

WOMEN UNITED

WOMEN UNITED

AN AFFINITY GROUP OF UNITED WAY OF KNOX COUNTY COMPRISED OF PASSIONATE WOMEN WHO OFFER THEIR TIME, TALENT, AND TREASURE TO IMPROVE LIVES THROUGHOUT KNOX COUNTY.

WE EXIST TO MOBILIZE THE POWER OF WOMEN TO ADVANCE THE COMMON GOOD IN OUR COMMUNITY. THIS VOLUNTEER-DRIVEN GROUP IS AN ORGANIZATION OF ITS OWN DESIGN. IT CREATES ITS OWN INITIATIVES. IT SETS ITS OWN GOALS. IT SEEKS ITS OWN ANSWERS AND IMPLEMENTS ITS OWN STRATEGIES.



GUIDING Principles

- IDENTIFY, ADDRESS AND ADVOCATE REGARDING CRITICAL ISSUES IN OUR COMMUNITY.
- BE RECOGNIZED AS A VOICE IN OUR COMMUNITY BY UTILIZING SKILLS AND RESOURCES TO AFFECT CHANGE.
- INSPIRE WOMEN TO UTILIZE THEIR PERSONAL POWER AS PHILANTHROPISTS AND ALIGN THEIR PASSIONS AND LEADERSHIP SKILLS WITH COMMUNITY NEEDS.
- REACH OUT TO PEERS TO STRENGTHEN PROFESSIONAL RELATIONSHIPS AND ESTABLISH NEW FRIENDSHIPS.
- SUPPORT THE OVERALL EFFORTS OF KNOX COUNTY UNITED WAY AND OUR COMMUNITY.

MEMBER Criteria

WOMEN UNITED MEMBERS SPEAK UP, UNITE AND TAKE ACTION ON ISSUES THAT HIT CLOSEST TO HOME - BY GIVING, ADVOCATING AND VOLUNTEERING. MEMBERS' AGES, ETHNIC BACKGROUNDS, PROFESSIONS AND INTERESTS ARE DIVERSE. THE ONE COMMON DENOMINATOR IS A BELIEF IN THE POWER OF COMMUNITY CHANGE: BY WORKING TOGETHER TO TAKE ON COMPLEX CHALLENGES, WE ALL BENEFIT.

BEYOND MAKING AN ANNUAL FINANCIAL CONTRIBUTION, MEMBERS CAN INVEST THEIR TIME, PROFESSIONAL EXPERTISE AND TALENT TO ADVANCE CAUSES ABOUT WHICH THEY CARE PASSIONATELY, WHILE CONNECTING WITH OTHER POWERFUL, COMMITTED WOMEN IN THE COMMUNITY.

WOMEN UNITED *Grants*

FUNDING PROCESS

- GRANT APPLICATIONS ARE ACCEPTED FOLLOWING THE POWER OF THE PURSE ANNUAL EVENT
- APPLICATION FORMS CAN BE REQUESTED FROM UNITED WAY OFFICE OR MAY BE ACCESSED ONLINE, COMPLETED APPLICATIONS ARE SUBMITTED TO UNITED WAY OFFICE.
- THE MEMBERS OF WOMEN UNITED'S FOUNDERS COUNCIL REVIEW GRANT APPLICATIONS AND MAKE FUNDING RECOMMENDATIONS TO THE UNITED WAY OF KNOX COUNTY BOARD OF DIRECTORS FOR FINAL APPROVAL.

SELECTION CRITERIA

- PROJECTS CAN BE PERSONAL, NETWORK, OR COMMUNITY BASED
- FUNDING FOR A SINGLE PROJECT MAY RANGE FROM \$1 - \$5,000
- UNITED WAY EMPHASIZES ACCOUNTABILITY, EACH PROJECT MUST HAVE A WOMEN UNITED SPONSOR WHO WILL REPRESENT THE PROGRAM IN THE REQUEST FOR FUNDING, CHAMPION VOLUNTEER EFFORTS SUPPORTING THE SUCCESS OF THE PROGRAM, AND COMMUNICATE TIMELY UPDATES OF PROJECT STATUS

"We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women's voices are heard and heeded, not overlooked and ignored."

- Sheryl Sandberg

PROPOSED
Budget \$50,000

WOMEN UNITED *Grant Allocations*

THE FOLLOWING PROJECTS WILL BE SUPPORTED AUGUST 2019 THROUGH AUGUST 2020

CHRIS-FIT PROGRAM

DEDICATED IN THE MEMORY AND SPIRIT OF CHRIS O'HARA AVID FITNESS ENTHUSIAST WHO LOST HIS BATTLE WITH DRUG ADDICTION. IT ENCOURAGES PARTICIPANTS IN THE M.E.R.I.T. COURT PROGRAM TO IMPROVE THEIR OVERALL HEALTH NEEDS WHILE WORKING TOWARDS SOBRIETY THROUGH ABSTINENCE FROM DRUGS. RUN BY THE MOUNT VERNON MUNICIPAL COURT PROBATION DEPARTMENT, THIS GRANT WILL ENABLE PARTICIPANTS TO RECEIVE COMMUNITY FITNESS CENTER MEMBERSHIPS IN KNOX COUNTY.

\$3,000

CHRIS-FIT COMMUNITY RESTORATIVE YOGA

THE MOUNT VERNON MUNICIPAL COURT HAS EXPANDED THE CHRIS-FIT PROGRAM BY OFFERING THE CHRIS-FIT COMMUNITY RESTORATIVE YOGA PROGRAM. THIS CLASS SUPPORTS YOGA CLASSES, WHICH ARE LED BY PROFESSIONAL INSTRUCTORS, OPEN TO BOTH M.E.R.I.T. COURT PARTICIPANTS AND THE COMMUNITY. THE CLASSES PROMOTE AND MENTOR THOSE IN RECOVERY WHILE INCREASING COMMUNITY INVOLVEMENT AND AWARENESS.

\$2,000

ABC'S OF SAFE SLEEP

A KNOX COUNTY HEALTH DEPARTMENT NURSE WILL PROVIDE A HOME VISIT TO DELIVER SAFE SLEEP EDUCATION & A FOR AN AREA FOR SAFE SLEEP FOR INFANTS. THE NURSE WILL REVIEW SAFE SLEEP HABITS WITH THE PARTICIPANT, DELIVER A CRIBBETTE OR PACK-N-PLAY, AND DEMONSTRATE HOW TO SETUP & TAKE DOWN THE CRIB. THIS GRANT COVERS THE COST OF SAFE SLEEP SURVIVAL KITS FROM CRIBS FOR KIDS, EACH OF WHICH INCLUDES CRIB, SLEEP SACK, CRIB SHEET, MAGNET, PACIFIER, SAFE SLEEP BOOKLET, "SLEEP BABY SAFE & SNUG" BABY BOOK.

\$2,850

GIRLS ON THE RUN 5K WITH FLAIR

GOTR TEACHES KNOX COUNTY ELEMENTARY GIRLS LIFE SKILLS AND SELF-EMPOWERMENT THROUGH CONVERSATION-BASED LESSONS AND RUNNING GAMES. IT INCLUDES COMPLETION OF A 5K RACE AND CELEBRATION IN COLUMBUS, OHIO. WOMEN UNITED PROVIDES THE GIRLS WITH GEAR TO STAND OUT AS A UNIQUE TEAM ON RACE DAY AND CELEBRATE COMPLETION OF THE PROGRAM.

\$1,000

BIONIC (BELIEVE OR NOT I CARE) TEAM, HOLIDAY BAZAAR

FOR THE THIRD YEAR IN A ROW, WOMEN UNITED WILL SUPPORT THE BIONIC TEAM AT THE KNOX COUNTY CAREER CENTER. THE HOLIDAY BAZAAR IS AN OPPORTUNITY FOR ALL STUDENTS TO CHOOSE A GIFT FOR A FAMILY OR FRIEND AND HAVE IT GIFT WRAPPED. ITEMS UNUSED AT THE BAZAAR WILL BE USED BY THE CLUB'S NEW STUDENT, SERIOUS ILLNESS, LOSS/GRIEF COMMITTEES AS THEY REACH OUT TO STUDENTS AND STAFF WITH BANNERS, SUNSHINE BOXES, FLOWERS, AND FOOD.

\$1,000

SENIOR AWARENESS AND PERSONAL SAFETY

SIMILAR TO THE REFUSE TO BE A VICTIM PROJECT WHICH RECEIVED A WOMEN UNITED GRANT LAST YEAR, THIS PROJECT OFFERS CUSTOMIZED PERSONAL SAFETY STRATEGIES FOR SENIOR CITIZENS LIVING IN THEIR OWN HOMES, RETIREMENT COMMUNITIES, OR AT LOCAL ASSISTED LIVING FACILITIES. FUNDS PROVIDE ATTENDEES WITH WORKBOOK AND CERTIFICATE OF COMPLETION.

\$800

KNOXWORKS RESOURCES FOR RECOVERY

KNOXWORKS AND TOUCHPOINTE HELP RECOVERING ADDICTS AND PAST FELONS LEARN JOB SKILLS AND BREAK BARRIERS. A UNIQUE BARRIER IS DRIVERS LICENSES SUSPENSIONS. THIS GRANT WILL ALLOW KNOXWORKS TO HELP 2-4 PROGRAM PARTICIPANTS (DETERMINED BY PARTICIPATION AND MOTIVATION LEVEL) TO BREAK THE TRANSPORTATION BARRIER AND ENABLE THEM TO GET BACK TO WORK AND TO BECOME SELF-SUFFICIENT.

\$1,000

NEW DIRECTIONS AWARENESS MONTHS THROUGH THIS GRANT, NEW DIRECTIONS WILL OFFER COMMUNITY EDUCATION SERIES IN OCTOBER FOR DOMESTIC VIOLENCE AWARENESS MONTH AND IN APRIL FOR SEXUAL ASSAULT AWARENESS MONTH. THE PROJECT WILL INCLUDE COMMUNITY PARTNERSHIPS, INVITED SPEAKERS, AND EMOTIONAL TESTIMONIALS CENTERED AROUND EDUCATING OUR COMMUNITY ABOUT THE REALITIES OF DOMESTIC VIOLENCE AND SEXUAL ASSAULT.

\$3,000

MOMMY AND ME

TOBACCO-FREE THE BABY AND ME TOBACCO FREE PROGRAM, NO LONGER FUNDED BY THE STATE, HELPS PREGNANT MOTHERS BREAK THEIR ADDICTION TO NICOTINE. THE PROGRAM OFFERS SUPPORT AND INCENTIVES TO PREGNANT MOMS AS THEY PARTICIPATE IN THE PROGRAM COUNSELING AND REMAIN TOBACCO FREE. THE GOAL OF THIS PROGRAM IS FOR A MOM TO HAVE A HEALTHY BABY BORN ON TIME.

\$2,500

SENIOR FRESH FOOD VOUCHER PROGRAM

THIS GRANT PROMOTES HEALTHY EATING TO THOSE 60 YEARS AND OLDER WHO MAY NOT HAVE THE RESOURCES TO PURCHASE FRESH, LOCAL FOODS. KNOX COUNTY TASK FORCE DISTRIBUTES VOUCHERS ON A WEEKLY BASIS AT THE MOUNT VERNON FARMERS MARKET (OPEN MAY THROUGH OCTOBER) AND TRACK THE PERCENTAGE OF VOUCHERS REDEEMED.
\$1,000

BEYOND TRAUMA: A HEALING JOURNEY FOR WOMEN

THE PROJECT STRENGTHENS THE FREEDOM CENTER'S EXISTING WOMEN'S GENDER SPECIFIC OUTPATIENT TREATMENT PROGRAM SERVING WOMEN WITH SUBSTANCE ABUSE. BEYOND TRAUMA: A HEALING JOURNEY FOR WOMEN IS AN EVIDENCE-BASED, TWELVE-SESSION CURRICULUM DESIGNED TO HELP WOMEN RECOVER FROM THE EFFECTS OF TRAUMA IN THEIR LIVES. THE FUNDS WILL BE USED TO PURCHASE THE PROGRAM MATERIALS INCLUDING A FACILITATOR MANUAL, PARTICIPANT WORKBOOKS AND PROGRAM VIDEOS AS WELL AS TRANSPORTATION ASSISTANCE AND CHILDCARE TO THE PROGRAM PARTICIPANTS.
\$750

BRIGHTEN SENIORS' LIVES WITH CARE AND CUTS

THIS WOMEN UNITED GRANT COVERS THE REDUCED COST THAT LOCAL BUSINESS OWNERS HAVE OFFERED FOR HAIRCUTS, FINGER NAIL AND TOE NAIL TRIMMING AND THERAPEUTIC MESSAGES TO CENTERBURG SENIOR SERVICES CLIENTS. CENTERBURG SENIOR SERVICES MISSION IS TO TRY OUR BEST TO MAKE THEIR SENIORS' (LIVING IN CENTERBURG, HILLIAR, LIBERTY, & MILFORD TWP) LIVES AS BRIGHT AS POSSIBLE.
\$1,000

SEW SPECIAL NETWORK ROBIN HOOD PROJECTS

THIS KNITTING GROUP OUT OF DANVILLE, OHIO PREPARES HANDMADE GOOD FOR INDIVIDUALS IN NEED. THIS GRANT COVERS THE COST OF SUPPLIES FOR PROJECTS TO BE GIFTED TO THOSE LIVING IN HOSPICE, BATTLING CANCER AND CHILDREN IN THE WINTER-TIME.
\$4,110

5TH GRADE PUBERTY 101

THIS GRANT ALLOWS THE KNOX COUNTY HEALTH DEPARTMENT TO UPDATE THE PUBERTY PRESENTATION FOR FIFTH-GRADE STUDENTS WITH NEW VIDEOS, PRINTED BOOKLETS FOR STUDENTS AND SAMPLES OF HYGIENE PRODUCTS FOR FEMALE STUDENTS. THIS APPROACH ENCOURAGES PARENTS TO FOLLOW UP WITH THEIR CHILD ABOUT ISSUES DISCUSSED IN THE PUBERTY PRESENTATION AT SCHOOL AND ENCOURAGE CONTINUED DIALOGUE BETWEEN THE CHILD AND PARENT REGARDING SEX EDUCATION AS THE CHILD GETS OLDER.
\$2,500

STUDENT HYGIENE SUPPLIES

FOURTH GRADE STUDENTS WILL BE PROVIDED HYGIENE PRODUCTS AS PART OF AN ANNUAL PRESENTATION BY HEALTH EDUCATORS WITH THE KNOX COUNTY HEALTH DEPARTMENT. AT THE SCHOOLS' REQUEST, HYGIENE PRODUCTS SUCH AS DEODORANT, BODY WASH, TOOTHBRUSH, MOUTHWASH AND FINGERNAIL CLIPPERS WILL BE INCLUDED IN HYGIENE KITS PROVIDED TO ALL STUDENTS - AS NOT TO SINGLE-OUT SPECIFIC STUDENTS.
\$6,000

BACKPACKS OF HOPE

LIFEPOINT CHURCH'S BACKPACKS OF HOPE PROVIDES WEEKEND MEALS FOR HUNGRY KID AT LOCAL SCHOOLS. WOMEN UNITED JOINS COMMUNITY PARTNERS IN OFFERING SUPPORT TO THIS PROGRAM THAT ENSURES THAT STUDENTS IN NEED (AS IDENTIFIED BY THE SCHOOLS) HAVE ACCESS TO FOOD OVER WEEKENDS AND HOLIDAYS. THIS VOLUNTEER-BASED PROGRAM IS A TRUE COMMUNITY EFFORT WITH OVER 500 SERVICE HOURS EACH YEAR. IS FOR ADMINISTRATION, PURCHASING, PACKING, DELIVERY OF BAGS, PICKUP OF CONTAINERS, PROVIDING NOTES OF ENCOURAGEMENT, PROFESSIONAL DIETITIAN, AND THE MISCELLANEOUS TASKS.
\$5,000

YMCA FAMILY BONDING EVENTS

THE YMCA WILL PARTNER WITH LOCAL COMMUNITY AGENCIES TO OFFER QUALITY FAMILY BONDING EVENTS. THESE EVENTS, SUCH AS FATHER/SON, MOTHER/DAUGHTER AND OTHER FAMILY FUN EVENTS, WILL SERVE TO STRENGTHEN RELATIONSHIPS WITHIN THE FAMILY UNIT. AT LEAST 2-3 FAMILY BONDING EVENTS WILL BE OFFERED PER CALENDAR YEAR. THE FUNDS WILL BE USED TO SUBSIDIZE COSTS FOR AT LEAST 50 PARTICIPANTS.
\$1,000

INTERNAL *Programming*

ADMINISTERED BY UNITED WAY STAFF

STUFF THE BOOK BAGS

WOMEN UNITED MEET AFTER THE ANNUAL LUNCHEON IN AUGUST 2019 TO ASSEMBLE BOOK BAGS, "STUFFING" THEM WITH MUCH NEEDED SCHOOL SUPPLIES AND DISTRIBUTING THEM TO STUDENTS IN NEED. A BOOKBAG FILLED WITH SUPPLIES COULD BE THE BOOST TO HELP A STUDENT START THE SCHOOL YEAR STRONG, CONFIDENT, AND READY TO LEARN.
\$5,000

BAGS OF LOVE

WOMEN UNITED MEET FOR A DINNER AND NETWORKING EVENT TO PREPARE DIAPER BAGS WITH INFANT CARE SUPPLIES TO DISTRIBUTE TO OUR AREA PARTNER AGENCIES. OFTEN TAKEN FOR GRANTED, A DIAPER BAG IS AN IMPORTANT TOOL, BUT CONSIDERED A LUXURY TO MANY STRUGGLING MOTHERS.
\$2,300

RULING OUR EXPERIENCES

ROX IS EMPOWERING GIRLS ACROSS KNOX COUNTY. WOMEN UNITED WILL PROVIDE FUNDING FOR GIRLS IN ALL OF KNOX COUNTY'S PUBLIC SCHOOL DISTRICTS TO PARTICIPATE IN THE ROX PROGRAM AND TRAINING FOR NEW FACILITATORS.
\$15,000

WOMEN IN RECOVERY LUNCHEONS

WOMEN UNITED MEMBERS JOIN WOMEN IN RECOVERY FOR A MEAL AND A CONVERSATION. THIS EVENT IS HELD ONCE EVERY THREE MONTHS TO SUPPORT WOMEN RECEIVING COUNSELING AND CELEBRATING SOBRIETY.
\$2,000

TIMELY PROJECTS

ADDITIONAL PROJECTS WILL BE CONSIDERED THROUGHOUT THE YEAR AND SHARED ON FACEBOOK AND IN OUR NEWSLETTER.

MEMBERSHIP *Details*

MEMBERSHIP

- MEMBERSHIP IS GRANTED VIA COMPLETION OF YEARLY CONTRIBUTION AND CASH CONTRIBUTION OF AT LEAST \$100
- MEMBERSHIP CONTINUES VIA AN ANNUAL \$100 MINIMUM INVESTMENT
- 2020 YEARLY DUES ARE TO BE PAID SEPTEMBER 1 - DECEMBER 31, 2019

MEMBER BENEFITS

- PROFESSIONAL DEVELOPMENT AND LEADERSHIP OPPORTUNITIES
- NETWORKING WITH LIKE-MINDED WOMEN
- EXPAND KNOWLEDGE OF SOCIAL SERVICE PROGRAMMING AND FUNDING PROCESSES
- HANDS-ON VOLUNTEER ACTIVITIES
- NEWSLETTERS
- PRIORITY SEATING AT WOMEN UNITED EVENTS

PRIORITIES

- PROVIDE SUPPORT, AWARENESS AND LEADERSHIP TO UNITED WAY OF KNOX COUNTY'S THREE IMPACT AREAS: EDUCATION, HEALTH AND FINANCIAL STABILITY
- PROVIDE SPECIAL GRANTS TO ADDRESS IDENTIFIED GAPS AND SUPPORT COMMUNITY NEEDS

Diamond Level

.....
CASH CONTRIBUTION OF \$1,000 OR MORE
ACCESS TO ALL EVENTS*, SPECIAL GIFT
AND SHIRT

Pearl Level

.....
CASH CONTRIBUTION OF \$500-999
ACCESS TO ALL EVENTS*, AND SHIRT

Ruby Level

.....
CASH CONTRIBUTION OF \$250-499
\$10 FEE FOR ALL EVENTS* AND SHIRT

Sapphire Level

.....
CASH CONTRIBUTION OF \$100-249
\$15 FEE FOR ALL EVENTS* AND SHIRT

*DOES NOT INCLUDE POWER OF THE PURSE

ANNUAL COMMITMENT Form

MY ANNUAL MEMBERSHIP WILL ALLOW WOMEN UNITED TO MAKE A STRONG IMPACT TOWARD IDENTIFIED SIGNATURE ISSUES AND PROVIDE FOR LEARNING EVENTS THROUGHOUT THE YEAR.

NAME _____

MAILING ADDRESS _____

CITY, STATE, ZIP _____

BUSINESS (IF APPLICABLE) _____

PREFERRED EMAIL _____

PHONE _____

SIGNATURE _____

DATE _____ CONTRIBUTION AMOUNT \$ _____

MAKE CHECKS PAYABLE TO UNITED WAY OF KNOX COUNTY WITH WOMEN UNITED IN THE MEMO. TO PAY VIA CREDIT CARD, VISIT THE WEBSITE <HTTPS://APP.MOBILECAUSE.COM/FORM/MKENG> AND COMPLETE YOUR REGISTRATION PAYMENT AS DESIRED OR TEXT JOINWOMENUNITED TO 41444 TO HAVE THE LINK PROVIDED TO YOU ON YOUR PHONE.

PAYMENT OPTIONS

- I WOULD LIKE TO PAY ANNUALLY.
- I WOULD LIKE TO PAY SEMI-ANNUALLY.
- I WOULD LIKE TO PAY QUARTERLY.

WHAT KIND OF ISSUES/TOPICS DO YOU FEEL ARE IMPORTANT IN OUR COMMUNITY?

ARE YOU INTERESTED IN SERVING ON A WOMEN UNITED COMMITTEE?

- YES NO

IS THERE A PARTICULAR AREA YOU ARE INTERESTED IN (GRANT APPLICATION, MEMBERSHIP, VOLUNTEERS, EVENTS/POWER OF THE PURSE)?

RETURN THIS COMPLETED FORM WITH YOUR PAYMENT TO UNITED WAY OF KNOX COUNTY
305 E. HIGH STREET, MOUNT VERNON, OHIO, 43050



UNITED WAY OF KNOX COUNTY
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