



## 'Tis the Season for Joy ... and for Stress

Thanksgiving planning is upon us, the weather has turned colder, and the party invitations are starting to arrive. I love this time of year when we make a special effort to see family and friends. Some of us have grown children and grandchildren who travel home to see us, bringing such joy to the season. Yet, as the activity level rises, often so does the stress.

Lack of sleep, excess eating or beverages and financial stress contribute to holiday stress and even depression. Mental health professionals have a name for the feelings some people feel at the holidays -- holiday blues.



We all need to be aware of our mental health during the holidays; at the minimum, we need to remember to slow down and take care of ourselves. As for family, friends and coworkers who may not be surrounded by loved ones, we need to check in on them, especially during holidays. Changes in their appetite or weight, increasing irritability, a lack of interest and difficulty concentrating can be signs they're experiencing holiday blues and stress.

Even though I love shopping, choosing gifts sometimes gives me stress. I want to choose just the right gift for every person on my list. Will it fit? Is it the right color? Do they already have one? Then there's the wrapping. And the external pressure -- Black Friday, Small Business Saturday, Cyber Monday -- all urging us to buy! Buy now! Buy today! Buy two!

I don't have anything against gifts - in fact, I really like them. But for me, commercialism and pressure takes away some of the joy of the season. Perhaps it does that to you, too.

Here's a thought. While you're gathered around the Thanksgiving table with family and friends, could you ask others if they feel the stress? See if they might react positively to a proposal to buy less, put a cap on dollars spent per gift, or maybe even take on a Secret Santa instead of buying a gift for everyone. How about proposing donations to nonprofits, or buying for families in need instead of the family gift exchange.

And while it's a little self-serving (well, more than a little?), I might suggest you all could pitch in and make one communal donation to United Way of Delaware to support our work on early education, college and career readiness, financial stability and racial justice.

With your gift today, you're contributing to a better tomorrow for our communities and our state. And because we have a matching gift challenge, your gift in November will be matched dollar-for-dollar and have twice the impact.

As we gear up for the holidays, please be aware that the extra activities of the season can take a toll on you and those around you. Please stay vigilant.

My wish for you is an uncomplicated, stress-free, relaxing holiday season that's filled with love and quality time spent with friends and family.

Sincerely,

**Michelle**

Michelle A. Taylor, Ed.D.  
President and CEO  
United Way of Delaware

For hungry children,  
**THANKSGIVING IS JUST**  
**ANOTHER DAY WITHOUT FOOD.**



JESSIE BALL  
DU PONT  
FUND

When you donate to feed one family, our friends at the Jessie Ball duPont Fund will match your gift dollar-for-dollar to feed another.

## Make This Thanksgiving Memorable

With prices on the rise, many local families will not have enough resources to make a healthy meal this Thanksgiving. Give today to ensure children do not go without a hot meal on Thanksgiving.

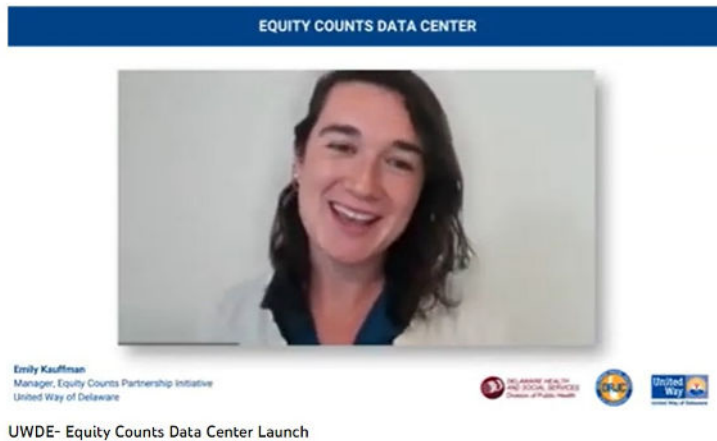
All donations up to \$500 are matched.

**Help a Family**

## Statewide Database for Social Determinants of Health Is Launched

The Equity Counts Data Center (ECDC), Delaware's new online database that integrates local information on a broad range of social indicators, publicly launched earlier this week.

A recording of the launch presentation can be viewed [here](#).



Produced by the Delaware Division of Public Health (DPH), United Way of Delaware (UWDE), and Delaware Racial Justice Collaborative (DRJC), the ECDC was created to provide data and resources to address institutional and historical barriers that impact Delawareans' wellbeing and opportunities based on race, gender, sexual orientation, and other identities.

Previously, an organization that wanted to implement or drive social programs and policies needed to compile data from scores of state and federal data sets on a wide range of websites.

The Equity Counts Data Center merges information from a coalition of data-sharing partners into one inclusive, easy-to-use, graphic-format website housed on the Division of Public Health's *My Healthy Community* portal.

"This is a game-changer for Delawareans. Far too often, we want to create change, but we don't have the baseline data to show to why this work really matters. The Equity Counts Data Center will help anyone that wants to make change in Delaware to find the comprehensive data they need in one centralized place," said Michelle A. Taylor, UWDE President and CEO.

Interested parties can visit the Equity Counts Data Center [here](#).

## Join the Generosity Movement on Nov. 29

On Tuesday, November 29th, **Giving Tuesday**, people like you will support the causes that mean the most to them.

When you give to United Way of Delaware on Giving Tuesday your dollars will go towards the immediate needs of children and families who are struggling to make it every day.

Donations made online **will be doubled up** to \$500 dollars.

Set a calendar reminder to provide

**GIVING TUESDAY**  
November 29  
Your gift may change someone's life

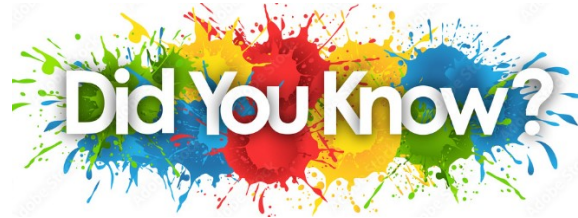
United Way  
United Way of Delaware

the hope many families are desperately seeking.

Giving Tuesday is a global generosity movement "unleashing the power of radical generosity." It was created in 2012 as a day to encourage people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

[Add Giving Tuesday to your Outlook Calendar](#)

[Add Giving Tuesday to your Google Calendar](#)



DID YOU KNOW that scientists say being generous makes us happy? Giving our time and money to others gives us an emotional boost. Why? According to **researcher Christian Smith** it's because feeling good is a product of doing good. It's built into our neurochemistry. Giving triggers feel-good chemicals like endorphins, dopamine, and oxytocin. And it's true across cultural and economic lines, too, according to a Harvard Business School study. It's just part of being human.

## Win a 2023 Kia Seltos Courtesy of Auto Team Delaware

Anyone who donates \$150 dollars or more to United Way of Delaware will be eligible to win the lease on a brand new 2023 Kia Seltos, or \$8,000 cash! It's just one of the many ways **Auto Team Delaware** drives positive change in the community!



Since 1916

**AutoTeam Delaware**<sup>TM</sup>  
The unique auto experience



## How to Make an Impact 365 Days a Year

**Impact365** is United Way of Delaware's new TV show that delves into the issues facing our state and highlights the people and programs that make a difference every day. Produced in partnership with DETV, the show airs on Mondays on Channel 28.

Two episodes have aired now, and if you missed one, you can view it on our website [here](#) or our You Tube channel [here](#). Set a reminder for 6 p.m. for the next three Mondays and take part in these thought-provoking discussions.



This upcoming Monday's topic is "*Barriers facing Latinos in our State*," recorded in part in Spanish. Community leaders discuss the cultural, educational, and financial challenges facing the Hispanic community in Delaware. Hosted by: Tierra Fair, Wanda Barrett & Damary Todman and featuring: Pedro Viera, Jennifer Fuqua, Emily Aguirre & Fernando Alcayaga.

*Líderes comunitarios discuten los desafíos culturales, educativos y financieros que enfrenta la comunidad hispana en Delaware. Anfitrión: Tierra Fair, Wanda Barrett & Damary Todman Con: Pedro Viera, Jennifer Fuqua, Emily Aguirre y Fernando Alcayaga*

Upcoming episodes:

Monday, Nov. 29 - Creating financial stability and generational wealth

Monday, Dec. 6 - How Delaware 211 helps our neighbors in crisis

In addition to running on Channel 28, episodes will be live and later archived for streaming on our [Facebook page](#) and [DETV's Facebook page](#). Please watch and let us know what you'd like to see next. We're about to begin planning Season Two.

## Chemours Employees Conduct Food Drive for Salem County NJ Neighbors

By Deborah Armstrong

Every day the employees of Chemours come to work for one purpose: to help build a

better world through the power of chemistry.

This day was no different; however, the chemistry shown was the compassion and empathy the employees shared with their community in Salem County, NJ.

Partnering with United Way of Delaware, Chemours employees raised funds to ensure that some 600 families will receive a turkey or chicken through a food distribution by Mid Atlantic Career and Education Center. Each week, Mid Atlantic serves nearly 600 families through drive-thru distribution events in Pennsville, NJ.

We want to thank the many people who came together for the community -- those who gave a financial contribution, those who weathered the cold temperatures to work at the distribution, or those who picked up food for someone they care about. We all have something to be thankful for -- one another!



## Mentoring Future Leaders

Young Men United (YMU) is a mentoring and leadership program with key partners including United Way of Delaware, 100 Black Men of Delaware, MAN UP Leadership and The Brothers. Delaware State University, YMCA of Newark Delaware, and Polytech High School are also instrumental collaborators.

Under the programmatic leadership of 100 Black Men of Delaware Mentoring Chair Dr. Julius Mullen and Deputy Chair Mr. Kevan Turman, YMUC coaches young men to take the WHEEL of their own success by using the keys or skills provided by successful role models. The acronym WHEEL, based on the national best practice principles of the national 100 Black Men organization, stands for Wellness, Health, Education, Economics and Leadership.

The newly-formed YMUC currently serves some 25 high school students from across

Delaware organized in a New Castle and a Kent/Sussex Cohort. The program focuses on high school graduation, academic progress, attendance, volunteerism and post-high-school planning.

Twelfth grader Makhi Kauffman of Polytech High School said "YMUC helps me to focus on using my mindset to drive my motivation. A motivated mindset is the key to our future success."

Volunteers are always encouraged to provide their time, ideas, connections and donations. For more information please contact Dr. Julius Mullen at [mentorship@100blackmenofdelaware.org](mailto:mentorship@100blackmenofdelaware.org).



**Young Men United Members from Kent/Sussex County (left) and New Castle County (right) take part in mentoring activities.**

## Rookies Show 'Em How It's Done

Just a over a week ago, P&G launched their Annual United Way of Delaware employee giving campaign.

We've noticed that often corporate campaigns are led by individuals experienced in sharing their time, talents and leadership skills to engage their colleagues. However, this year, P&G campaign leaders Yahia Sawaf and Noor Al-Nazal are freshman to the P&G team. They have taken on these new roles while navigating their recent relocations to the Dover area.

Energized by the newcomers, the entire P & G team embraced the vision and soared to new heights. Within a week, they exceeded their employee fundraising efforts from last year, and are on target to exceed their \$50,000 goal.

UWDE recognizes and thanks these young leaders and salutes their commitment to conduct a top-performing workplace campaign in Kent County. We also thank P&G for their ongoing support of UWDE and the people in the communities in which they operate.



From Left: Clarence Ndangam, UWDE Board Member and Plant Manager, P & G-Dover Wipes; Noor Al-Nazal, P & G United Way Campaign Co-Lead; Yahia Sawaf, P & G United Way Campaign Co-Lead; Deborah Armstrong, Senior Director, Philanthropy and Engagement, United Way of Delaware

## Speaker Addresses Communication in Divided Times and Divided Families

Community members, organization leaders and friends gathered at the Hotel Du Pont on Wednesday morning to hear Delaware Community Foundation's Keynote speaker Mónica Guzmán, author of *"I Never Thought of It That Way: How To Have Fearlessly Curious Conversations in Dangerously Divided Times."*



Alex Southerst of the Delaware Racial Justice Collaborative attended to hear the Seattleite, immigrant and dual Mexican and American citizen, journalist, and author provide perspective on the importance of challenging ourselves to engage in conversations with those with whom we disagree.

The keynote address was followed by questions from the audience, with several asking how to approach holiday-season family gatherings at a time when many of us feel more divided than ever.

Here are two statements that you might find helpful in approaching difficult conversations with coworkers, friends, and family:

- "Whoever is underrepresented in your life will be overrepresented in your imagination."
- "If they oppose what I support, they must hate what I love." is usually *not* the case.

**Help Make the Season Happy for the Kids**



The Holiday Season is upon us, and United Way of Delaware and our partners are having our Second Annual Winter Wonderland Community Resource Fairs/Holiday Coat & Toy Drives for kids and families. Here are 3 ways to help!

1 **Your financial donation** will ensure a new coat and a new toy will be gifted to children ages birth to 13 which is our most vulnerable population. All gifts up to a total of \$500 received through our website after November 1 will be matched. Help us reach our goal to provide 1,000 new coats and 1,000 new holiday toys to kids during our statewide holiday events.

Distributions will be held:

- December 3 -- 2:30 pm - 4:30 pm at Schellville, Rehoboth Beach
- December 10 -- Noon - 1:30 pm at Laurel Library
- December 10 -- Noon - 1:30 pm at Dover Public Library
- December 17 -- 11 am - 1 pm at Wilmington Public Library

2 You, your family or your organization can hold your own holiday coat and toy drive to support this event. You can host a TOY, COAT OR CASH drive and drop off unwrapped donations to any of the drop off locations listed below. Or you can send monetary donations to us to purchase items **by donating here**

3 Share this information on social media to encourage your friends and family to join your holiday giving.

# Winter Wonderland

## DELAWARE TOY & COAT GIVEAWAY

### TOY & COAT DROP-OFF LOCATIONS

<p><b>WILMINGTON LIBRARY</b> 10 E. 10TH STREET WILMINGTON, DE 19801 DECEMBER 17 @ 11AM-1PM</p>	<p><b>DOVER LIBRARY</b> 35 LOCKERMAN PLAZA, DOVER, DE 19901 DECEMBER 10 @ 12PM-1:30PM</p>	<p><b>LAUREL LIBRARY</b> 101 E 4TH ST, LAUREL, DE 19956 DECEMBER 10 @ 12PM-1:30PM</p>
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<p><b>FIRST STATE COMMUNITY ACTION</b> 308 N RAILROAD AVE, GEORGETOWN, DE 19947</p> <p><b>UNITED WAY OF DELAWARE (BY APPOINTMENT)</b> 625 N ORANGE ST. WILMINGTON DE</p> <p><b>TIDEMARK LEWES</b> 34686 OLD POSTAL LN, LEWES, DE 19958</p> <p><b>DELAWARE CENTER FOR THE INLAND BAYS</b> 39375 INLET ROAD, REHOBOTH BEACH, DE 19971</p>	<p><b>SUSSEX COUNTY HEALTH COALITION</b> 21133 STERLING AVENUE, SUITE 12, GEORGETOWN, DE 19947</p> <p><b>REHOBOTH BEACH MAIN STREET</b> 5089 REHOBOTH AVENUE REHOBOTH BEACH, DE 19971</p> <p><b>ABC SUPPLY Co. INC.</b> 25414 PRIMEHOOK ROAD SUITE 300 MILTON, DE 19968</p>
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**RAYMOUR AND FLANIGAN LOCATIONS**

- 1400 ROCKY RUN PARKWAY, WILMINGTON, DELAWARE
- 2750 FASHION CENTER BLVD - NEWARK, DE
- 700 CENTER BLVD - NEWARK, DE
- 65 BALTIMORE PIKE, SPRINGFIELD, PA.
- 5303 CONCORD PIKE, WILMINGTON, DE

## Thanks to First State Community Action Agency for Selecting Us for their Community Partners Award.



## We Help Every Day

Delaware 211 is Delaware's helpline that people in crisis call to be connected to the resources they need when they feel like they have nowhere to turn.



If thoughts of the upcoming holiday season cause you stress or depression, you are not alone. If you or anyone you know is experiencing a crisis, dial 2-1-1 or visit [delaware211.org](http://delaware211.org). [Learn more](#)

If you value the community resource that is Delaware 211 and would like to help us expand our capacity to serve, please consider a donation to 211 [that you can make online here.](#)

To learn more about the film, read more in Oprah Daily

DOCUMENTARY FILM  
*Screening*  
**THE COLOR  
OF CARE**

*Directed by Yance Ford  
Produced by Oprah Winfrey*

**Saturday,  
November 19  
2022**

**1:00 - 3:00pm**

**Wilmington Public  
Library**

10 East 10th Street  
Wilmington, DE 19801

Join us to explore how we can make quality healthcare a reality for all. People of color are the most disadvantaged when dealing with access to quality healthcare.



Questions: [asoutherst@uwde.org](mailto:asoutherst@uwde.org)

**REGISTER NOW**



Sponsored by

*National Medical  
Association, First State  
Society*

*Delaware Racial Justice  
Collaborative*

**1:00 - 2:30** Film

**2:30 - 3:00** Panel discussion





# MAN UP! FOR BETTER HEALTH FAIR



SAVE THE DATE

Friday, December 2<sup>ND</sup>, 2022 | 10AM- 2PM

### OPEN TO ALL MEN

- FOOD VENDORS
- HAIRCUTS FOR MEN
- HEALTH SCREENING (For Diabetes, High Blood Pressure, etc)

### LOCATION

Teen Warehouse, 1121 Thatcher St,  
Wilmington, DE 19802

### SPONSORS



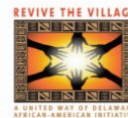
Register Online:  
[www.100blackmenofdelaware.org](http://www.100blackmenofdelaware.org)

## Remember Us On Cyber Monday

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.**



**LIVE UNITED**  
United Way of Delaware



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

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