

# Living United Means...

## Building and Sustaining Strong Families and Communities

Jan is a woman with a developmental disability whose husband had died. After the loss, she became depressed and very isolated, showing little interest in anything.

In early 2007, the staff of the home she had recently moved into received a brochure from the ARC Recreation Program, a service of Catholic Charities (a partner agency of United Way of North Rock County). They encouraged Jan to attend ARC's activities. Her initial shyness gradually transformed into eager anticipation as she began to socialize more.

Jan is much more outgoing and interactive now. She is happier with her life as a whole and attributes that to the fun she has at ARC Recreational activities.



Jan enjoys a game of Bingo

**Reach out a hand to one, and  
INFLUENCE  
the condition of all.**

**GIVE. ADVOCATE. VOLUNTEER.**  
**LIVE UNITED**   
[www.uwnrc.org](http://www.uwnrc.org) United Way  
of North Rock County