



## May Brings Spring Flowers and Two Important Awareness Campaigns

For me, April and May are the teaser months -- the weather gets warm, then drops back to cool... flower bulbs claim it's spring but rains keep us indoors.

Round about now, I get a little impatient with waiting to enjoy a lawn chair and a tall Diet Coke. Even so, May is one of my favorite months because it brings with it two awareness celebrations that mean a lot to me: Teacher Appreciation Week and Mental Health Awareness Month.



### Teacher Appreciation

Without a doubt, education is pivotal in contributing to a person's life trajectory. It is one of the key factors referred to as "social determinants of health," which, combine to affect a person's overall health. Others are housing, geographical location, food security, access to health care, and economic stability. It can be argued that ultimately education trumps all the rest: well-educated persons will have tools to achieve a healthy standard of life for themselves and their families. And for every educated person, a series of teachers contributed to making it happen.

Teaching is a vocation propelled by more than the need to make a living – it is fueled by passion, love of the profession and students, and hope for the future. A great teacher can change a student's life and future. For all they do, I extend my sincere gratitude to teachers – today and every day.

### Mental Health Awareness

I am equally moved by Mental Health issues, and I appreciate efforts to raise awareness about mental health, to help fight stigma, provide support, and educate the public. Having family members with mental health challenges has taught me how trying it is to manage the disease, how hard it is on the affected person, and its significant impact on the entire family.

I urge you, on this month and every other month, to be aware of health issues. Be on the lookout for them in yourself, friends and family, including youth. One in five adults in the U.S. experience mental health issues each year. And, half of all lifetime cases of mental illness start by age 14 years. Be aware of developmental disorders such as Attention Deficit Hyperactivity Disorder (ADHD), substance use disorders, depressive and anxiety disorders, schizophrenia, and other psychotic disorders. While mental illnesses range in severity from mild to chronic and functionally-debilitating, for many,

effective treatments are available.

If you suspect that you or someone you know is experiencing mental health challenges, you can find resources online at [mentalhealthde.com](http://mentalhealthde.com) and [NAMI Delaware](http://NAMI Delaware), (National Alliance on Mental Illness). By phone, you can call Delaware 211, the Mental Health Association in Delaware at 302-654-6833 or the national mental health hotline 988.

Whether it directly affects you or your loved ones or not, mental health is something everyone should care about. It affects us all as a society in many ways, from economic to personal safety issues.

I extend my gratitude to all who work in mental health fields, from medical personnel to advocates and community-based programs. Mental health can be treated, but only if the resources are available.

And for now, I'll just have to wait a little longer for warm weather and the joys of summer – the lawn chair and Diet Coke. Happy Spring to all.

Sincerely,

**Michelle**

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

## Be Aware. Know How to Find Help

Nearly one in five American adults will have a diagnosable mental health condition in any given year. Some 46% of Americans will meet the criteria for a diagnosable mental health condition sometime in their life; half of those people will develop conditions by the age of 14. The problem is widespread in America. Let's use Mental Health Awareness Month to learn more.

- US Adults with Mental Illness: 50 million
- US Adults with Anxiety Disorders: 42.5 million
- US Adults with Depression: 21 million
- Youth with Major Depression: 3.7 million
- US adults with mental illness who did not receive any mental health treatment: 27 million
- US adults with mental illness who report they try and can't get treatment: 12.2 million

**MENTAL HEALTH**  
*Awareness Month*

When you **DIAL 2-1-1** you open up large opportunities from different resources to help you, a family member or a neighbor.

For more visit:  
[delaware211.org](http://delaware211.org)

**2-1-1**  
Delaware

Help Starts Here

United Way of Delaware

Mental health is one of your greatest assets. It helps you focus at work, overcome obstacles, get along with the people around you. Our mental health ebbs and flows on a daily basis. Many things can impact this including our physical health. The

connection between our physical body and our mental health is important. Here are some tools to help you improve your overall wellness.

- Connect with others
- Stay positive
- Get physically active
- Get enough sleep
- Eat well
- Take care of your spirit
- Get professional help if you need it

(SOURCE Mental Health America)

The diagram below shows how people can get help. Delaware 211 is our local information resource that connects people with the help they need.



**Take a Minute to Thank a Teacher**

**Record your video and send it in today!**

Teacher Appreciation week May 8th - May 12th

## Thank A TEACHER Challenge

1. Record a 1 minute video honoring a teacher who influenced you.
2. Submit your video to the link below.

[bit.ly/thankateacherDE](https://bit.ly/thankateacherDE)



## Stepping through Childhood with Shoes that Fit

United Way of Delaware, Stubbs Early Education and Dual Generation Center, and The Bancroft School recently collaborated with **Shoes That Fit**, a nonprofit that tackles one of the most visible signs of childhood poverty: worn-out athletic shoes.

Through this partnership, 78 Wilmington students -- 25 students from Stubbs and 53 students from Bancroft -- received new shoes.

Shoes That Fit is based on the philosophy that "Without proper shoes that fit, kids aren't able to enjoy the typical experience of childhood. New shoes do more than you can imagine! New shoes help kids step into childhood with dignity, joy, and confidence. Research suggests that worn shoes hinder kids from fully participating and engaging in childhood experiences at school and at play."

The students greatly appreciate their new shoes and here are some photos to prove it.





## Students Learn Science By Flying Drones

Our recent collaboration with Walnut Street YMCA and Delaware Drone Soccer gave youth the opportunity to learn to build drones, fly them in competition, and repair them when needed. Drone Soccer is endorsed by the Federal Aviation Administration as a way to involve young people in the principles of safe drone use. We were pleased to receive this letter from DE Drone Soccer.

The DE Drone Soccer Team would like to thank the Walnut YMCA and United Way for your generous support that made it possible for us to participate in the Federal Aviation Admin. Droning On: Eastern Edition event in celebration of National Drone Safety Day. We are thrilled to report that it was a day to remember for 10 of the student pilots that were able to attend.

Despite the rain, the students started their day flying 10 lb commercial drones, remotely controlling a robotic dog priced at 200k, and learning to code on a switchboard. They were then treated to a wide range of experiences, including watching various robotic competitions, seeing a drone light show, walking into a hot air balloon, and touring the Uncrewed Vehicle Systems lab at the college's satellite campus. The students were amazed at all the opportunities available to them, and many parents confirmed their child's amazement.

The DE Drone Soccer Team had a blast showcasing their skills and talents amidst such an enriching and exciting event. We would not have been able to participate without your support. Your commitment to their STEM education through drone education is truly appreciated.

We look forward to your continued support on May 27th at the final Drone Soccer Game.

Thank You,  
DE Drone Soccer Team



Parents were pleased and grateful for the activity and sent us notes like these:

***"I just wanted to thank you for introducing drone soccer. I put my son in your program at the Y. We had to force him to join, but he's really starting to like it, especially after the game on Saturday." - Kiki***

***"As a parent and partner of Droneversity, I can tell you that it has reshaped the way my family thinks about technology, and career development of our youth. Oftentimes we cannot be what we cannot see, which is why I truly love the soccer drone program. My son can now see himself in a world that he would have never been introduced to, if it were not for Ashley and her amazing team with bringing this program to the YMCA. Droneversity is intentional about celebrating the magic that our students of color possess and nourishing it in various ways, through relationships, various learning experiences in the community, and career trajectory. I have seen my son's self-esteem boost as he speaks highly of himself and his ability to build and fly a drone. He is currently working towards purchasing a drone because he has developed a love for them and what they can do for our community." - Shaniqua***

***"I just want to thank you for the experience you offered the kids on Saturday. My child called and sent texts of the incredible things he was able to see. I'm usually the one to call and check-in, but he was so surprised to learn that such technology even existed." - Kim***

## Want to Help Get Delaware Reading?

Get Delaware Reading's Strategies for Early School Success  
Webinar May 9, 2023 12:30–2 p.m. ET

Get Delaware Reading, the statewide literacy coalition led by United Way of Delaware, ensures children are ready for school, addresses chronic absence with targeted support, engages families and cultivates out-of-school learning opportunities.

A proven strategy for building early literacy skills is Nemours Children's Reading BrightStart program. Reading Brightstart promotes reading success in children from birth to age 8 using innovative tools, research-based curriculum and community partnerships. The tools include a free preschool reading screener for children ages 3 to 5 and family engagement activities that can be done at home.

**Please join us on May 9, from 12:30–2 p.m. ET**, online as we explore in detail how Nemours Children's Reading BrightStart program works, why Get Delaware Reading has integrated it into strategies for early school success, and the impact for young learners. We will also share free resources for providers and the steps community coalitions and providers can take to implement the program.

Attendees will learn the following:

- An overview of Get Delaware Reading.
- Why the leaders of the coalition are using Nemours Children's Reading BrightStart.
- The link between early literacy skills and healthy development for children.
- The results of this program as shared by practitioners.
- Resources that providers and families can use immediately.

[Register here](#)

## New Challenge Session Begins May 22 - Enroll Now!

The 2023 Racial Equity Challenge series, powered by United Way of Delaware (UWDE) and Delaware Racial Justice Collaborative is a quarterly journey of self-discovery designed to help Delawareans build more effective social justice habits, particularly those dealing with issues of race, power, privilege, and leadership.

For five consecutive days each quarter during 2023, participants are prompted with a daily e-mail challenge — such as reading an article, listening to a podcast, or watching a video—and are then encouraged to reflect on that content and to relate the situation to their own lives.

Participants discover how racial inequity and social injustice impact our community. The goal is to build new understandings and new connections and in so doing, to begin dismantling systemic racism in Delaware.

The next session begins May 22. [Sign up now!](#)



## And the Winners Are... All of Us

Tomorrow is the last day of National Small Business Week, so make sure you patronize a small business in our community. Small businesses are the lifeblood of our economy -- let's support them and help build thriving communities in Delaware.

United Way's Stand By Me *Minority Small Business Program* helps minority entrepreneurs achieve success. To highlight local small businesses, Stand By Me holds an annual business competition, *Pitch or Ditch*. The shark-tank style event promotes diversity, entrepreneurship, innovation and provides professional exposure. Let's congratulate the top three winners from this year's competition.

**Find out how StandByMeDE can help you start your small business**



Nikita Thomas, owner of Gods Green EarthRX won the 2023 Pitch or Ditch competition



Jamela Johnson, owner of Stix Chicken won 2nd place at the Pitch or Ditch competition



Jenesis Priloeua, owner of Believe It, It's Vegan! took 3rd place at the 2023 Pitch or Ditch competition

**Now Hiring School Site Testing Manager**



## Site Testing Manager Position Description

### Nature and Scope

CDF's mission is to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start and a Moral Start in life and successful passage to adulthood with the help of caring families and communities. The CDF Freedom Schools® program is a direct service initiative coordinated nationally by the Children's Defense Fund in partnership with local community organizations. It is an educational and cultural enrichment program that provides summer options for children and strengthens family and community involvement. The program serves children in grades kindergarten through twelve for six to eight weeks. The activity-based Integrated Reading Curriculum, which is aligned to the Common Core State Standards, integrates reading, conflict resolution, and social action, and is designed to promote social, cultural, and historical awareness. Multi-year assessments of CDF Freedom Schools program sites continuously demonstrate the effectiveness of the Integrated Reading Curriculum, which has proven to avert children's summer learning losses in reading.

The Site Testing Manager is responsible for the assessment of children, parents, and Servant Leader Interns at a CDF Freedom Schools program site. Site Testing Managers administer individual reading assessments, collect surveys, and submit all required data and forms to the Children's Defense Fund. The Site Testing Manager is responsible and best qualified to ensure objectivities and credibility of the CDF Freedom Schools National Assessment initiative.

### Responsibilities

- Complete all required self-paced trainings that includes videos clips
- Administer individual reading tests for **the first and the last weeks of the CDF Freedom Schools program.**
- Collect surveys from children, parents and Servant Leader Interns for the last week of the CDF Freedom Schools program.
- Submit test papers and surveys to the Children's Defense Fund in a timely manner.
- Maintain communication with Site Coordinators/Project Directors at the program site where the National Assessment is administered.

### Qualifications

- **NOT be affiliated with or employed by the CDF Freedom Schools program.**
- **Should be 4-year college graduates.**
- Affiliated with a local sponsor institution: College/University, school district, and other educational/research institutions.
- Graduate/post graduate students majoring in education/psychology, current/retired school teachers, and local University professors encouraged.
- Exhibit positive behavior and attitude. Model a mature and professional demeanor. Possess excellent written and verbal skills.
- Strong appreciation and understanding of individual cultural history and the willingness to be open and respectful of other cultures.
- Attention to detail and data collection processes.

**Reserve Your Space Now!**





# JERRY HUNTER COMMUNITY CLASSIC

[UWDE.ORG/EVENTS/JERRY-HUNTER-CLASSIC](http://UWDE.ORG/EVENTS/JERRY-HUNTER-CLASSIC)

22 MAY, 2023 | 11:00 AM  
1 HARTEFELD DRIVE | AVONDALE, PA 19311



## NEWS FROM THE LATINO COMMUNITY



### ¡Feliz Cinco de Mayo!

By Wanda Barrett

**Cinco de Mayo** (pronounced [*'siŋko ðe 'majo*] in Mexico, Spanish for "Fifth of May," is a yearly celebration held on May 5, which commemorates the anniversary of Mexico's victory over the Second French Empire at the Battle of Puebla in 1862, led by General Ignacio Zaragoza. The victory over the French army was a morale boost for the Mexicans. Zaragoza died months after the battle from an illness, and a more significant French force ultimately defeated the Mexican army at the Second Battle of Puebla and occupied Mexico City. However, following the end of the American Civil War in 1865, the United States began lending money and guns to Mexican liberals, pushing France and Mexican Conservatives to the edge of defeat. At the opening of the French chambers in January 1866, Napoleon III announced that he would withdraw French troops from Mexico. In reply to a French request for American neutrality, the American Secretary of State William H. Seward replied that French withdrawal from Mexico should be unconditional. (Source: Wikipedia)  
Read More: [Cinco de Mayo - Wikipedia](#) For more history, visit [Cinco de Mayo and the Rise of Modern Mexico \(2022\)](#).

Celebrations in Delaware

The Mexican and Latino Communities in Delaware honor the Celebration of Cinco de

Mayo in a grand "Fiesta" party. Restaurants and other businesses offer Mexican cuisine and beverages as part of the celebration. Native dancing with colorful ornaments is seen everywhere you go. Click [here](#) to find a location to celebrate Cinco de Mayo.

*¡Felicidades a todos nuestros hermanos mexicanos! Nos unimos para celebrar su gran fiesta. ¡Feliz **Cinco de Mayo!***

## Having Trouble Making Payments? Mortgage Help is Available

## Community Announcements

The events below are happening over the next several weeks. Be sure to mark your calendars now to save the dates and times.

### Help Stamp Out Hunger on May 13

On **Saturday, May 13**, United Way will join our long-term partner, the National Association of Letter Carriers (NALC) for a day-long food drive. Every year, letter carriers drop off co-branded bags in more than 10,000 communities across America and on May 13 they collect the bags filled with food. Last year, they collected some 43.1 million pounds of food.



Here in Delaware, the Letter Carriers food drive is conducted in partnership with the AFL-CIO, UWDE and the Food Bank of Delaware. Our sponsor Discover will cover the cost of the bags that will be delivered to each mailbox. Our partners still need volunteers. Learn more [here](#).

Fresh, nutritious food is a requirement for healthy living and should not be a luxury. Thank you for your commitment to help end hunger in our communities.

# You're invited! Strategic Planning Session Delaware Literacy Alliance



**SAVE THE DATE**

**THE DELAWARE LITERACY ALLIANCE**  
A DELAWARE COMMUNITIES OF EXCELLENCE INITIATIVE  
**STRATEGIC PLANNING SESSION**

Join us for lunch and a discussion on the state of literacy in Delaware. Based on a full-scale landscape analysis, we are bringing together community leaders, educators, and other stakeholders to discuss our findings and collaborate on effective strategies to improve literacy rates for Delaware residents. Your voices are important to us! This discussion will contribute to the development of a comprehensive statewide plan to improve literacy outcomes. Help us map the path forward for a more literate Delaware by joining us for this important event.

**WEDNESDAY, MAY 31**

**9 AM - 1 PM**

**MODERN MATURITY CENTER**  
1121 FORREST AVE, DOVER, DE 19904

**REGISTER NOW**

Delaware Communities of Excellence | Delaware Libraries | LITERACY Delaware

## "A CONVERSATION WITH PARENTS"

### Parents, Community Members and Educators

Please join us for the last event in our series "A Conversation with Parents." Pertaining to education, health and financial stability for your family, these conversations 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.

**May 16, 2023**

**"Possibilities and Solutions."**

Topics include:

- Boundaries and consequences
- Problem solving, goal setting.
- Responsible Decision Making

**Location:** Route 9 Library & Innovation Center,  
3022 New Castle Ave, New Castle, DE

**Time:** 6 p.m. to 7 p.m.

**A \$40 ShopRite gift card will be raffled at the session.  
YOU MUST ATTEND TO WIN!**

**Registration is strongly recommended.**  
Register at <https://bit.ly/convoparents>

TO REGISTER  
PLEASE SCAN  
WITH PHONE



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



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

[Unsubscribe fmclain@uwde.org](mailto:fmclain@uwde.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [leadingtheway@uwde.org](mailto:leadingtheway@uwde.org) powered by



Try email marketing for free today!