



[www.uwdor.org/pledge-online/president-container](http://www.uwdor.org/pledge-online/president-container)

GIVE. ADVOCATE. VOLUNTEER.  
**LIVE UNITED**



United Way of the Dutchess-Orange Region



## Thank you, President Container!

Last year the 2014 United Way Campaign impacted the lives of 101,227 individuals!

*That's one in seven of your neighbors - one life for every 5 minutes of every day!*

Please give this year and join President Container to support United Way and reach their 2015 goal!

**United Way invests in what our community determines to be the building blocks of a better quality of life**

### EDUCATION

• Last year 774 benefited from developmental check-up screenings for 0-5 year olds and caregiver education to identify appropriate development milestones.

Did you know that 90% of a child's brain develops before the age of 5? United Way's work empowers parents, families and individuals with opportunities to be a child's first teacher and to engage children in learning outside the classroom.

### INCOME

• Last year 741 individuals benefited from professional development, financial budgeting, professional/workplace attire and career guidance.

United Way's work helps individuals avoid financial hardship by preparing students and families with the basics of budgeting, money, credit card use and fiscal responsibility.

### HEALTH

• Last year 1,272 individuals benefited from programs that helped increase awareness of the consequences of drug abuse and violence and connected youth with positive role models.

• Last year 35,421 individuals benefited from programs that provided education about healthy food choices and increased awareness of the importance of physical activity.

United Way's work is helping individuals understand the importance of healthy eating and exercise habits; identify, prevent and intervene when instances of bullying and abuse occur; and help individuals build resiliency against destructive decisions.

### BASIC NEEDS

• Last year 750,898 people were fed through food provided by our partners at the Food Bank of the Hudson Valley.

• Last year 2,501 lives were helped with warm nutritious meals, housing, utility assistance, prescriptions and medical supplies.

**The work of United Way is not about the money or number of programs funded, it's about the difference we are making in lives and communities and how YOU can be part of making that happen.**

**Your donation makes an impact in our community every day!**

**Help President Container and United Way  
make our community even stronger.**

**THANK YOU!!!**

### OUR PRIORITIES:

- > Ensuring children are supported on a lifelong path for academic success.
- > Empowering families with the financial tools to succeed on their own.
- > Removing the barriers for safe and healthy life choices.

Visit [www.uwdor.org](http://www.uwdor.org) for more information about these initiatives and much more today!



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**Do you want to get involved in your community by volunteering?**

Last year 1,761 individuals contributed over 27,013 volunteer service hours in Dutchess and Orange counties. Help United Way strengthen the community by encouraging your colleagues, family and friends to register and volunteer this year. Visit [volunteer.uwdor.org](http://volunteer.uwdor.org) or call 845-471-1900 ext 3128.

**Days of Sharing**

Local non profit organizations can participate in United Way's Days of Sharing to help their clients in times of need – for further information call 845-471-1900 ext. 3113.

# Programs YOU can use!

## HUDSON VALLEY REGION 2-1-1

Last year 16,083 individuals called HUDSON VALLEY 2-1-1.

You can call HUDSON VALLEY 2-1-1 if you have a health/human service question at any time!

- 2-1-1 is a FREE confidential information and referral hotline available 365 days a year in 250 languages.
- 2-1-1 connects individuals to local organizations to help with food, housing, employment and much more.

## FAMILYWIZE PRESCRIPTION DISCOUNT PROGRAM

Last year 12,279 individuals saved on their prescriptions by using the free prescription discount card – YOU can use the FREE FAMILYWIZE PRESCRIPTION DISCOUNT CARD too, even if you have insurance you can take advantage of this program.

- Dutchess and Orange County residents saved over \$309,684 on prescription medications last year – get your card today!

## HUDSON VALLEY CA\$H COALITION

Last year more than \$5,738,546 in refunds were generated for 7122 Hudson Valley residents! YOU could take advantage of this program offered by United Way and have your taxes prepared FREE of charge!

- Certified volunteer tax preparers provide individuals, families and seniors with free tax preparation services at over 30 locations across Dutchess and Orange Counties. Call 2-1-1 for more information.

## ORANGE COUNTY FUEL FUND (For Orange County Residents Only)

It's warm now but winter in our region can be cold, YOU could benefit by calling the Fuel Fund!

- On an annual basis in partnership with Orange County Government, United Way provides direct financial assistance to low income families through a one-time fuel grant. Funding is restricted to families whose income is just above the social service HEAP benefit level and who reside in Orange County. For information, call 845-457-4774 ext 3112.

