

# Gratitude & Giving Calendar

MONTH: \_\_\_\_\_

Use this calendar along with your “bank” (can) to engage with your children, practice their math skills and learn more about what we all do to make a difference in our small community. After completing the 28th day, bring your can to the United Way of Southern Chautauqua County office or your nearest Southern Chautauqua Federal Credit Union and we will process your donation.



## CHANGE DOESN'T HAPPEN ALONE

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>There are families in our community who can't afford personal hygiene items like soap or toothpaste because SNAP benefits (food stamps) do not cover them. <b>Give 25 cents for every toothbrush in your house.</b></p> <p>The <b>Salvation Army</b> provides personal hygiene items as part of their food pantry program.</p>	<p>It's difficult to learn when you can't see the board or the test. Give 10 cents for every set of eyes in your home. <b>Make your parents pay \$1 if they have glasses or contacts.</b></p> <p>The <b>Chautauqua Blind Association</b> provides free vision screening to children under 5 so they can enter school ready to learn.</p>	<p>By age 5, 90% of the brain's capacity is already developed. <b>Give 5 cents for every book or toy that has helped you to learn.</b></p> <p>The <b>Chautauqua Lake Childcare Center</b> provides high quality day care and early childhood education scholarships to working families through United Way.</p>	<p>Many seniors face the threat of hunger. <b>Give 10 cents for every meal or snack you have eaten today.</b></p> <p><b>Meals on Wheels</b> provides a nutritious meal and a caring volunteer to homebound seniors in our community.</p>	<p>Having close friends can bring out your best qualities, be a positive influence and help you make good choices. <b>Give 10 cents for every friend you have.</b></p> <p><b>Mental Health Association</b> provides peer coaches to provide support for those in recovery from substance abuse.</p>	<p>Kids who have three or more adults who support them feel happier, more hopeful and do better in school. <b>Give 25 cents for every adult that supports you.</b></p> <p><b>Chautauqua Striders</b> provides opportunities for mentoring youth in our community to make a positive impact on their future.</p>	<p>After a disaster people need mops, gloves and soap to clean their homes. <b>Give 5 cents for each item in your house that helps you clean your home.</b></p> <p>The <b>American Red Cross</b> helps families in our community after a disaster like a house fire with emergency housing and supplies.</p>
<p>638 people in Chautauqua County experienced homelessness last year. <b>Give 25 cents for every sleeping bag and bed in your house</b></p> <p>The <b>UCAN City Mission</b> provides beds for homeless men in our community and helps them find homes so they can have safe consistent housing.</p>	<p>Almost 30% of families in Jamestown live on \$33 a day or less for family of 4. <b>Give 30 cents for every job you've dreamed about doing.</b></p> <p>The <b>Resource Center</b> provides job skills training and employment support to help people find work.</p>	<p>Using drugs slows brain activity and damages nerve cells making it harder to learn or get a job. <b>Give 25 cents if you already knew about the dangers of drugs. Great job!</b></p> <p><b>Prevention Works (CASAC)</b> provides alcohol and substance abuse prevention education and intervention programs in all Chautauqua County schools.</p>	<p>Kids that regularly spend time in sports, clubs or youth programs have higher self esteem and better leadership skills. <b>Count the number of times you participated in these activities and give 10 cents for each one.</b></p> <p>The Winifred Crawford Dibert <b>Boys &amp; Girls Club</b> provided club activities to over 1500 kids last year.</p>	<p>Only 41% of people who had a mental health disorder in the past year received professional help. <b>Smile at each other and give \$1 if someone ends up laughing.</b></p> <p><b>Family Service</b> provides mental health counseling to home-bound individuals, offering sliding fee services or through funding from the United Way.</p>	<p>Last year, 719 Chautauqua County youth dropped out. <b>Give 25 cents for every grade level you've passed.</b></p> <p>The <b>Relief Zone</b> in Frewsburg provided tutoring to local students in their after-school program.</p>	<p>The Elderly are more vulnerable to becoming ill or depressed when they don't remain independent in their homes. <b>Give 50 cents for every senior that is a part of your life.</b></p> <p>Through United Way scholarships, <b>Chautauqua Adult Day Services</b> provides aging citizens a loving, community environment during the day.</p>
<p>A community that values its youth creates kids that grow up to be healthy leaders who value diversity and succeed in school. <b>Give 25 cents if you live in a community that loves you.</b></p> <p><b>Cornell Cooperative Extension</b> provides leadership programs and scholarships to 4-H through United Way.</p>	<p>The average homeless family in the U.S. stays in a shelter for 7-12 months before moving to permanent housing. <b>Count the number of rooms in your house and give 10 cents for each one.</b></p> <p>Last year, the <b>YWCA "Transitions"</b> Program provides provided temporary, supportive housing to 36 women in children in our community.</p>	<p>50% of all female business leaders were once girl scouts! <b>Give 50 cents if you know a woman that is a leader.</b></p> <p><b>Girl Scouts of WNY</b> provides STEM and leadership activities for girls in our community.</p>	<p>Research shows that young people who learn to make good decisions and plan ahead do better in school. <b>Make a list of everything you need to do tomorrow and give 5 cents for each item on your list.</b></p> <p><b>Junior Achievement of WNY</b> volunteers provided programs that fostered work readiness, entrepreneurship and financial literacy skills.</p>	<p>Access to transportation is a challenge in rural areas, especially for seniors who may not drive. <b>Give 50 cents for each vehicle your family owns.</b></p> <p>Last year, <b>Community Connections of Findlay Lake</b> helped 48 seniors in rural areas make it to medical appointments.</p>	<p>Young people are more likely to grow up healthy when their parents are involved in their education. <b>Give 50 cents if either of your parents have ever helped you with homework.</b></p> <p><b>Jamestown Community Learning Council</b> provides "Parents As Teachers" home visitors to provide support and encouragement parents need.</p>	<p>Only about 51% of youth feel safe at home, at school and in their neighborhood. <b>Count the number of door locks in your home and give 10 cents for each one.</b></p> <p><b>CASA (Court Appointed Special Advocates)</b> provides a powerful voice for abused and neglected children in the foster care system.</p>
<p>Young people who are optimistic about the future have increased self-esteem and decreased emotional or behavioral problems. <b>Give 25 cents if you feel hopeful about the future.</b></p> <p><b>Child Advocacy Program's</b> mission is to bring hope and healing to children by ending child abuse in Chautauqua County.</p>	<p>Young people who spend three hours or more a week in involved in the arts are more likely to grow up healthy. <b>Sing a song and then give 50 cents, no matter how it sounds!</b></p> <p><b>Infinity Visual &amp; Performing Arts INSTILL</b> leadership program provides support and opportunities to serve as role models for others.</p>	<p>Young people who serve others in the community for one or more hours a week are more apt to be respectful of others, helpful and kind, and patient. <b>Give 25 cents for every time you helped someone without being asked.</b></p> <p><b>Boy Scouts of America, Allegheny Highlands Council,</b> encourages their troops to "help other people at all times" as part of their Scout's Honor.</p>	<p>Seniors who volunteer live longer and report better health by staying active physically and socially. <b>Give 25 cents for every grandparent have in your life.</b></p> <p><b>RSVP (Retired Senior Volunteer Program)</b> has 125 volunteers that support many key community organizations in our area.</p>	<p>Last Year <b>United Way Volunteer Income Tax Assistance (VITA)</b> volunteers did over 800 tax returns for free for households in our community.</p> <p><b>Give 20 cents just to say thank you to the 20 volunteers who did all those tax returns to help working families and seniors in our community.</b></p>	<p>Parenthood can be overwhelming. From nutrition, to developmental milestones, to safe sleep, there is a lot for new parents to learn. <b>Give 5 cents for each way your parent has helped you today!</b></p> <p>Every year, United Way distributes diapers, baby items, strollers, and other items through its <b>Community Baby Shower.</b></p>	<p>In today's world there are many ways we communicate or get information. Give 25 cents for every phone or computer in your house.</p> <p>When you're in need of help, <b>Call 211</b> and a trained operator will answer your call and connect you to a local agency that can help you.</p>

## UNITED WE FIGHT. UNITED WE WIN. LIVE UNITED.

All programs listed above are funded in part by United Way. Each year we raise \$1.3 million to help fight against our community's most critical and complex problems.

**100%** of every donation remains in Southern Chautauqua County.



**UNITED WE FIGHT.  
UNITED WE WIN.**  
LIVE UNITED

UNITED WAY OF SOUTHERN CHAUTAUQUA COUNTY  
INVESTS STRATEGICALLY, MEASURES CAREFULLY, AND  
HOLDS OURSELVES ACCOUNTABLE FOR THE BEST RESULTS  
WITHIN OUR COMMUNITY!

**JOIN THE FIGHT ►**

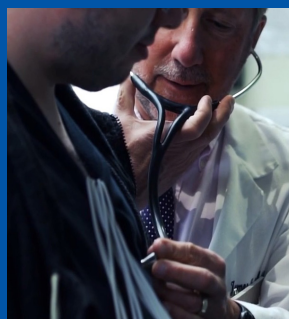


**4,398**

4,398 Children & Youth impacted.

**772**

772 Children received vision screening.



**6,353**

Met basic & emergency needs 6,353 times.

**1,074**

1,074 seniors remained in their homes.

**204**

204 individuals found safe & stable housing.

## ACADEMIC SUCCESS

## HEALTH & INDEPENDENCE



**2,689**

2,689 youth completed a career exploration program.

**103**

103 adults found paid work.

## SELF-SUFFICIENCY

**450**

450 individuals received assistance with barriers.



## READY WORKFORCE



**\$910,000**

VITA (Volunteer Income Tax Assistance) tax returns were processed in 2019



Southern Chautauqua FCU has been awarded the Juntos Avanzamos (Together We Advance), designation for our commitment to serving the Hispanic community through financial services and asset-building opportunities!

[www.665-7000.com](http://www.665-7000.com)

### UNITED WAY OF SOUTHERN CHAUTAUQUA COUNTY

## CHANGE DOESN'T HAPPEN ALONE

INSTEAD OF  
BUYING A  
LOTTERY TICKET

YOU CAN  
GIVE **\$2** /WK  
(\$104 per year) TO PROVIDE



Free vision screening to almost 5 children under the age of 6 via the Chautauqua Blind Association.

INSTEAD OF  
BUYING A  
LATTE

YOU CAN  
GIVE **\$5** /WK  
(\$260 per year) TO PROVIDE



1 teen with work readiness programming at the Eastside YMCA teen center.

INSTEAD OF  
BUYING A  
CAR WASH

YOU CAN  
GIVE **\$10** /WK  
(\$520 per year) TO PROVIDE



25 parents of teens an evidenced-based program including conversations on: Technology and teens, teen drug abuse prevention, teen bullying, adolescent brain development, improve discipline and communication, and sexuality issues. Prevention Works (CASAC)

INSTEAD OF  
BUYING A  
MOVIE TICKET

YOU CAN  
GIVE **\$15** /WK  
(\$780 per year) TO PROVIDE



8 weeks of prevention programming sessions for 10 teen members at the Boys and Girls Club.

INSTEAD OF  
BUYING A  
DINNER OUT

YOU CAN  
GIVE **\$20** /WK  
(\$1,040 per year) TO PROVIDE



60 counseling sessions with Family Service of the Chautauqua Region for children within the school districts we serve (Jamestown, Frewsburg, Clymer, Sherman, Chautauqua Lake, Randolph)

INSTEAD OF  
BUYING A  
MASSAGE

YOU CAN  
GIVE **\$50** /WK  
(\$2,600 per year) TO PROVIDE



9 weeks of group counseling sessions for 10 children at the Salvation Army ANEW Center's Children & Family Outreach Program.

United Way Community Programs **Last Year** **24,000** made an Impact **times.**

[www.uwayscc.org](http://www.uwayscc.org)