

GIVE. ADVOCATE. VOLUNTEER.



Andy Fechtel,
Fechtel Beverage & Sales,
United Way Board Chair

For the last few years the work of the United Way has been closely tied to disasters, whether it be the tornado that struck our neighborhoods, or the pandemic that altered life for people around the globe. We were

mobilized into action and visible, taking on new challenges and offering a hand for our neighbors who needed a little hope. Our teams of staff and volunteers were there, because that is what the United Way does.

But every day a disaster occurs. Someone's home is lost in a fire. A child is unsure where their next meal will come from. Families struggle with how to care for an aging loved one. These disasters are more personal, less covered in the news, but no less significant to those experiencing them, and the scope in which they impact our community is just as great. Nearly half of the people in our community will be touched by the United Way or one of its partner agencies.

The pages of this insert highlight the variety of ways our community is helping its neighbors. They are full of stories

about volunteers giving their time to make sure help finds its way to people in need and that gifts from our donors are doing the most good. They offer information about how you can get involved with an agency, or find help for you or for someone in your life.

I encourage you, as you read these pages, to consider the need that lies behind each story. Think about how the United Way, our agency partners, our volunteers and donors are taking action to address it. Think about how you may be able to help: GIVE (if you are able) to help your neighbor. ADVOCATE for those who need to be heard. VOLUNTEER to help change someone's life. However you choose to help, the United Way will be there with you.

We are so thankful for our volunteers and the support of people like you.

What's United Way of Central Missouri Been Up To?



Ann Bax,
United Way President

United Way of Central Missouri is in our third month of our 96th year, and we have lots of exciting things to share! In January, Evers and Company completed United Way of Central Missouri's annual audit confirming the United Way is fiscally sound and responsive to our generous community. Additionally, our Strategic Planning Committee finalized the 2022 Plan with priority goals including continuing our Agency Board Development program to ensure agency partners have high performing boards which are critical to high performing agencies and continuing our Diversity Equity and Inclusion work through board, staff and agency partner trainings and workshops. One other priority is our work with the Volunteer Connection platform, to ensure the community has a one-stop shop for all things volunteering. Currently there are over four hundred volunteer opportunities on the site for individuals and businesses to choose from.

In February, United Way awarded two emergency grants; the first to the Jefferson City YMCA Child Development Center (CDC) to assist with four additional infant/toddler childcare slots. On average, the YMCA Child Development Center receives eight calls weekly for families looking for infant/toddler care, and currently they have a waitlist of 41 for infant/toddler slots. This shortage of infant/toddler slots

is community-wide. The CDC had the capacity to take four additional children without adding staff, therefore the United Way grant made it possible for the CDC to help four additional families with childcare for their infant/toddlers. The second emergency grant was awarded to the Salvation Army to assist in addressing the concern that the homeless community was not using the overnight cold cots in the shelter during the extreme cold snaps due to concern about the security of their belongings. The United Way grant purchased a rolling cart so the belongings of homeless individuals coming into the Salvation Army shelter for an overnight stay could be locked and kept secure while they slept. The United Way was anxious to assist in this way to ensure our homeless community was coming in out of the cold for a safe, secure, restful stay at the Salvation Army.

We also held our virtual Annual Meeting in early February, which was a celebration of the successes of 2021, as well as an opportunity to honor outstanding individuals and business supporters who made that success possible. In late February, community volunteers from our Finance and Audit and Strategic Funding Committees began their work to analyze audit results and develop recommendations for the Board of Directors regarding future United Way funding decisions. Their recommendations included \$250,000 in Community Support Grants announced to address critical unmet needs available to 501(c)(3) health and human service agencies in the counties of Cole, Osage, Miller, Moniteau, Southern Callaway, Camden, Phelps, Maries & Morgan.

Now here we are in March...it's hard to believe the first quarter of 2022 is almost behind us! Thanks to the incredible support from our volunteers and supporters, we have accomplished so much, but there is much work still to be done! In the world of the United Way of Central Missouri, the month of March is

consumed by the Fund Allocation process--which is actually the precursor to the next campaign. It is a volunteer-driven process that ensures transparency and accountability to United Way donors. Through this process, United Way of Central Missouri partner agencies must reapply for partnership and funding for the upcoming year. Six panels comprised of over 80 community volunteers with diverse skill sets meet each week for five weeks to review agency financials and applications, tour agency facilities and have candid face-to-face discussions with the agency leaders and board members. Panel members analyze agency applications to confirm goals and program objectives have been accomplished and make recommendations to the United Way Board of Directors whether fiscal responsibility and efficient operations dictate level funding, decreased funding or increased funding for each agency partner for the upcoming year.

Additionally, staff and volunteers will be vetting requests for the \$250,000 in United Way of Central Missouri's Community Support Grants which will be awarded to agencies in early June.

While far from having arrived, we feel confident that we are on the right path. Once we are through the Fund Allocation and grant process, we will jump into campaign work with both feet. Needless to say our crackerjack Marketing Team is already working on strategies to help make this another great campaign. But equally important to the success of the United Way of Central Missouri are the efforts behind the scene that happen during the first half of the year. The audit, Fund Allocation and Grants processes are just a few of the processes that make it possible to stand in front of our donors with confidence during the campaign and confirm that United Way and our agency partners are utilizing the gifts from our community to best address the priority needs of our community.

Thank You to our Outgoing Board Members

We appreciate your service!



Larry Linthacum,
Jefferson City School District



Greg Meeker,
Modern Litho



Chip Webb,
Ameren Missouri

AND THANK YOU TO OUR 2021 CAMPAIGN CO-CHAIRS



Sally Moore,
Capital Region Medical Center



Kyle Shimmens,
Osage Ambulances

Missouri Farm Bureau Making Strong Communities

By Gail Metz,
Missouri Farm Bureau

Founded in 1915, Missouri Farm Bureau is the largest general farm organization in Missouri who represents members at the legislatures in Jefferson City and Washington, D.C., as well as through involvement with state and federal regulatory agencies. We pride ourselves on amplifying the voices of Missouri farmers throughout the state. All Missouri Farm Bureau policies are written and voted upon by grassroots volunteer members and advocated by the legislative team to implement these policies, ballot initiatives and political candidates to make Missouri friendlier to its #1 industry, agriculture.

Farm Bureau Insurance provides members with coverage for property & casualty and life insurance through sales and service at more than 140 local service centers across Missouri. Farm Bureau maintains a top rating by the A.M. Best Company, an independent company who rates insurance providers.

Missouri Farm Bureau's home office is located in Jefferson City and has been a proud Pacesetter partner with the United Way for 11 years. As a Pacesetter, we are a small but mighty group of about 30 businesses that 'jump start' the United Way Campaign in August. This group of Pacesetters collectively raises about half of the overall United Way Campaign goal!

Just as Farm Bureau serves as a voice for those in our agriculture communities, it is important to Farm Bureau to support neighbors and organizations that make our communities stronger and united.

In 2021, Farm Bureau employees broke a company record in giving to the United Way with over \$52,000 raised by the employees, surpassing a previous high of \$43,000 in 2018. Missouri Farm Bureau was



Missouri Farm Bureau employees help at The Food Bank as part of United Way's Days of Caring two-day volunteer opportunity.



honored to be recognized as the 2021 Outstanding Pacesetter by the United Way of Central Missouri.

For the 2021 United Way Campaign, a committee of representatives from each department generated awareness and engagement from all employees through multiple fund raising activities that began in June and extended through August. Events included hosting a Trivia Night with a silent auction, Monopoly Penny Wars with a friendly "Go Directly to Jail" competition for members of the leadership team, 50/50 lunch days, 50/50 baseball game, bake sale/dessert auction, treat trolleys, T-shirts and more. The biggest hit of the season was the creation of a Missouri Farm Bureau Cookbook that included a collection of over 300 recipes from employees across the state with a dedicated section featuring the best and most requested recipes from our very own Chef at the home

office. All proceeds from the sale of the cookbooks went to the United Way. Employees who pledged to give a portion of their 2022 salary to the United Way received a fleece pullover and an opportunity for other rewards such as reserved parking for a month or the opportunity to select the lunch menu in the cafeteria for a week! We are proud that so many of our employees support the United Way and make an annual pledge.

Employees also enjoyed giving time to The Food Bank during the 2021 Days of Caring—a two-day volunteer opportunity organized through the United Way. Seventeen employees donned hair nets and gloves and boxed 1,065 boxes of frozen protein meals for families in our communities.

Missouri Farm Bureau is proud to partner with the United Way of Central Missouri to serve our community and provide opportunities and

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A Thread in the Community Tapestry

By Stephanie Johnson, Special Learning Center

On a typical day at the Special Learning Center, you will find our team of teachers, therapists, childcare professionals and administrators hard at work helping children with developmental delays and disabilities reach their maximum potential. Let's take a walk through the Center and see what's happening today!

As we walk into the Early Childhood Special Education (ECSE) department, we will find six classrooms filled with children between the ages of 3-5 who are preparing for kindergarten or their next educational placement. Children in our ECSE classes have been identified by their referring school district as needing additional educational support before entering school. You will also see two classrooms of two year old children who are in our First Steps early intervention program. They are learning socialization skills with their young peers.

Let's continue down the hall to our Therapy Department. Our great team of physical, occupational and speech therapists work to help children walk, talk and perform simple everyday tasks. As an example, one of our occupational therapists is working with a four-year-old to help her develop the skills needed to blow out the candles on her 5th birthday. We all know that you make a wish before blowing out the candles. For this little girl, blowing out the candles is the wish come true! Through our educational-based therapy as well as our pediatric medical-based therapy and our innovative intensive therapy program, children are defying the odds and overcoming great barriers to help them lead a more independent and productive life.

As we walk into our Crayon Kids Childcare program, you will find what appears to be a traditional childcare setting, but Crayon Kids is far from traditional! We offer one of the only programs in the Capital City area that provides childcare to children with special needs. Most childcare centers are not equipped to take children with disabilities. When you walk into a Crayon Kids room, you will find a team of dedicated childcare professionals who are providing a nurturing environment for children with a variety of developmental delays and disabilities. For working families, we are their lifeline.

But that is only half of what we do! Outside of our facility, you find many therapists who travel to school districts and provide therapy services to school-age children in their schools. You will find our First Steps therapy team who travel to the homes of children between the ages of birth and two to provide very early intervention services to infants who were born premature or with a diagnosis at birth. Very early intervention is critical to a child's long-term success. Finally, you will find our Capable Kids & Families support team planning respite activities, monthly family events



Callie, age 4 and paraprofessional, Heather, enjoy a learning activity in class in the Early Childhood Special Education department.



Sayan, age 4, participates in the pediatric intensive therapy program-- the only one of its kind in Jefferson City that has helped children defy the odds and overcome great obstacles.



Alex, age 2, and her family enjoy time with our Capable Kids & Families home visitor Amanda.



Children of the Special Learning Center participate in the ribbon cutting ceremony for the new school bus—a purchase made possible by the United Way.

and checking in with families on home visits to ensure they have the support systems they need to be successful.

Regardless of where you look at Special Learning Center, you will find dedicated staff changing the lives of some of the most fragile children in our community. We can't do it without you! Through our wonderful donors and United Way, we offer our services to over 800 children in central Missouri. United Way and our donors provide the funding that closes the gap between the cost of our services and the funding we receive from schools, grants and other entities. Our goal is to not put additional financial burdens on our families, so we are grateful to United Way and you for helping us keep our doors open.

As a partner agency United Way not only helps us with our overall operations, they provide us extra grants when we find ourselves in need of something unique. For example, last year, our school bus stopped running. With the help of United Way, we

were able to purchase a "new to us" school bus for the Center. Our kids love it and our bus driver thinks it's the best thing since "sliced bread"!

How can you continue to help the Special Learning Center and our kids? For one, come out on Friday, April 22 and enjoy all you can eat ribs at our 15th Annual Capital City Cook-Off. It's a great way to sample ribs from the best pit masters in central Missouri and help our kids. Another great way to help the Center is to continue supporting the United Way. Without the United Way, we would lose significant funding for our children. Equally as important, we would lose the networking capabilities and access to critical non-monetary resources the United Way provides such as valuable training for our staff. United Way is the thread that binds our community together. Special Learning Center is proud to be a part of that community tapestry that is making central Missouri a best place to live and work.

2022 United Way of Central Missouri Leadership Executive Committee

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Fechtels Beverage & Sales

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Vice Chairman
Missouri Farm Bureau

Gregg Bexten
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Treka Young
Missouri Telehealth Network

Ben Musholt
Armstrong Teasdale

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Communications Chairman
KJLU, Lincoln University

Britt Smith
Fund Allocation Chairman
City of Jefferson

Cole County Area Mobile Food Pantries

April 2022

The Food Bank for Central & Northeast Missouri will be providing food at no charge to those in need at the following locations. Please note any location, date and/or time changes for this month. Schedule subject to change.

SATURDAY, APRIL 2
Helias Football Stadium, Lower Lot
1305 Swifts Highway in Jefferson City
9 - 11 a.m.

SATURDAY, APRIL 16
Capital West Christian Church
1315 Fairgrounds Road in Jefferson City
8:30 - 10:30 a.m.

TUESDAY, APRIL 12
Trinity Lutheran Church
13007 Route C in Russellville
1:30 - 3:30 p.m.

WEDNESDAY, APRIL 20
Boys & Girls Club
1105 Lafayette in Jefferson City
4 - 6 p.m.

THURSDAY, APRIL 14
Knights of Columbus
1822 Tanner Bridge in Jefferson City
3:30 - 5:30 p.m.

WEDNESDAY, APRIL 27
St. Martins Catholic Church
7148 St. Martins Avenue in St. Martins
4 - 6 p.m.

THURSDAY, APRIL 28
Annunciation Catholic Church
310 Mills Street in California
4 - 6 p.m.

Due to COVID-19 concerns, please help us maintain social distancing practices by:

- Staying home or sending a proxy to pick up food for you if you feel ill
- Remaining in your vehicle before distribution instead of standing in line
- Clearing space in your trunk or back seat to receive food
- Being patient with volunteers and each other as we implement changes



Questions? Call The Food Bank at 573-474-1020

YES! I want to support our community! My total annual gift is \$ _____.

Gifts to United Way of Central Missouri are tax-deductible. For information about the tax advantages for including United Way in your will and estate planning, please call 573-636-4100. United Way provides no goods or services in consideration for this contribution.

Name _____ Phone _____

Address _____ City _____

Zip Code _____ E-mail Address _____

☐ Please use my donation to benefit all of the United Way of Central Missouri partner agencies, allowing me to make a greater impact in our community.

☐ **DESIGNATIONS:** Please designate my donation to the following partner agency(ies). **Minimum designation amount is \$25.00.**

Payment Options

1. Cash or Check
☐ Cash or ☐ Check

2. Direct Bill (\$25.00 or more)
Bill me: ☐ One-time ☐ Quarterly

3. Bank Draft
Name of Bank: _____ Routing Number: _____
Account Number: _____ ☐ Checking Account ☐ Savings Account

I authorize United Way of Central Missouri to electronically withdraw \$ _____ on or about the 15th of every month starting in **April** 2022 and ending in _____.

Signature _____
(Sign here to authorize your pledge and payment method.)

☐ I would like to remain anonymous in any publications regarding my donations to United Way of Central Missouri.

To support our community cut out the form, complete the information, and mail it to the United Way of Central Missouri at 205 Alameda Drive, Jefferson City, MO 65109.

Partner Agencies

4-H Youth Program
ABLE
American Red Cross
Big Brothers Big Sisters
Boys & Girls Club
Boy Scouts
Capital City CASA
Capitol Projects
Central Missouri Foster Care & Adoption Association
Community Health Center
Compass Health Network
Council for Drug Free Youth
Dreams to Reality

Girls Scouts
Homemaker Health Care
Jefferson City Area YMCA Child Development Center
Little Explorers Discovery Center
Osage County Community Living
Rape and Abuse Crisis Service
Salvation Army
Senior Nutrition Council
Special Learning Center
The Food Bank for Central & Northeast Missouri
The Sneaker Project
Tri-County YMCA

United Way

What's Happening



United Way and its agency partners celebrated Supermarket Appreciation Day on February 22 with handmade banners, cards and notes for all grocery stores in our community!



Honda of Jefferson City hosted a chili cook-off for agency partner Big Brothers Big Sisters on February 24.



The Salvation Army hosted a Women Doing Good event in late February to recognize women in the community who go above and beyond to give back to central Missouri.



ABLE & Missouri River Regional Library partnered together for its annual Used Book Sale—which generated the highest grossing sales to-date! Pictured is the Toys for Tots Samuel F. Gearhart Detachment, Marine Corps League who volunteered at the book sale.



Serve Jeff City, a volunteer day of beautification, will take place on April 23 this year. Stay tuned and register at www.servejeffcity.org!

Community Integration – The Need and the Solution

By Danielle Schwartz,
Day Solutions Foundation

Adults with developmental disabilities represent one of the most vulnerable populations in our community. By definition, an individual with a developmental disability was either born with this disability or incurred it during childhood. Some examples of commonly recognized developmental disabilities include Down Syndrome, Cerebral Palsy and Autism. During the adolescent years, these individuals and their families receive a great deal of support through public school systems and local organizations like the Special Learning Center. Unfortunately, as the age of those with special needs increases, the resources and available services often decreases. It can be difficult to find information about relevant services, and families are often left to try and sort through an abundance of online information alone. As a result, the transition to adulthood can be very overwhelming to these individuals and their families.

In addition to difficulty in finding services, once services are located – there is often no state funding to support them contrary to popular belief.



Day Solutions Foundation clients Jesse, Elaina, and Kylie enjoy a round of mini golf at Turkey Creek through the Community Integration Program.



Day Solutions Foundation clients, Mason and Cory, and RN Julie take in the sun at its annual pool party.

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United Way of Central Missouri & Partner Agencies Events Calendar

March

March 24: Conscious Discipline - Trauma & Resilience Training Session Part 2

April

April 22: Special Learning Center Capital City Cook-off Fundraiser

April 23: Serve Jeff City

April 23: Compass Health Network Crafting Fair Fundraiser

April 25: Driving Out Domestic Violence Golf Tournament for Rape & Abuse Crisis Service

April 26: Conscious Discipline - Make & Take Training Session

May

No events scheduled at this time

June

June 7: United Way Community Support Grants News Conference

June 23: United Way Pacesetter Campaign Launch

For additional information, please visit
www.unitedwaycemo.org/calendar.

NOW ACCEPTING COMMUNITY SUPPORT GRANT APPLICATIONS FOR 2022



APPLY NOW FOR A UNITED WAY OF CENTRAL MISSOURI COMMUNITY SUPPORT GRANT TO START A NEW PROGRAM, ENANCE AN AREA OF SERVICE OR PURCHASE NEEDED EQUIPMENT & SUPPLIES.

LEARN MORE AT
WWW.UNITEDWAYCEMO.ORG

DID YOU KNOW?

OUR LOCAL SENIOR NUTRITION CENTER AND THEIR PARTNER AGING BEST HAS LOTS OF PROGRAMS & ACTIVITIES FOR SENIORS IN OUR COMMUNITY:

CASE MANAGEMENT

EVENT POSTINGS

CHORES FOR CONSUMERS

RESPIRE CARE

CONGREGATE MEALS

TRANSPORTATION

HOME-DELIVERED MEALS

ADULT DAY CARE

COUNSELING

LEGAL ASSISTANCE

SUPPORT GROUPS

VOLUNTEER MATCHING

TELEPHONE VISITS FOR ISOLATION & WELLNESS CHECK-IN

COVID-19 VACCINATION REGISTRATION

FOOD INSECURITY GRANTS

AFFORDABLE CARE ACT NAVIGATION ASSISTANCE

PENSION RIGHTS ASSISTANCE

PET PROGRAM

ROBOTIC PET PROGRAM

FARMER'S MARKET NUTRITION PROGRAM

WALKING ASSISTANCE PROGRAMS

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573-635-4120

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Meet an Agency Leader - Wade Middaugh, Boys & Girls Club



Tell us about you
I live in my hometown of Ashland, Missouri, just north of Jefferson City with my wife Rachel and our 11 year old twin boys, Aidan & Connor. My wife Rachel is the music teacher in the Jefferson City School District at Callaway Hills Elementary

School.
In my career, I learned early that I have a passion for helping people and want to work in roles where I can make a difference. When the opportunity to join Boys & Girls Club became available, I was in. I've had the privilege of working for the Boys & Girls Club of Jefferson City for over 6 years, from being hired as the Office Manager in 2015 to taking over as Chief Executive Officer in 2020.
In my free time, I can be found at the baseball or football field with my kids. I also enjoy attempting DIY around our home, while maybe not always being successful!
Tell us about Boys & Girls Club
Boys & Girls Club is a safe and inclusive place for youth in Jefferson City and Holts

Summit to build their great futures! We offer afterschool and summer programming for youth in grades K-12 that focuses on core programs of character and leadership development, education and career development, health and life skills, the arts, and health & wellness. Through grants, investors and our community supporters we are able to provide these programs to all youth, regardless of their ability to pay. Boys & Girls Club is so much more than afterschool or summer care. We are a safe place for youth to learn, play, grow and make lasting friendships while we clear obstacles and overcome challenges so they can achieve their dreams!
Tell us about the latest happening at The Club
We are always growing and

offering new things at the Club. Our teens are finishing up their career launch program and are about to start a new 3D printing program! Our elementary Club Kids have been having a lot fun lately in the Torch Club, part of our weekly program that focuses on community service projects and reaching out to serve the community. We're also getting ready to open enrollment on our fun and engaging summer camps this year! During summer, we're planning lots of fields trips, swimming, recreation time, hands on STEM learning and FUN!
What is your favorite thing about Boys & Girls Club?
My favorite part of the Boys & Girls Club is seeing the difference our dedicated staff, volunteers and investors make in the lives of youth in our community

every day. At the Club we clear obstacles, bring opportunities and help youth in any way we can as they build their great futures! For every child that can look a little different, and we are constantly analyzing the needs of our kids so we can find creative ways to help make their dreams possible. They are our future, and we have a responsibility to support them as they become productive citizens in our community.
Do you have any upcoming events/programs?
We're busy planning a fun and engaging School's Out Camp for our Club Kids for during spring break. We're also working hard on planning fun and exciting summer camps for elementary aged Club Kids and our Teen Center members. At the Club we want all our Club Kids and

their families to know that when school is out...THE CLUB IS IN!
What is a fun fact about you
I'm a pretty mean baker!
Growing up my mother was always cooking and baking, and I learned a thing or two along the way. I've always found baking to be relaxing and the sweet treats your get when you're finished are the icing on the cake, pun intended. These days though, I'm trying to lead a healthier lifestyle so I bake more for others than myself.
What are you most looking forward to this Spring?
With all of the snow we've had lately I am ready for spring weather, getting my yard and outdoor spaces back open and grilling season. I'm also looking forward to my kid's baseball season coming up.

Swinging into Jefferson City

By McKenna Neville, Coyote Hill

Spring is in the air and with it comes all the sounds of children returning to play outdoors—the thudding of feet running to the playground, the squeaking of swings flying back and forth, and the giggling shrieks of jubilant children eager for some fresh air and fun. For most, this is a standard childhood memory—but what if for some children it isn't?
Before entering foster care, many children have not had the opportunity to experience common childlike activities—like playing on a swing set. That's why for over thirty years, Coyote Hill has worked to provide children from hard places and traumatic life circumstances a safe place to be a child. Research has long suggested that child abuse is known to repeat itself from one generation to the next. That's why we do everything possible to create more secure homes by licensing foster families throughout mid and northeast Missouri.
Coyote Hill currently serves nine counties in Missouri. When we looked at the statistics for Cole County, as of December 2021 there were 131 children in the foster care system and only 38 licensed foster homes. Families within this county have stepped up to become foster parents, but there is always a need for more. With many children and few homes, it was apparent to us that we needed more safe homes for children in this county.
Our decision to step into Cole County allows us to help more families in crisis, raise awareness and advocacy for children in foster care, and continue our commitment to creating safe homes for children to live. Since Jefferson City is the largest city in Cole County, it was clear to us that it was the first place to start. We have grown into the Jefferson City area by expanding our



A group of children at the Coyote Hill Jefferson City Home use the new swing set.



The Coyote Hill Jefferson City Home is a lovely brick house with plenty of space to serve children.

Foster Care Services Program, which emphasizes providing resources for education, licensing and support for all foster parents. Also, thanks to the generous support of many donors, Coyote Hill purchased a home in Jefferson City. This home serves as a community foster home, with additional support from Coyote Hill.
Throughout 2021, funding and finishing the Jefferson City home was a big focus for Coyote Hill. As we embarked on this journey, we met with key leaders in the community, including Jefferson City mayor, Carrie Tergin. "We know the great work that Coyote Hill does," Mayor Tergin said upon hearing of our expansion. "We are looking forward to welcoming them to the community and building relationships that will impact so many in Jefferson City that need it."
At Coyote Hill, our number one goal is to create a safe place to be a child. The Community Support Grant we received through United Way played a huge role in making this goal

come true. We were able to make our very first Jefferson City foster home a safe and fun place for children with the grant-provided playground and fence!
This playground has become a popular spot at the Jefferson City home. For one child, it was a memorable experience because he was able to use a swing set for the first time. Having never had access to a playground before, he had not learned how to swing. Our foster family was able to teach him how to use a swing, which created a bonding experience. Before long, the child was swinging independently and gaining confidence, while also having fun!
Research has shown that playing outdoors offers more than just physical benefits. Although when children play they are only focused on the fun, they are also learning communication skills and vocabulary, number relationships and social customs. By providing the grant to build the new playground and fence at

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"Farm Bureau" continued from Page 1

protection to our neighbors. Our employees' generosity in volunteering and giving is a reflection of the values we share and continue to support. We look forward to another remarkable community campaign in 2022. We appreciate the work and leadership of the United Way of Central Missouri and helping our communities Live United!



Left: The United Way Campaign planning committee accepts the 2021 Outstanding Pacesetter of the Year Award on behalf of Missouri Farm Bureau.



Employees break for ice cream sundaes as part of the United Way Campaign fun.



Members of the leadership team participate in Missouri Farm Bureau's United Way Board Game-themed Campaign fun by 'going to jail', a take on the game Monopoly.

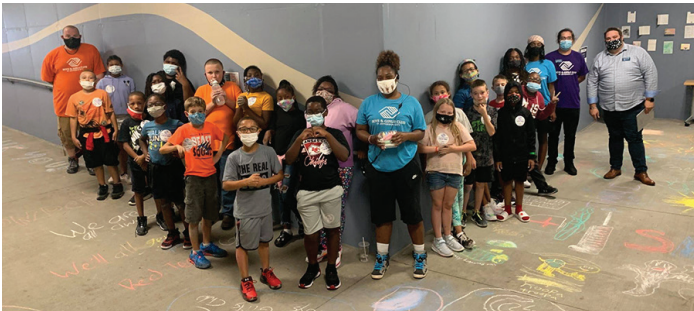
Building Great Futures for Over 26 Years!

By Wade Middaugh, Boys & Girls Club

Boys & Girls Club of Jefferson City has been serving youth in our community for over 26 years. From its humble beginnings in a remodeled gas station to the newly constructed Railton Center in 2017 and two expansions serving Jefferson City's West side and Holts Summit, Boys & Girls Club has been dedicated to the success of youth in our community. Our mission is to enable all young people, especially those who need us most, to reach their full potential as productive, caring and responsible citizens. The Club is so much more than afterschool care. For many children in our community, this means different things. For some, this means something as simple as a safe place to go after school with friends. For others, they need the Club to support their education through daily homework help, reading support, tutoring or hands on STEM activities. Others rely on the Club for necessities they don't have access to like hygiene products, shoes, school supplies, a winter coat or a hot nutritious dinner every day before they go home. For all these children, the Club is a safe place they can rely on with people who are dedicated to their success and who will support them no matter what. We are always working to clear obstacles for youth and grow the program to ensure we are providing the services and support our Club Kids need.

In recent years, compounded with the impact of the COVID-19 pandemic, we've noticed a sharp increase in the mental and behavioral health needs of our members. It is very difficult for children to focus, grow and learn in an environment where they have challenges that aren't being addressed or understood. In response to the increasing need for services and to address these challenges for our members, the Club took the opportunity to write a Community Support Grant through the United Way in the spring of 2021 to start a social and emotional learning (SEL) pilot program at Club sites. This pilot program employs SEL Interventionists to assist members who are having difficulties during programming or who need one-on-one support. SEL Interventionists also provide tools and training to our Youth Development Professionals so they can better support Club members' needs. The grant also provides funding for SEL Interventionists to conduct curriculum and programs at sites that focus on positive behavior, character and community service. We've already seen great success serving over 500 youth to date. 97% of youth are showing positive growth in the areas of self-concept, getting along with others, decision making, being responsible and honest and establishing self-improvement goals.

Seeing the benefit of this



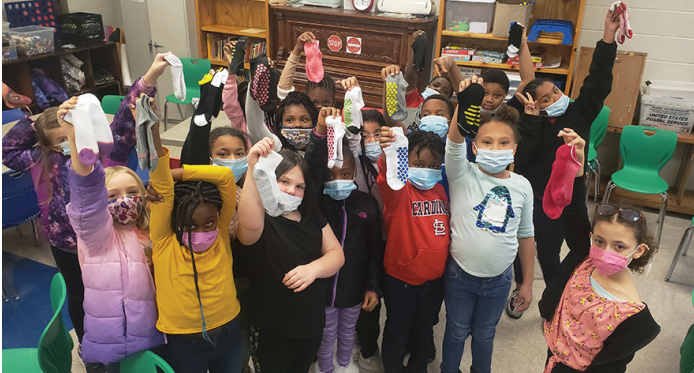
Club Kids made sidewalk chalk art last fall during a #WeCare effort for our local healthcare heroes during the pandemic.



Knowles Site Club Kids enjoy read aloud time.



Club time is FUN time, especially during outside recreational activities!



Members show off their new socks to match the sneakers they received as part of Boys & Girls Club's partnership with United Way agency partner, The Sneaker Project.

program in so many aspects of the Club, we're already working on grants for additional funding to not only continue the program, but to expand it with additional SEL Interventionists at our Railton Center Site. This program and the impact it's having for youth in our community would not have been possible without the continued support of the United Way. One of the most important foundations of the Club is our ability to serve all youth and offer our critical services to any child who needs them, regardless of the ability to pay. We turn no child away, and that would not be possible without the annual financial support United Way provides.

When COVID-19 hit in 2020, one of the first phone calls we received was from the United Way asking how they could help us safely open back up for

our Club kids who need us. When one of our vans we use to transport kids home was aging and becoming unsafe last year, United Way was there with funding to purchase a new van so we could continue to get kids without transportation home safely. As we saw the need for mental and behavioral health support for kids rise in recent years, United Way was there with funding for our SEL pilot program. United Way and its supporters are always there to step up and help agency partners like Boys & Girls Club to provide critical services that make a difference for our friends and neighbors. Together with the support of the community and our friends at United Way, Boys & Girls Club can continue to do whatever it takes to help youth #BuildGreatFutures!

Meet our Board - Ben Musholt, Armstrong Teasdale



Tell us about you
My wife, Kelsey DeLong, and I moved to Jefferson City in 2017. We had our first child, Grayson, in December 2018, our second child, Madison, in June 2020, and we are expecting our third (and final) child in May 2022.

Outside of work, I enjoy traveling, golfing, outdoor activities and spending time with family and friends.

Profession
I am a partner with the law firm Armstrong Teasdale LLP. My practice focuses on real estate and public finance. I handle a variety of real estate issues – leases, purchase and sale

agreement, easements and zoning and land use rights. Additionally, I represent municipalities and developers across the state in connection with development incentives, such as tax abatement or special business districts.

Community involvement
In addition to my involvement with the United Way, I am a member on the Tax Increment Financing Commission for the City of Jefferson City and I was a participant in the Leadership Jefferson City Class of 2020.

Also, I have attended and donated to many charitable events in Jefferson City.

Why did you say yes when

asked to be on the United Way Board of Directors?
United Way is a wonderful organization that provides valuable benefits to many individuals and organizations in the community. I met with Ann Bax over coffee and agreed to serve immediately because I knew it would be a great opportunity to give back to the community and to meet other individuals that want to help better the community.

Favorite part about being on the United Way Board
It is great to be involved with a program that you can actually see the impact it has on the

community. The relief funds and support provided by the United Way in connection with the 2019 tornado is a great example. The United Way's involvement was huge and I feel grateful to have this opportunity to be involved with such a wonderful organization.

Favorite thing about United Way
My favorite thing about the United Way is the impact it has on the community and individuals. Also, I really enjoy all the people involved – the staff, the board members, the executives, the donors and the volunteers. Everyone involved

with the United Way makes a difference and has an impact on a community or agency.

Favorite thing about Spring
The longer days and warmer weather so we can finally get back to the golf course.

Favorite vacation spot
It is hard to narrow it down, but I always enjoy Colorado (both summer and winter) and any place you can bike and play golf.

Fun fact about you
I am a huge Mizzou Tiger fan (even through the tough times).

Meet our Board - Bev Stafford, SSM Health St. Mary's Hospital



Trinity Lutheran Church. I have been married to Randy for 41 years, and we have three children: Jessica, Kristin and Kirk; and I am a proud grandma to six grandchildren.

Profession
I have been employed by St. Mary's Hospital since 1995. I currently serve as Director of St. Mary's Foundation, Auxiliary-Volunteer and Community Benefit Services. Previously, I served as Administrative Director for Planning/Marketing, Fund Development & Public Relations at St. Mary's Hospital. I have served as Director for St. Mary's Health Center Foundation since 1999.

Community involvement
I am involved with Catholic Charities of Central and Northern Missouri (Board Member), Community Health Center of Central Missouri (Board Member), Central Missouri Community Health Needs Assessment Partnership (Facilitator), Jefferson City YMCA (Executive Officer/Board Member), United Way of Central Missouri (Executive Officer/Board Member), Society for Healthcare Strategy and Market Development, Missouri Hospital Association Public Relations Professionals and American Fundraising Professionals.

Why did you say yes when asked to be on the United Way Board of Directors?

Who can say no to Ann Bax?! Seriously, it was because of the people involved! So many great leaders who are action-oriented and have proven success and collectively can make good things happen for the community. There is an energy and a passion that shines through for wanting to make our community better and improve the lives of others.

Favorite part about being on the United Way Board
Being part of an organization with a proven track record, with strong leadership and staff, and seeing first-hand the impact the United Way has in changing and improving lives and supporting those that are vulnerable and need a hand-up.

Favorite thing about United Way
I mean it sincerely when I say the people involved and the passion they have for not only meeting needs of people served by the United Way agencies, but truly volunteering their time, talent and treasures to make our community a wonderful place to live, play and raise a family.

Favorite thing about Spring
Spring is the season I enjoy the most – it touches all of our senses. The brilliance of color – blues skies, green grass, bright flowers; the birds singing; the crisp mornings, warm days and cool evenings; the smell of the air sprinkled with fragrant trees, plants and flowers; freshly cut grass, and spring rains.

All this beauty culminates with Easter -- a season of renewal and resurrection of life and God's greatest gift!

Favorite vacation spot
Italy is wonderful; the Caribbean is super fantastic; but in my heart are the stay-cations at our second home at the Lake of Ozark that brings family, friends, great joy and some of the best times of our lives together.

Fun fact about you
I enjoy being a “young” grandma that allows me to do all the fun things my grandchildren who are ages 1 to 20 want to do. Although, it has led to some injuries including a complete hamstring tear while playing softball at age 54. Ouch! My competitive softball days are over.

Supporting Our Youngest Learners

By Theresa Verslues, United Way

United Way of Central Missouri has championed the Early Childhood Initiative for over ten years. Through this initiative we support early childhood programs in the central Missouri area to ensure children birth through 5 years old receive quality early learning opportunities, aid parents in positive parenting practices and support strong transition programming into kindergarten.

The United Way of Central Missouri Early Childhood Initiative supports early childhood providers, facilitates the annual Week of the Young Child activities and events and provided the resources for the Born Learning materials at Memorial Park. This initiative also promotes the training and coaching of the Conscious Discipline approach to Early Childhood professionals. Conscious Discipline provides a proven and comprehensive approach to discipline that empowers parents with the self-awareness, brain information, developmental knowledge and usable skills necessary to create safe, connected, problem-solving skills.

In 2021, the United Way of Central Missouri Early Childhood Initiative provided two opportunities for Early Childhood Professionals and parents to attend Conscious Discipline Trainings and offered a training series to Early Childhood Directors to provide support and training to implement the Conscious Discipline model in their Centers. Fifteen programs participated with about 27 key



The Early Childhood Initiative members receive training to implement best practices in its centers.

staff. In addition, we offered evening Conscious Discipline trainings for Childcare Providers, parents and other volunteers/organizations. Most recently the United Way of Central Missouri Early Childhood Initiative implemented a Conscious Discipline Pilot Program for Elementary School Principals and key staff to ensure Conscious Discipline continues into the elementary schools.

In July of 2021, United Way was asked to be part of a Regional Childhood

Leadership Group to support Early Childhood efforts in Cole, Moniteau, Miller and Osage counties. This is a Missouri Department of Elementary and Secondary Education project under the new Office of Childhood. The goal of this group is to provide and collect resources to ensure that each family has the support they need to parent and raise their children to their full capacity so incoming Kindergarteners are healthy, loved and ready to learn.

“Swinging” continued from Page 4

our Jefferson City foster home, the United Way of Central Missouri has given more than just wooden beams and metal chains—they have blessed children at Coyote Hill with the opportunity to receive physical and emotional healing and wonderful childhood memories.

As we continue to expand our organization into new areas, the needs of children continue to grow as well. We have been able to serve 132 children and 88 foster families across mid and northeast Missouri in 2021 alone. Contributions and grants, like the one received from the

United Way, help us meet the growing needs of Missouri children in foster care and allow us to continue pursuing our number one goal—serving children by keeping them in safe homes and providing them the space to have fun being a child!

Will You Be The One?

By Katie Epema, Jefferson City School District

Trauma is epidemic in our society. It is estimated that 70% of all people in the United States have experienced trauma at some point in their lives, including 26% of children prior to age four.

The Substance Abuse and Mental Health Services Administration (SAMHSA) says that trauma “results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.” The key words in this definition are the “Three Es of Trauma”:

- Event: Actual or extreme threat of physical or psychological harm or the withholding of material or relational resources essential to healthy development. It can be a single event or repeated events.
- Experience: How the person assigns labels or meaning to the event depends on the perception of the individual. This means that even if two people experience the same event, one person might define it as traumatic while the other might not.
- Effects: Result of the person's experience of the event, based upon their experience. This can include long-lasting neurological, physical, emotional or cognitive effects.

Examples of trauma include:

- sexual, physical, or emotional abuse or assault
- neglect
- serious accidents, illnesses, or medical procedures
- witnessing domestic violence, school violence, or community violence
- natural disasters
- war, terrorism or political violence
- traumatic grief/separation
- system-induced trauma (such as removal from home, multiple foster placements, sibling separations)

Children's thresholds for trauma are different than those of adults. While adults often think that babies and toddlers are not as impacted by traumatic events because they don't understand what is happening or may not remember it, research actually shows that the younger the child is, the more

vulnerable he or she is to the trauma. The following can be traumatic experiences for young children: neglect, separation or abandonment, witnessing domestic violence, frightening caregiving, accidents, medical crisis, surgery or having mentally ill parents.

Symptoms of trauma in children include separation anxiety, difficulty focusing/learning, eating problems, nightmares or other sleeping problems, anger/rage/excessive temper, clinginess, unreasonable or new fears, heightened startle response, anxiety about safety of self or others, developmental regression, or increased distress (whiny, irritable, moody).

Dr. Vince Felitti, MD and Dr. Bob Anda, MD's Adverse Childhood Experiences Study (ACE Study) in 1998 was the largest study of its kind ever to examine the medical, social and economic consequences in adults of adverse childhood experiences over the lifespan. It uncovered a stunning link between childhood trauma and the chronic diseases people develop as adults, as well as social and emotional problems. This includes heart disease, lung cancer, diabetes and many autoimmune diseases, as well as depression, violence, being a victim of violence and suicide. In adults, a history of trauma can manifest as anxiety and panic attacks, excessive self-blame, eating disorders, difficulty maintaining relationships, inability to tolerate feelings, addictions/distractions, perfectionism, intense unexplained fears and in other ways.

Fortunately, it is possible to buffer the effects of trauma and build resilience. Recently, researchers at Johns Hopkins University sought to discover why a small percentage of kids with high ACE scores have normal development and good adult emotional health. They wondered, “What factors created a level of resiliency in these kids that helped them to survive and thrive despite difficult childhoods?” In 2019, they published results of the first large-scale study to identify “Positive Childhood Experiences” that helped

protect kids from the negative effects of traumatic experiences. They found that there are seven childhood experiences that can be statistically linked to good mental health in adults:

- The ability to talk with family about feelings
- Felt experience that family is supportive in difficult times
- Enjoyment in participation in community traditions
- Feeling of belonging in high school
- Feeling of being supported by friends
- Having at least two non-parent adults who genuinely care
- Feeling safe and protected by an adult at home

The Healthy Outcomes from Positive Experiences (HOPE) team at Tufts Medical Center identifies four building blocks that lessen the negative effects of ACEs. The United Way of Central Missouri has promoted two of these (healthy relationships and social emotional development) through training opportunities for early childhood professionals and parents. United Way's partner agencies and projects funded through Community Support Grants support these as well, along with the other two building blocks (social/civic engagement to develop a sense of belonging and connectedness, and safe, equitable, stable environments for living, playing and learning).

We all have a role to play in creating a strong, healthy community, and together we can work to mitigate the effects of trauma. As Harvard University's Center for the Developing Child has noted, “The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver or other adult.” Will YOU be the one?



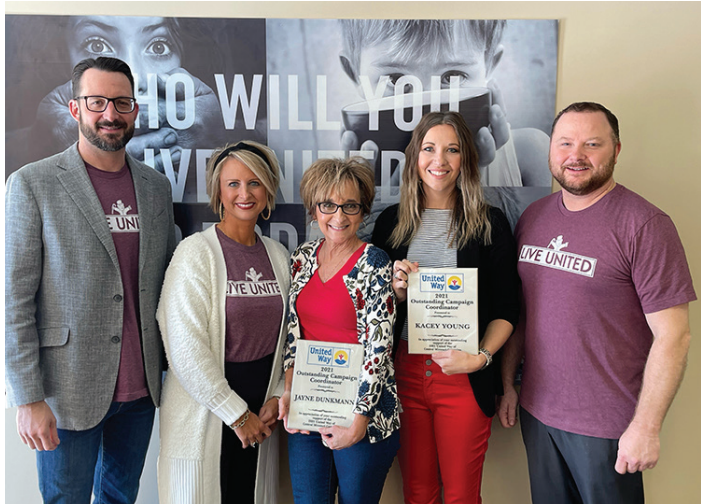
Congratulations to the 2022 Annual Meeting Award Winners!



Christine Sooter, Rape & Abuse Crisis Service, received the Ruth C. Meloy Award for Distinguished Service.



Bev Bisges, volunteer for The Sneaker Project, received the Linda E. McAnany Volunteer of the Year Award.



Jayne Dunkmann & Kacey Young, Jefferson Bank, received the Outstanding Campaign Coordinators of the Year Award.



Gaye Suggett, Ameren Missouri, received one of two LIVE UNITED Awards for her outstanding service to the United Way of Central Missouri.



Adrian Heckman, Central Bank, received one of two LIVE UNITED Awards for her outstanding service to the United Way of Central Missouri.



Modern Litho/Brown Printing received the Outstanding Pacesetter of the Year Award, Small Firm Division.



Missouri Farm Bureau received the Outstanding Pacesetter of the Year Award, Major/Large Firm Division.



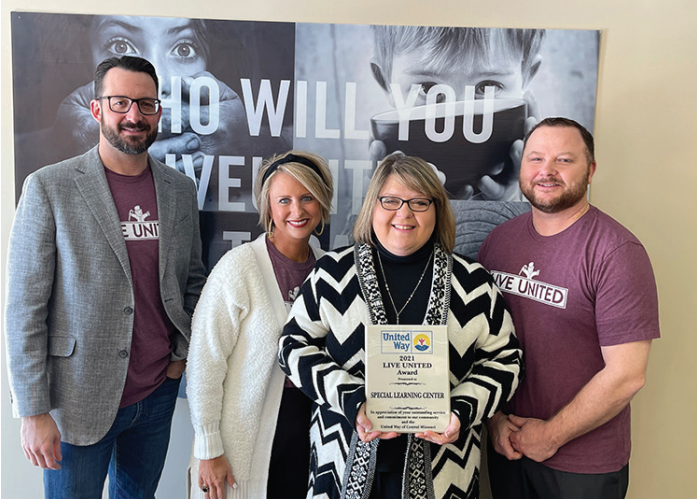
Farmer Holding Company received the William W. Quigg Award, Small Firm Division for its outstanding service to the United Way and the community.



Jefferson City School District received the William W. Quigg Award, Major/Large Firm Division for its outstanding service to the United Way and the community.



Veterans United Foundation received the Rookie of the Year Award for its outstanding service to the United Way of Central Missouri and the community in its first year campaign contribution.



Special Learning Center received the LIVE UNITED Corporate Award for its outstanding support of the United Way and the community.



Matt Tollerton, 2021 Board Chair, recognizes Outgoing Board Members for their dedicated service to the United Way. (From left to right: Larry Linthacum, Jefferson City School District; Chip Webb, Ameren Missouri; and Greg Meeker, Modern Litho)

“Day Solutions” continued from Page 3



Client Bethany meets a wallaby at Day Solutions Foundation's trip to the Bear River Ranch Zoo.

Things like special needs camps, specialized athletic programs, tutoring and even outings in the community are left to the individuals. For those on a fixed disability income of less

than \$900 a month to cover rent, utilities, food, household maintenance and other basic needs – there is often nothing left at the end of the month. As a result, those who rely on

support are often left feeling isolated and unable to access the community around them. In 2016, local business owners pooled together to support families in addressing these needs by hosting a bowling fundraiser. Support from the local community was overwhelming, bringing in over \$20,000 in its first year and thus leading to the formation of the Day Solutions Foundation (DSF) nonprofit foundation. Shortly after its origination, Day Solutions Foundation got to work using these funds to support the success of local programs and needs. DSF created scholarships for special needs camps, tutoring programs for teens and adults, and began to develop relationships with local agencies and programs to come up with solutions for bridging the gap between what the state covers and the needs of families. Quickly discovered, the largest need in our community was for financial assistance in getting community integration programs off the ground and helping our individuals discover their communities – many for the first time. Day Solutions Foundation began offering monthly scholarships to day programs in the Jefferson City

area in 2016 – first with Day Solutions, then several other day programs in the area in the years to follow. Very quickly, word of this program and successes spread throughout the community and gained the attention of the United Way of Central Missouri. In 2019, through generous support from the United Way Community Support Grant, the foundation was able to expand this program to the entire central Missouri region to both day programs as well as 24-hour in home care providers. In 2021-2022 local provider grant recipients are: Day Solutions, One for All, Osage County Community Living and Vantage Supported Living. Each provider agrees to provide the necessary staff supervision and transportation to and from the outings. DSF is simply covering the cost of the activity, and the funds for the activity are exactly what the individual with a developmental disability does not have. Community Integration funds may be used to cover the client cost of social outings like movies, skating, bowling, local concerts or even lunch with a friend. Funds may also be used to coordinate large group

outings like trips to the zoo, hayrides and baseball games. During these activities, not only is quality of life enhanced but organic relationships are formed between our clients and local businesses, charities and community members. These relationships have led to new opportunities for our clients, including volunteering with nonprofits, building friendships and even gainful employment. The funds provided by the United Way Community Support Grant have also allowed the internal fundraising efforts of the foundation to be allocated to further the growth of additional community programs like Stars Night Out and Night to Shine Prom. Since first receiving the grant in 2019, the foundation has been funding the cost of our local Jefferson City Parks and Recreation Program Stars Night Out, (formerly Friday Night Rec) to make this program free of charge for all attendees. This equates to thousands of dollars per year, and since beginning to cover this cost for families, the attendance at this program has increased dramatically. The Day Solutions Foundation and the families in our community are both grateful and rely on the

support of the United Way. Our 2022 goals include continuing our current programs, looking for opportunities for new community partnerships, and increasing the number of providers and families that are aware of the available grants that the United Way has made possible. The foundation's goal is to make sure that individuals are able to continue to access their community, their friends and families, and that providers are educated that there is funding available to help. There will always be a need for this type of service, and with the United Way's support, Day Solutions Foundation will continue to offer the solution.

