

## To Your Health!

As we're now in the middle of the holiday season, our attention turns to those in need and how we can help. While the practice of giving, in all forms, is a wonderful act to take, there are actual mental and physical benefits to giving.

Studies have shown that not only does giving make us feel good, but it's also good for us. For example, a study of more than 2,000 residents in California found that volunteerism reduced mortality rates more than exercising four times weekly and attending church regularly. If you volunteered for two or more causes, you had a 63% lower rate of mortality than those that didn't. (Journal of Health Psychology).



Wonderfully, it's not only giving of your time that helps your health; giving of your treasure does as well. Even *contemplating* sharing your wealth can have a positive effect on your biology. (Jorge Moll, D'Or Institute for Research and Education, Brazil.)

So, as you think about giving to others, know that it helps you too...emotionally and physically. That's the good news. Here's the not-so-good news:

The tapestry of those who need us is larger and wider than we think, and currently is even larger than we normally see. We have neighbors, coworkers, and friends who are just one unforeseen accident or illness away from falling into crisis.

These are our ALICE neighbors. ALICE is an acronym for *Asset Limited, Income Constrained, Employed*. These neighbors have full-time jobs, but their income from that job is not enough to pull them up from just *surviving* paycheck to paycheck. There is no *thriving*, simply *surviving*. No room for saving, planning. We know ALICE, but we don't really see ALICE because ALICE often wears an invisible cloak of instability.

Approximately 40% of Delaware families live at or under the ALICE survival budget. Read that again...approximately 40%. Delaware recently joined the **national ALICE network**. Together, we can and will work to address this unacceptable reality and this unacceptable percentage.

You can be part of the solution.

You can choose to give of your time and/or your treasure. That makes you a philanthropist. As a philanthropist, you can help the ALICE neighbor you know -- the ALICE professional who helps you at the grocery store, or who works at your local school, or who is your coworker.

This season, you can give because it's the right thing to do AND because it's good for your health: **Just go here** to donate to help those who are less fortunate.

Sincerely,

**Dan**

Dan Cruce  
Chief Operating Officer  
United Way of Delaware



**In Loving Memory  
Vernon L. Taylor, Jr.  
January 19, 1986 - December 4, 2022**

With heavy hearts, we share the sad news that Vernon L. Taylor, Jr., 36, son of Michelle and Vernon Taylor, Sr., passed away unexpectedly on Sunday, December 4.

Vernon Jr. graduated from Wilmington Charter School. He received his bachelor's degree in journalism from the University of North Carolina at Chapel Hill and went on to earn both a law degree and Master of Business Administration from Howard University.

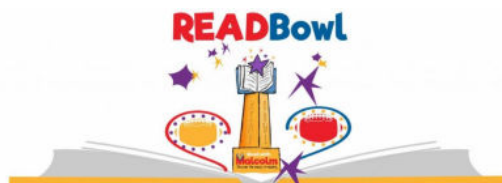
Like his mother, Vern Jr. was committed to service. He spent his life serving others, volunteering with UWDE and other community organizations.

In lieu of flowers, the family suggests that those so moved may donate to the **Vernon Taylor, Jr. Scholarship Fund at United Way of Delaware.**

Vernon Jr.'s obituary can be seen [here.](#)

## It's Time for READMarathon

The United Way of Delaware (UWDE) My Very Own Library (MVOL) Initiative, in partnership with *Share the Magic Foundation's Reading with Malcolm* encourages MVOL schools to take part in this year's in READMarathon.



READMarathon is the "Ultimate Reading Stamina and Endurance Challenge: The 26.2 Days of Reading." Set up like a running marathon, it challenges kids to "read the distance" and set personal records

In 2022, 42,000 kids across the country participated from October 11-Nov 6, totaling more than 30 million minutes read. Fifty State Champions were crowned, including

**Reid Chandler, Champion for Delaware** (Fairview Elementary School-Capital School District). He read for 6,670 minutes -- more than 100 hours of reading in mere weeks.

*Read with Malcolm* challenges every student, teacher, school, youth group, program and ANY team of kids to compete in READBowl, kicking off January 9. Fairview Elementary will defend their DE State Title and this year will vie for the WORLD Championship!

DE is the First State. Now let's be First Place. [Register for READBowl NOW.](#)

My Very Own Library is a literacy initiative that helps students build their own libraries at home while fostering their love of reading. For more information, contact [klivingston@uwde.org](mailto:klivingston@uwde.org).



Delaware State Champion Reid Chandler was celebrated by (left to right) Gerald Rocha, Dover City Council and UWDE Employee; Ken Livingston, Director Get Delaware Reading, UWDE; Mr. and Mrs. Chandler; Reid Chandler; City of Dover Mayor Robin R. Christiansen; Fairview Elementary School Principal Melissa White.



## DEANcember Coffee Chat & Teatime Talk

**December 21, 2022**  
**11 a.m. – 12:30 p.m.**  
[REGISTER HERE](#)

Join us on December 21 at 11 a.m. for our virtual DEANcember Coffee Chat & Teatime Talk Meeting: *SEL and Afterschool Programs!*

Come hear from national afterschool and out-of-school-time leaders discussing strategies for integrating social and emotional learning into afterschool programming. Panelists will share examples of funding opportunities, discuss how to collaborate with districts and schools, and review [Delaware's SEL OST Toolkit](#).

The meeting will be facilitated by Dr. Teri Lawler, Education Associate, Trauma-Informed Practices and Social and Emotional Learning School Support Services Work Group, and special guest Jocelyn Brown, Ed.D., LPCMH – Supervisor of Equity, Wellness and Culture and District Coordinator of Capital School District 21 Century Community Learning Centers.

In Delaware, we know that after-school programs promote young people's social and emotional learning (SEL) skills – whether the programs use that term or not.



Many afterschool and summer enrichment programs have broad learning objectives for youth that include social, emotional, and character development. Afterschool and summer learning programs are a unique setting where youth can connect to positive adult mentors, feel safe to try new things, and have the opportunity to acquire new skills and develop mastery.

Research shows that developing the kind of productive, healthy relationships with caring adults that are a mainstay of many afterschool and summer enrichment programs is critical to the social and emotional development of youth.

Together with families and schools, afterschool and summer learning programs can work to ensure that all children and youth are given the supports they need to build their social and emotional skills and competencies, paving a clear pathway to a healthy and fulfilling future.

We hope you will join us -- and don't forget your coffee, tea, or hot chocolate!

*Regina Sidney-Brown, MS*

Director, Delaware Afterschool Network &  
Chair, IRMC Extended Learning Opportunities Subcommittee

## How We Help: From Text to Toys

*Help Me Grow Delaware @ 211* engages with young families every day. Families turn to us as a trusted resource for information on local programs and services offered by community-based organizations, state, county, and city agencies and even some faith-based groups.

During the holiday season, many organizations provide additional assistance to Delaware residents. We are grateful that those organizations share their information with us. Then, we make sure families are aware of these opportunities and help them register (if needed).

Here is one example of how Help Me Grow has helped spread a bit more joy this holiday season.

### **From Text to Toys**

The Help Me Grow team received information about the City of Wilmington's Annual Toy Drive for Wilmington residents with children between the ages of Infant and 10 years old.

To find families that fit the criteria, the Help Me Grow team referenced our internal call records from July 1 to November 28, 2022. The team identified qualified families who had given permission to receive texts. Because many young families prefer texting to phone calls, we created and sent a custom text in English and Spanish that offered holiday assistance.

The text directed interested families to reply and mention "Text for Toys." Results:

- **342 text messages** were sent: 328 English and 14 Spanish.
- **90 responses** received: a **response rate of 26%!**
- **67 calls** received from families to date. They have until Dec. 6 to register for the city's program.
- **23 families** sent text responses seeking registration assistance.
- **100%** parents/caregivers were asked if they had additional needs such as food, utility assistance, etc. and 18% said they did.



## Viewing Education Through an Equity Lens

Today wraps up **Inclusive Schools Week**, an "opportunity to discuss what needs to be done in order to ensure that schools continue to improve their ability to successfully educate all children."

Equity is at the center of the solutions-oriented conversation. Equity means providing the appropriate support and resources based on a child's different and specific needs. Viewing education through an equity lens helps address and eliminate the biases and barriers that limit a child's opportunity to learn, grow, and contribute to society.

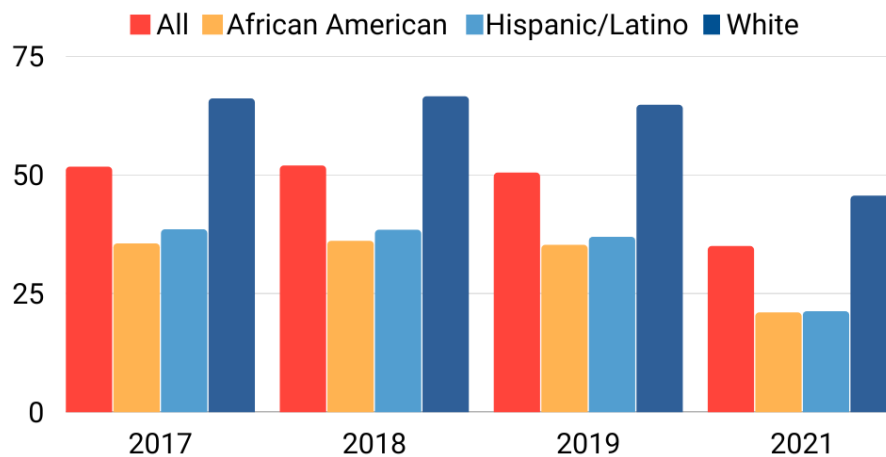
What can each of us do to ensure every child in Delaware is prepared to learn and achieve success?

Find data that demonstrates inequity in Delaware at the **Equity Counts Data Center**, a partnership of United Way of Delaware, Delaware Department of Health and Social Services and Delaware Racial Justice Collaborative.

# DID YOU KNOW

## Inequity in education can affect student proficiency?

Percent of Third-Grade Students Proficient in English Language Arts



Find statistics like these and more at the **Equity Counts Data Center**.

This graphic represents the percent of 3rd grade students in Delaware who are proficient in ELA according to the Smarter Balanced Summative Assessment retrieved from [data.delaware.gov](http://data.delaware.gov).

This initiative was supported by funds made available from the Centers for Disease Control and Prevention, Center for State, Tribal, Local and Territorial Support, under National Initiative to Address COVID-19 Health Disparities Among Populations at High-Risk and Underserved, Including Racial and Ethnic Minority Populations and Rural Communities...



## Hicks Anderson Community Center Reading Club Enjoys UWDE Book Donations



Staff members at William Hicks Anderson Community Center created a reading book club that currently has 15 or more youth participating, They also included peer-to-peer reading as part of club activities. Books for the reading club were provided by United Way of Delaware.

"It is our goal that through this partnership with United Way and other efforts, we will continue to have books for the young people to enjoy," said Naim "Twin" Collins, Youth & Family Program Coordinator, City of Wilmington - Parks & Recreation, William Hicks Anderson Community Center.



# “A CONVERSATION WITH PARENTS”

**Date:** December 20th, 2022 **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:** Joyce Powell & Richard Munsey

**SESSION TOPIC:** Protective Life Check Up (Understanding Your Life Insurance Needs) If something happened to you..

- What would happen to your family?
- Would they have to worry about money?
- Would their lifestyle be changed?
- What would happen to their dreams for the future?

There's no denying it – life insurance brings up uncomfortable questions. No one wants to think about a time when they won't be around. But there's a lot riding on those answers, for both you and your family. At Protective Life, we've developed a Life Check-Up process to help you think through these important questions, and many more. Together with your financial professional, you can develop or update your plan to protect your family, in the event you're not there to do it yourself. You'll be able to stop worrying about the future and be free to embrace all that today can bring.

For more information please contact:  
Mr. Ken Livingston at [klivingston@uwde.org](mailto:klivingston@uwde.org)

Child Care and Dinner will be provided!



## PARTNER SPOTLIGHT



### Complimentary Wellness Plans for Patients With Breast Cancer or Ovarian Cancer

Facing a breast or ovarian cancer diagnosis can take a toll, emotionally, physically, spiritually, and financially.

Studies have shown that integrative

therapies like professional counseling, yoga, Reiki, nutrition consultations, meditation, exercise, and more can help to mitigate distressing and sometimes debilitating cancer symptoms and side effects of treatment. But these kinds of therapies and services can be expensive on top of the cost of cancer treatment.



*Unite for HER* believes that every breast and ovarian cancer patient should have access to resources to help them to feel empowered and restored while undergoing treatment and in recovery. Combining a thorough, personalized wellness plan with your medical treatment can give back the control and comfort you need to begin your healing journey.

Integrative therapies have been proven to support a patient's immune system, strength, mental health, and overall quality of life. Each complementary integrative therapy that *Unite for HER* offers addresses a host of symptoms including nausea and vomiting, fatigue, pain, neuropathy, problems with circulation, hot flashes, anxiety, and a weakened immune system. With the *Unite for HER* Wellness Program, patients can pick and choose the services that work for them.

Wellness Programs include Newly Diagnosed Breast Cancer, Metastatic Breast Cancer, and Ovarian cancer. All programs have access to the Wellness Passport which provides integrative services and therapies but also monthly online classes and events. *Unite for HER* hosts online classes where experts discuss a variety of topics like lymphedema, neuropathy, holistic medicine, and cancer-fighting recipes. Whatever your wellness needs are,

*Unite for HER* is with patients every step of the way to help build a personalized wellness plan. We believe that body, mind, and spirit should be treated together so that the patient can feel empowered and restored.

For more information, visit <https://uniteforher.org/>

## 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!

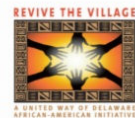
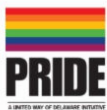
Registration  
information  
coming soon!

## Remember Us When You Shop on Amazon!

AmazonSmile is a way customers can support United Way of Delaware at no additional cost every time they shop with Amazon. Be sure to shop for a good cause this Cyber Monday.

[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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