

Change Starts Here!

Your Connection to United Way
Winter 2015



What's inside:

- JDC West Chills 4 Charity in Galt Gardens
- Coats for Kids and Toasty Toes - Keeping the community warm
- Stories of success from the campaign trail



United Way

Lethbridge &
South Western Alberta

Community steps up coat doantions in 2015

“That’s about a 150 per cent increase in donations since last year. It’s amazing,” says United Way’s Connolly Tate-Mitchell of the nearly 450 coats donated to the 2015 Coats for Kids and Families program.

With program partners TD Canada Trust branches and KPMG LLP acting as drop-off locations, donating gently used winter items was easier than ever and the final numbers show it.

Nearly 1,000 items were collected altogether and are being distributed at no charge to community members with the help of 10 local organizations which serve children, youth and families in the Lethbridge region.

Mitch Stevenson, a Senior Accountant at KPMG LLP says that helping to make deliveries to several local organizations showed not only the level of need the community experiences, but how small actions can make a difference.

“Delivering to the various organizations across the city was an eye-opening experience and helped us understand how life-changing even the smallest contribution can be for another person,” he says.

Children and families accessing local shelters like YWCA’s Harbour House sometimes arrive without all of the things they need. Kelly Mettler, partnerships manager at the YWCA of Lethbridge says that winter can be a particularly difficult time of year.

“The cost of coats and boots can really add up as children grow. This type of support allows families we serve to focus on other necessities during pivotal times in their lives.”

Tate-Mitchell says that making the time to deliver items rather than have them picked up is meaningful on a more personal level.

“We get to go and actually see the places where people’s lives are



Above: A small selection of the nearly 500 donated coats and winter items. Top: Patrick Klatt, Mitch Stevenson (KPMG LLP) and Connolly Tate-Mitchell make a delivery at the YWCA of Lethbridge.

changed for the better and meet people who show us the impact that even a single act of caring can make.”

To get involved with next winter’s Coats for Kids & Families collection please contact United Way, at 403-327-1700 or email together@lethbridgeunitedway.ca

Mad City Money simulation teaches financial literacy



CALM 20 students at Winston Churchill High School helped pilot Lethbridge’s first Mad City Money simulation, an interactive learning activity that challenged them to build a monthly budget and explore money-management and lifestyle choices.

The simulation, purchased with a sponsorship from **Bromwich & Smith Inc.**, shows youth the consequences of spending more than they earn in a no-risk environment.

Read more about what the students experienced [HERE](#).

United Way is pleased to allow use of the simulation at no cost to any schools interested in having students take part in the exercise. For more information, please contact United Way at 403-327-1700 or email together@lethbridgeunitedway.ca.

JDC West Chills 4 Charity in 2015

This year marks the 12th year that the U of L’s JDC West Business Team has supported United Way with Chillin’ 4 Charity – an event where students, business professionals and local celebrities plunge into icy water for a good cause.

Since 2005, the student-organized event has raised over \$100,000 for community re-investment in programs that improve the day-to-day life of individuals and families in Lethbridge and across South Western Alberta.

On October 30th, the local Fire Department filled an above-ground pool and from 11am - 1pm, team members took turns diving in. Plenty of ice was

added to ensure extra chilly water. Bags of ice were available for purchase at the event.

Each team member collected pledges and donations during the weeks leading up to the event. This year, the team raised over \$5,000 in support of United Way’s Community Fund!

JDC West is a student group that participates in case competitions against JDC West teams from other Canadian Universities. Teams have three hours to analyze a business case and develop a 20-minute presentation which they deliver to a panel of industry judges. To learn more about JDC West, please visit www.ulethjdcwest.com.



Toasty Toes brings in 1,200 pairs of socks in #yql

Alberta College and Association of Chiropractors collects over 14,500 pairs across AB

They're a thing that people don't typically think about donating, but socks are in high demand among organizations that shelter and support Alberta's homeless and in-need populations.

The Alberta College and Association of Chiropractors collected over 14,500 pairs of socks in the 2015 Toasty Toes Sock Drive.

According to Alberta Human Services, there were 10,627 homeless individuals receiving housing and support from the Government of Alberta in 2014.

Many homeless individuals are at risk of foot injuries such as blisters, frostbite and infections that arise from a lack of clean, dry footwear. Recovery from these types of injuries can be impeded by an inability to get adequate rest and not being able to afford to fill prescriptions for medication.

Access to clean, dry socks is an important part of preventing foot injuries in the first place.

In Lethbridge and Coaldale, community members donated 1,202 pairs of socks at nine chiropractic offices and Reeves College. Body and Soul Chiropractic finished in the top spot with 367 pairs. Reeves College, although not part of the Alberta College and Association of Chiropractors, took up the challenge and staff and students collected 381 pairs in just a few short days.

United Way of Lethbridge & South Western Alberta



Top: Dr. Jeff Warren and Sue Eaves (Body and Soul Chiropractic) with United Way's Jeff McLarty (centre).
Right: What 1,200 pairs of socks looks like.



assisted in distributing socks to Streets Alive Mission, Wood's Homes, YWCA's Harbour House, SASHA House, Interfaith Food Bank, the Lethbridge Food Bank and the Lethbridge Shelter and Resource Centre to help keep community members' feet warm and healthy over the winter.

For more information about the Alberta College and Association of Chiropractors, please visit www.albertachiro.com. To learn more what other items can be collected for vulnerable people in the Lethbridge region, please contact United Way.

Homelessness is Only One Piece of My Puzzle

This e-book offers first-hand accounts of people who have experienced homelessness, opens a window into what it means to be homeless in Canada and includes framework for policy and practical intervention that can help us support homeless populations and work towards preventing and ending homelessness.

Read stories of stereotypes about those who are experiencing homelessness, about women, people with disabilities and Aboriginal Peoples.

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On the Campaign Trail...

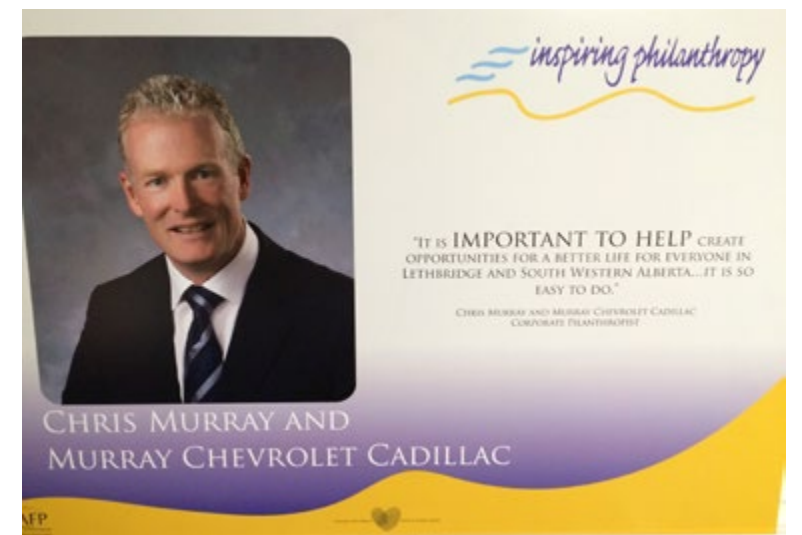


The Canadian Food Inspection Agency had a chili cookoff as part of their GCWCC United Way campaign! (Photos by Tamara Sudar) Far Left: Amanda Grinton and Lindsay Happyjack get ready to sample some chili. Centre: Cookoff winner Chad Leavitt shows off his trophy. Above: Employee Campaign Champion Tamara Sudar enjoying some campaign fun!

Congratulations to Chris Murray and the team at Murray Chevrolet Cadillac on winning the Corporate award in the 2015 Inspiring Philanthropy Awards!

Murray Chevrolet Cadillac is one of United Way's most unique campaigns in that employee donations are matched once by the company and then matched a second time by Mr. Murray personally, helping donations go three times as far in the community.

United Way is proud to share that Murray Chevrolet Cadillac is among the top contributing campaigns over the past 10 years. We appreciate their dedication to the community!



Lethbridge's BIGGEST Dodgeball Game!

Saturday, March 5, 2016 | Lethbridge College
\$30 per player | Register today!
lethbridgeunitedway.ca/dodgeball

2016

DODGE DUCK DIP DIVE DODGE

More stories of success



Above Left: Fantastic support for the community at Ashley Furniture Homestore with \$2,000 raised! Thank you, team! Above Right: Employees at DuPont Pioneer blew their campaign goal out of the water by \$1,000 and raised over \$8,000 towards programs for people and families in the community. Thank you, everyone!



Above: RBC Branch Manager Mark Brown (right) presents United Way's Jeff McLarty with \$17,000 from the RBC Foundation to support programs at 22 local organizations. Thank you, RBC, for helping to make a difference in the lives of people and families!

Above: Lethbridge Iron Works' Calvin Miller presents a cheque to United Way's Kathryn Ponomar. Employees at Lethbridge Iron Works raised over \$10,000 for community re-investment through United Way's Community Fund. Thank you, Lethbridge Iron Works, for your commitment to the community!

Getting to know United Way

Meet Lindsay!

Lindsay completed her degree at the University of Lethbridge. After two years of articling in Calgary, she returned to Lethbridge in 2008 to join Mercer Wilde Group and there, she received her Chartered Accountant designation. A true Southern Albertan, Lindsay loves living and working in Lethbridge because it allows her to be close to her family.

Lindsay joined the United Way Board in 2013 and uses her professional experience to give back to the community as the Treasurer. She says it's great to be able to be a part of an organization that provides support to so many sectors in our community.

When she's not working or volunteering, you may find Lindsay at the lake, the ski hill or travelling the world.



What's Happening?

December 25 - LSCO Christmas Dinner
LSCO will host its 31st Annual Christmas Turkey dinner from 11am-1pm, open to all community members. Transportation to the event or meal delivery can be arranged with advance notice. Donations and volunteers also welcome. Call 403-320-2222 for more information.

January 14 - Where is Home?
The independently produced and filmed documentary premieres at the Lethbridge Public Library Theatre Gallery (south). Doors open at 6:30pm, film begins at 7pm. Admission is free. View the trailer at <http://www.whereishome.ca>

February 4 - KPMG LLP Seminar
Join KPMG LLP and United Way for a free seminar covering fraud prevention for non-profits, maintaining NPO and Charity status and more. Visit www.lethbridgeunitedway.ca/KPMGseminar for more info and registration.

February 29 - Dodgeball Registration
From now until February 29, register for Lethbridge's BIGGEST Dodgeball Game and be a part of the action! Volunteer support is also needed. Visit www.lethbridgeunitedway.ca/dodgeball to sign up as a player or volunteer!

Got an event coming up? **Contact us** to list it in our next newsletter!

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#WeArePossibility

Spare Change

Thoughts from great minds

"What can you do to promote world peace? Go home and love your family."

-Mother Teresa

"When your mother asks, "Do you want a piece of advice?" it's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."

-Erma Bombeck

"A dream you dream alone is only a dream. A dream you dream together is reality."

-John Lennon

"A party without cake is just a meeting"

-Julia Child

"My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is."

-Ellen DeGeneres



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