

UNITED WE WIN WITH YOUR SUPPORT!

LIVE UNITED



Food for the Hungry

Day of Sharing

The Louis Greenspan Children's Corner

Help Runaway Teens



Prevention of Suicide

166,433

Help Prevent Opioid Addiction



Tutor & Mentor At-Risk Students

PEOPLE HELPED

Prevent Homelessness



Violence Prevention

Help for our Veterans



United Way of the Dutchess-Orange Region

WWW.UWDOR.ORG

THANKS TO YOU ANITA'S NOT HUNGRY!



We know that families are struggling every day to pay bills, make sure their rent or mortgage is covered, that their kids always have clothes and food. When something unexpected occurs, it's like dominos falling. The very basic necessities become luxuries.

A few months ago, one of the volunteers in a program that helps mentor children came to us almost in tears. She and her mentee Anita had just finished reading a book about dreaming big and when she asked Anita what was her big dream, Anita's answer brought her to tears. Anita wanted a loaf of bread. She wished that there always would be food in the refrigerator. That her mom and dad wouldn't be worried all the time. And that she could have a slice of bread so when she went to bed the sounds of her stomach growling wouldn't keep her awake.

Anita and her family were able to get food and other help to tide them over that month, thanks to you. We want to make sure that all children have the food they need to grow strong. That families do not have to choose between eating and having a place to live. Help us help them.

WHAT A DOLLAR BUYS

\$2/WEEK



PROVIDES **2** MEALS FOR A FAMILY OF FOUR

\$5/WEEK



PROVIDES **1** LITERACY TUTOR FOR A MONTH

\$10/WEEK



PROVIDES FREE TAX PREP TO **50** FAMILIES

\$25/WEEK



HELPS PREVENT EVICTION FOR **1** FAMILY

\$50/WEEK



PROVIDES LEGAL ADVICE FOR **4** VETERANS

\$100/WEEK



PROVIDES **2** SCHOOL SEMINARS ON SUICIDE PREVENTION

**Please consider making a gift today.
Your donations stay right here in YOUR community!**

PROGRAMS YOU CAN USE

Hudson Valley Region 

2-1-1

Get Connected. Get Answers.

Dutchess • Orange • Putnam
Rockland • Sullivan • Ulster • Westchester

1-800-899-1479 hudson211.org

Questions answered
24/7/365



Hudson Valley

CASH

Creating Assets Savings and Hope

Free tax preparation

Prescription Savings Card

BIN 610194
CARD ID: FAM700
GROUP ID: FAM700
PCN: FW

familywize
Live Healthy. Live Smart.

Save up to 75%.
Show this card to your pharmacist.
This is not insurance. Discounts Only.

PROUDLY PARTNERED WITH
LIVE UNITED
United Way

Free prescription savings

WAYS TO GET INVOLVED

- Volunteer (volunteer.uwdor.org)
- Share your expertise on a Committee
- If you're under 40, join Young Leaders United
- Become a Grant Reviewer
- Attend Events
- Run a Food or Supply Drive
- Start a Penny War!
- Run a Workplace Campaign
- Other Corporate Engagement Opportunities

For more information, call Elizabeth Manning at 845-471-1900 ext 3116 or visit www.uwdor.org.

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