



## United Way of Knox County Women United Newsletter - August, 2016

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### Current Women United Investments:

**Dolly Parton's Imagination Library**  
(FREE books for children from birth to age 5 years)

**Ruling Our eXperiences ROX**  
(Empowerment program for girls 4th-12th grade)

**Crunch Out Obesity**  
(Nutrition and physical activity program for Knox County 4th graders)

**Become a Women United Member Today!**

 [Join Our Mailing List](#)



[View 2017 UW Community Investments](#)

## Welcome to YOUR first newsletter!

"Join us as Women United grows and develops! We'll share ideas, opportunities and celebrate YOUR successes!"

*Kelly and Katie*

## Luncheon is a Success!

Women United kicked off the year with a luncheon on August 10, at Foster Hall in Ariel Arena, on the Mount Vernon Nazarene University campus.

As of today, Women United membership stands at 57 members with more applications arriving daily!

## Recovery Housing

This fall, the Mental Health and Recovery Board will be purchasing a house to provide an affordable, safe, drug free environment for women in recovery and their children after they leave treatment centers.

The Founders of Women United have chosen to use the funds raised from Power of the Purse to make this happen. Members of Women United will be painting, selecting furniture, window treatments, bedding, kitchen supplies and doing all of the things that make a house a home.

## Upcoming Volunteer Opportunities:

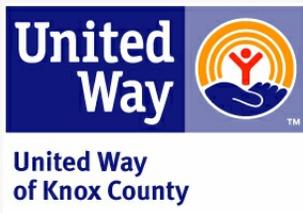
### *Poverty Simulation -*

October 20 - 9-noon  
Experience first-hand the struggles and challenges Knox County folks face every day living in poverty by participating or attend as a community resource provider.

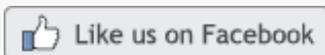
### *Crunch Out Obesity -*

Bundle, sort and pack supplies in early Sept. for delivery to area 4th grade classrooms.

[Email](#) for more details.



[uwayknox.org](http://uwayknox.org)



If you'd like lend your time, talent, or treasure to this exciting new project, please [contact Katie Peterson](#), today!



## Future Projects

**Career Closet** hopes to be a signature project of the Women United of Knox County and will respond to the needs faced by women who are struggling to overcome barriers to economic independence.

Women referred from partner agencies will receive a unique, private, complimentary shopping experience in a boutique setting. Women will be outfitted with professional clothing for both interviews and work situations. The focus is to provide flattering, appropriate clothing that inspires confidence and allows the woman to present herself well. They will also have the opportunity to visit local hairstylists, who will donate their services, and work with volunteer career coaches.

Studies have shown that once a family can reach self-sufficiency, they are much more likely to stay in a "cycle of opportunity" and consistently meet their own needs. Economically stable families are the essential building blocks in a thriving community.

We know that a woman who is economically self-sufficient is in a much better position to raise her children, to take care of herself, and to contribute to her community.

### **WU Founders:**

*Charlene Bland*

*Kelly Brenneman*

*Tricia Pokosh*

*Jodi Pursel*

Luconda Dager

Cynthia Higgs

Felicia McDonald

Lori McKee

Katie Peterson

Wright

Jan Reynolds

Vickie Sant

Susan Sukys

Erica Taylor

Kathy White

Karen

"There is no tool for development more effective than the empowerment of women."

- Kofi

Annan