



Letter from the Executive Director



Winter 2018-2019

Winter is here and the hustle and bustle of the Holidays is upon us. This week I found some time for a peaceful moment of reflection. As I looked out my window at the beautiful community we live in, I paused to think about all the great volunteers, donors, and community members that have helped to make United Way so successful. United Way of Nevada County has been in existence for 36 years and continues to strive to better serve the community of Nevada County.

This past year the United Way Board of Directors, staff and volunteers have given a great deal of time to help United Way thrive. I would like to thank them for helping to make this year so successful. United Way of Nevada County would not be able to exist without their continual support. They are the ones that are reaching out and changing the condition of our community. These individuals are the true heroes of United Way of Nevada County. I feel very lucky to be able to work with all of these wonderful individuals. One of the most rewarding parts of being involved with United Way is getting to know the remarkable individuals who give their time to United Way to help our community continue to grow.

This has been a big year at United Way. We have had several successes, enjoyed many collaborations and continue to work on making an impact in our community. This year our board doubled in size, and we now have ten wonderful board members. Some of the past years accomplishments:

- ♥ Food Access Saturday has continued to grow into a thriving program. To date Food Access Saturday has fed 1525 Individuals and given out more than 3400 bags of food.
- ♥ United Way purchased a Homeless Access Transport Van to help those in need with transportation to important services.
- ♥ United Way held its 10th annual Day of Action.
- ♥ Commitment was made to bring a Free Health Care Clinic to Nevada County in January 2020.
- ♥ United Way facilitated several community collaborations.

- ♥ Funding was made to many essential, much-needed programs that help to serve individuals in our community with their basic needs of food, access to health care and emergency shelter.

My heart goes out to those that are dealing with the loss of their homes due to the fires in Northern California. Currently the United Way of Northern California is helping those in need due to the Camp Fire. If you would like to get involved and help out, you can reach out to them at (530) 241-7521.

As we move into the year 2019, I ask you to think about how you might get involved with our community. Whether you volunteer, give or advocate for your favorite cause, this community can always use your help. Together we can all create a better community. Contact UWNC at 274-8111 to find out how you can get involved.

Happy Holidays!



Megan Timpany
Executive Director



*LAUGHTER will always
be the best medicine...
SILENCE will always
be the best revenge...
LOVE will always
be all you need.*



Board member Joanne Weatherly, Executive Director Megan Timpany and volunteers at FAS having a good time helping to feed those in need.

2018 UWNC Board of Directors

- Anna Crockett, President
- Mondae Hott, Vice President
- Joanne Weatherly, Secretary
- Diana Bare, Treasurer
- Shannon Buehler
- Annette Geare
- Deborah Lewis
- Kristen Long
- Greg Michna
- Tom Myers

News From United Way of Nevada County...

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Food Access Saturday (FAS)

Through Food Access Saturday, food is available every second Saturday of the month. During November and December Food Access Saturday (FAS) distributions, additional holiday food items were included. The extra bags were filled with fixings like a turkey, stuffing and fresh produce for the holidays. Over 3,400 bags of food have been distributed to 1,525 individuals and families since the program began.

Originally, FAS was designed to help working individuals and families in Nevada County who need supplemental groceries. Since its inception, the program has grown to encompass a larger population; welcoming others to the table.

Through FAS, any Nevada County resident who needs food can pick up healthy groceries, including fresh produce. United Way is very thankful for the generosity of donors and the help of the wonderful volunteers who work so hard on Food Access Saturday.

The distribution takes place at IFM, located at 440 Henderson Street, in Grass Valley, from 10am-12pm on the 2nd Saturday of each month. The first distribution in 2019 will be Jan. 12th. For more information, contact United Way at 274-8111 or admin@uwnc.org.



Board Member Deborah Lewis with her daughter Emily during FAS.



Hospitality House Van Driver George, with Tom Myers, United Way Board member who helped arrange for the van purchase.

United Way Purchases Van to Help Homeless

United Way of Nevada County purchased a new van, valued at \$15,000.00 for Hospitality House. The funding came from the United Way of Nevada County Community Impact Fund. The van is being 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 partnership 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. Hopefully this will help some of these

community members break out of the cycle of homelessness by having necessary services more readily available. The van (which seats 8-15 passengers) will have scheduled morning and afternoon routes with stops at appropriate services.

The Hospitality House van provides rides for their guests to appointments and other commitments. This fills the gap left by public transit which only meets 50% of the need in the county. "Thanks to United Way of Nevada County for funding the van and Volz Bros Automotive for servicing it!", Hospitality House Representative

Our Community Helps Us Help Others...

2018 was a very busy year! Our wonderful community stepped up to give, advocate and volunteer. See below for some of the fun community events that happened throughout the year.

- ♥ The 4th Annual Derek Sorensen Memorial Disc Golf Tournament was a great success and brought in nearly \$4000, including a donation from the Gold Country Disc Golf Association!
- ♥ Disneyland Package Raffle: The winner of this fun trip has never been to Disneyland, so it will be a very special trip for her and her family.
- ♥ 10th Annual Day of Action: Community members helped complete projects for local nonprofits.
- ♥ Wine Summit: A great time was had by all who attended this fun event! Dave Luce of Alta Sierra Wine Shop shared his knowledge while everyone tasted some special wines.

- ♥ #GivingTuesday was a huge success this year! The online giving day brought out the generosity of our community with over \$800 donated in one day!
 - ♥ Project Warmth: Warm hats, gloves and socks were collected for community members who need them the most. The act of our community coming together to fulfill this need is priceless.
 - ♥ As part of local Employee Payroll Campaigns, businesses also held fundraising events. The County held the 23rd Book Sale to benefit United Way, bringing in about \$5000. The City of Grass Valley held a car wash to add to their payroll campaign. A new campaign NV5 held a bake sale recently and earned \$400 for United Way.*
- *These are just some of the campaign fundraising events that go on throughout the year. If your business would like to hold a fun event to benefit United Way, please contact us for information.*



Organizers of the Derek Sorensen Memorial Disc Golf Tournament presenting a donation check to Megan Timpany, Executive Director of United Way.

Free Tax Assistance

It is time to start thinking about your TAXES. Once again the AARP TaxAide volunteers are gearing up to provide tax preparation services and electronic filing of both Federal and California tax returns. This service is provided to Nevada County residents at NO COST. The TaxAide group can prepare most common personal tax returns, including those that have salary, interest, dividends, itemized deductions, pension and IRA withdrawals. Appointments are required. Connecting Point will start taking calls in January to set up your appointment. At that time, please call 211 or toll-free 1-844-319-4119 to schedule an appointment on a Monday between February 4th and April 8th.

Another place to look for help is www.MyFreeTaxes.com which through a partnership with United Way, provides free state and federal tax preparation and filing assistance for qualified individuals. It's easy, safe, secure and 100 percent free. Powered by the Walmart Foundation — in cooperation with Goodwill Industries International, National Disability Institute, and United Way the MyFreeTaxes Partnership's online and in-person tax preparation and filing services have helped millions of families claim nearly \$8 billion in tax credits and refunds since 2009.

<http://www.unitedway.org/myfreetaxes/>



United Way of Nevada County Certified Partners

Gold Country Community Services

Executive Director, Janeth Marroletti

Gold Country Community Services has been a United Way Community partner since 2007.

Since 1976, Gold Country Community Services has been providing essential programs that meet the basic needs of seniors living in Western Nevada County. GCCS ensures older adults have nutritional meals, warm homes, social interaction and a greater sense of security. Their programs include:

- ◆ Meals on Wheels: 170 seniors receive a hot healthy meal delivered to their home and 63 seniors are on the waiting list for meals
- ◆ Lunch Café: 200 seniors attend a donation based lunch program
- ◆ Senior Firewood: 140 seniors received firewood to heat their homes
12 seniors are on the waiting list
- ◆ Classes: 120 seniors participate in our health and wellness classes

The programs are supported by over 100 dedicated volunteers from our community who have seen first-hand the importance of supporting seniors in need. Our community takes pride in caring for one another. For this segment of our population, the need is greater than ever. Meals on Wheels clients with the highest nutritional need have been receiving additional weekend and holiday meals due to the generous funding of United Way of Nevada County Community Impact Fund to address food insecurity in seniors.

Priority is given to older adults recently discharged from the hospital from a serious illness or injury and have no outside assistance and seniors that have chronic illness or poor nutritional health. Since volunteers do not deliver hot meals on weekends or major holidays or when roads are unsafe to travel, additional frozen meals are delivered to a limited number of Meals on Wheels

clients who are considered food insecure and indicate they eat fewer than 2 meals a day.

Another program is the Pet Food Pantry, where seniors enrolled in the program receive pet food and supplies in manageable quantities by their Meals on Wheels delivery driver. The purpose of the Pet Food Pantry Program is to keep seniors and their pets together by reducing pet expenses.

GCCS is always looking for volunteers to help deliver meals, serve meals, split wood or help with other services.



Tahoe Safe Alliance

Executive Director, Paul Bancroft

Tahoe Safe Alliance has been a United Way community partner since 2004.

Established in 1985, the mission of Tahoe SAFE Alliance is to end the incidence and trauma of intimate partner/domestic violence, sexual assault, and child abuse in North Lake Tahoe and Truckee. They believe every person has the right to live a life free from violence and abuse. Tahoe SAFE Alliance is dedicated to serving women, men, children and teens who are victims of intimate partner violence, sexual assault, and child abuse. Agency intervention services include the community's only 24-hour Helpline, emergency shelter and transitional housing, appropriate information & referrals, accompaniment, education, creation of a safety plan, legal advocacy, and therapy and support groups for adults and children. They provide short-term safety and work with clients through the healing process to achieve empowerment.

The Tahoe SAFE Alliance Children's Program is designed to provide an array of comprehensive treatment and program services for children who have experienced or witnessed abuse. These include: family case management, emergency shelter, counseling, prevention education, legal assistance and advocacy. Staff believes that long-term change is achieved when treatment is family-focused. This philosophy evolved toward a more holistic approach that includes family in the child's treatment plan.

Additional Tahoe SAFE Alliance programs include operation of the region's only safe house in the North Lake Tahoe and Truckee Communities. The Mountain Rose Safe House is a comforting and welcoming home where individuals and families can come. It is an empowering program which offers a wide variety of services to those who want to start a life free of violence. In 2011, as an extension of the Safe House, Tahoe SAFE Alliance launched a transitional housing program designed to provide qualified clients with longer-term living assistance including help with rent, furniture, utilities, and food.

In 2017, a woman from Nevada County sought help from Tahoe SAFE Alliance. The Community Member had lived with her abuser for over 20 years, and had been subjected to mental and physical abuse. Her abuser had escalated his threats, both in person and via social media, and she lived in fear for her life. She and her children were admitted to the safe house, and received assistance advocating with law enforcement and filing a restraining order. Her

abuser was arrested. The woman participated in domestic violence education and case management. The children received therapy and support for summer care through our children's program. The Tahoe SAFE Alliance Legal Advocate assisted the woman in filing for divorce and custody of her children. This resulted in her being granted a restraining order for a three-year period and receiving a final divorce decree with full legal and physical custody of her children.

At the end of her stay in the safe house, she applied for and was accepted into our Transitional Housing program. This program provides ten months of financial support for housing, and additional supportive services to allow her to maintain her independence from her abuser. Our residential program met the basic housing needs of this family, and the agency provided supportive services that allowed this family to progress toward a life free from violence. She shared with staff that she feels better physically and mentally, has greater self-confidence, and is grateful she has been able to change her life for the better. Throughout the past ten years, United Way of Nevada County has helped to fund this very much-needed program.



GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED



Help us make an impact in our community! Make your donation count in 2018!

To donate online go to uwnc.org & click on "Donate"!



SCRIP Gift Card Program

United Way has started a Scrip gift card program. Purchase your favorite gift cards and other cards for the stores (and gas stations) that you normally frequent. A percentage of the sale will go to helping others in our community. Make us your gift card store for birthdays and other holidays! We plan on placing orders at least twice a month.



<https://shop.shopwithscrip.com> ~ Call us for information.



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 2019 dates: 1/12, 2/9, 3/9, 4/13...

Incline Village Raffle

United Way is raffling off an Incline Village raffle package including four nights at a luxury condo in Incline Village, and more. Tickets are available for \$5 or five tickets for \$20 at United Way office and other locations throughout the county. For information please call or email our office.

United Way to host Free Health Clinic in 2020

United Way of Nevada County will be hosting a free 2-day medical, dental and vision California Careforce health clinic in Grass Valley.



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UWNC Partner Agencies



Community Beyond Violence
Family Resource Center of Truckee
Food Bank of Nevada County
FREED Center for Independent Living
Gold Country Community Services
Hospice of the Foothills
Hospitality House
Interfaith Food Ministry

Kare Crisis Nursery
Nevada County Habitat for Humanity
Partners in English Language Learning
Sierra Foothill AIDS Foundation
Sierra Forever Families
Sierra Nevada Children's Services
Sierra Senior Services
Tahoe Safe Alliance



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