



**United Way
of Knox County**

United Way of Knox County Quarterly Newsletter Spring 2019

Volume 3 Edition 1



Students from North Knox Jr. High present a check to United Way for the Bed Time in a Box Program.

Partner Agency: Generations

Upcoming programs/events: Dine with a Doc – May 1st from 11 a.m. to 1 p.m. at Green Activities Center – guest speaker, Kristy Kruger with ProRehab; Chronic Disease Self-Management Program beginning on May 14th – space is limited – call 812-888-4527 for more information and to register; **COMING IN AUGUST** – Trailblazer 5k – August 10th, 2019 – more info to follow; **COMING IN NOVEMBER** – Caregiver Connection Event (similar to the Aging Well Retreat, but geared toward caregivers) – November 14th, 2019

Special Events: Generations recently held our 2019 Aging Well Retreat on March 26, 2019. This event was partially funded by monies received from the Knox County Community Foundation. There were

over 200 attendees and over 40 vendors on hand to provide information to participants. A variety of free health screens were also offered throughout the day. A free meal was also provided to registrants.

Staff or Client Spotlight: Generations would like to congratulate Cathy Jones and Alma Kramer for completion of their training to become Master Trainers for the Chronic Disease Self-Management (CDSMP) program. This program assists adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, osteoporosis, and others struggle to find ways to manage their condition. CDSMP is a free 6-week program that meets 2 ½ hours per week. Cathy and Alma will be teaching their first class starting on May 14th. For more information, or to register, please call Alma Kramer at 812-888-4527



Director Joyce Conrad and volunteers completed 190 free tax reviews for county residents. Thanks!

Partner Agency: KCARC

Program: Summer Program at 1972
7:00 a.m. – 6:00 p.m. for \$95 week.

EggSplore Vincennes – 31 eggs hidden throughout the City to receive a stamp; or passport. Passport gets free admission to 1972 on April 20th. See 1972 on Facebook for more information.



Board Members and Staff at the Chamber Dinner honoring our United Way as nonprofit of the year.



Executive Director Report

What a great start to 2019. Our Allocation Committee was able to fund our partner agencies with over \$170,000 in grants including three new partners. The Education Committee has been heavily at work with a new Program entitled Bed Time in a Box that encourages Sleep wellness and Bedtime reading to children to improve school readiness. Our spring roundtable will focus on this issue as well. We had a very successful homeless Summit through our Charity Tracker network with over 100 people attending and now working to establish a Knox County Task Force. Our VITA volunteers were able to assist over 190 residents with free assistance for their taxes. Finally, the icing on the cake as the United Way of Knox County received the nonprofit organization of the year at the Chamber of Commerce annual dinner. We had a surprise visit from our state director Maureen Noe who joined us at the Chamber event.



Dr. Shannon Jones a child psychiatrist will present a program on Sleep Wellness for Children and Families at Tecuseh Harrison Elementary Cafeteria on Thursday April 25th at 7:00 p.m. Public Welcome



Homeless Summit panel presenters Bryan Baker, Beth Lindsey, Mark Hill, Capt. Laura Lunnam & Jennifer Emmons.

Partner Agency: Good Samaritan Family Health Center

The Health Center was pleased to host Brenda Goff, Southwest Indiana regional director for Senator Todd Young on April 1st. Ms. Goff toured the facility and had a discussion on the future of the center being able to serve the underserved and underinsured. She attended the Homeless Summit and was impressed with the attendance and community support.

Partner Agency: CASA

What's New:

5 New volunteers will be sworn in on April 29th by Judge Gara Lee.

Staff Spotlight: Mary Miller has been a CASA volunteer for 14 years. She has volunteered her time over many cases, including one lasting over 5 years. Mary has a heart for service and compassion for the community. CASA is blessed to have her as part of our family. We thank her for her dedication to the children of Knox County.

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