

WHAT YOUR \$\$\$ CAN DO . . .

▶ \$1 per week (\$52 annually)

- Emergency food for a family of 4 for one week creating savings that can be used for rent or other necessities.
- Nutrition classes for 15 women resulting in improved health and reduced risk of diabetes, hypertension, high cholesterol for these women & their families.
- Dental education & supplies for 52 children to begin a lifetime of good oral hygiene.
- Health screening services for 5 elderly adults promoting early intervention and reducing risks of hospitalization, such as yearly flu shots and regular health status assessments.
- Enrichment materials for 30 youth participating in an after school tutoring program helping children achieve and maintain grade level performance.
- Arts and craft supplies for a young child during a six week camp program to support early learning.
- A victim of domestic violence the support necessary to break the cycle of violence by providing one week of legal representation.
- Hospital accompaniment for a rape victim to ensure a safe environment for the woman to begin the healing process.

▶ \$5 per week (\$260 annually)

- Transportation to Certified Nurses Assistant classes for nine individuals making it possible for them to obtain employment and support their families.
- A healthy breakfast ensuring proper nutrition for 208 seniors.
- One week of intensive therapy for an adolescent with mental health issues, addressing the necessary issues that will lead to self-sufficiency.
- A safe place for a victim of domestic violence and her children for one month.
- A tank of fuel oil to enable a senior on limited, fixed income to heat their home through the winter.
- Financial self-sufficiency instruction for 20 teenagers to lay the ground work for a life of financial stability.
- Breakfast, lunch and snack costs for 1 child for an entire year, covering the difference between food program reimbursements and actual costs.

. . . ADVANCING THE COMMON GOOD

▶ \$10 per week (\$520 annually)

- An annual health exam and cancer screening for 5 uninsured or low income women to prevent cancer and increase earlier intervention.
- ESL books and materials for 40 individuals to achieve the ability to communicate, attain employment and increase wages.
- Leadership training to support 20 high school students in reaching their career goals.
- 20 hours of on-site health screening for residents of low income housing units to identify potential health risks such as high blood pressure and diabetes, reducing the prevalence of chronic illness.
- Speech therapy for three stroke victims to relearn how to communicate and rebuild self-sufficiency.
- Vision screening and prescription glasses for 5 uninsured working poor clients so that they can have clear vision.
- Health screenings for diabetes, depression, domestic violence and other high-risk conditions for 15 uninsured pregnant women.

▶ \$20 per week (\$1,040 annually)

- Financial literacy instruction for 36 homeless individuals to increase income stability, prevent future homelessness and increase self-sufficiency.
- Fluoride varnish for 500 children for one year provided through volunteer dental services to eliminate tooth decay in low income youth.
- One week of food distribution for 60 families resulting in the ability to utilize saved funds to meet other basic needs such as utilities and rent.
- A scholarship for infant care enabling a new mother to return to work after the birth of a child and continue to support her family.
- Back-to-school supplies, such as clothing, shoes, back packs, for 10 children to enter school with dignity.
- Three weeks of life skills training for a person with developmental disabilities to learn to live independently.
- One month's shelter, food, counseling and services for two homeless single parents and children to stabilize their lives and regain independence.



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LIVE UNITED™ 

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