



WE'RE FIGHTING FOR

CHILDREN

When asked why they give, many Sioux Empire United Way supporters say “to help children.” It is a natural feeling for adults to want to nurture and care for children. Of course, the needs of children evolve as they grow, which is why a gift to United Way is so impactful. In early years, these gifts support childcare, preschool, and kindergarten readiness for low and moderate income families. At school age, your support provides food on the weekend, so they can come to school ready to learn on Monday morning. While many children receive needed support from their parents, grandparents, relatives, and neighbors, the greater community continues to play a vital role in cultivating the future for our youth. This is why gifts to United Way also support programs that engage volunteer mentors or coaches. By supporting these programs, not only are children introduced to additional adult role models, but gifts are also multiplied through the dedication of volunteers. It’s a joy to make a gift to help a child in need. It is also a great investment in the future of our community.

Here are six examples of how you help children:

2,175

Students participate in a variety of after school programs around the community. Programs include snacks or meals, homework help, and character building activities. Children who participate in quality after school programs show improved school attendance, engagement in learning, test scores, and grades.

444

Children have access to free dental care: screenings, fillings, extractions, cleanings, and other necessary care. Tooth pain can affect a child’s ability to eat, sleep, speak and socialize. Research shows that children with poor oral health are more likely to miss school and earn lower grades.

1,432

Children are provided with a quality childcare program that provides age-appropriate care and education. Research shows investment in quality childhood programs can have a 7% to 10% return on investment with increased school and career achievement, as well as, reduced costs in remedial education, health, and criminal justice system expenditures. Additionally, parents are able to work, knowing their children are well-cared for.

11,188

Books are mailed to kids under the age of five each month. One study reports children read to one hour per day enter school with a vocabulary 3 times larger than students only read to 30 hours during their first 5 years.

2,870

Youth across the Sioux Empire are provided with food for the weekend, to ensure that they arrive at school on Monday ready to learn.

176

Soon-to-be kindergarteners participate in a five-week program, just prior to the start of the school year. Participants have an average gain of 35% in math skills, 25% in reading skills, and 22% in supportive skills.



WE'RE FIGHTING FOR VULNERABLE ADULTS

"I finally have a good friend." That is a direct quote from a woman to whom you provided companionship to through your gift to United Way. Having given so much to our community throughout their lives, it is a privilege to give back to our older generation. Your gift to United Way helps our aging population to continue to live independently in their own homes by providing meals, transportation, assistance with household chores, and companionship. Your gift also supports individuals, who live with dementia or some type of disability, and their caregivers. It feels great to make a difference!

Here are six examples of how you help vulnerable adults:

68

Older adults are matched with an adult volunteer for recreational and social opportunities. Matches go on outings, talk, pursue hobbies, and may also assist with the older adult's needs such as grocery shopping and occasional transportation.

245

Individuals with disabilities are provided with social, recreational, and quality of life activities to improve their relationships with peers and our community. Inclusive recreation allows for improvements in physical well-being, prevention of secondary conditions, and social growth.

219,947

Meals are provided to people ages 60 and over in a congregate or home-delivered setting. Older adults require nutrient-rich foods for healthy aging and prevention of chronic disease.

180

Individuals who are cared for by a loved one have a safe place to be during the day. This allows them to remain in their homes longer and gives their caregivers time to work, run errands, or focus on taking care of their own mental and physical health. The average participant delays the need for a long-term care facility by 22 months.

1,645

Horse therapy sessions are provided to individuals with disabilities, improving their physical abilities, self-esteem, and independence.

3,658

Jobs are completed by volunteers for older adults, enabling them to remain in their homes longer. Tasks completed include minor home repair, lawn care, and transportation to and from medical appointments. AARP's 2018 survey found 76% of adults age 50 or older want to stay in their home, but only 46% thought it would be possible.



WE'RE FIGHTING FOR PEOPLE IN CRISIS

Many of us have experienced a crisis at one point or another in our lives. Our world was turned upside down, and for a period of time, we struggled. While some of us had the necessary support systems in place, whether that be friends, family, or the financial means to get through that difficult time, for many, those supports simply do not exist. This is where your gift to United Way becomes so important. It is your gift that allows a young mom and her children to flee from an abusive situation. It is your support that keeps a family in their home when a major car repair or medical bill makes it impossible to also pay the rent. It is your commitment that is saving lives through United Way's community-wide defibrillator program.

Here are six examples of how you help people in crisis:

2,629

Households receive financial assistance or gently used furniture to secure or maintain stable housing and furnish it. This is especially beneficial for children receiving a bed, as research shows that lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation.

312

Households utilize transitional or affordable housing, or case management and one-on-one assistance to achieve independent housing stability. The work of these programs strengthens families, increases self-sufficiency, and life skills.

976

Women and children were provided with a safe shelter when escaping a domestic violence situation. Shelter services are free of charge and include: meals, personal care items, case management for employment, housing and legal needs, parenting education, and counseling.

5,054

Hours of advocacy were provided by 94 volunteers on behalf of abused and neglected children. A child with a court appointed advocate is more likely to find a more safe, permanent home. 98% of children who are assigned an advocate do not re-enter the court system because of subsequent abuse.

558

Professional mental health counseling sessions are provided to students each month in their school. This eliminates barriers, such as transportation, costs, and school and work schedules to seeking mental health care.

190

Families are provided with nurse-home visits during pregnancy, after delivery, and through their child's third birthday. Research shows nurse family partnership programs improve prenatal health, lead to fewer childhood injuries, and increase maternal employment.