

GIVE.

ADVOCATE.

VOLUNTEER.



### *A Local Story of a Strategy-in-Action*

The story below shows the importance of having good health. The "Health" impact area strategy to "Increase awareness and access to healthcare resources" was important to Jane to lead her to a better life.

**FACT: Major depressive disorder affects 14.8 million**



### *United Way Board of Directors Approve Community Investment Strategies - Opens 2010/2011 Grant Application Process*

United Way of North Rock County advances the common

**American adults in a given year. It is more prevalent in women than in men.**

Jane had difficulty eating and sleeping, felt hopeless and no longer enjoyed activities the way she used to. She was in a dating relationship with a man who emotionally and verbally abused her. Her job did not maintain a steady income and she felt isolated and depressed.

Then Jane started counseling with Catholic Charities. She was encouraged to work hard on addressing her depression and improving her self-esteem.

Today, Jane is out of that abusive relationship and is beginning to reconnect with her family and friends. She also enrolled at a local community college and has started her own web design business to supplement her income. Counseling from Catholic Charities helped Jane move toward wellness and to becoming a contributing member of her community.

**United Way of North Rock County partners with Catholic Charities to increase access to mental healthcare for low income individuals.**

**Thank you to our year-round sponsors:**

good by focusing on the building blocks of a good life: Education, Income, Health and Families.

Over the last five months community volunteers serving on United Way's Community Impact Council and Impact Area Teams have been working on implementing the 2010/2011 Investment Process. Investment strategies in the four impact areas were revised and recommended to the United Way Board of Directors and approved at the June 10, 2009 board meeting.

The 2010/2011 grant application process takes place July - November, 2009. Members of the Impact Area Teams will review Letters of Intent, Grant Applications, and participate in grant presentations. Grant recommendations will be approved by the board of directors in November.

Consideration will be given to programs that align with the four Impact Areas, Vision Statements and Investment Strategies listed below:

**Education: Helping Children and Youth Achieve their Potential**

**Our Community Vision:** *All children and youth will have supportive learning and development opportunities to grow and become responsible adults.*

**Our Strategies to Achieve This:**

- Support children and youth through:
  - early learning and care services,
  - before and after school programs,
  - character and leadership development,
  - recreational experiences.
- Emphasize academic success for children of all ages.
- Expand opportunities for children and youth to bond with peers, mentors and positive role models.



Thank you to our [media partners!](#)

*Do you know other people who LIVE UNITED?*

Please forward this email to other people in the community who would be interested in our efforts.

[SEND TO A FRIEND >](#)

## United Way of North Rock County

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### **Income: Meeting Basic Needs; Building and Sustaining Self-Sufficiency**

**Our Community Vision:** *Individuals and families have their basic needs met and achieve and sustain self-sufficiency.*

#### **Our Strategies to Achieve This:**

- Connect people with critical resources for emergency or basic needs.
- Assist in identifying and overcoming obstacles/barriers to self sufficiency.
- Increase access to skills training, education, and other support systems that enable people to achieve self-sufficiency.

### **Health: Enhancing Health and Supporting Wellness**

**Our Community Vision:** *All residents of north Rock County will enjoy healthy lives.*

#### **Our Strategies to Achieve This:**

- Increase awareness and access to healthcare resources.
- Promote healthy lives through education and activities.

### **Families: Building and Sustaining Strong Families and Communities**

**Our Community Vision:** *Families and communities will thrive in a safe, nurturing, and productive environment.*

#### **Our Strategies to Achieve This:**

- Support and advance healthy relationships by providing access to essential knowledge, skills and resources.
- Advocate respect for all members of the community.

- Encourage individual responsibility through volunteerism and service to community.

***For more information about Letters of Intent, the Grant Application Process or local Strategies to Advance the Common Good...***

- Contact Janine Peterson, Vice President at United Way of North Rock County at 608-757-3052 or on the web, go to [www.uwnrc.org](http://www.uwnrc.org) / Community Impact tab.



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