



A Heart Full of Grace

It's nearly three weeks into the new year and for some of us, resolutions are already a distant memory. We're not eating a plant-based diet or running 5 miles before work. I read somewhere that resolutions are a to-do list for the first two weeks of January.

Maybe a more effective route to improving how we're living is to think about we impact others. Are we spending enough time with loved ones who need and deserve our attention? Are we taking care of ourselves so we can live as long, active, healthy lives as possible? Are we making the time to do for others and for our communities?



Volunteering in our communities contributes to both physical and mental health. Making time to do for others is a form of self-care! A wealth of research has shown that volunteering makes people happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers pleasure. It also helps you stay physically healthy and active. Studies have found that those who volunteer have a lower mortality rate, tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills.

If you're not already a volunteer, there's no time like right now to get started. Next Monday is the national holiday honoring Rev. Dr. Martin Luther King, Jr., and is often celebrated as a day of service. Perhaps you can find a volunteer activity to take part in on Monday and beyond.

Check the UWDE [website for volunteer activities](#) or [Delaware's volunteer portal](#). Getting started is the hardest part; why not use the holiday as an impetus to begin!

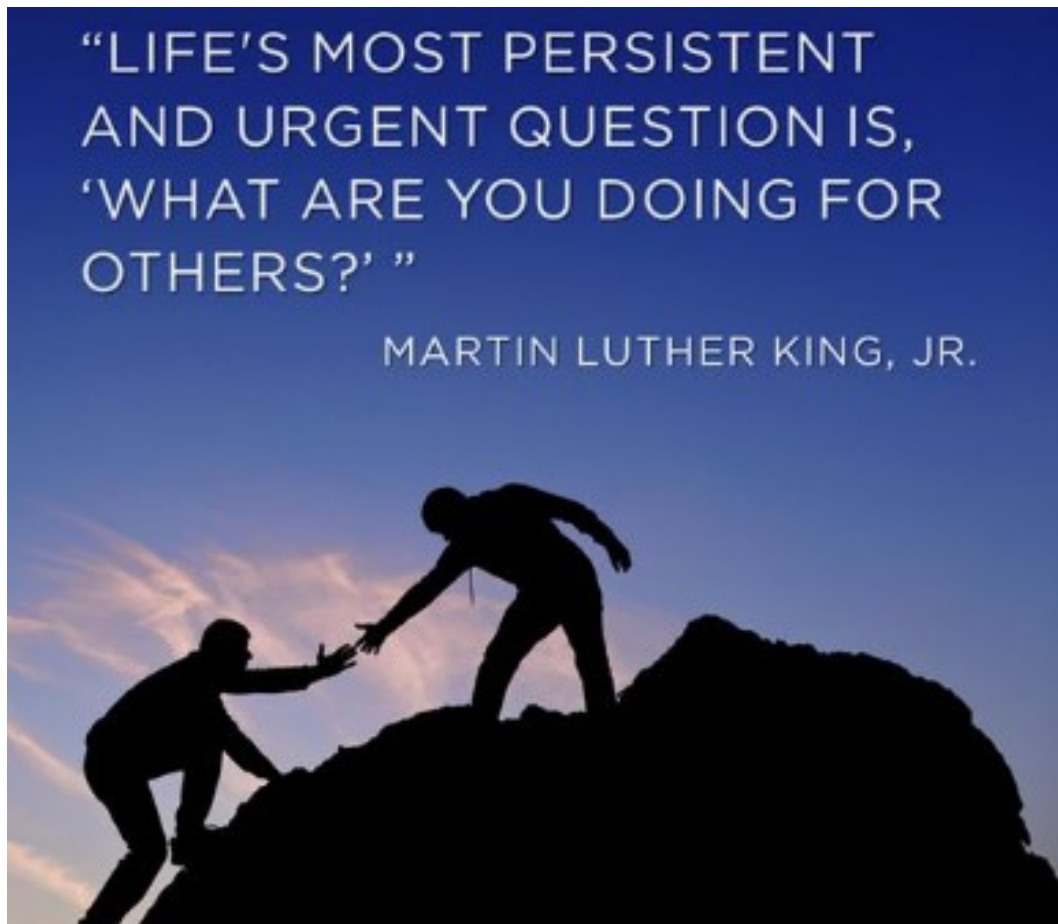
Dr. King's well-known quote "Everybody can be great because anybody can serve" exhorts us to do for others. He went on to say, "You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace."

When we think about how our lives can matter, we might make a new resolution that we keep -- finding ways to help others, beginning next Monday on Martin Luther King Day.

Sincerely,

Michelle

Celebrate Rev. Dr. Martin Luther King Jr. Day Monday, January 16, 2023



Coming Soon! Second Annual *Pitch or Ditch* Minority Small Business Competition

Pitch or Ditch is a business competition for minority businesses and entrepreneurs, modeled after the hit tv-show **Shark Tank**. Nine entrepreneurs will have the chance to win a cash prize. Contestants will have seven minutes to pitch their business and another seven minutes to answer questions from a panel of judges.

The competition will highlight the creativity, innovations, and business strategies in Delaware's small business community. The event looks to bring light to the economic needs of minority entrepreneurs and serve as a bridge to form essential relationships with corporations and potential investors.

Pitch or Ditch will be moderated by Dr. Randall Pinkett of NBC's show *The Apprentice*. The panel of judges includes Norman Oliver, Owner and President of Rock Solid Works; Brian DiSabatino, President of EDIS, LLC; Tanisha George, President of Trilogy One Consulting; Chris Kenny, President & CEO of Kenny Family ShopRites of Delaware; and Italo Carrier-Russo, Co-Owner & GM of V&M Italian American Bistro.

Businesses can [Register here.](#)

PITCH *OR* DITCH



Featuring:
Dr. Randal Pinkett
Business Consultant &
Winner of "The Apprentice"

An opportunity for Delaware's Minority
Entrepreneurs to pitch their business
ideas for a shot at a cash prize!

Jan. 26th, 2023 6PM-9PM

Wilmington Public Library
10 E 10th Street | Wilmington, DE | 19801

Be part of the LIVE audience and
cheer on your favorite
Minority Small Business at uwde.org/pitch



UNITED WAY OF DELAWARE | DELAWARE RACIAL JUSTICE COLLABORATIVE

2nd annual **SAVE THE DATE BLACK STUDENT SUMMIT**

The Delaware Black Student Summit is by and for
students who want to turn up the volume and activism of
Black Student Unions/Associations and affinity groups.

The top 3 schools with the most students in
attendance will win a cash prize!

Transportation will be provided in all 3 counties.



Saturday | March 18, 2023



**St. Georges Technical High School
Middletown, DE**

Registration deadline is March 1st, 2023

Learn more at uwde.org/BSU



UNITED WAY OF DELAWARE | DELAWARE RACIAL JUSTICE COLLABORATIVE

Black Student Summit Planning Underway

The Delaware Racial Justice Collaborative hosted the first Black Student Summit in Wilmington last April. Students were fired up and arrived early at the fun-filled half day conference that was held in-person. This event is one of a very few that targets high school Black Student Unions/Associations and their allies.

The goals of the event were to bring together students, teachers, school and community leaders to amplify Black youth voices, and to help train and empower school-based Black-serving student groups and leaders. It was accomplished in large part by the hard work of the student-led planning committee. And we are back at it again for 2023!



On Saturday, March 18, St. Georges Technical High School in Middletown will host the Second Annual Black Student Summit. This year's event is again being planned by students from high schools across Delaware including Mt Pleasant, Sussex Tech, Newark Charter, Howard, and MOT Charter.

Last year's student attendee said they wanted more time together for this unique gathering and so it is now a full day event. Doors will open at 9 a.m. with a vendor fair, a student marketplace, and entertainment. The official program kicks off at 10 a.m. and ends at 4 p.m. Workshops, performances, a keynote speech, lunch and trainings are planned.

Many opportunities exist to support these students and the March 18 event. High schoolers can join the planning committee and participate in bi-weekly meetings. Adults who want to help may join the Black Student Summit Support Meetings on Jan 20, Feb 10 and Mar 10 at 11 a.m. on Zoom.

Sponsorships, vendors and volunteer opportunities are available. Please reach out to Raina at rallen@uwde.org to learn more and sign up.

Edison Students Take Home 5 Free Books

This article was originally published in *Townsquare Live*
By JAREK RUTZ

Fourth-graders at **Thomas Edison Charter School** in Wilmington shoved free books into their drawstring bags as they excitedly hunted through a library set-up Wednesday morning.

My Very Own Library, a program created by the **University of Chicago**, aims to provide access to literature for children while developing their passion for reading. Thomas Edison Principal Salome Thomas-El, who grew up in crime-ridden North Philadelphia, said the knowledge that comes with books is what helped him escape that environment.

"A lot of these kids face the same challenges that I did growing up," he said, "and I know these books are a step in helping them overcome societal barriers."

United Way Delaware and **Scholastic Corp.** have partnered with the University of Chicago to bring My Very Own Library to the First State for the past 10 years.

The weeklong book fairs typically take place twice a year, once during the holidays and once in spring.

The book fair will travel to 17 other Delaware schools this holiday season, according to Ken Livingston, who's the director of Get Delaware Reading – Wilmington and Delaware's site coordinator for My Very Own Library.

When students choose the books they want to read, they develop stronger literacy skills, which can lead to better test scores and a lifelong love of reading and learning, Livingston said.

Owning the books, rather than borrowing from a library, is an important factor in developing a student's ability and love for reading, as well as creating a sense of responsibility.

"Having ownership of these books really makes the kids take great care of them and treat them with respect," Thomas-El said. "It also helps them to develop good habits, because now they are readers who actually own books and want to own more."

[Read the full article here](#)



THOMAS EDISON STUDENTS AT THE HOLIDAY BOOK FAIR. FROM LEFT: TRULYNN ADAMS, ANAJAH HICKMAN, ALAIHAH THOMPSON, KAYDEN WASHINGTON, DESTINY GRIMES.

Coming Soon! Register Now!

"A CONVERSATION WITH PARENTS"

Date: January 17th, 2023 **Time:** 6pm-7pm **Location:** Route 9 Library (3022 New Castle Ave, New Castle, DE 19720)

Parents, join us for the latest event in our series "A Conversation with Parents". These conversations pertain to education, health and financial stability for your family, and provide a safe space for you to discuss issues with others and share your experiences and life lessons.

This session celebrates a continuation of Mental Health Awareness Month. Information on the programs below will be shared:

GUEST SPEAKER: Asaiah Beaman Fisher, Home Visiting Outreach Coordinator, Children's and Families First

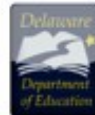
SESSION TOPIC:

Your parenting journey begins before your baby is born. It's an important one that you should never have to travel alone. Children & Families First offers multiple healthy baby programs proven to help you and your family overcome challenges, gain opportunities, and thrive. Join this session to learn how you can get FREE trusted assistance and support for yourself, your baby, and your entire family!

For more information please contact:
Mr. Ken Livingston at klivingston@uwde.org

Child Care and Dinner will be provided!

TO REGISTER
PLEASE SCAN
WITH PHONE



Community Announcements

Save the Date!




The Health Literacy Council of Delaware

Invites you to the:

Statewide Strategic Planning Session

WHEN: Tuesday, January 24, 2022 from 11:00 AM- 3:00 PM

WHERE: Modern Maturity Center, Dover DE

-  Availability for first 100 registrants!
-  Lunch will be provided!
-  Be a part of goal setting for our statewide health literacy plan!

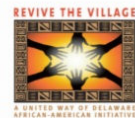
**Registration
information
coming soon!**

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Here's how you sign up.

Support us with
amazon smile
You shop. Amazon gives.



United Way of Delaware | 625 North Orange Street, Wilmington, DE 19801

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