

**United  
Way**



**United Way of Addison County**

A Special Section of the  
*Addison Independent*  
October 28, 2021

# More advocacy means more impact

United Way helping create and frame the policy agenda to improve local services

## WHY WE'RE DOING ADVOCACY

Policy change can be big or small. It can be petitioning your school board to require healthier cafeteria meals. It can be urging your government to invest more in childcare or make more services available for people who need it most.

For years UWAC has provided Addison County with a robust volunteer center to strengthen community ties and broaden a network of support for our community. Thanks to our generous donors, UWAC has secured and increased funding to ensure the sustainability of the high-quality services local organizations provide. Moreover, during times of crisis, additional emergency funding was made available. However, there is more we can do for Addison County.

This year we are pleased to announce our commitment to advancing our impact through advocacy. We begin with two new roles in our office: Director of Advocacy, Jesse Brooks (formerly Director of Prevention), and Public Health and Advocacy Coordinator Celia Heath.

Advocacy is not new to United Way. It

is part of our three calls to action; Give. Advocate. Volunteer. United Way of Addison County's new advocacy focus will lead to creating and framing a strategic policy agenda. We aim to improve every person's health, education, and financial stability in Addison County by improving public policy and systems that support local services and efforts.

## OUR POLICY GUIDELINES

We are committed to achieving a more comprehensive approach that invests needed resources in education, childcare, healthcare, affordable housing, job training, and other programs and services that promote social determinants of health to build safer and more vibrant communities.

As we rebuild and strengthen communities, we must listen to and lift the voices and experiences of impacted people and communities. More fundamentally, when we center and address the needs of the most marginalized, we recognize their humanity and advance equity and opportunity for all people in Addison County.

Visit our new Advocacy Page at [unitedwayaddisoncounty.org/advocate](http://unitedwayaddisoncounty.org/advocate).

## Is volunteering an option for teens? Yes, absolutely!

### By SEAN DAVISON

Let's be real, high school students are constantly caught under a tsunami of grade maintenance, AP tests, working part-time, extracurriculars, and so much more. It's understandable that volunteering might seem like just another thing to add to your various to-do lists. Even so, finding time to volunteer can make a significant positive impact on both your and others' lives. For now, let's talk about how volunteering can affect you.

### HOW IS VOLUNTEERING GOING TO HELP ME?

With adulthood and the option of further education just around the corner, students are often looking for different ways to make their academic and personal résumés stand out from competing applicants. One of the surefire ways for youth to boost their individuality and stand out for school administrators and future employers is to volunteer.

*(See Volunteering, Page 11)*



**UNITED WAY'S DAYS of Caring** brought out these Middlebury College volunteers to help build out the trail system at Rokeby Museum in Ferrisburgh last month.



# WOW!!

The first-ever 0.5K Race for the Rest of Us on Sunday, Oct. 10, was better than we had ever imagined! Thank you to all of the participants who came out and enjoyed an afternoon of Jazzercising, racing, playing, eating, drinking, creating, dancing, and living united! There are so many people to thank for making this day a success! Thank you to Co-operative Insurance Companies, IPJ Real Estate, Kinney Drugs Foundation, Bee's Wrap, G. Stone Motors, Middlebury Fitness, Middlebury Jazzercise, Aqua ViTea Kombucha, Viva El Sabor, Hired Hand Brewing Co., Deb Brisson & The Hay Burners, Find Your Wings and Middlebury Natural Foods Co-op. Addison County truly is the best!



**Thank you United Way for all that you do in Addison County!**

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# Moving forward with compassion

UWAC has changed how it does its work, but not its mission



that may have sounded 18+ months ago. Today those words carry more weight than the simple question itself. Unlike, “how are you,” we don’t expect a generic response. “Are you comfortable shaking hands” is a genuine inquiry, a way to check in with others as we slowly reacclimate ourselves to in-person interactions. The odds of being answered with an extended right hand are as high as being offered an elbow bump or a hand-to-heart. I like the spirit of the question because it demonstrates compassion and a willingness to meet others where they are while also striving to move forward.

UWAC, too, has continued to move forward with compassion at the heart of our mission to improve lives and strengthen Addison County. In our strategic plan

our partners, have had to change how we approach our work thanks to the pandemic. Despite the numerous hurdles, UWAC has continued to convene our partners to help work through serious issues ranging from homelessness to racial equity. I am proud to work alongside some of the brightest and most ambitious folks in human services — Addison County is lucky to have these professionals in our corner of the state, and we are all grateful to be supported by neighbors like you.

The end of our Fiscal Year 2021 meant saying goodbye to three board members who each finished six year terms with UWAC: Jerrod Rushton, Abby Blum, and Darcy Tarte. Their leadership and friendship has been invaluable to UWAC. I will miss having their guidance and support as Board members, but am thankful for the ways they’ve already continued to show their ongoing support of our work.

Speaking of our work, it’s far from over. UWAC’s Board, staff, and funded partners could not continue to fight for the well-being of every resident of Addison County without your generous support —thank you.

With gratitude,

**Helena Van Voorst**  
UWAC Executive Director

“Are you comfortable shaking hands” is a genuine inquiry, a way to check in with others as we slowly reacclimate ourselves to in-person interactions.

— Helena Van Voorst,  
Executive Director

Dear Neighbors and Friends,

“Are you comfortable shaking hands?”  
It’s funny to think of how awkward

we promised to be ever-evolving and forward thinking, to lead in collaboration, and to grow awareness and support for local challenges. We, like all of

## How do you age well?



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## UWAC Board of Directors

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**Ann Crumb**  
**Jon Crystal**  
**Bill LaDue**  
**Shannon Lyford**  
**Barbara Stratton**  
**Shane Whaley**



THESE LOCAL CHAMPIONS contributed a lot of elbow grease and some personal sweat at Otter Creek Child Center, sprucing up the outdoor learning area during United Way's Days of Caring.

# Invest & see the impact

## Hello Neighbors,

When my wife Maria and I moved to Addison County in 2013, we wholeheartedly adopted our new home and the life that came with it. As part of the new "remote workforce," we opted for quality of life over proximity to an office as part of our new and growing focus on community first.

We both dove into community life in our own way, our goals being, in part, to seek a broader connection with members of our new community and, in part, to encourage each other to invest more in community service.

Of course, we invested in the community in other ways as well, be it in the form of direct investments through donations, time investments in the social fabric of the community such as theater, and patronage investments by consciously transitioning the bulk of our spending to local shops, venues, and companies. This conscious focus on community investment has become part of our overall investment strategy for retirement, as we plan to live out our lives in Addison County. And it underlies my interest and commitment in serving on the Board of Directors of the United Way of Addison County.

My personal philosophy is that when it comes to donating to community non-profits, it's not just about feeling good about the donation or the social capital of your donation that matters; it's about the impact. We should seek more to "do good" than to "feel good". Ultimately, the "Return on Community Investment" you earn has solid



benefits that can be measured by things such as quality of life (personal and of others'), community capacity (to absorb risk, provide for continuity of life, support need in various forms), social equity and inclusion, and some sort of financial multiplier for your dollars (i.e., the local impact of investments in UWAC).

I thank each of you for your investment in our community through your generosity to UWAC. You are an integral part of our mission to improve lives and strengthen Addison County. I look forward to working with you all and the UWAC team to help make your investments count every day.

**Ken Stockman**  
 UWAC Board President



The Addison County 365 Small Business Circle provides busy entrepreneurs, business owners, and managers an opportunity to make a significant impact on the lives of people in your community – with just one gift. Get involved at [UnitedWayAddisonCounty.org](http://UnitedWayAddisonCounty.org).

## Thank you to our 2020-2021 Members

Acorn Painting  
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 American Land Title  
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 Bristol Financial Services  
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 Tourpreneur  
 Travel by Heidi Cunningham, LLC  
 Vermont Gynecology  
 Woodware



# Setting our priorities

The UWAC Board of Directors invested \$318,228 in Community Impact Funding to 34 programs across 30 local nonprofits in 2021. These funds were raised through UWAC's annual campaign, thanks to the generous support of community donors.

Historically, UWAC has accepted Community Impact Funding (CIF) applications every winter.

Funding commitments are made for three years (dependent on the success of annual fundraising efforts) and focus each year on one of the three priority areas: health, education, and financial stability. A diverse team of dedicated Addison County citizens carefully review and evaluate applications and make program funding recommendations to UWAC's board of directors.

In January, UWAC's board voted to keep the CIF cycle closed in 2021 for a second year, meaning that we did not release a request for proposals. Seven local nonprofits would have been applying for Financial Stability grants in 2021: HOPE, Charter House, John Graham Housing & Services, Tri-Valley Transit (formerly Addison County Transit Resources), Addison County Community Trust, Counseling Service of Addison County, and New Community Project.

## \$318,228 Invested in Three Areas:

### HEALTH: \$102,460

- Addison County Home Health & Hospice: \$5,659
- Addison Allies Network: \$8,000
- Age Well: \$10,690
- Elderly Services: \$10,340
- Green Mountain Foster Bikes: \$1,500
- John Graham Housing & Services: \$12,771
- Junebug: \$1,500
- Lund: \$2,000
- MiddSummer Lunch & Recreation: \$3,000
- Open Door Clinic: \$20,000
- Pathways Vermont: \$3,000
- Turning Point Center: \$4,000
- WomenSafe: \$20,000

### EDUCATION: \$94,433

- Addison Central Teens: \$3,975
- Addison County Parent Child Center: \$9,792
- Addison County Readers: \$2,017
- Boys & Girls Club of Greater Vergennes: \$13,230
- Bristol Family Center: \$14,300
- Mary Johnson Children's Center: \$9,444
- Otter Creek Child Center: \$14,300
- Starksboro Co-operative Preschool: \$11,000
- The DREAM Program: \$1,400
- The HUB Teen Center & Skatepark: \$3,975
- Vermont Adult Learning: \$11,000

### FINANCIAL STABILITY: \$121,335

- Addison County Community Trust: \$15,000
- Tri-Valley Transit: \$21,216
- Charter House Coalition: \$25,000
- Counseling Service of Addison County: \$15,086
- HOPE (Helping Overcome Poverty's Effects): \$21,033
- John Graham Housing & Services: \$22,000
- New Community Project: \$2,000

Recognizing the critical role that these organizations play in helping Addison County to respond and recover from the pandemic, UWAC's Board Chair Jerrod

Rushton noted, "while we didn't come to this decision lightly, it wasn't a difficult one to make. The Board and staff are committed to supporting these seven

organizations — and all of our funded partners — however we can. Right now, allowing them to focus on their work of saving lives is one way we can do that."

**We're so thankful for all that the United Way of Addison County does for our students!**



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# Staff profiles — what's your favorite kombucha?



**HELENA VAN VOORST**  
Executive Director  
Hometown: Vergennes

**Favorite place in Addison County:** Kingsland Bay State Park  
**Explain the last photo taken on your phone:** It's actually a video! I captured a little clip of my son, daughter and cat eating cereal together this morning before school.  
**Character from "The Office" you most identify with and why?:** Most days I relate most to the documentary film crew — I want to take it all in and not miss a moment!  
**Favorite kombucha flavor:** AquaViTea's Blueberry Social



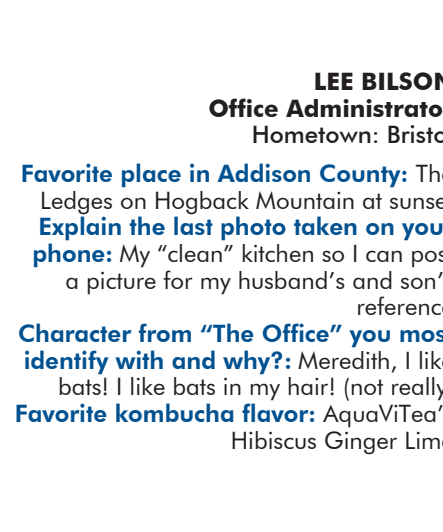
**JESSE BROOKS**  
Director of Advocacy  
Hometown: Vergennes

**Favorite place in Addison County:** The Lake Champlain Bridge in Addison. I refuse to give up my search for Champ!  
**Explain the last photo taken on your phone:** My 14-year-old daughter, Rory, dressed in purple and red pads, a helmet, and jersey with the #40 on it, defending the JV field hockey goal for Mt. Abraham. Go Eagles!  
**Character from "The Office" you most identify with and why?:** Dwight K. Schrute, Assistant (to the) Regional Manager. As Dwight once said, "I am ready to face any challenge that is foolish enough to face me."  
**Favorite kombucha flavor:** Pass the iced tea please!



**STEVE WILLIAMS**  
Director of Finance  
Hometown: New Haven

**Favorite place in Addison County:** Anywhere along the TAM trail!  
**Explain the last photo taken on your phone:** A photo of my three-legged tortoiseshell cat named Ginger enjoying her new cat tent.  
**Character from "The Office" you most identify with and why?:** I'm the Office "Oscar," but I most identify with Jim Halpert and his pranking skills!  
**Favorite kombucha flavor:** Blueberry Social



**LEE BILSON**  
Office Administrator  
Hometown: Bristol

**Favorite place in Addison County:** The Ledges on Hogback Mountain at sunset  
**Explain the last photo taken on your phone:** My "clean" kitchen so I can post a picture for my husband's and son's reference  
**Character from "The Office" you most identify with and why?:** Meredith, I like bats! I like bats in my hair! (not really)  
**Favorite kombucha flavor:** AquaViTea's Hibiscus Ginger Lime



**AMY HOEKSTRA**  
Volunteer & Donor Engagement Coordinator  
Hometown: Middlebury

**Favorite place in Addison County:** Bartlett Falls  
**Explain the last photo taken on your phone:** It's a photo of an orange tree. Spending my first fall in Vermont means that a good one-third of my camera roll is full of colorful trees.  
**Character from "The Office" you most identify with and why?:** Recently I have identified more with Erin's character due to being both incredibly impressed and bewildered by all things Vermont.  
**Favorite kombucha flavor:** Strawberry Sage



**ERIN REED**  
Development & Marketing Director  
Hometown: Addison

**Favorite place in Addison County:** It's hard to pick just one, but the top of Snake Mountain is a family fave.  
**Explain the last photo taken on your phone:** It's actually a video of my 10-year-old playing "Hot Cross Buns" on her trumpet (and our dog barking in the background!).  
**Character from "The Office" you most identify with and why?:** Pamela Beesly-Halpert. I wear a lot of cardigans and am loyal to my fellow officemates. Will I go along with an epic office prank? Absolutely I will.  
**Favorite kombucha flavor:** Elderberry



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# More staff profiles — name your favorite place



**JESSICA HELLYER**  
Grants Coordinator  
Hometown: Salisbury

**Favorite place in Addison County:** Memorial Sports Center watching a hockey game, Go Tigers!  
**Explain the last photo taken on your phone:** My kids standing next to the 25 pumpkins they grew!  
**Character from "The Office" you most identify with and why?:** I identify with Angela because I like things to get done in a certain way (check those boxes)!  
**Favorite kombucha flavor:** Elderberry



**OLIVIA BROOKS**  
Youth Coordinator  
Hometown: Vergennes

**Favorite place in Addison County:** New Haven River in Lincoln. I love to swim!  
**Explain the last photo taken on your phone:** I had to create a business for one of my classes, so my dad drew me a bagel with a halo strumming the lute for my business logo.  
**Character from "The Office" you most identify with and why?:** I definitely see myself as a Stanley. I spend a lot of my time napping and doing crossword puzzles.  
**Favorite kombucha flavor:** Peach Pineapple

**CELIA HEATH**  
Public Health & Advocacy Coordinator  
Hometown: Starksboro

**Favorite place in Addison County:** Anywhere walking in the woods with my dog, Gus!  
**Explain the last photo taken on your phone:** A picture of Gus covered in mud!  
**Character from "The Office" you most identify with and why?:** I identify with Phyllis for sure. I relate to her quiet nature, and random commentary.  
**Favorite kombucha flavor:** Pineapple Lemonade



**SEAN DAVISON**  
Youth Coordinator  
Hometown: Bristol

**Favorite place in Addison County:** I love Bartlett Falls, it's really cool to go behind the waterfall and jump off the rocks.  
**Explain the last photo taken on your phone:** A delivery update for cross-country swag that I had purchased. It's a few weeks late, so I wanted to send the update to my team who are also waiting on the swag.  
**Character from "The Office" you most identify with and why?:** I haven't watched a lot of the office, but probably Andy since I can be really clueless oftentimes, but I'm always trying my best and have good intentions.  
**Favorite kombucha flavor:** I think I'll go with water. :)



## Nothing makes us happier than connecting a volunteer to the needs in our community!

Visit our online Volunteer Center to find a volunteer opportunity that fits your interests, availability, and passion! <https://bit.ly/UWACVolCtr>



For more information, contact Amy Hoekstra at [amyh@unitedwayaddisoncounty.org](mailto:amyh@unitedwayaddisoncounty.org)







**KYLE MITCHELL**



**HARPER SINCLAIR**



**ANNA WAGNER**

# Compassionate teens serve in their community

## LIVE UNITED Scholarships help local students extend their reach beyond high school

On behalf of a generous donor, three students are chosen annually for the LIVE UNITED Volunteer Scholarship Award, recognizing students who volunteer in their community and who are interested in advancing their education. This award comes with a \$1,000 cash grant for each student, to be used for post-graduation education. Congratulations to our 2021 scholarship recipients!

**Kyle Mitchell** of Middlebury has


been volunteering at Charter House Coalition's community suppers for the past five years. A supervisor at Charter House noted that Kyle is exceptionally gifted at making others feel comfortable and always maintains a positive attitude. Kyle is attending Utica College where he plans to major in Social Work, with minors in political science, psychology, and philosophy of law.

Two years ago **Harper Sinclair** of


Middlebury started a Middlebury Union High School chapter of Best Buddies, an international organization that focuses on fostering relationships between those with and without intellectual and developmental disabilities. Her goal was to leave the community a little better than she found it. This fall, Harper will major in neuroscience at Dickinson College.

**Anna Wagner** of Bridport has served as co-president of the National Honor

Society at MUHS, which has allowed her the opportunity to partake in several volunteer activities. Anna has organized a food drive for Charter House Coalition, conducted fundraisers for the Muscular Dystrophy Association, and every week spends time with a classmate who has an intellectual and developmental disability. Anna will major in biological science at the University of Vermont.



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<p>54A CREEK ROAD   PO BOX 405   MIDDLEBURY, VT 05753 802-388-4249   TurningPointAddisonVT.org   info@TurningPointAddisonVT.org</p>	



## Nonprofit Resource Hub

At the heart of our mission is to ensure our local nonprofits are strong, healthy, and prepared to accomplish great things. We are proud to be the nonprofit resource hub in Addison County.

### In-Kind Donations:

When volunteering opportunities became limited as a result of the pandemic, UWAC became a hub for collecting and distributing in-kind donated products. From pajamas to masks, face cleanser to hand sanitizer, our community has found creative ways to "be there" for one another.

### Nonprofit Seminars:

Working with the Addison County Chamber of Commerce and local nonprofit consultant Sarah Audet, we continue to learn together with our county partners by offering free seminars on various topics and challenges that are relevant to nonprofits.

July 2020:  
Critical Questions for  
Anti-Racist Organizations  
September 2020:  
What is Your Story  
and How Do You Tell It?  
December 2020:  
Build the Board  
of Your Dreams  
March 2021:  
Post-2020 Fundraising  
June 2021:  
Nonprofit Program Evaluation

### Addison County Racial Equity Learning Community

Together with Donna Bailey (Addison County Parent Child Center) and Lauren Ross (Lake Champlain Maritime Museum), and at the interest of Addison County leaders, we created this group that meets regularly to support each other to address and dismantle systemic racism both within our organizations and within our communities.



MARY JOHNSON CHILDREN'S Center in Middlebury got a helping hand from these Days of Caring volunteers.

Thanks to the United Way for helping to keep our communities strong and vibrant!

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# Ways we're involved

Addison County residents are getting involved and supporting one another in different ways, and we're so glad! While the pandemic tested our ability to convene and volunteer in-person, we found creative ways to bring people together.

## ELAC Stayed Connected

Emerging Leaders of Addison County (ELAC) identifies, develops and empowers the next generation of philanthropic leaders through community service, leadership development, and fun networking opportunities. The pandemic made it tough for a group that thrives on in-person connection. Our ELACers hung in there for virtual "Lunch & Learns" and social media interactions, and are excited to bring their efforts back to in-person events in 2021-22.

## Days of Caring Extended to a Whole Month

2020 saw our traditional Days of Caring (two days dedicated to county-wide service projects) transition to a Month of Caring during which folks volunteered safely on their own and reported their good work to UWAC. We saw beautiful creations

of sidewalk art, litter cleared from parks and roadsides, and notes of appreciation sent to frontline workers in our community. Great job, Addison County!

## Backpacks and Facemasks and Hand Sanitizer – Oh, My!

Thanks to your generous support of "Stuff the Bus" we were able to fill over 500 backpacks with new school supplies and distribute to elementary, middle and high school students throughout Addison County. In addition to the traditional supplies of pencils, papers, crayons, etc., local donors provided facemasks and hand sanitizer for every backpack!



# A focus on Public Health

United Way of Addison County has been the recipient of both State and Federal substance use prevention grants since 2016. Since that time, we've been working with community leaders to decrease risk factors that lead to an increased likelihood of adolescent substance use and increase protective factors that make it easy for local youth to make healthy choices. Our goal is to reduce youth substance use, understanding that we'll see positive outcomes in every person's health, education, and financial stability in Addison County if we do.

## Talk. It's Important.

During the pandemic's height, when activities were difficult to implement, UWAC teamed up with local businesses for a prevention awareness project focused on encouraging the conversation of youth substance use between parents and children. Our goal is to increase the percentage of parents who talk to their kids about the risks of substance use. To better support parents and increase the likelihood of this critical conversation, we created a Talk CAMP guide for parents.

## Parent Survey.

In 2020, we conducted the Addison County Parent Survey on Youth Substance Use to gather data that can help inform and improve substance misuse prevention programs for Addison County youth and families. View the survey results at [bit.ly/UWAC2020ParentSurvey](https://bit.ly/UWAC2020ParentSurvey).

[UWAC2020ParentSurvey](https://bit.ly/UWAC2020ParentSurvey).

## What YOU Do Matters.

Studies show that when students focus on fun, healthy behaviors, they are happier and less likely to engage in risky behaviors such as substance use. Students across Addison County participate in all sorts of fun activities and hobbies that keep them healthy and safe. Through our 2020 "Promoting Positivity" campaign, we spotlighted more than 20 Addison County youth who shared information about the activities they love to participate in and how it keeps them healthy.

## PEEPS (Partners Educating and Empowering Prevention for Success).

Our community coalition consists of many local sectors such as youth, parents, non-profits, volunteer organizations, law enforcement, faith-based organizations, policymakers, youth-serving organizations, Vermont Department of Health, Department of Lottery & Liquor Control, and more. Our coalition focuses on increasing protective factors while reducing risk factors to increase the likelihood of positive outcomes and to reduce youth substance use in Addison County.

Visit our website to learn more about our public health programming, policies, and youth substance prevention: [unitedwayaddisoncounty.org/substance-prevention-in-addison-county](https://unitedwayaddisoncounty.org/substance-prevention-in-addison-county).



Days of Caring connects hundreds of volunteers with dozens of nonprofits for two days of hard work, laughter, and making a change in our community.



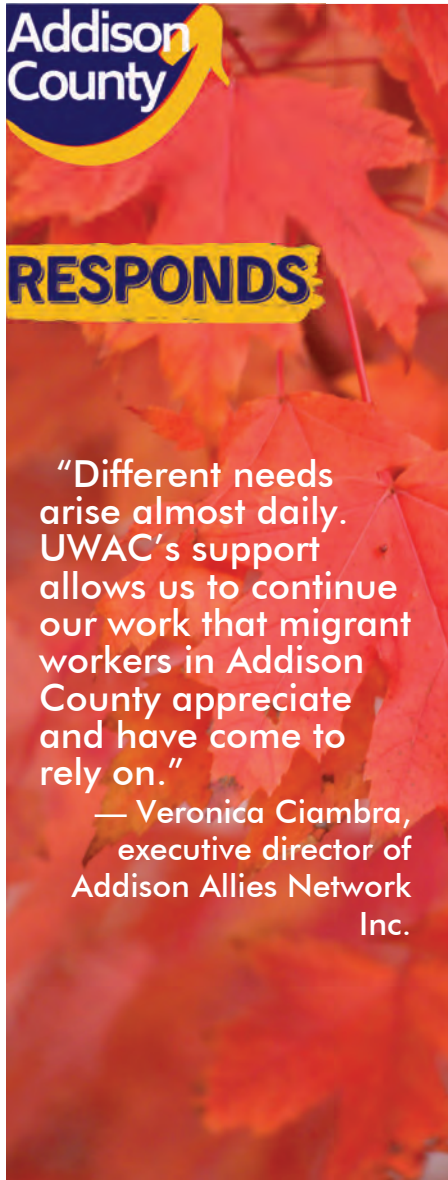
**DAYS OF CARING** volunteers do all kinds of work from heavy lifting to getting kids ready to read.

Thank you to all who participated in Days of Caring 2021!



HOW MUCH FUN was the .5K race at the United Way? If Beth Diamond is any indication it was a blast!





**Addison County**

**RESPONDS**

“Different needs arise almost daily. UWAC’s support allows us to continue our work that migrant workers in Addison County appreciate and have come to rely on.”

— Veronica Ciambra, executive director of Addison Allies Network Inc.

# Rallying to help during pandemic

In March of 2020 we launched Addison County Responds, our COVID-19 emergency relief campaign that allowed us to deploy emergency grants to nonprofit partners and provide relief funds to individuals/families nearly immediately, while also providing continued funding for our partners agencies on the front lines. Our emergency grant funding continued through Fiscal Year 2021: We provided \$21,000 in emergency funding to 10 agencies to help with pandemic-related needs. In addition, we distributed \$34,514.08 in COVID housing relief grants to the Addison County housing coalition to assist residents displaced due to the pandemic.

**Addison County Responds Grants**  
**July 1, 2020 - June 30, 2021**

- Addison County Home Health & Hospice: \$5,000
- Addison County Childcare Directors’ Network: \$3,000
- Addison County Parent Child Center: \$2,000
- Addison Allies: \$3,000
- AgeWell: \$1,000
- Lund: \$2,000
- Pathways: \$1,000
- St. Stephen’s Homelessness Assistance: \$1,500
- Starksboro Cooperative Preschool: \$1,000
- Turning Point Center: \$1,500

## Volunteering

*(Continued from Page 7)*

Service projects are a great way to build new skills and show a willingness to help others (a quality that is highly sought after). Additionally, volunteering can open paths that would otherwise remain unexplored, such as work opportunities and new interpersonal connections. In fact, I came to know about United Way of Addison County and the amazing team I work with by volunteering! Safely contributing to your community can also help establish your credibility by word of mouth and for your resume.

### IS THAT ALL?

Nope! There are many other benefits to

volunteering, and I’ve included some for you in the list below.

Volunteering can...

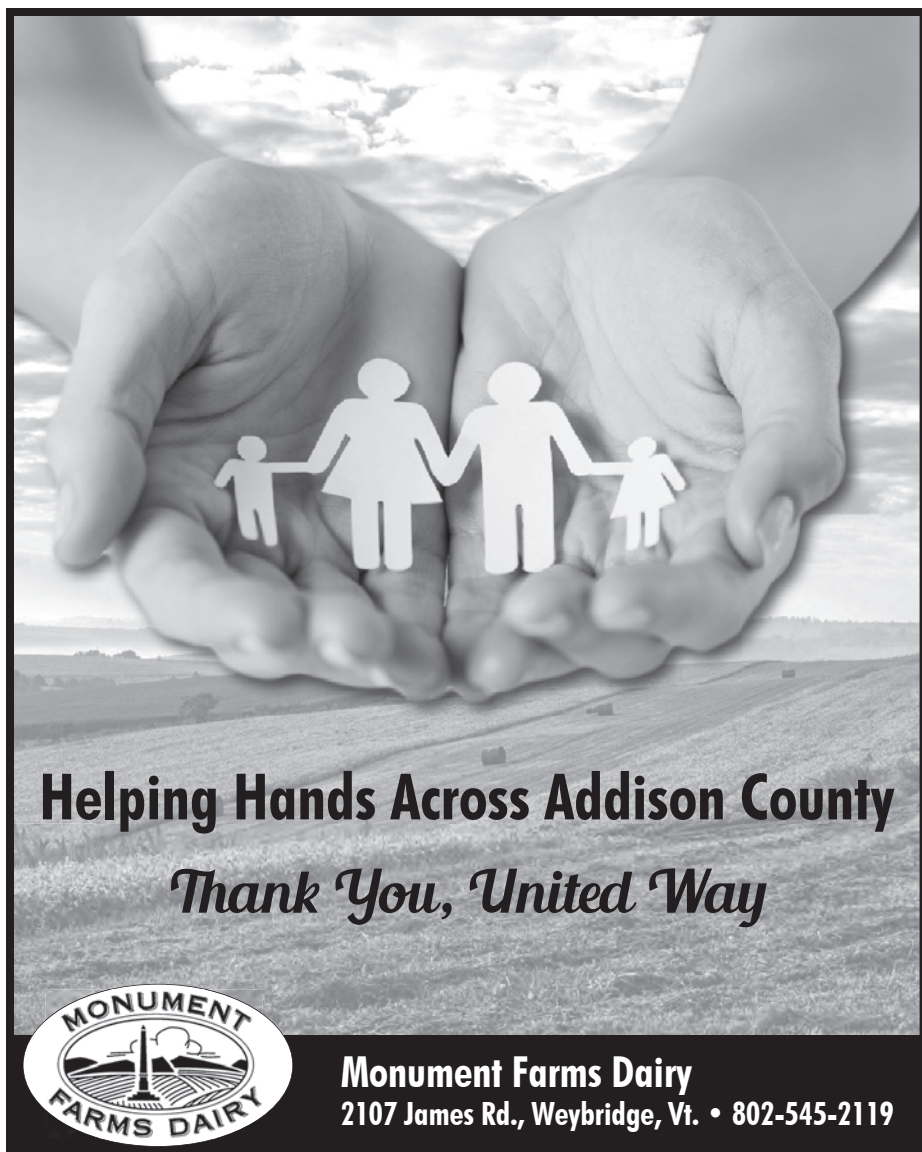
- Broaden our perspective on the world around us.
- Lead to healthy habits of helping others.
- Help us achieve better grades (there’s an association between youth who have good grades and those who engage in service activities in their communities).
- Build upon important skills such as collaboration, leadership, communication, reliability and time-management.
- Boost self-esteem as we contribute to others’ lives and gain life experience.
- Decrease potential for engaging in risky behavior (youth who participate in service projects are 50% less likely to spend their time doing dangerous activities, such as

drinking or using drugs).  
**WHERE CAN I START VOLUNTEERING?**

There are almost always organizations, groups, and families looking for people to help with a variety of different services. For now, ask your family and friends if they know of projects that you could help with, or even check in with local businesses and nonprofit organizations. Look out for a future post about volunteering opportunities in our community, Addison County, Vermont.


Want to learn more about the volunteer opportunities in our community? Check out the Volunteer Center at United Way of Addison County online at [volunteer.unitedwayaddisoncounty.org](http://volunteer.unitedwayaddisoncounty.org).

*Sean Davison is a Youth Coordinator with United Way of Addison County.*

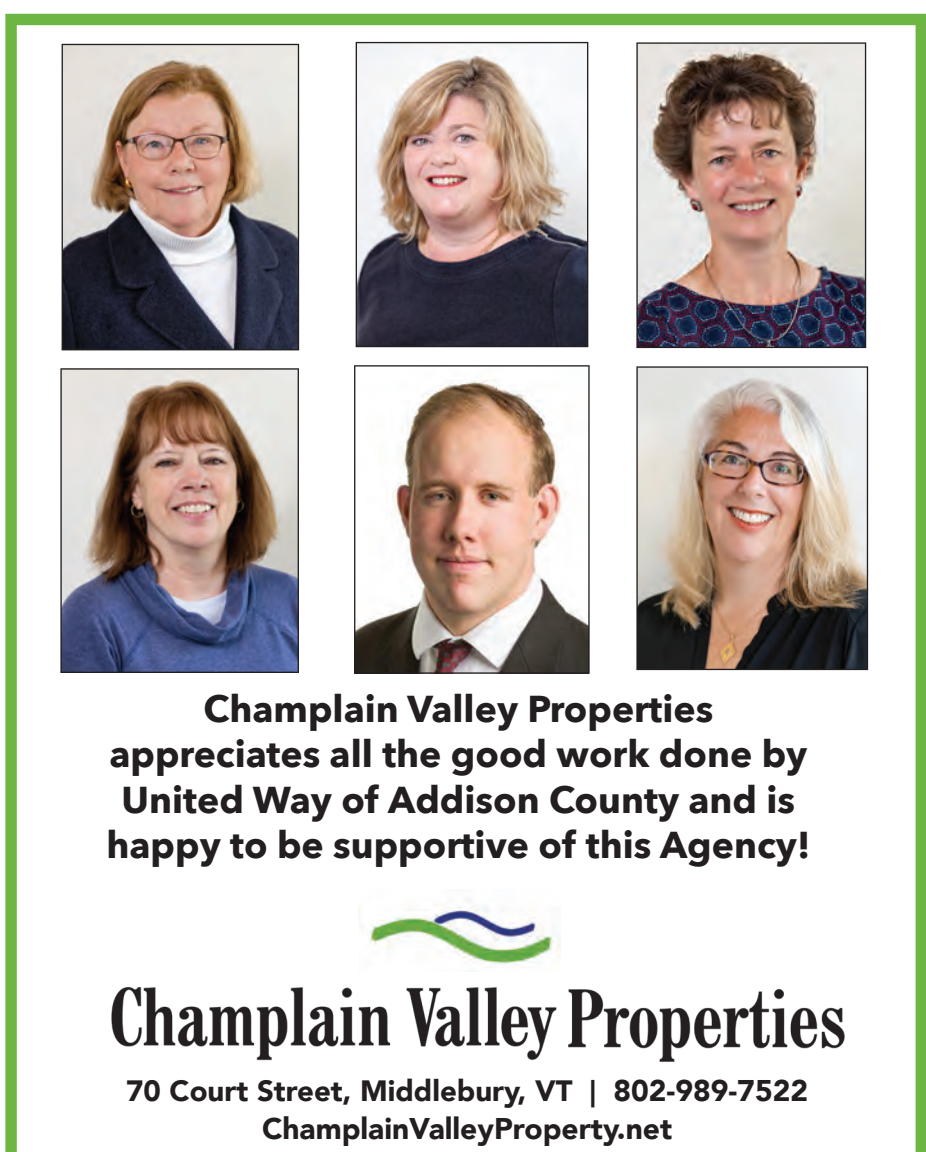


**Helping Hands Across Addison County**


*Thank You, United Way*



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**Champlain Valley Properties**  
 appreciates all the good work done by  
**United Way of Addison County** and is  
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**Champlain Valley Properties**  
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# Ready to LIVE UNITED

United Way of Addison County is working with our community partners and the 30 nonprofits that we proudly support to reimagine how Addison County can better support those who need us most, and we're driving toward that. But we can't do this alone - we need your help.

The intersection of COVID and inequity has only widened the gap in health, financial stability, and education. Your generous support of UWAC helps the most vulnerable people in Addison County stay in their homes, feed their families, keep the lights on, flee unsafe situations, and more. Your donation helps close the divide and give every person an equal opportunity to succeed.

**Strong communities need a strong United Way. Strong communities need people who are ready, not "to be there," but Ready to Live United.**



**Make your gift today at [UnitedWayAddisonCounty.org](https://UnitedWayAddisonCounty.org)**