

# The power to CHANGE a story

## WE'RE FIGHTING FOR

### CHILDREN



#### Quality Childcare & Early Childhood Education

734 children attend quality childcare programs through three different program options.

#### Support for New Parents

ALL new parents receive basic information and resources at both local health systems when they welcome a new baby.

#### Out of School Time Care and Opportunities

1,005 youth participate in 8 different out of school time care options.

#### Youth Outreach & Development Opportunities

1,451 youth are matched with a mentor through three programs.

#### Physical & Mental Wellbeing

331 children receive free dental care through two programs.

### PEOPLE IN CRISIS



#### Family Support

251 at-risk families receive intensive case management, nursing services, and support through two programs.

#### Housing Stability, Financial Care, & Career Empowerment

621 families and individuals utilize transitional housing or support to attain or maintain stable housing through three programs.

#### Care for Victims of Violence & Sexual Assault

4,115 individuals access safe shelter, crisis intervention or counseling services through three programs.

#### Mental Health Care

3,022 individuals have access to mental health care and support through five programs.

#### Community Crisis Resources

41,049 calls, emails, texts, or online inquiries are provided information, resources, referrals, and volunteer opportunities.

### VULNERABLE ADULTS



#### Community Connections & Quality of Life Experiences

191 older adults are connected to the community through outreach support, volunteer social opportunities, and career resources within three programs.

#### Stabilize Health & Lengthen Independent Living

313 caregivers utilize care during the day for their loved ones, support groups, and additional resources through three programs.



# CHILDREN *in need*

Sioux Empire United Way invests in our community's youth. We provide quality, early childhood education and ensure that school-age youth have a safe place to be when they're not in school, but cannot be at home. Mental health care is a priority and available to students through their schools. Investing in children is investing in our community's future. Your gift to Sioux Empire United Way helps:

**734 children** are provided with a quality childcare program that provides age-appropriate care and education. The Federal Reserve Bank of Minneapolis documents that early childhood education is an economic investment – **for every \$1 spent on early education, you see a \$7 return later in life.**

*"We love Boys & Girls Clubs so much. The staff is part of our family and I can't imagine the girls not being here." Alice is now thriving in the pre-k room and on target developmentally. Dahlia is also experiencing gains particularly in her vocabulary, talking in full sentences. She also is recognizing shapes and colors.*

**10,612 books** are mailed to children under the age of five each month. One study reports how **when children are read to for one hour per day, they enter school with a vocabulary three times larger** than students who are only read to 30 hours total during their first five years.

*"This kid loves to read," mother Kendra noted about her son Brantley, just before Brantley was presented with Sioux Empire United Way's 2,000,000th book through Dolly Parton's Imagination Library program.*

*"As a new grandpa whose granddaughter has now received six books from Imagination Library, I love those moments of sitting and reading to her," stated Dr. Dan Heinemann, 2019 Sioux Empire United Way Board Chair. "We learn to read, so we can then read to learn, and that is why this program is so important, to create that love of reading at an early age."*

**331 students** were provided counseling sessions at more than 40 are schools. This enables students to have **mental health care** in their school.

*"We are so excited about the opportunity to provide access to mental health care in our local schools through this innovative program. PATH is a great example of people in our community working together to solve local programs and of what makes our local United Way so special," said Rebecca Kiesow-Knudsen, President and CEO at Lutheran Social Services of South Dakota.*



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# VULNERABLE *adults*

“Before my husband got sick, I took good care of myself, but when he couldn’t take care of himself anymore – I forgot about me.” A caregiver noted her appreciation of the support she has found. United Way is committed to providing assistance to help vulnerable adults maintain their independence and their sense of community.

**262,344 meals** are provided to people ages 60 and over in a congregate or home-delivered setting. Older adults require nutrient-rich foods for **healthy aging** and prevention of chronic disease.

*“My mom is 99 years old and still lives alone in her own home. She loves being here, but can barely get around even with a walker. She is on a limited income so Meals on Wheels has been a Godsend. These nutritious tasty meals provide her with usually enough food for two meals. She looks forward to them and the interaction with the delivery people. Thank you for the much needed service from the bottom of our hearts!” – Daughter of Home Delivered Recipient*

**69 older adults** are paired with a volunteer for social and recreational purposes or receive routine phone call checks – which helps **reduce feelings of loneliness and increase their connection to our community.**

*Sharon has expressed on several occasions how thankful she is for the Better Together program. Thanks to her volunteer, she has been able to experience her new community. She has been to Falls Park, Christmas at the Cathedral, the Sculpture Walk, and various concerts. Sharon was even able to visit her family’s homestead in Madison with Donna. She has shared that she never would have been able to do any of these things as she did not know anyone who would be able to take her, let alone someone who would enjoy the experiences with her.*

**136 individuals** with disabilities are provided with social, recreational, and quality of life activities to improve their relationships with peers and our community. Inclusive recreation allows for **improvements in physical well-being, prevention of secondary conditions, and social growth.**

*Natalie has been assisting Shirley in working on the garden together for two years. They love working on the garden, not only growing vegetables, but also growing a friendship. Their time together is enriching to everyone involved. Natalie enjoys volunteering and being a mentor because she loves to teach Shirley how to grow items in the garden. Shirley loves working on the garden and seeing all the harvest at the end of the season!*



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# PEOPLE *in crisis*

In times of uncertainty, at-risk populations need a place to turn. Stable housing, access to food, and mental health services are all made possible through your support of Sioux Empire United Way.

**216 children and their families** participated in an early intervention program that addresses family health, mental care, and stability needs.

*"Our girls have established positive relationships through counseling and continue to learn how to take care of themselves mentally and physically. We continue to grow as their parents and as spouses through counseling. We have had support to get us through many evaluations and an autism diagnosis for our younger daughter. We continually learn how to better ourselves individually and as a family," said an Avera Family Wellnes Program participant.*

**3,616 individuals** had access to **mental health** counseling services and mental telehealth services.

*"Having access to affordable counseling has changed my life. I started counseling due to unhealthy relationships with my parents and a challenging work situation. I came in feeling worthless and not really sure if counseling would help. I realized the benefit of therapy right away," said a Family Service client.*

**41,049 calls/emails/texts** for information and resources were received by 2-1-1 last year. Community members can find **listening and support**, as well as resources for a variety of needs.

*"It would be great if we can all hold onto the true importance of community and never take that for granted again," said Janet Kittams, CEO of Helpline Center in regards to her our community's response to COVID-19.*



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