

LIVE UNITED



GIVE.

ADVOCATE.

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FIND HELP.

October 2024

Mobilizing the Caring Power of our Community | www.unitedwaycemo.org

Together We Make A Difference



Gregg Bexten,
Hawthorn Bank
United Way Board Chair

I am reaching out to you today with a message of hope, collaboration, and community strength. United Way of Central Missouri officially launched its Community Campaign on September 12. This year's United Way goal is \$2.6 million, and the 2024 campaign theme is Back to the Future with the slogan "The Power of Love". Dollars raised for the campaign will be used to fund and support the work of the United Way of Central Missouri's 26 partner agencies in the areas of health, education, financial stability and basic needs. Each year, our Community Campaign represents not only an opportunity to support those in need, but also a chance for us to come together as a united force, dedicated to fostering positive change in our beloved community.

Our Pacesetter partners have done just that. At our Community Campaign Launch, it was announced that these businesses raised almost 50% of the 2024 campaign goal. Pacesetters are businesses in the community that agree to host their internal United Way campaigns prior to the Community Campaign. They jumpstart the United Way campaign with their own robust and energetic workplace campaigns. Thank you to the businesses that gave us a strong start to our fundraising. Now, we

look to the community to help us finish strong!

Giving to the United Way embodies our collective commitment to making a meaningful impact in the lives of our neighbors, friends and fellow community members. Each contribution, regardless of size, helps us to fund essential programs and services that address critical issues such as education, health, housing and food security. In times of uncertainty, these services become lifelines for many families and individuals who are struggling.

Why is it so important for our community to participate in the United Way's Community Campaign? Here are a few key reasons:

1. Empowering Change: Your donations make it possible for us to support organizations and initiatives that are making real differences in our community. Together, we can fund programs that provide after-school tutoring, job training, mental health services, and emergency relief to families facing hardship.

2. Building Resilience: Our community is stronger when we uplift one another. By contributing to the Community Campaign, you help us build a safety net that ensures no one falls through the cracks. Together, we can create a community where every

individual has the opportunity to thrive.

3. Fostering Togetherness: Participation in the Community Campaign is not just about giving; it's about coming together as a community. It's an opportunity to connect with your neighbors, businesses and local leaders who share a commitment to making our community a better place for all.

4. Measurable Impact: The funds raised through the Community Campaign are strategically allocated to agencies that have been proven to deliver results. With your support, we can track the outcomes and ensure the funding is making a real difference in our community.

As we begin this Community Campaign, I invite each of you to consider how you can contribute — whether through a one-time gift, a recurring donation, or even volunteering your time. Every act of generosity counts, and together we can create a powerful ripple effect of positive change.

Let's demonstrate to ourselves the strength of this community. Thank you for considering supporting this campaign. Your involvement is crucial and together we can continue to build a brighter future for all. Together we are stronger. Together we can make a difference.



Campaign Co-Chairs "Doc" (Doug Hagenhoff) and "Marty" (Renee Duenckel), dressed in Back to the Future-themed attire, reveal the Pacesetter Grand total at the Community Campaign Launch on September 12. Pacesetters raised \$1,255,631 for the 2024 United Way Campaign and looks to the rest of the community for help in raising the other 52% of the \$2.6 million goal.

Why You Should Give to the United Way of Central Missouri



Lee Knernschild,
United Way President

The United Way of Central Missouri provides hope and support for countless individuals and families in our community. Our mission is simple: to help people live their best possible lives by fighting for their health, education, financial stability, and basic needs. Every day, there are people in our community who struggle with obstacles that are hard to face. Through our network of agency partners and the community's support, we ensure that all members of our community have the opportunity to thrive.

By now, we hope you have seen our United Way banners and clock towers around town reminding you that we are in the midst of our

annual United Way campaign. I have a unique vantage point when asking one to consider a donation to the United Way of Central Missouri. As your current United Way President and a past United Way Partner Agency Director, I can confidently say that a donation to the United Way of Central Missouri is a wise choice for your philanthropic giving.

I believe one of the greatest advantages of donating to United Way of Central Missouri is our local focus. Every dollar you donate stays within our community, directly benefiting people and programs in our nine-county area. By supporting United Way, you are making a tangible difference in your backyard; helping neighbors, coworkers and friends who are facing hardship.

With a gift to United Way, donors can trust their contributions are handled responsibly, with .91 cents of every dollar donated directed to services and programs. Our agencies complement one another avoiding duplication of services. Through the power of collaboration, United Way can stretch your donation further to address the needs of seniors, children, babies and adults through one contribution.

United Way's Fund Allocation process guarantees our agencies are accountable. Through this annual review, over 80 community members conduct interviews, review programming, and assess the financial position of each funded agency assuring that all contributions are used efficiently and effectively.

United Way of Central Missouri not only responds to urgent needs, such as disaster relief or emergency assistance but also works to address long-term challenges that can help break the cycle of poverty. By funding programs that provide early childhood education, mental health services, and financial literacy, United Way is focused on helping people improve their quality of life and achieve self-sufficiency.

It will take all of us doing our part to reach our campaign goal of \$2.6 million, but I know how extremely giving and caring community our community is. Where there is great need, there is great generosity as evidenced by how our community responds when asked to support our 26 United Way agency partners. Thank you for considering your support of the United Way of Central Missouri and creating a better future for all.

Midwest Independent BankersBank: Supporting Communities Through United Way



Representatives from MIB pose for a picture with the DeLorean at the United Way's Back to the Future-themed Community Campaign Launch in September.

By Donna Harden & Beth Utrecht, MIB

Midwest Independent BankersBank (MIB) is one of twelve bankers' banks throughout the United States. And you might ask, what is a bankers' bank? A bankers' bank is a financial institution that provides financial services to community banks. We were chartered in 1984, opened for business on January 7, 1985, and will celebrate our 40th year in business in early 2025. MIB is one of three subsidiaries under our holding company, Midwest Independent Bancshares, Inc., along with MIB Banc Services, LLC, an audit services company, and First Bankers' Banc Securities, Inc., an investment company. Today we have close to 300 financial institutions that own stock in our holding company, and over 450 community banks that use our services. Those community banks are located primarily in Missouri, Nebraska, Iowa, and Illinois, as well as a few in other states.

Our focus goes beyond banking, as we believe in giving back to the communities that sustain us. Partnering with United Way is one way we accomplish this.

Why United Way Matters to Us
MIB supports United Way because it effectively addresses key community needs. United Way's work in education, financial stability, and health creates tangible

results for individuals and families, aligning with our mission to strengthen the communities we serve. By participating in their campaigns, MIB can contribute to initiatives that directly impact these areas.

2024 Campaign: Focused and Fun
Our 2024 United Way Campaign combined fundraising with team-building activities. This year's theme, Back to the Future, was used to drive participation and bring some energy to the campaign.

We sold futuristic candies, gave away a Yeti cooler with pool and beach items, and organized a Dance Dance competition and Hula Hoop contest. A Virtual Experience using an Oculus system was another way to engage staff while raising funds. Our Future Board guaranteed prizes for all participants, and a Movie Marathon featuring the Back to the Future trilogy wrapped up the week.

In addition to these activities, our clock tower yard sign won the Most United Way category in the yard sign contest—an acknowledgment of the team's creative effort.

Employee Engagement: Beyond Donations

MIB has a large group of employees who volunteer during United Way's Days of Caring, in which we help with

community projects like painting, cleaning, and other hands-on tasks. This direct involvement complements our financial contributions, providing additional support to the communities we serve.

What's Next

MIB plans to continue its partnership with United Way, and we're always looking for new ways to engage our employees and broaden our impact. We encourage other organizations to join us in supporting United Way's efforts to improve lives in our region.



Linda Fick wins a YETI filled with goodies through a raffle MIB hosted for employees who donated to their United Way workplace campaign.



Employees at MIB were recognized for being 'Fair Share Givers' to the United Way — those who donated an hour of pay per month, or 1% of their annual salary.

Nourishing Communities: The Power of Mobile Food Assistance



United Way and The Food Bank rely on businesses like Central Bank who allow their employees the opportunity to volunteer their time at the Mobile Food Pantry multiple times a year.

By Hannah Gerard, United Way of Central Missouri

The United Way of Central Missouri Foundation launched the mobile food pantry program in 2015 with a bold mission: to deliver an additional one million pounds of food to Cole County's underserved areas. This vision was brought to life through a partnership with the United Way of Central Missouri and The Food Bank for Central & Northeast Missouri. The United Way provides the volunteers, and The Food Bank brings the food. Nearly a decade later, this initiative continues to thrive, addressing the urgent need for food assistance in a community that is all too familiar with hardship.

Today, the mobile food pantries operate six times each month in Cole County, consistently serving between 200 to 300 families every week.

One of the key features of the mobile food pantry is its approach to food distribution. Families receive a variety of food items, including fresh produce, protein, and

shelf-stable goods. Additionally, the process of receiving food offers a degree of anonymity that many families appreciate. Information is self-declared, meaning no extensive paperwork is required. This model reduces barriers to access, allowing families to receive assistance without feeling stigmatized. It's a small but significant aspect that makes a big difference in how people experience this essential service.

As mentioned, these mobiles are run by dedicated volunteers, who play an essential role in the success of the mobile food pantry. Rain or shine, volunteers arrive 45 minutes early to unload the food truck, prepare boxes for clients, and handle registration. For the next 2 hours, clients drive through the mobile to receive food as volunteers load their cars and continue packing boxes. For many, volunteering with the mobile food pantry is more than just a charitable act; it's a way to connect with the community. Businesses often encourage employees to participate as a team-building exercise, fostering camaraderie while making a tangible difference. For individuals, it's finding fulfillment in the direct impact they can have on their neighbors' lives. But for me, it's the shift in perspective.

Not too long ago, I wasn't as excited about working one of the mobile food pantries as I normally would be. It was hot outside, I'd had a busy day at work, and the mobile pantry

hours were in the evening-making for a long day of work. On this particular day, The Food Bank was able to provide families with eggs - and eggs at mobiles are a rare commodity. We were loading these into the cars separately instead of boxing them up with the rest of the food so they wouldn't get damaged or broken on the ride home. My job that day was specifically to run the eggs to each car. I would tap on the window and ask, "Ma'am, would you like me to place the eggs in the backseat?" or "Sir, where do you want these eggs?" When clients realized we were giving out eggs, their faces lit up. Some clients would share their plans for the eggs with me, while others simply exclaimed, "Thank you!" or "God bless!" At some point in those two hours, I felt my heart soften and my mindset changed from, "I have to be here" to, "Wow, I get to do this." I share this experience in hopes to capture the impact that these mobiles bring to clients and volunteers alike, highlighting the shared humanity that binds us both. The joy of serving others, the relief of receiving help.

The mission of the mobile food pantry is clear: to alleviate hunger and provide support to those facing food insecurity through the dedication of volunteers and the unwavering support of local organizations. Mobile food pantries are more than just a means of delivering food; they're a testament to the power of the community in Cole County.

MOBILE FOOD PANTRY SCHEDULE IN THE UNITED WAY OF CENTRAL MISSOURI SERVICE AREA

October 2024

The Food Bank for Central & Northeast Missouri will be providing food at no charge to those in need at the following locations. Please confirm any location, date and/or time changes for this month on The Food Bank website at sharefoodbringhope.org. For questions, call The Food Bank at 573-474-1020.

- Mobile Food Pantry Tips:
- Remain in your vehicle for distribution; it is a drive-thru process.
 - Clear space in your trunk or back seat to receive food.



(FRI)	4	SOUTHERN CHEROKEE 15792 COUNTY RD 5200, ROLLA 10:00 AM - 12:00 PM
(SAT)	5	CATHOLIC CHARITIES 1015 EDMONDS ST, JEFFERSON CITY 9:00 - 11:00 AM
(TUES)	8	TRINITY LUTHERAN CHURCH 13007 ROUTE C, RUSSELLVILLE 1:30 - 3:30 PM
(THUR)	10	KNIGHTS OF COLUMBUS 1822 TANNER BRIDGE RD, JEFFERSON CITY 3:30 - 5:30 PM
(FRI)	11	CHURCH OF OSAGE HILLS 5237 OSAGE BEACH PKWY, OSAGE BEACH 1:00 - 3:00 PM
(WED)	16	BOYS & GIRLS CLUB 11105 LAFAYETTE ST, JEFFERSON CITY 4:00 - 6:00 PM
(SAT)	19	CAPITAL WEST CHRISTIAN CHURCH 1315 FAIRGROUNDS RD, JEFFERSON CITY 8:00 - 10:00 AM
(TUES)	22	FIRST BAPTIST CHURCH OF BELLE 203 2ND ST, BELLE 10:00 AM - 12:00 PM
(WED)	23	ST. MARTINS CATHOLIC CHURCH 7148 ST. MARTINS AVE, ST. MARTINS 4:00 - 6:00 PM
(THUR)	24	ANNUNCIATION CATHOLIC CHURCH 310 MILLS ST, CALIFORNIA 4:30 - 6:00 PM

Updated: 7/7/2024

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 _____ State _____
Zip Code _____ E-mail Address _____

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

Payment Option 1: Cash or Check

Include your cash/check donation with this cutout and mail to the United Way of Central Missouri at 205 Alameda Drive, Jefferson City, MO 65109.

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(s). Minimum designation amount is \$25.00. Designations to agencies not a part of the United Way of Central Missouri network will be directed to our general campaign fund.

Payment Option 2: Online

Make your donation online by going to our website at www.unitedwaycemo.org or scanning the QR code below:



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 | Dreams to Reality |
| ABLE | Girls Scouts |
| American Red Cross | Homemaker Health Care |
| Big Brothers Big Sisters | Jefferson City Area YMCA Child Development Center |
| Boys & Girls Club | Little Explorers Discovery Center |
| Capital City CASA | Rape & Abuse Crisis Service |
| Capitol Projects | Salvation Army |
| Catholic Charities | Scouting America |
| Central Missouri Foster Care & Adoption Association | Senior Nutrition Council |
| Common Ground Community Building | Special Learning Center |
| Community Health Center | The Sneaker Project |
| Compass Health Network | Tri-County YMCA |
| Council for Drug Free Youth | UCP Heartland - Gibbs Center for Independence |



What's Happening

\$15 EACH

***PURCHASE INSTORE AT LONGFELLOW'S!
*50% OF ALL PROCEEDS GO TO UNITED WAY OF CENTRAL MISSOURI!**

FALL MUM FUNDRAISER
SEPTEMBER 9TH - OCTOBER 10TH

BOYS & GIRLS SUMMER CLUB ASSISTED IN THIS YEAR'S MUM PLANTING!

We are partnering with the United Way for a Fall Mum Sale!

Longfellow's

DINE UNITED FOR UNITED WAY

Support the 12th annual Dine United fundraiser for the United Way of Central Missouri by patronizing these local establishments during the months of September, October & November!

PARTICIPATING ESTABLISHMENTS

- BIG WHISKEY'S AMERICAN RESTAURANT & BAR
- LEE'S FAMOUS RECIPE CHICKEN
- OSCAR'S CLASSIC DINER
- WEST MAIN PIZZA
- BARVINO
- BARWHISKEY
- CULVER'S
- DOMENICO'S ITALIAN RESTAURANT
- HIGH RISE BAKERY
- MCDONALD'S - RUPRECHT ORGANIZATION
- THE GRAND CAFE
- COLTON'S STEAK HOUSE & GRILL
- O'DONOGHUES STEAKS & SEA FOOD
- PANCHEROS MEXICAN GRILL
- PLATE & POUR
- READY POPPED KETTLE CORN & MORE
- STEVE'S FAMILY STYLE RESTAURANT

THE POWER OF LOVE

United Way of Central Missouri

Professionalism in Early Childhood Education

Class Objectives:

- To understand important practices and attitudes in early childhood education to support job satisfaction, effectiveness in the field, and personal career goals.

Receive:

- FREE, quality professional development
- 1 1/2 clock hours through MOPD system
- Participation Certificate

October 14, 2024
9 - 10:30 am

Compass Health Training Room
3515 Amazonas, Jefferson City MO 65109

Registration Required:
Use this [link](#) or QR code.

Please direct registration questions to:
cfe-childwell-being@health.missouri.edu

center for excellence in CHILD WELL-BEING | United Way of Central Missouri Early Childhood Initiative | United Way

Q. Where does a good time meet a good cause?

A. At the Bartlett & West Trivia Night benefiting the United Way of Central Missouri.

Put on your thinking caps and join us for an evening of fun and friendly competition to support the United Way of Central Missouri. Recruit your friends to form a team and be sure to brush up on those trivia skills.

THURSDAY, OCTOBER 17TH

- The Millbottom | 400 W Main St, Jefferson City
- Doors open at 5:30 pm
- Includes Lutz's BBQ dinner & cash bar starting at 6:00 pm
- Trivia begins at 6:30 pm
- \$250 per table (cash or check at the door), up to 8 people per table (No team, no problem - we'll add you to a team when you arrive, \$35 per individual)

PLAY FOR CHARITY Bartlett & West will be donating additional funds to the top three pre-approved charities selected by the winning teams.

Space is limited, so please RSVP no later than October 10th.
www.gobartlettwest.com/trivia-night-2024

Bartlett & West

ALL PROCEEDS GO TO HELP UNITED WAY

Garage Sale

LEGENDS BANK COMMUNITY ROOM

OCT 18
7 A.M. - 4 P.M.

OCT 19
8 A.M. - NOON

FOR MORE INFO:
573-636-4193

MADISON STREET ENTRANCE, JEFFERSON CITY

United Way of Central Missouri & Member Agencies Events Calendar

October

ALL MONTH: Dine United for United Way at Participating Restaurants

- Oct 10: Capital City CASA Raise Your Glass Fundraiser
- Oct 11: ILRC Krispy Kreme Fundraiser for United Way
- Oct 14: Professionalism in Early Childhood Training
- Oct 17: United Way Power of the Purse Fundraiser
- Oct 17: Bartlett & West Trivia Night Fundraiser for United Way
- Oct 18: Legends Bank Garage Sale Fundraiser for United Way
- Oct 24: RACS Masquerade Gala
- Oct 26: The Sneaker Project Haunted Hustle 5K Fundraiser

November

ALL MONTH: Dine United for United Way at Participating Restaurants

- November 7: Cole County COAD Community Meeting
- November 21: United Way Victory Celebration
- November 23: A Princess Party Fundraiser by Little Explorers Discovery Center

December

- Dec 8: Big Brothers Big Sisters Jinele Dash 5K Fundraiser

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

Meet Our Board

Lori Hoelscher, Ameren Missouri



Tell us about you:
I've had the pleasure of calling the Jefferson City area home for my entire life. I've lived in Wardsville for over 35

years with my husband, Delbert. We enjoy time spent with our large, extended family.

Employer:
I'm a Sr. Regional Account Executive for Ameren Missouri in the Jefferson City and Lake of the Ozarks area. I have an exciting job as I get to work with our largest customers in meeting their energy needs, local elected officials, and promote economic development within the communities we serve.

Community Involvement:
I've been with Ameren for

almost 40 years, so I've served on many committees with United Way and the local Chamber of Commerce. I also serve on boards for area economic development groups such as JCREP (Jefferson City Regional Economic Partnership) and LOREDC (Lake of the Ozarks Regional Economic Development Council). My husband and I also enjoy volunteering at our church and school.

Why did you say yes when asked to be on the United Way Board of Directors:
I believe wholeheartedly in being

of service to others. It's a lesson that was taught to me by example from my mother and father. The United Way of Central Missouri has a rich history of helping and empowering our friends and neighbors. That's what life is all about, and that's why I said yes.

Favorite thing about United Way:
So many things come to mind, but I tear up each time I see a recipient's face when receiving help from the United Way toward meeting basic needs and/or attaining dreams.

Favorite thing about our community:
I know its cliché, but we are very fortunate to live in one of the most caring and generous communities in the state. I've built lifelong friendships from my community involvement that I truly treasure.

Number one on your bucket list:
I don't really have a list. It would be fun to have my own series on HGTV--I love watching that channel!

Fun fact about you:
I'm an equestrian. I've been

riding since I was 5 and now own and show American Saddlebred horses. Saddlebreds are the big, athletic beauties that Mrs. Weldon owned and raised—most can relate to this. As Winston Churchill said, "There is something about the outside of a horse that is good for the inside of a man"...(or woman, as the case may be!)

Words you live by:
"I can do all things through Christ who strengthens me." Philippians 4:13

New Program Director Set to Champion Our Youngest Learners

By Kurt Hafley,
United Way of Central Missouri

The original purpose of the United Way of Central Missouri's Early Childhood Advisory Committee was to "support and promote early childhood programs and initiatives in the Central Missouri area" and to "identify gaps in services/needs in early childhood in our community." From these aspirations grew the Early Childhood Initiative with these two goals as a guiding force.

The Early Childhood Initiative supports early childhood providers, facilitates the annual Week of the Young Child and supports efforts within our communities that promote Early Childhood in general. This initiative also promotes the training and coaching of social and emotional learning to Early Childhood professionals. Conscious Discipline along with other similar models provide a proven and comprehensive approach to social and emotional learning. These early skills empower parents, early childhood learning centers, and schools to help our youngest learners to be more socially aware, self-regulating, and better decision makers. Using brain information, developmental knowledge and usable skills, the early childhood community helps our young learners to develop the tools necessary to create safe, connected, problem-solving futures.

The United Way has also partnered with the newly formed Office of Childhood which is a part of the Department of Elementary and Secondary Education. The Missouri Childhood Community Leaders Program sets local leadership groups to plan, develop, and implement a course of action to ensure that young children and their families can access "high-quality programs, services, and resources within their communities" as they relate to young children. The group collaborates with local stakeholders to increase awareness of early childhood issues while searching and advertising solutions, resources, services, and programs that support

early childhood and their families. By boosting awareness and access to resources the Childhood Community Leaders program helps communities ensure that all children are safe, healthy, and successful learners.

The United Way has done so much over the years to promote and support Early Childhood. However, we must also look ahead and make plans for future success. In September of 2024 an Early Childhood Program Director was hired to continue and broaden the support in the United Way's Early Childhood Initiative work. Under the tutelage of United Way's Vice President Theresa Versluis, I was enlisted for this newly created position. I came to the United Way after over 30 years of teaching and school counseling experience in the Jefferson City School District and the surrounding area. During my years of service to our community I have had the privilege of working with children and their families at every level of the educational world. I have worked at and with Early Learning Centers, I've been a sixth grade teacher and middle school counselor and I've also been a high school counselor. I've seen challenges and successes at each level. However, I do know from my experience that early childhood supports are always more successful. Early intervention gives children a better chance at greater success. Skills that are learned at an early age tend to be those that are relied on for a life time. Through the development of social and emotional skills in children birth to age five we can form a stronger foundation for a life time of learning. I feel honored to be a member of such a great organization and team and to have the opportunity to continue our mission.

All across central Missouri there are many areas that are considered "child care deserts". This phrase simply means that child care is nonexistent or insufficient to fill the needs of any given community.

We at United Way aim to help find solutions to this challenge. Through community and early childhood provider needs assessments, support from state and local leadership, local coalitions, and some grass root efforts my goal is to find feasible and sustainable solutions.

Looking forward I would like to continue some of the great relationships we have with our local Early Childhood providers and the Missouri Childhood Community Leaders program while expanding and strengthening our partnerships and supports within all of the counties we serve. I would like to work closely with the Jefferson City Chamber of Commerce and other community organizations to tackle our Workforce Development challenges because they are directly related to early learning and the gaps working parents face with child care and the education of young children. The Partners in Education program will also be one of my priorities as more early childcare centers enter the program. This partnership between our business community and our early child care community bonds both and brings awareness to the difficult tasks that providers face while also shedding light onto the kind of future employees our community needs.

Ultimately, the course was set all those years ago when a group of forward-sighted individuals came together as the United Way of Central Missouri's Early Childhood Advisory Board and set in motion a series of events that continue to ripple and grow today. Step by step this program has grown. Step by step Jefferson City has grown, and step by step our children continue to grow. The next few steps are upon us and we must do them hand in hand. Our wonderful community and the United Way are working together to continue building on this firm foundation where every child in our community is healthy, loved and has the skills to live a wonderful life.



ENSURING
A
BRIGHTER
FUTURE
FOR
YEARS
TO
COME



ARE YOU RETIRED & LOOKING TO VOLUNTEER IN OUR COMMUNITY?
APPLY FOR GIVE 5 TODAY!



A CIVIC MATCHMAKING PROGRAM FOR RETIREES
5 DAYS, 5 WEEKS, 5 HOURS

About

GIVE 5 is an innovative 'civic matchmaking' program that connects central Missouri retirees and soon-to-be retirees aged 60 or better with meaningful volunteer opportunities through local nonprofits.

Schedule

Members of the class meet once a week for four weeks, from 8:30 am - 4 pm, to gain a better understanding of central Missouri's challenges and are given a behind-the-scenes tour of a variety of nonprofit organizations working to address those issues.

Give 5

On Graduation Day we will have a brief celebration where participants can select one, or more, nonprofits they choose to commit 5 hours a month of volunteer service to - or more! Expect to have fun, make new friends and learn about volunteer opportunities that match your talents, passions and personality!

Class 6 Dates

- Oct 23 - Orientation Day
- Oct 30 - Program Day 2
- Nov 6 - Program Day 3
- Nov 13 - Program Day 4
- Nov 20 - Graduation Day

APPLY BY
OCT 16, 2024



APPLY TODAY
www.unitedwaycemo.org/give5



Meet Our Power of the Purse Co-Chairs Patty Kehoe, Community Volunteer



Tell us about you/your family:
My husband John and I are grade school sweethearts and will be celebrating our 49th anniversary in January. We have been blessed with 3 children: Christy (Jeff) Johnson, Katie (Ryan) Lock and Dan (Becky) Kehoe; along with 9 wonderful grandkids: Ethan, Owen

and Graham Johnson; Ellie, Nora and Mia Lock; and Maddie, Ben and Dominic Kehoe.

Profession:
I am a retired nurse.

Community involvement:
I am a member of United Way's Women United affinity group and the Power of the Purse Host Committee. I served as Co-Chair for Power of the Purse last year and am serving my second year as Co-Chair this year.

Favorite Power of the Purse component:
My favorite part is working with all of the members of the Host Committee and United Way staff. It's great watching all of these talented women coming together, volunteering their time and throwing out great ideas for the purses, experiences, and

making the night enjoyable for all of the attendees. The best reward is seeing everyone having a great time during the Live Auction, watching the models enjoying themselves while encouraging the ladies to bid higher, and seeing the excitement when someone has the winning bid.

Favorite Power of the Purse memory:
One of my favorite memories is winning the Pick of the Auction a few of years ago. I never win anything. That was so exciting! I still love that purse!

Why are you passionate about the United Way?
Our United Way is made up of such passionate people who really care about our community. Being able to help out is just so rewarding.

Working Together to Save Young Lives



By Veronica McDonnell, CHADS Coalition for Mental Health

Amid an alarming rise in youth depression and suicide, CHADS Coalition for Mental Health continues to lead the way in prevention and raising awareness. CHADS' mission is to save young lives by advancing the awareness and prevention of depression and suicide.

Recent national data highlights the deepening crisis in youth mental health. A 2023 report from the Trust for America's Health reveals a staggering 71% increase in suicide deaths among youth ages 10 to 17 between 2010 and 2021. In Missouri, suicide ranks as the second leading cause of death for this age group with 1 in 19 Missouri youth attempting suicide each year. Based on data from the 2024 Missouri Student Survey, which focused on students in grades 6-12 surveyed across 7 counties in central Missouri, revealed alarming local statistics. 10.75% of students reported seriously considering suicide, while 7.45% had planned suicide, and 4.43% had attempted suicide in the previous 12 months. On average this translates to 8 suicide attempts per day for middle and high school students.

In the Missouri counties of Callaway, Cole, Miller, Moniteau, and Osage, the Community Health Needs Assessment identified the top two priority areas: improving access to healthcare and addressing mental health and substance abuse issues. CHADS responds to these priorities by providing evidence-based

mental health services, with a strong focus on youth depression and suicide awareness and prevention, resilience building, and accessible treatment.

"Our holistic approach creates a safer, more resilient community for our youth," explains CHADS CEO, Tom Duff. "By fostering protective factors and prioritizing early intervention, we're not just treating symptoms, we're preventing future tragedies."

Watching a loved one struggle with mental illness is painful and frustrating. CHADS Coalition was founded by Marian and Larry McCord after the devastating loss of their son Chad to suicide in 2004. Struggling to navigate a healthcare system unequipped and unable to help, the McCords made it their mission to help other families avoid similar heartbreak. Over the years, CHADS has grown into a leading advocate for youth mental health, offering a range of services designed to prevent suicide and promote overall wellbeing.

CHADS' programs together form a comprehensive "wrap-around" approach to mental health, ensuring no child falls through the cracks. Signs of Suicide* provide students with the tools to recognize the warning signs of depression and suicide and take action. CHADS Mentoring supports youth by promoting positive behavior and overall well-being, while Family Support offers counseling to high risk youth and those identified through the other two programs.

In 2024, CHADS was

awarded a grant through the United Way of Central Missouri Community Support Grant process. This grant is allowing CHADS to expand its reach even further. CHADS has hired a part-time regional coordinator dedicated to delivering suicide prevention programs in schools throughout Jefferson City and the surrounding areas. This support has been critical to meeting the growing demand for youth mental health services in central Missouri. Thanks to the United Way grant, we've been able to educate more students about the warning signs of depression and suicide and provide them with life-saving action steps.

CHADS' long-term vision is to expand its reach into even more counties, bringing vital intervention to youth across the region. By doing so, CHADS is breaking down the stigma surrounding mental health which often deters many individuals from seeking the help they need. By addressing the root causes of mental health struggles and preventing suicide, CHADS is not only filling gaps in mental health care but also creating a lasting, positive impact on the community. Since 2005, CHADS has been helping young people facing anxiety, depression, and suicidal thoughts through its intervention and suicide prevention education programs. To date, CHADS has reached over 550,000 individuals and partners with more than 300 schools.

To learn more and support our mission, please visit www.chadscoalition.org.

Adrian Heckman, Central Bank



Tell us about you/your family:
My husband Curt and I have been married for 7 years. We have two wonderful boys, Alden who is 17 years old and a senior at Jefferson City High School; and Jax who is 2 years old.

Profession:
Product Manager for Central Bank

Community involvement:
I am actively involved with the Jefferson City Chamber of Commerce Young Professionals as Past Chair. I also hold many roles for the United Way and am a member of the United Way's Women United affinity group. This year I am honored to be the Co-Chair for Power of the Purse.

Favorite Power of the Purse component:
The Power of the Purse committee is made up of an incredible group of women from diverse backgrounds and careers. It's inspiring to see how we all come together to organize such a fantastic event. I particularly enjoy the energy on the night of the

event; its heartwarming to witness our community coming together to have fun while giving back.

Favorite Power of the Purse memory:
A couple years ago, an individual who won a live auction bag and chose to donate it back for re-auction. This act truly highlighted the generosity and spirit of our community.

Why are you passionate about the United Way?
The United Way plays such an important role in giving back to our community, making it easy to recognize the significance of their work. I appreciate that through my contributions – whether it's my time, donations, or hands-on efforts – I'm making a positive impact in our community.

United Way Women United to Host Annual Power of the Purse Fundraiser

United Way of Central Missouri's Women United committee will host its eighth annual Power of the Purse fundraiser on October 17 at Capital Bluffs Event Center. This event will bring together nearly 300 community-minded women who are passionate...not only about purses, but about the bigger message beyond the gorgeous Gucci, Coach and Chanel handbags... joining in the fight for the health, education, financial stability and basic needs of every person in our community.

Thanks to the generosity of community support-

ers, the event will offer about one hundred purses for the silent and live auction, mystery jewelry boxes, permanent jewelry linking and a variety of quality wine selections in the wine pull. Purses range from vintage collectibles to brand name favorites, and fourteen selective purses will be elevated from silent auction to live auction status.

The live auction will be the highlight of the night, where local celebrity gentlemen will model the live auction purses that each have unique experiences tucked inside...experiences such as a limo ride and shopping spree trip at Hello Belle, a spa experience at Genesis Med Spa, Chief's tickets on New Year's Eve, a trip to Napa Valley and more!

Thank you to our event co-chairs Patty Kehoe and Adrian Heckman, and their host committee comprised of talented, creative and compassionate women! And a special thank you to our two emcees – the brother duo of Kyle and Brad Shimmens! This is an event you do not want to miss! Tickets are available now at www.unitedwaycemo.org/pop.

Power of the Purse was created

to provide an avenue for women to get more involved with the United Way at a community level. The United Way needs passionate women—because in truly great communities like ours, we take care of each other! Power of the Purse is one example of the type of events and networking opportunities that is available through United Way of Central Missouri's affinity group: Women United.

Women United is an opportunity for women of all ages, backgrounds and skills sets to come together to help children, families and seniors in need through volunteering, advocating and special-event fundraising. Last year, this incredible group of ladies put on Power of the Purse, hosted a community Baby Shower for at-risk expecting mothers, ran two coat drives to support Special Learning Center and Little Explorers Discovery Center, gifted Christmas presents filled with personal care items to 45 individuals in need and more.

If you are interested in being a part of this dynamic, philanthropic group please visit www.unitedwaycemo.org/womenunited to learn more and sign up today.



Top: Ashley Freer selects her live auction purse and experience after winning the grand raffle prize of the night at the 2023 Power of the Purse event.
Bottom Left: Ladies in attendance enjoy the 2023 Power of the Purse event.
Bottom Right: Local celebrity gentlemen model purses during the 2023 Power of the Purse Live Auction show.

Power of the Purse

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OCT 17, 2024 **5:30 PM** **\$40 PP**

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BACK TO THE FUTURE CLOCK TOWERS

United Way of Central Missouri is grateful to Septagon Construction for providing the Clock Tower templates. Local United Way supporters accepted the challenge to decorate them to show their support for the United Way and raise awareness for the 2024 Back to the Future-themed Campaign. Decorated clock towers were eligible to enter into a competition, with five winning categories: Most Decorated, Most Themed, Most Unique, Most Unique Way and The McFlyest ('Overall Best'). Congratulations to the winning clock towers, and thank you to all organizations that decorated one all in good fun for the United Way!

Visit the following organizations to see their Back to the Future-themed clock towers!

- Acrisure
- Bartlett & West
- Boys & Girls Club
- Capital Region Medical Center
- Capitol Projects
- Central Bank
- Central Missouri Foster Care & Adoption Association
- Central Technology Services
- City of Jefferson
- Common Ground
- Community Health Center
- Compass Health Network
- Council for Drug Free Youth
- First Mid Bank & Trust
- GFI Digital
- Girl Scouts
- Hawthorn Bank
- Hitachi Energy
- Huber & Associates
- JCMG
- Jefferson Bank
- Little Explorers Discovery Center
- Midwest Independent Bankers Bank
- Missouri Farm Bureau
- Modern Litho
- Modine Manufacturing
- Osage Ambulances
- Rape & Abuse Crisis Service (RACS)
- Schnucks
- Scholastic
- Scouting America
- SSM Health St. Mary's Hospital
- United Way

