

United Way Campaign Update - October 28, 2011

Your gift to United Way provides ...

an improved quality of life for older adults in our community.

Marilyn*, an older adult suffering from Multiple Sclerosis came to the Summit Center to participate in an exercise program to help her strength, balance and well-being.



Flip over to read how the Summit Center, an essential United Way funded program, changed Marilyn's life.

* Individual's name changed for privacy.

2012 Kickin' Campaigns

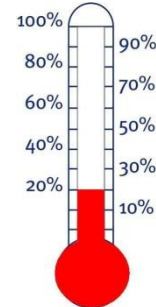
Workplace rallies are going on all around our community to bring the message of United Way's work to you (and to have some fun while doing it)! Visit our Campaign Update page on our website for the full update and more pictures!

- Kato Engineering had Minute To Win It team challenges
- HickoryTech held their rallies complete with pizza and root beer floats
- Thayer Publishing saw a big increase in their employee giving
- Micro-Trak had a week's worth of events for United Way including silent auction, sloppy joe luncheon and Minute To Win It games
- Lake Crystal Wellcome Memorial School District held a first-time employee rally this year



Join Our Facebook Page & become a Fan!

Goal: \$1,930,000



Today: \$413,404
21% of Goal!

Corporate Spotlight

Thank you to these businesses for their generous corporate Heart Club pledge since our last eNews. Visit our website to see a list of all 2012 corporate pledges.

- Alpha Wireless Communications
- Appraisal Services of Mankato
- Chesley Kroon Harvey & Carpenter
- Coloplast Manufacturing US, LLC
- MTU Onsite Energy
- Pepsi-Cola of Mankato, Inc.
- WEB Construction, Inc.

Who We Are

We help people you know: living in your neighborhood, going to your kids' schools, working alongside you every day. Find out more about who United Way is by visiting our website and clicking on "About Us"

First Steps Update

Thank you to the Mankato Clinic Foundation for their 3 year grant to Greater Mankato United Way for the First Steps Collaborative. This grant will allow the Collaborative to be integrated into the local healthcare system.

IMPROVING THE QUALITY OF LIFE

Agency: VINE Faith in Action

Program: Summit Center

Service: Provides a safe, welcoming environment where older adults can go to stay healthy, active and engaged, participate in classes and activities and get connected with volunteer opportunities

Need: Over the next 20 years, the number of adults aged 65+ is expected to *double*, and by 2030, 25% of Minnesota's population will be 65+. This group of retirees is healthier and will live longer

Impact: This year, 5900 individuals will take part in a health & wellness program or activity through the Summit Center

Marilyn*, an older woman suffering from Multiple Sclerosis, came to the Summit Center in Mankato looking for an exercise class. She was having difficulty with walking, and had experienced some falls. After talking with her, the Summit Center wellness coordinator recommended to Marilyn that she try a class in Tai Chi since studies have shown that the gentle exercise improves balance and flexibility, and is suitable for people of all physical abilities.

Marilyn decided to give the class a try. Since then, she has been diligent in attending the classes and re-registering for each new session. Marilyn went from using a walker when she first came to Summit Center, to using only a cane, and at present, she doesn't even find it necessary to use the cane.

In addition to the vast improvement in Marilyn's balance and mobility, she reports that regular attendance at the Tai Chi classes has also improved her general sense of well-being, and her symptoms of depression have decreased. She has developed new friendships with some of the other people in the class. Marilyn and her husband have also recently become VINE volunteers themselves and once a month pick up and make deliveries to the Summit Center.

Summit Center programming includes health & wellness programs, health screenings, exercise classes and organized outings. Additionally, Summit Center seniors, together with VINE staff, coordinate volunteer services that positively impact



Greater Mankato Area United Way's funding of the Summit Center ensures that there is a safe, welcoming place where older adults, regardless of income level, can go to stay healthy and engaged, to socialize, keep up on their interests and develop new skills and knowledge.

* Individual's name has been changed for privacy