



Lycoming County  
United Way

# NEWSletter

MAY IS...

# MENTAL HEALTH AWARENESS MONTH

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

Our mental health must start to be a top priority.

Stay tuned throughout the month for tips on to help your mental health on our [Facebook Page!](#)

## BE KIND TO YOUR MIND

Tips to cope with stress:

1. **PAUSE** and breathe. Notice how you feel.
2. **TAKE BREAKS** from the news.
3. **MAKE TIME** to sleep and exercise.
4. **REACH OUT** and stay connected.
5. **SEEK HELP** if overwhelmed or unsafe.



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# A LOOK BACK




## APRIL WAS CHILD ABUSE PREVENTION MONTH

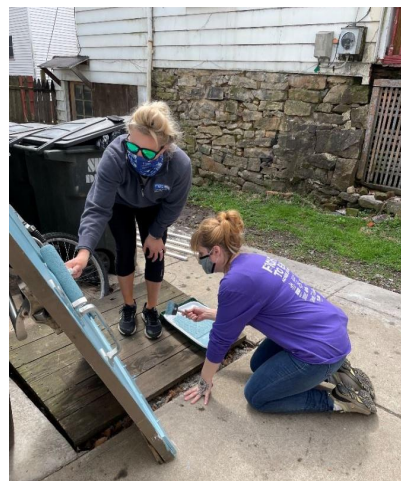
During the month of April, we focused on National Child Abuse Prevention Month recognizing the importance to increase awareness about child abuse and neglect.

## APRIL WAS NATIONAL VOLUNTEER MONTH



Thank you to members of Larson Design Group, UPMC, and our staff from our United Way who helped Sojourner Truth Ministries with a number of projects for National Volunteer Month!

Check out the full Facebook Post [HERE](#)





# Thank You



to our friends participating in our 5K Virtual Race!

THANK YOU to all our sponsors and all who registered for our Virtual Spring Forward 5K! With your support we raised over \$9,000 and had 34 participants! Together we make an impact. Together we #LIVEUNITED!

## THANK YOU FOR SPONSORING THIS YEAR'S



### TEAM SPONSORS:



### RUN SPONSORS:



### JOG SPONSORS:



### WALK SPONSORS:



RANGE RESOURCES



### BEVERAGE SPONSOR:



## a message from the PRESIDENT

As we enter May and the beginning of summer later this month, we are encouraged by the opening up of activities and business and with it the hope that the worst of the coronavirus is behind us. As a community, we are advocating on behalf of our providers and partners who are doing their best to get our communities vaccinated. We can all do our part to slow the spread of the virus by wearing a mask when appropriate, maintaining social distance, washing our hands frequently and getting vaccinated. Working together we can continue to fight the virus and protect our community.



Results are in from our participation in the First Community Foundation Partnership of Pennsylvania's Raise the Region. With the support of loyal donors, stretch funds from our friends at Blaise Alexander Family Dealerships and a prize thanks to UPMC, we were able to raise almost \$34,000 which will be used to make grants to our community this coming

summer. In addition to the success from Raise the Region, we also participated in a record-breaking Month and Day of Giving with Jersey Mike's raising almost \$8,400. During the month of March and early April we also promoted our first "virtual" Spring Forward for United Way 5K which raised just over \$9,400 thanks to 15 sponsors and 34 participants.

As our annual campaign comes to a close, we are still about \$100,000 off of last year's result and still need your commitments and gifts. With workplace campaigns virtually complete, we are counting on a few remaining leadership gifts to close the gap. We are grateful for our corporate partners, additional grants from state and local sources, and donors who have made additional gifts, sponsored events and supported us with the gift baskets and encouragement. We need your continued 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,



# Meet the Team

Diane Stine,  
Executive Assistant

Lycoming County  
United Way



Diane Stine currently serves as the Executive Assistant, assisting in all administrative functions for the United Way board and staff.

She has been a United Way volunteer for 21 years, a recipient of two of the organizations most prestigious awards; the Douglas J. Shangraw Memorial Volunteer Award in 2015 and the Douglas C. Dickey Humanitarian Award in 2018 for her service to her community. Diane served as a United Way board member for six years, was an active campaign volunteer with multiple leadership roles, and with her mother, chaired the very successful Basket Bingo fundraiser which raised over \$100,000 in its 10-year history.

Diane received an Associate's degree from the Pennsylvania College of Technology with honors and earned the faculty accounting award. She has been involved in the purchasing profession for over 30 years, most recently with L-3 Harris Technologies.

Diane and her husband Tim have a family of 5 children and 11 grandchildren. They currently reside in Fairfield Township, Lycoming County.



Why should I invest in the Lycoming County United Way?

- Funds raised stay right in the county where they are raised, helping your neighbors in need.
- We keep fundraising costs low by leveraging existing community resources.
- We fund programs, not agencies.
- Participating organizations are held accountable for their funds through an evaluation process.

**FREE  
ITEMS**

> **FILING CABINETS  
MONITORS  
PRINTER  
TOWERS**

**ITEMS  
ARE NOT  
TO BE  
RESOLD**

Printer



Filing Cabinets



Towers



Monitors





# INTERESTED?

> CALL US AT 570.323.9448

MORE SPECIFIC  
INFORMATION  
AVAILABLE  
UPON REQUEST.

## PARTNER SPOTLIGHT

Since the 1970s, Diakon Family Life Services has met the mental-health needs of people through quality, compassionate counseling, family-based mental-health services, and specialized programs including addictions counseling, trauma-focused therapy, public school-based services and SPIN, a service designed to assist children and youths who have problematic sexual behaviors.



DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES

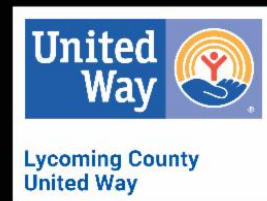
Our United Way helps fund their Counseling Education Program which allows both in clinic and school-based counseling for youth, most school districts being in Lycoming County. This program allows any individuals, family and/or group counseling as well as psychiatric evaluation and medication management.

Invest

Investing \$52 right now provides two (2) therapy sessions for an uninsured student who is income eligible for the sliding fee scale.

**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.

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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)