



## Women's Initiative

PASSIONATE.OPTIMISTIC.WOMEN.ENCOURAGING.RESULTS.

JANUARY 6, 2015

### Welcome

Welcome to the POWER newsletter! This monthly newsletter will keep you informed about meetings, mentoring, volunteer opportunities and volunteer project activities. Please contact Nicole Switzer, SCUW Enhanced Giving Coordinator at 937.492.2101 with questions or to volunteer.

### Imagination Library

Imagination Library is a program that promotes literacy. Through the program, children are mailed age appropriate books on a monthly basis until they reach their 5<sup>th</sup> birthday. The books encourage reading and discussion between caregivers and children.



### Annual Membership Luncheon

**2.10.15** - POWER will host our second annual membership luncheon on Tuesday, February 10<sup>th</sup> from 11:30 AM to 1:00 PM at the Bridge Restaurant. Lunch will be \$10, and our focus will be on Imagination Library. We will also discuss upcoming events, projects and activities for the group, and will have a guest speaker. If

you plan on attending, please RSVP via email to:

[nswitzer@shelbycountiedway.org](mailto:nswitzer@shelbycountiedway.org)

### The Snooty Fox Bus Tour



**4.19.14** –The Snooty Fox is a chain of upscale consignment shops in the greater Cincinnati area. The consignment chain provides high quality fashions at reduced prices. The bus tours 5 locations in the Cincinnati area. During the tour you will receive a discount on everything you purchase. Refreshments are served all day, beginning with Mimosa's, coffee and Tim-Bits. Panera Bread boxed lunches and assorted snacks are available at other stops, with a special dessert at our last stop. The tour bus will depart from Sidney High School Memorial Stadium Parking Lot at approximately 8:00 am, and will return to the stadium at approximately 7:00 pm. Profits from this event will go towards POWER programming. Tickets are on sale now. Please reserve your spot as soon as possible, they are selling fast!

### Shirts

For those of you who ordered POWER shirts they are available for pickup at the United Way Office starting Monday,

January 12<sup>th</sup>. Shirts may be picked up from the office between the hours of 9:00a.m. to 4:00 p.m. Checks should be made payable to the Shelby County United Way, With 'POWER Shirt' written in the memo line. Shirts are \$28.50, \$2.00 extra for XXL and above.

### Volunteer Opportunities

As we enter the New Year, many people make resolutions. Have you thought about making a resolution that helps impact and improve the lives of others in your community?

Here are four reasons you should consider making volunteering a part of your life.

#### **Volunteers live longer and are healthier**

Numerous studies over the decades<sup>i</sup> have shown that people who volunteer remain physically functional longer, have more robust psychological well-being, and live longer. The psychological and emotional gains from volunteering provide enrichment in the lives of volunteers.

#### **1 in 4 children in Sidney, and 1 in 5 children in Shelby County live in Poverty<sup>ii</sup>**

Most of the County's children who live in poverty live in female headed households where no husband is present.

Volunteering provides these children with

positive role models, and the educational assistance and support they need to become successful.

**Volunteering combats depression and increases self confidence<sup>iii</sup>**

Doing good for others provides a sense of accomplishment and pride that promotes self-esteem. Relationships made during volunteering help forge support systems that can help protect against stress and depression in hard times.

**Volunteering will make a difference in the life of a person in your community**

Aesop is quoted as saying "No act of kindness, no matter how small, is ever wasted. Volunteering helps enrich and improve the lives of individuals in the community that you live, and does make a difference.

A volunteer leads list with resources on how to become involved as a volunteer may be found online at the POWER webpage. Do you have a volunteer or program idea? Visit

<http://shelbycounitedway.org/pdf/files/POWER%20Project%20Questions.pdf>

And fill out a POWER Inquiry form.

**[Message from the SCUW Director](#)**

Happy New Year's Ladies,  
I want to thank you all for your support of POWER and the Shelby County United Way. I am excited to share the launching of Imagination Library in Quarter 1, 2015. I want to thank POWER, along with nine other non-profit



and civic organizations that have committed to financially support the program. Our goal is to enroll 60% of all infant to five year old children as quickly as possible. Wilson Memorial Hospital will implement enrolling a Shelby County newborn as part of the standard practice. Many other strategies are in place to enroll children across the county. You can learn more about Imagination Library by visiting [www.imaginationlibrary.com](http://www.imaginationlibrary.com). I would like to encourage you to attend the POWER annual membership luncheon next month, Feb. 10<sup>th</sup> from 11:30 AM to 1:00PM at The Bridge. There will be more information about Imagination Library and how POWER can support this new program in the county.  
Respectfully,

A handwritten signature in black ink that reads "Scott S. Pan".

<sup>i</sup> Psychology Today, "5 Reasons Why You Should Volunteer" <http://www.psychologytoday.com/blog/the-third-age/2014/03/5-reasons-why-you-should- volunteer>. EverydayHealth.com "How Volunteering Can Lessen Depression and Extend Your Life" <http://www.everydayhealth.com/depression/how-volunteering-can-lessen-depression-and-extend-your-life.aspx>. Medical Daily, "People Who Volunteer May Be Happier, Healthier, And Live Longer". <http://www.medicaldaily.com/people-who-volunteer-may-be-happier-healthier-and-live-longer-254147>.  
<sup>ii</sup> Information from the 2013 Shelby County Needs Assessment  
<sup>iii</sup> HelpGuide.Org, "Volunteering and its Surprising Benefits", <http://www.helpguide.org/articles/work-career/volunteering-and-its-surprising-benefits.htm>