during the 2019 "Day of Action". This community really knows how to come together for those in need. Thank you to all of you that helped to make this wonderful day happen.

The big news here at United Way of Nevada County is that we have moved. We are now located in Nevada City in the Providence Plaza at 202 Providence Mine Road, Suite 107. We are really enjoying our new location and invite you to come by and visit us. One of the main reasons for our move is that we felt the need to have our own conference room. Now that we do, we are able to hold important meetings at our new location, rather than renting a space each time.

United Way has many wonderful events coming up. Please take a look inside this newsletter to learn more about what we are doing to make an impact in Nevada County.

Have a wonderful summer.

Megan Timpany, CEO United Way of Nevada County

LIVE UNITED is a credo, a mission, a goal. It is a constant reminder that when we as individuals think outside ourselves, we have the power to facilitate change. When we think of others' lives as linked to our own, our compassion grows. 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. In addition, we change the lives of those who walk by us every day.

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

This past spring has also been a very busy time at United Way, as we went through the Community Impact Partnership/Funding process. It is an extensive undertaking involving many individuals and volunteers as part of Citizen Review Teams. Community members from all over the county were very engaged, helping United Way complete its due diligence for the wonderful donors that give to the Community Impact Fund. United Way of Nevada County is focusing on the Basic Needs impact areas of Food, Emergency Shelter and Access to Health Care. This process would not be made possible without the great volunteers that stepped up to make it happen. A big "Thank You" goes out to all of our Citizen Review Team volunteers.

The Food Access Saturday program just celebrated its second year anniversary. The wonderful program was created to help those struggling to get by but are unable to get to other food distributions during the week. Those who need food may receive supplemental groceries every second Saturday of the month. So far, over 4790 bags of food, including fresh fruit and produce, have been given to more than 2175 individuals and families.

Coming Events...

United Way's Food Access Saturday ~ 7/13/19

Supplemental food is distributed every second Saturday of the month at Interfaith Food Ministry located at 440 Henderson St. in Grass Valley. For more information please call or email.

United Way Grills & Grilles Event 10/19/19 ~ Save the date!

The 12th annual BBQ and Car Show event "Grills & Grilles" will take place on October 19th. Save the date! It will take place at Western Gateway Park in Penn Valley, and include a BBQ competition, car show, disc golf tournament and much more! If you would like to register a Backyard BBQ team or car for competition, or be a sponsor of the event, please call or email.

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 or call 274-8111 or email admin@uwnc.org

Volunteer Recruitment

United Way of Nevada County is currently seeking volunteers to help with special events, including the 2020 free Health Clinic. General and Healthcare professionals are needed! The clinic will be Jan. 11/12 at the fairgrounds.

Volunteers are also needed for the Grills & Grilles event planned for Oct. 19th. Volunteers can also participate in special committees, and/or to help plan United Way fundraising events. To find out how you can help, contact us at 274-8111 or admin@uwnc.org

GREAT THINGS
HAPPEN
WHEN YOU
LIVE UNITED



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UWNC Partner Agencies

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
Nevada County Habitat for Humanity	YMCA
Partners in English Language Learning	



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**WE'VE
MOVED**



Dedicated, hardworking volunteers helping out at Food Access Saturday

2019 UWNC Board of Directors

Shannon Buehler	Kristen Long
Anna Crockett	Greg Michna
Annette Geare	Sue Mayfield
Monda Hott	Tom Myers
Deborah Lewis	Joanne Weatherly

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

NEWS FROM UNITED WAY OF NEVADA COUNTY...

Grass Valley Free 2-Day Health Clinic Coming in 2020!



United Way/CA Careforce volunteers Philip Vardara and Leah Schwinn hosting a table for the Health Clinic

United Way of Nevada County strives to assure that individuals and families in Nevada County are able to meet their basic needs for FOOD, EMERGENCY SHELTER & ACCESS to HEALTH CARE. That's why United Way is hosting the 2020 Grass Valley Free Health Clinic along with California CareForce! WE NEED YOUR HELP!

Save the dates: Jan. 11th & 12th 2020! Over the two-day period, hundreds of patients will receive medical, dental and vision services free of charge. It will be held at the Nevada County Fairgrounds. A dedicated group of volunteers make up the planning committee. They are in the early planning stage and looking for much-needed general and medical volunteers for both days. To volunteer, call United Way at 530-274-8111 or email admin@uwnc.org.

There is also a great need for generous donors to make the 2-day clinic happen. To make a donation to the cost-free medical clinic, mail a check made out to United Way of Nevada County, with "Health Clinic" written in the memo section. The address is United Way of Nevada County, P.O. Box 2733, Grass Valley, CA, 95945. If you would like to make a payment using Paypal, go to our website: <http://uwnc.org/HealthClinic.html> All donations will go directly to the Health Clinic.

United Way's 12th Grills & Grilles Event: October 19th ~ Save the date!

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 it's 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. There will also be a Car & Motorcycle Show, where people from all over will showcase their beautiful cars, motorcycles, and bikes of every year, make, and model. There will be live music, vendors, wine and beer, raffles and a children's area. 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. Admission is free.

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 8:00am-9:15am; for more information contact Woody at (530) 272-4400. The first place winner of the 2017 Backyard BBQ People's Choice 1st place award "The Rib Doctors" headed up by long-time Backyard BBQ-er Kristian Hockinson (pictured at right) will be back to defend the team's title. For more info: www.uwnc.org



United Way's 11th Annual Day of Action



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" was held on May 31st. This was the 11th Day of Action held in our community. In coordination with numerous local businesses, groups and individuals who took the time to help, we were able to make a difference for local nonprofits.

Over the years, many projects for those in need were completed with the overwhelming generosity of volunteers throughout the community. Projects such as painting, gardening, organizing and building fences were completed with the help of Telestream, Coldwell Banker and the Mankind Project.

These wonderful volunteers came together on this one day to make a difference. If you or your business would like to get involved with next year's Day of Action, please contact United Way of Nevada County.

At left, Telestream employees helping out at Hospitality House during Day of Action

UNITED WAY OF NEVADA COUNTY PARTNER SUCCESS STORIES

YMCA: By MaryJane Ashford Huenergardt, Volunteer YMCA Organizer

YMCA is a new United Way of Nevada County certified partner.

The Gold Country YMCA, a branch of the YMCA of Superior California, was formed in late 2013. In the summer of 2014 the first Gold Country YMCA Summer Day Camp was held in partnership with the City of Grass Valley, and the camp has operated every year since at Memorial Park.

It has touched hundreds of lives throughout the community, providing full-time camp, lunch, and snacks to children of all backgrounds entering K- 8th grade. In 2017 high school sophomore Jihada Muhammad (at right) was recruited as a Leader in Training (LIT) at the camp. Having grown up as the oldest of six kids in a small home, Jihada was a naturally calm, even-keeled presence in the midst of the "organized chaos" of camp. Throughout the summer, she became a reliable presence in the lives of the children who spent their summers there. The LIT program guides older children into being accountable role models, and Jihada represented the program well.

That fall, a new YMCA program was brought to the community. California YMCA Youth & Government's Model Legislature & Court program (MLC) aims to develop youth leaders through civic engagement. It was a natural fit for Jihada. When she attended MLC delegation meeting, Jihada was shy and reserved. A large part of the program is held at "away conferences," and, in training, Jihada only spoke when she had to speak in order to fulfill her assigned role as a legislative bill author/sponsor. By the final conference, Jihada had warmed up a bit, and her sponsor speech went so well that her bill passed! After the MLC program, her family commented that Jihada was confident, and felt stronger as a youth leader. That summer Jihada was back at YMCA's day camp, this time as a Counselor-in-Training (CIT). The program was new, and Jihada helped develop a path where CITs could shadow current counselors and take on more responsibility in admin., food distribution, and leadership/supervision in preparation

for being counselors. The director noticed that the camp improved thanks to Jihada's efforts. That fall (2018), Jihada, now a junior, again participated in MLC, and had a much different year. While she began as her quiet presence, she quickly took on a more active, vocal role in the delegation. At the end of the year she ran for, and won the Vice President/Sergeant-at-Arms elected position for the 2019-2020 school year. After the program ended she jumped at the chance to participate in several Rotary Club presentations, having become a confident speaker. She captivated audiences with her personal story as a YMCA programs participant.

Last month, Jihada was hired from a large, competitive pool as one of the GC YMCA's two first-ever Camp Aides for day camp. It is a paid position for 16/17-year-olds, and Jihada's successful candidacy clearly demonstrates her development as a trusted leader. Jihada is one of several youths in our community that have sensed their potential through YMCA programs. The Y's programs, by mission, are designed to inspire all to a healthy life - in spirit, mind, and body. Through further partnerships in the community, the GC YMCA branch plans to expand its program offerings substantially in Western Nevada County and extend its services to people of all ages and abilities.



Community Beyond Violence (CBV): By Nancy Ramsey, Director of Grants

CBV has been a United Way partner for twenty-six years.

Initially known as, *The Domestic Violence Coalition*, it was founded as a nonprofit organization by the Quakers in 1980. Previous to that, in 1978, it was a movement called *Battered Women's Alliance*, led by community members who were providing resources for women and children to escape domestic violence. Since then, DVSA has expanded to serve men, women and children surrounding issues like sexual assault, child and elder abuse, sexual harassment and human trafficking. Changing the name to *Community Beyond Violence*, a positive, solution-oriented phrase that more accurately reflects the agency's mission and vision for its community has been a long time coming.



Volunteers, including Mankind Project and seated, Megan Timpany, Executive Director, built a beautiful fence for CBV during Day of Action

One of our clients, Cheryl, came to us from Washington after fleeing a 21-year abusive marriage. She had fled a few times before but always went back when he promised to change. This time, he left to get a gun and she escaped while he was out. She arrived with absolutely nothing. She has a daughter in Sacramento but he has gone there looking for her so she knew it was not safe. When she arrived to our shelter, she immediately felt at peace and safe. She was able to use our clothing voucher program to obtain clothes and necessities. Cheryl got a full time job within days of arriving and is determined to make a new life. Within 4 weeks, we were able to help her find stable housing. She has utilized our groups, resources and housing program. This is the first time Cheryl has created a new life for herself and she is excited to lead an independent life.

Another client, Anne left her abusive husband several times. She was in our safe house twice. The first time he lied to her and said he was dying so she went back. She soon learned it was just another ploy to get her back and control her. She asked to come back to the safe house about a year later and we were very happy to have her back. Anne got herself a job and quickly became a star employee. She takes great pride in being responsible and gaining her independence. While in our safe house, Anne utilized many of our resources including the legal clinic, support groups, the resource room and our new housing program. We were able to help get Anne stable housing and she is now living an independent life.