



Lycoming County  
United Way

# NEWSletter

## UPCOMING MARCH & EVENTS



In March, we continue our Facebook raffle. Every Monday, we will post what the particular raffle prize is for that week for the drawing on Friday.

*\*To be entered to win, there will be a minimum donation each week on the post. Please donate through our [Facebook fundraiser page](#)\**

**Congratulations** to our winners so far of the Healthy Package, Penn State Football, Crosscutters Package, and Browns NFL Football as well as the gift cards!



Lycoming County  
United Way

March 10TH at 6PM- March 11TH at 11:59PM

**TOGETHER, We Raise the Region for the  
HEALTH, EDUCATION, & FINANCIAL STABILITY  
of every person in every community.**

**Our United Way will be participating in Raise the Region!**

**What is Raise the Region?**

- Raise the Region is a unique 30-hour online giving campaign that gives community members an opportunity to support our local nonprofits by helping them raise as much money as possible!
- Your contribution to the Lycoming County United Way will help fight for the health, education, and financial stability of every person in every community in Lycoming, Sullivan and Tioga counties!

**RAISE THE REGION FOR THE LCUW!**



HELP SUPPORT OUR CAUSE!  
**MONTH OF GIVING**  
 LEARN MORE: [JERSEYMIKES.COM/MOG](http://JERSEYMIKES.COM/MOG)

In March, we celebrate Jersey Mike's Month of Giving. Visit Jersey Mike's on Basin Street (behind Starbucks) to support your United Way. Check out our [Facebook Page](#) for weekly specials.

Also, during checkout, customers are able to make donation to us or round up their bill, if desired!

THEN on Wednesday, March 31st 2021, Jersey Mike's has their "Day of Giving," where **100% of the day's sales** are donated back to the Lycoming County United Way!

**Jersey Mike's**  
SINCE 1956  
SUBS

**DAY OF GIVING**

**100%** OF TODAY'S SALES ARE DONATED TO LYCOMING COUNTY UNITED WAY! **3/31 ONLY!**

WHETHER YOU BUY A SODA OR A MEAL, 100% GETS DONATED!

**YOU CAN MAKE A DIFFERENCE!**



The Annual Spring Forward for United Way 5K VIRTUAL Run / Walk is a great way to get some miles in on a day where you are already losing an hour. Normally a stroll around the scenic Williamsport Country Club, this year's version of our annual event will have to be virtual (darn COVID-19). But now, you can complete the 3.1 miles anywhere you like between March 13 and April 4 (Easter Sunday).

Registration is \$20 without a shirt and \$30 with a shirt.

**REGISTER HERE!**

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**A LOOK BACK**

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During February, we partnered with Alabaster for their Community Tap! When you ordered the "Cup of Love," donations came back to our United Way!



Thank you to all our sponsors and supporters for making our February “Cup of Love” campaign a success. Final sales have not been compiled, but due to the generosity of our sponsors, we will raise a minimum of \$12,000 in addition to whatever is donated by Alabaster. Special thanks to the seven board members and their families who supported this effort and to our friends at UPMC who covered the entire cost of the beautiful sleeves promoting “Heart Health” month. As a community we can make an impact. Thank you all for LIVING UNITED.



### Annual Awards

[Awards](#)

Did you know we have awards for volunteers and members? Check out our new website page by clicking the "Awards" button!

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 Congratulations to our new award winners!

- [Douglas Dickey Humanitarian Award - Dr. William J. Martin](#)
- [Douglas J. Shangraw Memorial Volunteer Award - Mr. Timothy J. Mahoney](#)
- [President's Award - Mr. Donald S. Shade](#)

# Meet the Team

Ron Frick, President and CEO

Lycoming County  
United Way



Ron received his B.A. in Business Administration and International Studies from Lycoming College in 1983. Ron serves on the Northern Tier Advisory Committee and governing Board of Directors of the Central Pennsylvania Food Bank. He is active at First United Methodist Church, Williamsport, and serves on the boards of the Lycoming County Authority and the Lycoming County Industrial Development Authority, which he also chairs. He has been a member of the Kiwanis Club of Williamsport for 35 years. In addition to his board service, Ron has volunteered for the last 18 years as a team host or “uncle” for the Little League Baseball World Series and is also a distance runner for Team in Training; the endurance sports arm of the Leukemia & Lymphoma Society, completing 17 events since 2013. Ron and his wife Judy have two adult children and reside in Loyalsock Township, Lycoming County.



**familywize**<sup>®</sup>  
The smart way to save on prescriptions.

**FREE**  
Prescription  
Savings Card



Take control of your prescription costs

## What is the FamilyWize Prescription Savings Card?

It's like a coupon that you can use as often as you want to reduce your cost for prescriptions.

## How does the Prescription Savings Card work?

FamilyWize partners with nearly all pharmacies nationwide to negotiate prescription discounts, so you receive a lower price. They understand you're looking to reduce the cost of your prescription medications, and their goal is to help you do that. The pharmacy discount card is for everyone nationwide, whether or not you have health insurance coverage. That's right! You are eligible to begin saving on your prescription medications today.

### It's as easy as:



**BRING**



**SHOW**



**SAVE**

- No registration or eligibility criteria
- Use it whether you're insured or uninsured
- Use it every time!

## Where can I get this Prescription Savings Card?

Click below to get your card!

[FamilyWize Card](#)

## Can I see the price before going to my pharmacy?

Yes, with the Drug Price Lookup Tool you are able to see what the FamilyWize price is for your prescriptions.

[Drug Price Lookup Tool](#)

## Where is this card accepted?

It is accepted at pharmacies nationwide.

[Pharmacies](#)

# a message from the PRESIDENT

According to Punxsutawney Phil we still have some winter left and based on our recent snowfall totals, I for one am looking forward to seeing some green popping up soon. As we enter March, we know that a quarter of 2021 is almost over and the coronavirus is still here. Vaccinations are rolling out locally as quickly as possible, but we still have supply challenges and weather events that seem to get in the way. Please be patient and recognize that our healthcare systems and others are working hard to get vaccinations into people's arms. We are doing our part in communicating with UPMC and others to help find ways to disseminate accurate and timely information, but the process is not always perfect. We send along our support our best wishes to providers and government officials as well.



February was Heart Health month and we are grateful for our partners at UPMC helping us raise awareness and also for supporting our "Cup of Love" in partnership with Alabaster Coffee Roaster and Tea Company in downtown Williamsport. The promotion will raise over \$12,000 thanks to board members, friends and corporate partners who stepped up in support of this campaign. We also launched our online raffle to help to supplement lost special events revenue as a results of COVID-19. To date, almost \$3,000 has been raised. In addition, we wanted to support our local economy and so gift cards to local businesses were purchased as additional prizes. Our local economy and relationships with community business is important to us and important to a community's vitality. We are grateful for so many supportive partners.

February also helped us celebrate National 211 Day on, you guess it 2/11! PA 211 Northeast <https://pa211ne.org/> is part of the national 2-1-1 call centers initiative designed to provide an easy-to-remember telephone number, chat, text, and a web resource for finding health and human services information for everyday needs and crisis situations. PA 211 Northeast is a program of the Family Service Association of NEPA's Help Line. 211 in Lycoming County is funded by our United Way.

In March we celebrate Jersey Mike's Month and Day of Giving and our participation in the First Community Foundation Partnership of Pennsylvania (FCFP) Raise the Region on March 10-11. Jersey Mike's had contributed almost \$10,000 over the last three years and we have been a recipient of funds from Raise the Region since the beginning of this event and we are grateful to our donors who support us in this way year after year. Our goal for Raise the Region this year is \$50,000.

While we are continuing to bring awareness to issues impacting our community, our annual campaign continues to struggle. We need your support to be able to provide the community and our partners with the dollars to make a difference.

Together, we can make an impact. Because change doesn't happen alone.

Blessings,





### What diverse range of services does LCUW fund through its community partners?

- Adult literacy, child advocacy, daycare, counseling services, crisis intervention, dental outreach, disaster relief, domestic violence prevention, emergency services, hunger, homeless shelters, 211 helpline, mental health, military family communications, parenting classes, public safety, reading enrichment programs, and services for those with vision impairments.

## ATTENTION

### *If you are over the age of 70 1/2*

*With tax time upon us, we wanted to pass along some thoughts to help you plan, save and support your United Way. Special thanks to Barry Rake at Kent, Bennett & Associates, and a former United Way Board Chair, for sharing some of his wisdom...*



*Did you know?*

- The IRS allows you to satisfy part or all of your IRA's Required Minimum Distribution (RMD) requirement by contributing directly to a 501c (3) charitable organization. The check must be made out directly to the charity by the trustee. When done properly, the distribution is not taxable to the IRA owner and counts toward the (RMD) Required Minimum Distribution.
- Although the CARES Act temporarily extended the age to start RMD's to 72, the qualified charitable distribution was not changed. You may contribute directly to your charity from your IRA up to **100,000 per person per year**, even if it exceeds what your actual RMD is.
- With the new higher standard deduction, passed in the 2017 Tax Act, it makes sense for a lot of taxpayers to donate to charitable causes as every American has an above the line deduction without incurring tax liability.

*Interested in learning more?*

- Contact Ron Frick at the Lycoming County United Way at 570.666.4382 or via email at [rfrick@lcuw.org](mailto:rfrick@lcuw.org) or your financial advisor for additional information.

*Why not have a **WIN-WIN** for you and the Lycoming County United Way! Give us a call.*



# PARTNER SPOTLIGHT

American Rescue Workers (ARW) is a faith based non-profit organization providing homelessness and hunger prevention services in Lycoming County since 1934.



**AMERICAN  
RESCUE WORKERS**  
*People Helping People*

ARW aims to meet the basic needs of men, women, and children who find themselves in an emergency situation or a homeless crisis by providing material and spiritual aid through shelter programs and social services.

The Lycoming County funds two programs at the ARW:

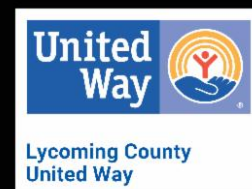
- **CEAP Program**
  - The American Rescue Workers, CEAP program offers assistance in an emergent situation. These individuals who are requesting assistance have exhausted all other resources. They provide immediate needs related to hunger, homelessness, medical concerns, and other emergency issues that threaten the safety and well-being of Lycoming County residents.
- **Saving Grace Shelter**
  - Saving Grace is a 24 bed family day-to-day emergency shelter on the corner of Grace and Campbell Streets in Williamsport. Saving Grace is the only true family emergency shelter in Lycoming County. While staying at Saving Grace, residents are required to set housing goals with the case manager and work on those goals daily to obtain affordable, permanent housing.

**Invest**

Investing \$52 right now provides 260 pounds of canned food for American Rescue Workers to distribute to food-insecure families.

**GIVE.  
ADVOCATE.  
VOLUNTEER.**

*with  
the*



## GIVE:

Click below to invest in our mission or text LIVEUNITED to 50155!

**GIVE**

## ADVOCATE:

Follow our social media platforms and share our posts!



## VOLUNTEER:

Contact us at 570.323.9448!



OR



Shop with AmazonSmile! The same great Amazon you love but with .05% of the profits being automatically donated to the Lycoming County United Way! Click [here](#) to shop and support our mission!

Thank you for your continued support of the Lycoming County United Way!

Together we make an impact. Together we #LIVEUNITED!  
Because change doesn't happen alone.

Lycoming County  
United Way



Supporting the Lycoming County United Way means supporting your community and enabling our organization to continue to fund the critical programs our partners provide. Your investment in the Lycoming County United Way helps ensure that people in communities in Lycoming, Sullivan and Tioga Counties continue to have these resources available to them.

Lycoming County United Way | [www.lcuw.org](http://www.lcuw.org)