



what matters.™

Community Connection

Green Mountain United Way

*Serving the communities of Caledonia, Essex, Orange,
Orleans and Washington Counties of Vermont*

Mission: To improve lives by mobilizing the caring powers of communities.

December 2008

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GMUW Awarded \$50,000 CHAMPPS Grant

We know that 1 out of every 7 children in Vermont lives in food insecure homes and 9.8% of children in Washington County live at or below the federal poverty line. These children have a greater chance of having a poor quality diet, which could later lead to serious health issues. We also know that more than half of the adults in Washington County do not eat the recommended serving of fruits and vegetables and 20% of adults are overweight. We can identify the need, but we do not yet know the specific barriers to physical activity and nutrition for adults and young children in Washington County.

Fortunately, Green Mountain United Way was recently advised that it will be receiving a \$50,000 grant from the Vermont Department of Health's Coordinated Healthy Activity, Motivation and Prevention Programs (CHAMPPS). The funding emphasis is on creating communities supportive of healthy eating and physical activities for families and parents with young children. This is part of the Fit and Healthy Vermonters state plan.

Health and Children & Youth were among the communities' top five interests in GMUW's community assessment. This grant will support GMUW's efforts to work collaboratively with communities to mobilize and create lasting changes that improve lives.

Starting in January 2009, GMUW will begin working with existing community coalitions and interested community members in each of the supervisory unions of Washington County. Their mission will be to identify the specific strengths and needs of each community regarding physical activity and nutrition. Many communities have already begun to focus on this topic and our goal will be to assist them in that work.

GMUW was one of the founding members of the Central Vermont Coalition for Health (CVCH) in 2007. CVCH members were instrumental in planning and applying for the CHAMPPS grant funding and will be pivotal in working with Washington County communities. Their mission is to enhance personal and community health through the identification, promotion and support of broad collaborative strategies that respond to the priorities of our communities.

GMUW would like to thank the members of the Central Vermont Coalition for Health and the Barre District Department of Health and Field Services Division for their support. GMUW would also like to thank the Vermont Department of Health for providing the funding and resources necessary

Contact GMUW in Berlin, VT at 802-229-9532

News About the Campaign

We greatly appreciate all the individuals who have donated to the campaign. For those who are able to we encourage you to make a gift to help others and our communities.

Our supporters realize a greater need is being felt in their community and are willing to help meet that need.

Congratulations to them!

We are pleased to report that as of November 30, 2008 campaign pledges and donations stand at \$163,740 with over three months yet to go and several businesses yet to report in.

Thanks to everyone who has donated. For those who have not yet made a commitment, do it now and be a part of making a real difference in your neighborhood.

To give online, simply go to www.gmunityedway.org, click on Ways To Give and click on Truist/United Way Online Donation. Or, you may click on GMUW Pledge Form on that same web page, print out that pdf form, complete it and mail it to our Montpelier address with your donation.

Your support is needed and will be gratifying to those we serve.

Caledonia/So. Essex Counties Food & Fuel Partnership

The Food & Fuel Coalition for Caledonia and southern Essex counties has been meeting in St. Johnsbury on a regular basis since early Sept. of this year. The upcoming harsh winter months and difficult economic times have brought many individuals and organizations together in anticipation of a crisis. Green Mountain United Way is working closely with Vermont's Agency of Human Services, Northeast Kingdom Community Action, VT 2-1-1, the Community Justice Center, the Area Agency on Aging, Northeast VT Regional Hospital, numerous faith groups, town government, and concerned individuals too numerous to mention.

The Coalition formed sub-committees to deal with specific issues such as food for needy families, home heating oil assistance, training and education to help people prepare for winter, and communication to get the word out.

Food drives have taken place and will continue with an established network for

distribution. Free meal locations have been set up at area churches. Plans are underway to provide a means to distribute food to those in need over weekends and other times when this has not generally been available.

Town Service Officers have received refresher training so they will know how to respond to emergencies in their communities.

Funds for heating oil have been collected from a variety of sources ranging from state flexible funds to charitable donations. VT 2-1-1 is still the best call to make to be directed to this type of assistance.

Button-Up Workshops have been held throughout the region to inform and educate people about ways to conserve fuel in their homes and stretch those heating dollars. The workshops included discount coupons from area merchants toward the purchase of energy-saving items.

The Communication Committee has developed a "Back Page" or insert containing detailed information about all of these topics, to be included in area newspapers and other media.

There have also been individual efforts to begin a VT Homeshare program in our area.

Valuable information pertaining to all Food & Fuel Coalitions in the GMUW five-county region and energy efficiency practices can be found on the GMUW website at www.gmunityedway.org and click on "Partnerships".

The Food & Fuel Coalition has worked hard to meet this winter's anticipated demands but realizes that this will be a continuing challenge and plans to stay the course.

Computer Awards

GMUW is pleased to announce this year's winners of computers provided to us for distribution by IBM and the Northfield Savings Bank.

Laptops have been presented to Project Independence and the Area Agency on Aging for Northeastern VT. Desktops have gone to the Green Mountain Farm-To-School Program, VT Children's Aid Society, Washington Co. Court Diversion, Central VT Humane Society, RSVP and the Clara Martin Center.

Much appreciation goes out to IBM and NSB for making these gifts possible.

Kaleidoscope of Talent

Do you have a talent?

Do you get the winter blues by February and need a place to go for fun and entertainment?

Would you or your business consider supporting a great community event that would give you lots of exposure?

Plan now for Green Mountain United Way's Third Annual *Kaleidoscope of Talent* talent show scheduled for **February 28, 2009** at the Spaulding High School Auditorium starting at 7 p.m. Local talent will again be featured. This promises to be "the" event of the winter, so don't miss it.

There will be instrumental, vocal, and dance performances as well as comedy acts. Cash prizes will be awarded in several categories.

Auditions will be held at the same location on February 7, 2009. Anyone wishing to audition should first complete an application found at:

<http://www.orgsites.com/vt/greenmountaintalent/>

Any businesses, organizations or individuals wanting to become a sponsor of this community event should contact Tim Barre at 802-485-5223 or e-mail him at timothyb@nsbvt.com.

Mark your calendars now and plan to attend a fun and enjoyable evening out.

GMUW and its Community Impact Model

Green Mountain United Way has adopted a *Community Impact Model* to create lasting changes in community conditions that improve lives. This model focuses on what the community has defined as its greatest needs and works to unite diverse groups to meet these needs. How we plan to achieve this is best explained in three parts:

Mobilizing Communities:

One of Vermont's greatest assets is having strong communities. We want to unite people with diverse knowledge and skills and with different backgrounds to work toward a common goal. We are GMUW want to bring organizations together to work hand in hand toward these positive outcomes.

Creating Lasting Changes in Community Conditions:

Prevention is where we focus the majority of our efforts. If we can prevent problems from happening, we can decrease the toll of these problems in people's lives as well as the cost to the community.

The Planned Giving Corner

Your Year-End Checklist

- ✓ Buy a 2009 appointment book.
- ✓ Make a New Year's resolution.
- ✓ Do your holiday shopping and baking.
- ✓ Provide a holiday meal, a bag of groceries or a box of basic household needs for a less fortunate family in your neighborhood.
- ✓ Contribute to your IRA, 401 (k) or other retirement plan.
- ✓ Meet with your attorney to draw up a will or update your existing one.
- ✓ Consult your tax expert and consider selling some investments to offset capital gains.
- ✓ Make a tax-deductible donation to your favorite charity, Green Mountain United Way.

Don't wait to plan your retirement strategies.
Do it now!

(Green Mountain United Way does not provide legal advice, but recommends that you consult with your attorney, tax accountant or estate planner to find your best estate-planning avenue.)

Improving Lives:

Simply put, we want to help people in our communities live the best lives possible. We hope to do this by focusing our efforts on broad-based community initiatives that will positively affect all community members on some level. By doing this, we increase the number of people who will support our work and increase the number of people that we can help.

Don't Know What to Give for the Holidays?

Consider making a donation to Green Mountain United Way in honor of a family member or friend this year. We will in turn send them a card acknowledging your gift.

This is your opportunity to provide assistance to an organization that wisely spends contributions for those programs that make a positive impact on people's lives.

For details, call our Berlin or Barton offices at 802-229-9532 or 802-525-9597 respectively.



Green Mountain
United Way
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Dates To Remember

Dec. 25, 2008 – Jan. 4, 2009: Green Mountain United Way offices will be closed for holiday break. We'll all be back on January 5th.

Feb. 11, 2009: Quarterly agency training meeting at GMUW Conference Room.

Feb. 7, 2009: "Kaleidoscope of Talent" Auditions at Spaulding High School Auditorium from 8 a.m. to 5 p.m. For an application form, visit the site listed below in our Feb. 28 talent show announcement.

Feb. 28, 2009: Third annual "Kaleidoscope of Talent" Talent Show at Spaulding High School Auditorium starting at 7 p.m. Benefit: Green Mountain United Way. For more information, go to: <http://www.orgsites.com/vt/greemountaintalent/> We're looking for sponsors for this important and fun event. It's a great place for you to advertise your business. Contact Tim Barre at timothyb@nsbvt.com or 802-485-5223.

Check Out the Improved GMUW Website

Please take a moment to view www.gmunitedway.org. We're constantly making changes and adding new information and resources. Let us know what you think. We welcome your feedback.

We Need Your E-mail Address

In the interest of being good stewards of our environment and to save postage, we are building our list of e-mail addresses for those who prefer receiving this newsletter electronically. We ask, therefore, that you please complete the following form and return it to us, or e-mail us with the information.

Name: _____

Business or Organization Name: _____

E-mail Address (Please print legibly): _____

If you would rather e-mail us this information, send to: gmunitedway@madriver.com

Visit us on the web at: www.gmunitedway.org