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FORWARD TO A FRIEND

United Way of Central Virginia

If you missed Friday Cheers on July 20th, you missed the Young Leaders of United Way mobbing with the Cupid Shuffle! They promise to mob again, so be on the lookout!

AUGUST Newsletter 2012

United Way Welcomes New Smart Beginnings Director

United Way of Central Virginia is pleased to announce Karen Wesley, as the new Director of Smart Beginnings Central Virginia. Karen is replacing Gayle Lucado, who retired in July. Originally from New York, Karen moved with her family to Lynchburg nearly twenty years ago. She studied Computer Science at Lynchburg College, but chose a different path and joined the Perinatal Council at Virginia Baptist Hospital where she worked for thirteen years, focusing on women's and infant health and education. She served as Director of the Perinatal Council for nine years, during which time she completed a Certified Grant Writer course with R.A. Associates in South Carolina. "I'm very excited to be joining Smart Beginnings, and to be working once again with a program that focuses on positive childhood outcomes."

Weathering The Storm

When many Central Virginians lost power as a result of the Derecho on June 29th, most of us were able to carry on with our normal activities. Yes there were minor inconveniences, cold showers, lots of PB&J, and sleepless

This

LIVE UNITED

Moment Brought to you by

B&W

thebabcock&wilcoxcompany

"It is good to give. But, somehow, every time I give, I walk away with more than I gave away."

Nat Marshall

nights, but thankfully many of us fared pretty well. However, the extended time period without power, coupled with extreme heat and humidity, made things difficult and dangerous for the elderly and the very young. Quickly responding to the needs of our community, the City of Lynchburg, the Department of Social Services and the Red Cross opened a cooling center to make sure the city's most vulnerable citizens were safe. In a matter of hours, the cooling center became an overnight shelter providing a cool, safe place for many city residents to spend the night. In the end, the shelter provided overnight stays for nearly 600 people, served 2,300 meals to shelter residents as well as city workers, and 4,000 snacks and bottles of water.

Red Cross shelter manager Betty Clifton said it best while working the relief effort at Sandusky Middle School, "This disaster took so many people by surprise, giving them not much time to prepare. I certainly hope this doesn't happen again this summer, but two things I know are true, we should always be prepared for the unexpected and the Red Cross will always be there to help!" The Red Cross **IS** always there to help! This is due to the generosity of United Way, area businesses, local foundations, and individual donations supporting our Disaster Services Program. The Red Cross is **ALWAYS** working to support the costs associated with a disaster response, but also sustains year-round readiness programs. Thank you for your continuing support of your local Red Cross Chapter!

Learning to Help Others

Each year, the Girl Scouts in the Lynchburg Service Unit take part in a Super Service Day where they concentrate their community service efforts to support three projects. Just over 200 girls participated this year and worked to provide 850 hand-decorated and filled Birthday Boxes for Meals on Wheels. The girls also donated over 1,600 pounds of food to the Blue Ridge Food Bank and provided over 1,700 "thinking of you" cards for local nursing home facilities.

-Babcock & Wilcox
-Campaign Cabinet
-Loyal United Way Supporter

Events

Williams United Way Golf Tournament

Poplar Grove Golf Club
Friday, September 7th
8:00am & 1:30pm tee times
$400/team
***Williams will match $1 for $1**
Contact Daniel Abbott for more information: 434-665-0442

F*eee*nomenal Follies Campaign Kickoff

Academy of Fine Arts
Saturday, September 22nd
$50/person:
7:00-10:00pm
hors d'oeuvres, dessert, open bar until 8:30, performance
$25/person;
8:30-10:00pm
cash bar and performance

Tickets available at:
LynchburgTickets.com
or call 434-846-8467

CASA of Central VA

Training Program for those interested in becoming Court Appointed Special Advocates will be from August 9-October 18.
Call 434-528-2552 or email

Setting the Pace

As we prepare for the 2012 Campaign, we have some companies that like to get a head start. We call them our Pacesetters.
This year we are excited to have Bank of the James, Moore & Giles, Walmart, Trax International, AREVA, Appalachian Power, Scott Insurance, Wiley/Wilson, Target, Westminster Canterbury and Harris Corporation as Pacesetters. Being a Pacesetter means that they will run their campaign and have results finalized by August 31st. Thanks so much for leading the way and LIVING UNITED!

Participation is Key

United Way is pleased to announce the following companies had **100% participation** for the 2011 Campaign:

- Anthem Blue Cross Blue Shield
- CRC Financial Group
- Flippin, Bruce & Porter, Inc.
- Hutcherson Early Learning Center
- Lynchburg City Circuit Court Clerks
- Lynchburg City Financial Services
- Lynchburg City Registrar
- Monroe Muffler
- Scott Insurance, Inc.
- Scott & Stringfellow, Inc
- UPS
- Wood & White Investment Advisors, LLC

We sincerely appreciate your support!

Cooking for a Cause

In April, Lynchburg Cooks for Hunger Relief was held at Phase 2 with the sole mission of raising funds to support three local non-profits that support hunger

anne@cvcasa.org

D.A.W.N
Donation A Week Neighbor
Saturday, September 15th
30th Anniversary Celebration
Booker Building, Altavista
Call: 434-369-5844 for more information.

Free Clinic of Central VA
Tuesday, August 14th
Hillcats Skybox Night
6:00pm
$50/person and $500/box for 15

25th Anniversary Gala
Saturday, November 3rd
6:00pm
Academy of Fine Arts

Contact Bob Barlow:
bob@fccv.net

YMCA of Central VA
Saturday, August 25th
5k and Kids 1 Mile Fun Run
Fun Run: 6:30pm
5K: 7:00pm
Register Here:
lynchburgymca.org

Partners

Partner Agencies
Click here to view our partner agencies and how they are working to impact the areas of Education, Income and Health.

Our Corporate Keystone Partners
Thanks to the generous contributions of these

needs...and having a really great time doing it!
Seen here are the recipients: Daily Bread, Lake Christian Ministries and Blue Ridge Area Backpack for Kids' Sake Program, with their check for $16,257 (to be split evenly between them).
Many thanks to Rob & MJ Pearson, Kevin Middleton, Sharon Cash and Mike Ogden (also pictured) for their wonderful vision 21 years ago, and for their continued efforts to help those in our region.

Tune Into KHF 93.7 for Way Wednesday

Every Wednesday, United Way of Central Virginia gets to showcase a partner agency on Lynchburg's #1 radio station (as voted by The 'Burg). Here's the line-up for August:

August 15th: Bedford Christian Ministries
August 29th: Boy Scouts

Keena Wood will be filling in the other weeks with all that is happening around the UWCV offices and programs.
Wake up on Wednesdays with fun and information from within your community!

Mental Health Moves

In July, Mental Health America of Central Virginia joined with Couples and Kids, Central Virginia's Counseling Center for Families. Together, they will be moving offices to 2316 Atherholt Road, Suite 206, Lynchburg, VA 24501. This merger allows the combined staff of both agencies to better serve the mental health needs of our neighbors. Some of the services include mental health screening, consultation and referral; suicide prevention education and support; education and support programs for persons with mental illness, parents, adults, older adults and those who love someone with a mental illness. Educational groups for Anger Management and Substance Abuse Education are also available. Play therapy for children, individual and couples counseling is available to clients who have traditional health care insurance or Medicaid, on a sliding fee scale and limited pro-bono based on income and ability to pay.
The move will be taking place this week and they hope to have phones and computers operational by Monday, August 6th.

MHA Mental Health America of Central Virginia

United Way Programs

companies, 100% of your donation to the Community Care Fund goes directly to programs!
Click here for list

THANK YOU APPALACHIAN POWER, CITY OF LYNCHBURG AND THOMAS ROAD BAPTIST CHURCH FOR YOUR TIRELESS EFFORTS IN HELPING THOSE AFFECTED BY THE STORM IN CENTRAL VIRGINIA!

AEP APPALACHIAN POWER
A unit of American Electric Power

THE CITY OF LYNCHBURG

Thomas Road Baptist Church

Just as the list of volunteers would be

Need a referral? Have a question about services in your area? Call 2-1-1, it's the non-emergency answer to 9-1-1.

Interested in volunteering? Know your skills but not sure who needs your help? Are you a 501(c)(3) looking for volunteers? One for Another is your one-stop-shop! Sign up as a volunteer, sign up as an organization. Lend your time, your talents, your muscle, and make a difference!

Is your passion working to improve the quality of care and education for children from birth until kindergarten? That's the Smart Beginnings mission, and they do it well!

endless--so is our appreciate for your time and efforts to help a neighbor! THANK YOU EVERYONE!

United Way of Central Virginia
1010 Miller Park Square
Lynchburg, VA 24501
434-846-8467

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