

United Way group plans dinner

Staff report

SIDNEY — POWER, Shelby County United Way's women's initiative group, will hold its annual Have A Heart Dinner, Feb. 23, from 6 to 7:30 p.m., in the training room of the Sidney Police Department, 234 W. Court St.

Guest speaker Dr. Jackie Allen is a clinical psychologist and EMDR-

trained provider. She is under contract as a psychologist for the United States Air Force at Wright Patterson Air Force Base and the owner of Western Ohio Psychological Services in downtown Sidney. Her topic will be "Stress Busters."

This annual event is an opportunity for POWER members to enjoy dinner, socialize and hear a guest

speaker. Members are encouraged to bring potential new recruits.

"POWER is still growing its member base," said Shelly Ginter, POWER chairwoman. "We have tailored this dinner as the perfect opportunity for potential new members to hear about our initiatives and



Allen

programs." Any POWER member bringing a guest who joins POWER that evening will be entered into a raffle to win a free membership.

The meeting will also highlight POWER programs, projects and volunteer opportunities for the upcoming year that benefit women and

families in Shelby County.

"POWER is a unique group in the area," said Connie Barhorst, vice chairwoman. "We connect women from all walks of life with volunteer opportunities throughout our community. As a POWER volunteer, you have the ability to volunteer a little bit or a lot. Our organization is open to establishing new programs in the

community and we take suggestions from our members and the community."

Tickets for the event are \$10 and include a buffet dinner and beverage. Reservations may be made by emailing Awest@ShelbyCoUnitedWay.org or calling 492-2101. For information about POWER, visit www.Power4Women.org.