

## About the American Cancer Society

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well by preventing cancer or detecting it early; helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing more than \$3.4 billion, we turn what we know about cancer into what we do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us any time, day or night, at 1-800-227-2345 or visit [cancer.org](http://cancer.org).

## Arthritis Foundation

<http://www.youtube.com/watch?v=JtpCxVsdv-E>

Here is part of a letter just received from a mother who was able to attend the annual Juvenile Arthritis Conference this past summer with her family:

As I sit at home trying to think of words that will adequately express my family's gratitude, I am brought to tears. Until now, we had never attended a JA conference, largely to financial constraints—an obstacle your foundation removed for us. What did the conference mean to us? To understand the answer, you have to know what it feels like to be completely overwhelmed, not knowing who to go to for answers or what answers to trust. You have to know what it feels like to desperately want your child to grow up and have a healthy and normal life, but you cannot be sure that will happen. The conference empowered me, and my family, simply by surrounding us with other people who knew what we were going through, and by providing us with up-to-date, accurate information. I felt further empowered by finding out what I can do to help the Arthritis Foundation as an advocate—and just why that is so important. Instead of feeling like a powerless victim of this dreadful disease, I learned several things I can do to help—and I met an amazing network of people I can go to.

This was part of the letter from the child with Juvenile Arthritis who attended:

Dear Arthritis Foundation,

Thank you so much for allowing me and my family to attend the National Juvenile Arthritis Conference. I learned fun ways to take care of my body. I had a lot of fun. It was cool to see that so many kids have the same disability as me! I made some great friends there. I found some of the speeches given very inspirational. I hope I can attend next year.

## **Black United Fund**

The Black United Fund of Tennessee works to provide communities and organizations in the following manner:

- Supports The Links Incorporated Shelby County Chapter and its Signature Program, The Leadership Academy. This program is a mentorship with the Boule', a professional men's organization with young men of High school age, using a curriculum devoted to life skills;
- Supports the Youth Entrepreneurship Summer Internship Program which teaches middle, high and college students in the steps needed to write their business plan, along with an internship with the particular business they wish to own;
- Tuition and/or non-tuition costs for college;
- Classroom grants are awarded to teachers who wish to augment allotted supplies and materials for the classroom;
- Tuition for elementary students to attend an arts and acting after school program.
- Large and Small organizations that work within the community to help those who are under-resourced.

## **BURNT CS030**

Burnt filed a lengthy appeal with the State Attorney General of a "Waste Reduction Rule" approved by the Solid Waste Control Disposal Board. "Once again, the State Board serves the solid waste industry and not the citizens" said Bruce Wood, president of BURNT. The issue that BURNT is concerned about is the approval of a new rule which did not follow very specific requirements of Public Chapter 0462 that the board consider specific requirements including "... the use of incentives, disincentives, public education, costs and benefits of recycling, and the widely varying circumstances of the different solid waste regions." The board simply ignored this provision of the law. The long term impact is that authority previously granted to the General Assembly will be under control of the State Board. We have a clear pattern of abuse by the state of Tennessee in solid waste and landfills. Out state demonstrates a commitment to the profits of two multi-national landfill corporations rather than generating thousands of jobs from recycling and composting.

## **Center for Independent Living of Middle Tennessee CS400**

The CIL-MT provides free employment assistance to individuals with disabilities living in Tennessee to work toward achieving their employment goals. People with disabilities face numerous barriers to employment like transportation, accessibility, and on-the-job accommodations. Our program aims to break down these barriers and support individuals in their return to work efforts. One service offered is computer/technology training.

CIL-MT staff provided one-on-one instruction to a consumer who is blind on how to use the computer, including email, and how to communicate effectively using the iPhone. Additionally, staff assisted the consumer to advocate for reasonable accommodations to be made for taking the LSAT. Shortly after,

she began law school and made the Dean's List last semester. Her career goal is to open a private practice. The CIL-MT also helped her to acquire accessible textbooks and provides ongoing assistance to help her live independently and to reach her work goals.

### **Governor's Books from Birth Foundation**

“Our grandson Dashiell is one of the many children who are receiving your books through this wonderful program. He is now two-and-a-half years old. He is learning to read and spell short words, and he knows all of the basic skills needed to complete Kindergarten (and loving every minute of it)! We give a lot of credit to the books, which he takes to bed with him. Dashie is an astonishing little guy, learning to count all the way up to 22 without any "coaching" from either parent. I forgot to mention he is also rhyming words and trying to get other children to do it, too.

Thank you a million times. We tell everyone we know about this program, especially expectant parents and grandparents. It is priceless.”

– A grandmother in Nashville

# Habitat for Humanity



## March of Dimes

Each week in the state of Tennessee, **240** babies are born prematurely. In 2010, the Tennessee Chapter of the March of Dimes invested more than \$3,000,000 in Tennessee for program services, including national research grants, community grants, and local public and professional education. Through these grants, the March of Dimes works to improve the health of babies. For the latest resources and information, visit [marchofdimes.com/tennessee](http://marchofdimes.com/tennessee), [nacersano.org](http://nacersano.org), or [givingmatters.com](http://givingmatters.com)

## Mercy Children's Clinic

The patient, Diego R. (not his real name), first came to the clinic as a 1-month old. He had been diagnosed with a congenital heart defect and was having problems with gastro esophageal reflux disease (GERD) when I first evaluated him. The family seemed confused with his cardiac diagnosis and was thankful to be able to converse with me in their native language. I was able to retrieve his records from the hospital where he was born, go over his medical history with the family, and examine him. During my examination, I noticed that he had a right-sided hernia, which needed repair. I made a referral to both a Spanish-speaking cardiologist who sees most of our Hispanic patients and a urologist. I also placed him on a different formula for his GERD. At a visit subsequent to these referrals, I was happy to note that the cardiologist diagnosed the patient with only a mild heart defect that should resolve on its own. Also, the urologist had successfully performed the patient's hernia surgery. I was able to clarify some important details of the hernia surgery with the family, which they appreciated. In addition, I was able to give the family free samples of the formula the baby had been taking, since it was not covered by the WIC program. The formula had helped some with the patient's GERD. The family has always been thankful for their care, and they continue drive one-hour from their home to the clinic to receive care at Mercy.



**Lupus Foundation of America, Mid South Chapter**

<http://www.youtube.com/watch?v=8Q865LOt9lg>

<http://www.youtube.com/watch?v=85lcd9niDew&NR=1>

**Middle Tennessee Council of the Blind (MTCB)**

The Middle Tennessee Council of the Blind (MTCB) is a 501.C.3 organization. Our mission is to provide insight into life without sight. Our organization is open to everyone (blind, low vision and sighted) of any race, creed or religion.

We maintain a remote telephone line to provide information about emotional support, resources, services, equipment and adaptive devices to callers. We attend many various events and pass out our informational brochures to interested parties. Additionally, we visit both Tennessee State and Federal political leaders to ask for support of bills of interest to blind and visually impaired individuals.

We provide both social and community event participation to our members. We hold a monthly Supper Club, a summer picnic, a fall outing for an outdoor cookout with horse back riding and a hay ride, as well as a Christmas Dinner in December and support our local events like the Wilson County Fair and various fundraising events benefiting the community at large.

We participate in bowling, golfing, tandem bike riding, fund-raising walks, and ballroom dancing for exercise and sport. We also subsidize audio described plays at the Tennessee Performing Arts Center (TPAC) and audio described movies at Regal movie theaters for our members.

All our effort is provided through volunteers and we have no paid staff. We recently took 21 of our members to Knoxville to attend our annual TCB State Convention and we provided the transportation over and back for the members who wanted to attend.

TCB also has chapters in Knoxville, Crossville, and Memphis. We are currently involved in an effort to revitalize the Chattanooga Chapter.

New members are always welcome and we always seek donations of goods and money in order to continue our fulfillment of our mission.



### **NAMI Tennessee (National Alliance on Mental Illness) CS180**

Life was total chaos and confusion. Denise was at risk of losing everything; her job, her husband, children, home...everything that was important in her life. Nothing was working right no matter how hard she tried. Denise, diagnosed with Bipolar Disorder, was institutionalized about eight weeks out of every year. She desperately needed help and it came in a surprising form. Her husband found NAMI (National Alliance on Mental Illness), a group that understood the problem and offered him support. As he learned about her mental illness he stopped blaming her. He actually started to help. Feeling his support, Denise was able to take steps in building her own recovery. Last year she didn't have a hospitalization...not one. She didn't need it because she found support that helps her manage her illness. Instead of being in the hospital, you can find her volunteering once a week at NAMI.

Last year NAMI Tennessee helped over 7,500 callers on their Resource Helpline, over 5,000 people who attended support groups and almost 300 people who attended free education classes. You or someone you love has a mental illness. That's why there's NAMI.



### **People For Animals CS501**

First her family moved into a motel where she wasn't allowed. Then her *caretaker* turned her loose in a dangerous area where Mario found her. Knowing the pain of homelessness himself, Mario rescued her. Named Little Bo, the Ihasa mix needed to be spayed; so Mario called People For Animals for help with the cost. His other "rescued" dogs are neutered, vaccinated and well-fed. While the six of them live in a friend's barn, Mario says, "They have filled the void in my life, given me a reason to get myself back together and work hard so I never let them down." Now every day he sells *The Contributor* near Hermitage. Last year People For Animals helped caring, struggling pet owners with 1006 spays and neuters!

## Prevent Child Abuse Tennessee CS503

Looking down at that sweet tiny baby no one would believe it could turn into a screaming banshee at 2 AM. But it happens! What do you do when no sleep and lots of crying stress you to the max? Last year 6500 new parents learned how to deal with the stress of a crying baby in a way that is safe, committing to the well being of their baby before they left the hospital. Giving parents the resources they need to care for their baby has resulted in parenting knowing what to do and telling us 99% of the time we should share this info with every new parent before they leave the hospital. This is what preventing child abuse is all about.



## St. Jude Children's Research Hospital

Here is DJ's story:

DJ  
10 years old  
Tennessee  
acute lymphoblastic leukemia

When DJ was 5 years old, doctors discovered he suffered from acute lymphoblastic leukemia, the most common type of cancer in children. He was referred to St. Jude Children's Research Hospital, where he began receiving chemotherapy. He suffered a relapse midway through his treatment, and received radiation along with continuing chemotherapy. Today, DJ is doing well. He completed treatment in 2008 and returns to St. Jude for regular checkups. He's a big-hearted boy who loves to watch cooking shows and play with his little brother. When he grows up, DJ wants to be a chef.

## Salvus Center

In August of 2008, Brian DePalma went to a hospital emergency room for extreme pain, and was referred to Salvus Center. Dr. Hill evaluated Brian and arranged for a CAT scan which determined he had non-hodgkins lymphoma and a mass on one kidney and on his pancreas. After biopsies and referral to an oncologist, Brian had chemo treatments, a transfusion and radiation treatments. Brian's lymphoma is now in remission, and he remains a patient at Salvus Center. He says "Dr. Hill and the entire staff take time to listen to you and explain your condition. They are concerned about their patients."

## Siloam Family Health Center

The mission of Siloam Family Health Center is to share the love of Christ by serving those in need through health care. A staff of 30 and more than 450 volunteer physicians, nurses, interpreters, pastors and others provide care designed to meet the physical, emotional and spiritual needs of low-income, uninsured patients. Thanks to a network of relationships with specialists, labs, and hospitals, Siloam can provide affordable, comprehensive care that goes far beyond what is typically found in a small clinic setting, enabling it to serve some of the sickest patients in the area. In the 2009-10 fiscal year, Siloam completed 19,344 patient encounters.





Tennessee Wildlife Federation



## **TN Hemophilia & Bleeding Disorders**

The Tennessee Hemophilia and Bleeding Disorders Foundation has impacted and enriched our lives greatly. From the educational programs to camp, we have been supported, educated, and able to better advocate for our sons needs. As well as, the bleeding disorder community as a whole. Our 16 year old son has severe hemophilia a with inhibitors. He struggles weekly with bleeds, treating those bleeds, school, jobs. We as a family struggle with finances, insurance and exhaustion. Without the support of the foundation we wouldn't be... 16 years ago our world was crushed when our son was diagnosed, after being accused of child abuse twice, and today thanks to the Tennessee Hemophilia and Bleeding Disorders Foundation, we stand as strong, active members of the bleeding disorders community.

### **TN Hemophilia & Bleeding Disorders (2)**



Two year old Taj DeLoach Offiong has Severe Hemophilia A. The disease was a total shock to our family. Hearing the news was like waking up in a rain forest and having no sense of direction. The Tennessee Hemophilia Foundation has thrown Taj and the family a life line by providing the most important things needed to live with this disease. THBDF has given us a support system, a family and the continuous education needed to be a good caretaker for a child with hemophilia. THBDF gives “hope” and “encouragement” and assurance that we can; Taj can and will survive this and live a normal healthy happy and secure life.

### **Juvenile Diabetes Research Foundation, Middle TN Chapter**

<http://www.youtube.com/watch?v=OqwiAi5awlc>

**Community Health Charities**

<http://chcmedia.s3.amazonaws.com/MediumDonorVideo.wmv>

**The Leukemia & Lymphoma Society, TN Chapter**

<http://www.youtube.com/watch?v=2G3FeBAMVU0>

<http://www.youtube.com/watch?v=Cinv9ZduruQ>

<http://vimeo.com/10731005>

## United Way – Disaster Victims

Beverly and John Collier had no idea they would be flood victims when the rain started in early May. Beverly went shopping to buy her son's bulldog a bone. Upon returning she realized her street was flooded, so she parked elsewhere and walked home. Immediately Beverly and her husband, John, tried barricading the doors to keep the waters from coming in but they were not successful. By the next day the first floor was completely flooded and outside water was almost to the top of the mailbox. After being rescued, the couple and two dogs were provided shelter by some of their son's friends. The Colliers are like many residents in Tennessee. Beverly, a new small business owner, was at a complete loss of where to turn for help, and her shop Salon Utopia was scheduled to open the following Monday. Exhausted and distraught, Beverly was directed to United Way by one of her clients. A United Way partner agency contacted the Colliers and immediately began helping to restore normalcy in the family's life. With assistance and volunteer labor coordinated by the United Way's Long Term Recovery Committee and funds from FEMA, the couple was able to purchase materials and repair the damages. "I've told everyone about United Way ... I had no idea United Way does as much as they do," Beverly says. United Way volunteers, co-workers, and family members continue to support and help the Colliers to rebuild their home. "I've never been so devastated and uplifted at the same time," Beverly says. "I have never walked a walk like this in my life – this is amazing."

Imagine waking on a bitterly cold winter night to find your home on fire. It happened one night last winter to a family of five in the Baxter area. Everyone escaped, but the flames drove them out of their home without shoes or socks, or coats. They watched as their home was consumed by the fire, but they were comforted by a disaster team that offered them shoes, blankets and hot drinks – American Red Cross. Then, the team found them emergency food and shelter, so they could begin to rebuild their lives. The mother said it all: "What would we have done without you? Thank you!"





### **United Way – Families in Crisis**

A young elementary school girl who was a good academic achiever began to skip school and fail her tests. Her teacher learned that the girl had been staying up at night to prevent her father from abusing her mother. The Legal Aid Society has a partnership with the Family Resource Center in the schools and United Way. The Legal Aid attorneys removed the husband from the home, required him to provide child support and helped the mother get benefits and health insurance for the children. The family is now stable and the young student is again a leader in her class.

Keri thought her world had turned upside down the day her husband walked out the door. Just three weeks before the birth of their second child, he had decided to leave and abandon their family. Keri was left with a young child, another on the way, no income, only the most meager amount of food, no winter clothes, and bills yet to be paid. “I was overwhelmed, I had no idea what to do,” Keri said. Keri was put in touch with one of United Way’s partner agencies which encouraged her, provided clothing for her child and made sure diapers, bed sheets and infant toys were available for the baby on the way. Keri was elated that her child and arriving baby would have food and other basic necessities. “When my husband left I was pregnant, alone and completely discouraged. When we got help and I knew we were going to survive, it helped me get back on my feet,” Keri said. With support from the agency’s staff, Keri soon realized she could turn things around. While she did endure challenging times, today she is back on her feet with a strong family (including a new husband) and she and her children are doing very well. When crisis strikes families, your support of United Way’s network of health and human service agencies is often the difference between despair and a second chance.

### **United Way – Senior and Disabled Citizens**

A caring worker from Senior Citizens Home Assistance Service learned that her new client had not been out of the house in more than a year because there was no way to maneuver her wheelchair down the short steps. The worker devised a makeshift ramp from a plywood panel and brought the woman out in the yard to work with some of her plants. When her husband arrived home to find her outside he was overjoyed. They were able to figure out how they could put enough money together for a permanent ramp. Going out together to walk each evening has now become a happy daily ritual.



John was in his late seventies and knew he was facing his last months in his struggle with cancer. His family members lived out of town and could only visit on weekends, which meant John spent most of his time battling his cancer by himself. John's relatives considered placing him in a full time care facility, but they knew his independent and self-reliant spirit would make that a very difficult decision. A friendly neighbor suggested the family consider a United Way partner agency that could allow John to spend his remaining days right where he wanted to be—at his home. In addition to his battle with cancer, John had other health problems (including an artificial voice box) that made it uncomfortable for him to function in social situations. This discomfort often made people think that John was withdrawn or uninterested in people who interacted with him. The nurse provided by the United Way partner agency made it a point to learn what football teams John liked, and after she held several one-sided conversations about sports, he began to warm up to his nurse. Over time, he started talking to her, and would talk to her when he would talk to no one else. He truly enjoyed her visits. Several months later, John's continually declining health required he be admitted to the hospital. Shortly thereafter, John passed away. After his death, John's family found his former nurse and told her she had made a tremendous difference in his final days. Because of her care, John was able to realize his last wish of spending his remaining time in his own home. Your support of United Way helps people remain independent and retain a sense of dignity in their senior years.

For many years, Brad has been living without the use of his legs due to an unpredictable accident. Over time, he learned new skills and he now has great independence. Using his wheelchair, he is able to get from place to place like every other person. Before his accident, Brad had a successful job and was doing well at providing for himself and for his young daughter. For some time after his accident, he lost the initiative to work for a better life for his family. Eventually, Brad's drive to succeed reestablished itself and he wanted to regain his success in the workplace, so he decided to take part in a United Way partner agency career development and job placement program. The program helped Brad relearn the skills he needed to succeed in today's work environment. From interview skills to job-specific training in the agency's practical assessment lab, Brad received a hands-on education on how to land a job in today's work force. Soon thereafter, Brad earned a job at an area department store. Brad's desire to

succeed and strong work ethic impressed the management so much that they went out of their way to equip the store with whatever special equipment Brad needed to excel at his job. "It's amazing to see how Brad works and interacts with our customers," says one store manager. "His professionalism and calming presence often relaxes even the most unruly customer!" Your support of the United Way fundraising campaign helps agencies and programs like the one which helped Brad reestablish himself in the local work force. By earning his own money and caring for his own needs, Brad is truly an example of how United Way partner agency programs can often help people become more self-sufficient and independent.

### United Way – Children and Youth

Raising children presents so many unique challenges. For one family, the birth of twins was a cause for both celebration and questions. One child was visually impaired and the other was not. Fortunately, the parents found out about a daycare program for families of disabled children with special needs – Kids Putnam. There, they found technical assistance on visual impairment and advice on how to help both children continue on a healthy path. And even more important, they found the support of other parents who had been "in their shoes." They trade stories, offer a shoulder to cry on when necessary, and help families move forward so their children live life to its fullest. The twins are in school now, but the families stay in close contact because, as they've learned, there's strength in numbers.



Bad grades and a bad attitude might have doomed a certain Jackson County high school student. That's IF she hadn't somehow found her way to a special place that offers mentoring and support services for children being raised by their Grandparents, one that's supported by United Way donors. The teenager was connected with a tutor, and with a counselor who spent a lot of time talking with her about the choices she made in school and at home. It took awhile, but slowly, the young woman decided to give school a little more effort. She started to see the effect her attitude had on the way her Grandparents and other people treated her. That's when her flunking physics grade turned from an "F" to a "B", and she has taken summer school to catch up with her fellow students in other classes. Now, she's determined to graduate to make her Grandparents proud!

Sara never thought she'd have to ask for help, but both she and her husband were hit hard with medical problems. Then, she was diagnosed with her breast cancer. The illnesses stretched the family's finances, and that meant fewer opportunities for their kids to have fun. Thanks to United Way donors, the Girl Scouting program could offer Sara's daughters financial assistance to join in recreational programs at no extra cost to the family. Though the health hardships continue, Sara says "thank you for allowing my family some familiarity and enjoyment in life."

Nicole wanted to overcome her past. She'd grown up in poverty, witnessed abuse and drug addiction in her home. Now, she was 17 years old and the mother of a six-month-old. Through the Healthy Start Program and Parenting Classes at The Stephens Center, she realized she had the power to overcome years of hardship. With the help of a family support specialist, she's developing positive parenting skills, learning about child development, and finding out what it means to have healthy family relationships. Nicole is close to earning her high school diploma, and she's even dreaming of college. Nicole is intent not to repeat the mistakes made by her own parents; she wants something better for her child and herself. Thanks to your contribution, our community's kids have a better chance at success and a healthy future!

### **United Way - Family Stability and Financial Assistance**

Mr. Barry didn't know what he would do with all of his time after his wife of 52 years died. They had been regulars at Shoney's every Saturday morning for the last 12 years. A waitress suggested that he check with AARP about volunteering to help with the tax preparation service AARP offers in connection with United Way every year at no charge to low-income or elderly folks. Before retiring, he had been the Chief Financial Officer for a hospital so he knew a little bit about IRS forms and his regular waitress knew that. She also knew that United Way trains the AARP Volunteers on the most up to date IRS rules for the Earned Income Tax Credit and any other changes the IRS makes. United Way also provides space for them to set up and in most cases supplies that they need such as paper products, etc. This waitress had gotten her taxes done by the Volunteers last year and received money back for the first time ever because of the EITC and Income Tax Rebate Checks! She knew that Mr. Barry would be terrific working with families like hers and boy was she right.

At the very least, a home delivered meal provides daily nutrition to the recipient. But more than once, it has also saved a life. Mark, a meal delivery volunteer with Meals on Wheels Program, arrived at "Bob's" house and found he had fallen. Bob hadn't been able to get to a phone to call for help, so Mark's visit was critical to his safety. Bob spent some time in the hospital, but when he returned home he had a simple but powerful message for Mark: thanks for being there in my time of need.

Yolanda inherited her parents' home when they passed away. To make some needed updates, she took out a loan on the house. Shouldn't be a problem, she thought; she'd worked at the same local company for 20 years and the payments were affordable. But what she didn't count on was a layOff at her company. With less income, she continued to pay her bills, including partial payments on the home loan. She thought she'd be okay as she prepared to return to work at a different company...until her lender sent a foreclosure notice. Yolanda called 2-1-1 to see if there was a program designed to help her family keep their home. That call connected her with a program that helps homeowners work with their lenders toward a goal of saving their homes. The program cost her nothing, but it facilitated a modified loan that she's now paying off. Good news for the lender, her neighborhood, and her family. (Legal Aid Society of Middle Tennessee)

Sharon just needed one-time help to get back on her feet. The full time student and part time worker needed a little help with one month's rent while she recovered from emergency surgery. A call to 2-1-1 helped her find that one-time assistance, and that's all it took. Sharon is committed to helping others now because united way's 2-1-1 was there to help her!

### **United Way – Health and Quality of Life**

Mary counted on seeing a friendly face each time she visited HELP Adult Services to pick up her nutritional supplements. True, the drinks gave her the vitamins and nutrients that her meals did not. But it was the visits with staff that enriched the quality of her life. They always took the time to chat with her about what had been going on in her life and to share details of their own. One day, Mary's son arrived at the office to return some unused nutrition drinks; Mary had passed away. But with tears in his eyes, the son offered his thanks for all who had treated her with such dignity and respect. "Both my mother and I appreciated all of your help, and your time." (HELP Adult Services)

Margaret loved living in her own home. But her doctor said it would do her good to get out more. The Senior Citizens Center became a favorite place to visit, where she meets other people close to her age. "I know everybody by first name," says Margaret. "I like to walk in with a smile and encourage people, because that might be the only uplifting thing they hear all day." The center's continuing education classes help her manage her limited finances, and she's learning ways to take better care of her health by nutrition information provided and exercise classes offered there. "They help me maintain my independent way of living."

Does two hours sound like enough time to change a life? Maybe not, but to the wife of an area Alzheimer's patient, it means the difference between good and poor health, between happiness and despair. The couple had been married many years, and when his memory started to lapse, the wife became the husband's full time caregiver. Though she loved him deeply, his condition made her fearful and she her own health began to suffer. Thankfully, someone told her about a respite care program that United Way donors support... and soon someone was visiting their home for a couple hours each week. It gives her time to have lunch with a friend, or just take a nap. Her husband enjoys the company, and the chance to hear the respite caregiver read his favorite books. The wife doesn't have to feel guilty about taking time for herself, and she feels refreshed after a little break. Two hours means everything to this loving couple. (Helping Elderly Live Productively Program)

Sandy's safe now, thanks to you. She heard things no six year old should. And on this night, she was awakened again by the sound of a loud crash. She knew it was the big kettle in the kitchen, that her dad had thrown it at her mom. Sandy's stomach started to knot up, just like it did every time her parents fought. If things grew quiet again, she knew it was safe to go back to sleep. But if her mom continued to cry out, Sandy felt it was up to her to do something. It seemed like her dad would back off if she walked into the room. Sandy and her mother finally got out and sought shelter at the Genesis House Domestic Abuse Shelter, where they could live in peace. They also got much needed counseling. Sandy's father attended a support group for batterers, and he's finally accepting responsibility for his own behavior. It's impossible to know if Sandy's family will ever be reunited, but they're all trying hard to make it work. And Sandy can sleep at night, in a safe place.

Bill and his wife Sarah are local senior citizens who spend their time participating in community center trips and serving on community councils on aging. Today, their lives are filled with activities that help others. They lead very active and rewarding lives... but there was a time when each new day brought new reasons to fear and worry about survival. "We used to live in the residence of a troubled young woman. She was also caring for a sick parent, and she took out her anger and frustrations on us," Sarah said. The young woman, who was supposed to be a caretaker for Bill and Sarah, was instead physically & verbally abusive. In addition to the abuse, the woman kept Bill and Sarah's social security checks when they arrived in the mail. That meant Bill and Sarah had no money, and the woman was not providing the daily necessities they needed. She would cook meals, but only allowed them to eat "certain portions." Bill and Sarah were finally able to make contact with a United Way partner agency that runs a care facility for seniors. The abusive woman was reported to authorities, and Bill and Sarah left to move into the United Way funded care facility. Sarah was so impressed with the new level of care, she eventually became a salesperson for the association. But Sarah's activities didn't stop there. She also started a neighborhood association group for seniors, making sure everyone can attend meetings and contribute. Sarah and her husband Bill were once in critical need of help, but thanks to your support of United Way, they are now helping others with needs.

Richard proudly served our country in the Army in the 1970s and 1980s. Unexpectedly, while he was in the service some fellow soldiers introduced him to all kinds of illegal drug use as a way of coping with the stress of combat. Using these gateway drugs as part of his life after military service led to the use of crack cocaine, which consumed Richard's life with a deadly addiction. Once crack cocaine entered Richard's life, it completely took over his world. Soon thereafter, his wife joined him in his addiction and all of their money and resources were used to satisfy their need for more crack cocaine. Richard and his wife uprooted their children and moved from place to place, trying to stay ahead of landlords seeking the monthly rent. Each new place to live seemed more dangerous than the last. Eventually, the family found itself living in a shed behind a friend's house with no running water or utilities. When they were eventually told to leave the shed, Richard's wife took the children and ran away from him. She later left the children at a friend's house and never returned. With no income, no place to live and no family in his life, Richard realized he had no choice but to seek help. "I knew I had reached the end of my rope, and I checked myself in to a United Way funded agency to get cleaned up," he says. "All five of my children were wards of the state. My wife had left me and I had nowhere left to go. I knew if things did not change, I was going to die on the streets." With the help of the United Way partner agency's rehabilitation program, Richard overcame his drug addiction and got back on his feet. He learned how to function in a work environment by becoming an employee for the same agency that helped him recover, where he continues to be involved in the work that helps people overcome drug addictions and become responsible, productive citizens again. Your support of United Way helped Richard with his substance abuse issues. Richard's story is just one example of the changes that can take place in someone's life when a nonprofit program can help them in their time of need. Thanks to your gifts to United Way, Richard rebuilt his broken life and makes a positive difference in our community every day.

## **Workers Interfaith Network CS002**

Eva Maria contacted Workers Interfaith Network (WIN) after she fell on the job, injuring her knee, hip, and back. When she reported the injury, the hotel that she worked for as a housekeeper told her they did not have workers' compensation insurance. She wasn't able to work because of her injury, and the hotel manager fired her. She knew she was entitled to medical care and she spoke up. With WIN's support, Eva Maria won a \$4,000 settlement for her medical care. The state of Tennessee also fined the hotel \$7,000 for not having workers' compensation insurance. The hotel now carries insurance that will protect any future workers who are hurt on the job. Eva Maria encourages other workers to speak up when they face injustice and to contact WIN. "If you stumble, get back up. If you can grab hold of someone's hand who can help you with your situation, that's even better," she says.

## **You Have the Power**

In 2010, You have the Power conducted a four-day "train-the-facilitator" victim impact program for the incarcerated in cooperation with Tennessee Department of Correction employees. We also conducted one-day facilitator training on domestic violence in Jackson, Knoxville and Nashville for the Tennessee Board of Probation and Parole employees (BOPP). In May we facilitated a three-day training session on victim impact for BOPP employees. For more than four years, YHTP has conducted weekly victim impact classes with incarcerated men and women at Charles Bass Annex, Tennessee Prison for Women, the Sheriff's Department and Corrections Corporation of America's Jericho Project.