



# WHAT THIS PLACE NEEDS... IS YOU

ANNUAL REPORT 2016

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## **Our Vision**

To advance the common good  
by creating lasting changes to improve lives  
in Bristol, Burlington, Plainville and Plymouth/Terryville.

## **Our Mission**

We unite our communities  
to create opportunities for a better life for all  
by focusing on education, income and health.

Dear Friends,

Parents struggling to pay for preschool for their 4 year old child in Plainville. A young man trying to find stable housing in Bristol. An older adult worried about falling in Burlington.

Each of these people wants – and deserves – the opportunity to achieve their dreams and support their family. At United Way, nearly 95 years of experience teaches us that community-wide solutions offer the best chance of helping them succeed. That's why we are fighting harder than ever to build strong communities that allow everyone to attain their goals.

United Way goes beyond single-issue solutions and temporary fixes. Our community impact strategy focuses on ensuring children get a strong start in school, youth connect with their community, and people of all ages have an opportunity to improve their economic status and live a healthy life. By ensuring that everyone has access to these building blocks of a good life, we strengthen all facets of society – empowering individuals and communities through holistic solutions.

We do it by mobilizing the best resources and forging unlikely partnerships. And we don't rely only on what has worked in the past. We find new solutions tailored to the challenges of our ever-changing world. Our fight is joined by partners from every sector of society. We foster relationships and build trust between local companies, labor organizations, government agencies, educators, non-profit organizations and individuals to bring all voices and stakeholders to the table.

Within this report, you will find examples of our results driven by our impact agenda. Most importantly, you will be reminded that for every program, every initiative and every dollar raised, individual lives have been changed forever. Our society will evolve – and United Way will continue to adapt alongside it – but no matter the time or place, people are being touched because communities are choosing to come together.

That's the power of community building. That's what it means to LIVE UNITED. To all our partners, donors and volunteers, thank you for everything you do. We couldn't do it without you and your dedication to our mission.

What this place needs... is YOU!

Sincerely yours,

Donna Osuch  
President and CPO



# HELPING CHILDREN & YOUTH ACHIEVE THEIR POTENTIAL

## Our Community Partners in Education

BCO/Bristol Family Resource Center  
Boys & Girls Club of Bristol Family Center  
Bristol Preschool Child Care Center  
CRC/Boy Scouts of America  
Girl Scouts of CT  
Nutmeg Big Brothers Big Sisters  
Plainville Early Learning Center  
Plymouth Family Resource Center

Ages & Stages Screening (SEARCH)  
Cambridge Park Outreach Services  
Project Learn - West Street  
Hardship Subsidy  
Weekend Food Backpack Program  
Participation for Underprivileged Youth  
Summer Campership Program  
Community-Based Mentoring  
Preschool and School-Aged Programs  
Early Childhood Education

## United Way Community Impact Work - Education Initiatives

Born Learning  
Discovery Initiative  
Kids in the Middle (KIM)  
Youth Board

## Bristol Early Childhood Alliance's Maternal Depression Screening Initiative

In 2015, the Bristol Early Childhood Alliance's Infant and Toddler committee piloted the Maternal Depression Screening Initiative, which in 2015 provided perinatal depression screenings for 446 low-income expectant mothers and mothers of children age 0-1 year who participate in the Bristol Women, Infants and Children (WIC) Program. The primary goal was to identify expectant and new mothers suffering from potential perinatal mood disorders and connect them to resources to address their mental health. WIC staff scored the screens and, if positive, referred the mother to appropriate providers, following up with mothers at subsequent visits to see if referrals were used.

Results included:

- 99% of mothers offered a depression screen accepted,
- 18% screened positive and 82% negative,
- 95% of women screened received an informational pamphlet and 84% of women screening positive accepted a detailed brochure on perinatal depression,
- 100% of women screening positive were offered a mental health referral,  
-65.9% accepted the referral -50% of mothers screening positive used their referral

## Appetite for Reading

Formed 8 years ago, Bristol Early Childhood Alliance's Appetite for Reading program shares the love of reading by getting books into the hands of kids throughout the Bristol area. This effort has grown to include 8 bookshelves at area restaurants, ice cream parlors, pediatrician offices, nonprofits and local businesses. In the past year alone, **4,507 books** have flown off the shelves and into the hands of local kids and families.



# Education



## Kids in the Middle

437 kids from the four school districts participated at 45 organizations and 3,819 hours of community service were completed. Students from Bristol, Burlington, Plainville & Plymouth joined together at Winding Trails (shown above) to learn problem-solving and leadership skills and break down stereotypes. A field day was also held in the Spring at Barnes Nature Center, to celebrate the accomplishments of the year and further strengthen cross-town communication.

## Youth Board

30 students from all 6 local high schools met monthly to discuss issues, raise awareness through events such as the United Way Youth Board Forum, and volunteer during local events, such as the Day of Caring and the Children's Parade.

Learn more about our Kids in the Middle & Youth Board Initiatives here: <https://www.youtube.com/watch?v=T35YnX7I5S8>

# HELPING FAMILIES IMPROVE FINANCIAL STABILITY

## Our Community Partners in Income

Bristol Adult Resource Center (BARC)    Respite, Recreation & Volunteerism  
Bristol Community Organization (BCO)    Case Worker/Social Services Program  
Literacy Volunteers of Central CT    Retired & Senior Volunteer Program (RSVP)  
Salvation Army    Greater Bristol Literacy Program  
St. Vincent De Paul Mission of Bristol    Comprehensive Emergency Assistance  
Bristol Homeless Shelter    Soup Kitchen

## United Way Community Impact Work - Income Initiatives

Adopt-A-Child Back to School Program  
Bristol Task Force to End Family Homelessness  
Financial Coaching  
Financial Education Classes  
Joy of Sharing Holiday Program  
Volunteer Income Tax Assistance (VITA)

## Bristol Task Force to End Family Homelessness

During 2015-2016, the Task Force members worked together to:

- Establish a Warming Center for the Homeless
- Secure funding for a Housing Coordinator
- Complete a Point-in-Time Count of the homeless in our community
- Coordinate and strengthen services to homeless individuals
- Set up free appointments for basic hygiene (showers and haircuts)
- Collect and distribute basic needs items (food and hygiene products)
- Transitioned 40 chronically homeless people into permanent supportive housing
- Connect over 150 homeless people with services and support to make their lives more stable

## Bristol Task Force to End Family Homelessness

Over 40 members from 25 partnering organizations worked together to coordinate services and brainstorm short-term and long-term solutions.



## Volunteer Income Tax Assistance (VITA)

For the 7th year running, free income tax preparation offered twice weekly throughout the tax season.

**20** volunteers filed over **505** returns, **43%** more than the previous year!

**\$664,277** was returned to the community through Federal & State refunds last year alone. 93% of clients surveyed reported being “very satisfied with the service they received”.

## Financial Coaching

15 participants built their family financial stability by participating in one-on-one coaching sessions. All increased their financial knowledge and improved their family's financial stability, as evidenced by the completion of family budgets, pre- and post-tests and moving forward with their identified financial goals. 8 new volunteers completed training, which was provided for through funding by the Main Street Community Foundation.

**Financial Education Classes** Classes were offered in partnership with the CT Money School on topics such as credit management, financial recovery, savings and budgeting. 37 individuals were able to grow their knowledge of financial literacy, moving towards improved financial stability for their families. 10 of these attended multiple courses, demonstrating their commitment to strengthening their family's economic stability and reaching their financial goals.

Learn more about VITA, our Income initiatives and the volunteers that make it possible here: [https://www.youtube.com/watch?v=Xd\\_BcC6gucE](https://www.youtube.com/watch?v=Xd_BcC6gucE)

# Income



# IMPROVING PEOPLE'S HEALTH & WELLNESS

# Health

## Our Community Partners in Health

Bristol Hospital Parent & Child Center  
Catholic Charities  
CMHA  
PARC- Plainville  
Prudence Crandall Center  
Wheeler Clinic

Family Wellness Program  
Elderly Outreach Counseling Program  
Behavioral Health Home Initiative  
Aging with Developmental Disabilities  
Bristol Outreach Program  
Bristol Health and Wellness Center  
Child and Adolescent Extended Day Treatment  
Children's Trauma Initiative  
Early Childhood Development Program  
LIVESTRONG at the Y  
Sexual Assault Crisis Service

Wheeler Regional YMCA  
YWCA of New Britain

## United Way Community Impact Work - Health Initiatives

2-1-1 Infoline  
Familywise Prescription Discount Program  
Stand Strong Live Long Program  
West Central Connecticut TRIAD Program

1,754 children 4,646 adults 700 seniors were reached with much needed **health services** from United Way funded programs between 2012-2015

## Stand Strong, Live Long

The Stand Strong, Live Long program teaches older adults easy exercises and breathing techniques to prevent falls while improving balance and overall health. The class was created through funding from the Older American Act through the North Central Area Agency on Aging, the West Central CT TRIAD and the United Way of West Central CT.

Last year, the multi-week program was brought to Bristol, Burlington, Plainville and Plymouth, reaching 45 seniors. 87% of those surveyed said their balance had improved as a result of class and 71% had signed up for another physical fitness class to keep the benefits of the class going.



**West Central CT TRIAD** The West Central CT TRIAD strives to strengthen community partnerships that help improve the quality of life, health and safety of older residents of Bristol, Burlington, Plainville and Plymouth/Terryville. Over 15 volunteers meet regularly to address Senior Issues through our SALT Council (Seniors And Law Enforcement Together), including members of law enforcement, organizations that serve seniors and older (more experienced!) adult volunteers.

Over 120 seniors came to the Bristol Senior Center for the 4th Annual TRIAD Spring Conference, "Piecing Together Your Overall Health", to hear Miles Everett of Bristol Hospital (pictured to the right) and Stephanie Shivers of the Alzheimers Resource Center. Attendees got to experience Chair Yoga and Stand Strong, Live Long demonstrations, participate in exercises designed to strengthen their cognitive fitness, share a healthy lunch and hear about many resources available in the community.



## 2-1-1

There were 14,331 total requests for service from our four communities between July 2015 - June 2016.

The top 10 requests for service were:

- |   |                               |
|---|-------------------------------|
| 1) Counseling Settings                    | 6) Utilities                  |
| 2) Public Assistance Programs             | 7) Health Supportive Services |
| 3) Mental Health Assessment and Treatment | 8) Legal Services             |
| 4) Individual and Family Support Services | 9) Food                       |
| 5) Housing / Shelter                      | 10) Substance Abuse Services  |

## FamilyWise Prescription Discount Program

Between July 2015 - June 2016, 2,074 prescriptions were filled using this free discount card in our area, resulting in total savings of \$54,781.



# WHAT THIS PLACE NEEDS IS... YOU

Over **1,400** United Way volunteers donated over **11,500** hours of service in Bristol, Burlington, Plainville and Plymouth/Terryville, including ...



**2015 Food Drive** - 42 businesses, organizations and individuals donated food, which was distributed into the community through 11 organizations

**2015 Toy Drive** - 76 individuals, businesses and organizations donated over 2,000 toys for families to make their holidays bright! 13 organizations distributed the toys at 24 different sites in Bristol, Plainville and Plymouth



On May 20, 2016, nearly **600 hard-working volunteers** completed **55 projects** at **33 sites** in our four communities! Local businesses, organizations, and schools banded together to help **25 nonprofit organizations** better serve the community.

# Volunteerism



The Day of Caring is not possible without the many organizations, businesses and volunteers that make it happen. BIG THANK YOU to everyone who participated, including: Barnes Group, Inc., Bauer, Inc., Bristol Hospital, Cigna HealthCare, City of Bristol, City TrueValue Hardware, Farmington Bank, First Bristol Federal Credit Union, GE Industrial Solutions, Gems Sensors & Controls, IDEX Health & Science, Kohl's, Lauretano Sign Group, People's United Bank, Regional School District #10, Thomaston Savings Bank, Town of Burlington, Webster Bank, Plainville Rotary Club, Plymouth Rotary Club and the Young Professionals for United Way, Bristol Central HS, Bristol Eastern HS, Bristol Sports Hall of Fame, Bristol Preparatory Academy, Plainville HS, St. Paul Catholic HS, Terryville HS, United Way Youth Board.

WHAT THIS PLACE NEEDS IS... YOU

# 20 well-trained VITA volunteers

devoted a total of 780 hours of service to help local families in need file tax returns.

This donated time can be valued at more than \$21,660!



2016 VITA Team

## What did people have to say about our volunteers?

“So smart! So friendly! So wonderful!” “Pleasant environment! It was professionally done.” “Thank you for doing the free tax preparation. The people are very nice and professional!” “Thank you for the service and the people who volunteer!” “This is a very needed and appreciated service. Thank you again!” “Well informed tax preparers.” “Very helpful service, thank you!” “The gentleman doing my taxes was extremely helpful with my situation.” “Keep up the good work. It’s a wonderful service!”  
“I would like to thank all the people working in this program and it was a pleasure to meet you.”

# Volunteerism

## Committed to Making a Difference

Volunteers for United Way’s Income-focused work help neighbors build financial stability today and for the future. Programs like the Joy of Sharing Food Drive and Adopt-a-Child Backpack Program meet immediate needs now. Financial Education and Coaching provides families the tools, knowledge and accountability they need to create lasting change in their family’s finances.

### *Cathy’s Story*

*Despite working a full-time job, Cathy was having trouble making ends meet. She was matched with Asa Cort, Volunteer Financial Coach. He began working with her, going above and beyond, meeting with her on a regular basis for the next year.*

*“When Cathy and I met, she was very anxious, concerned and most importantly overwhelmed with her financial situation at the moment. Her biggest concern was to get organized, develop a simple system to track cash flow, and to be less overwhelmed and anxious about finances. Throughout the year of our engagement I can confidently say that Cathy has come a far way both mentally and financially in achieving her goals. Cathy has developed a system for having “less paper” and more a streamlined process for managing her cash flow. Cathy will have tasks to complete as outlined in the coaching sessions, and we have repeated some of those “homework” assignments to ensure continuous improvement. Cathy and I have developed a strong coaching relationship and we continue to ensure that finances are being tracked, being overwhelmed is decreasing and reaching her personal goals are all being accomplished.”*



*“I have learned a LOT...I benefitted immensely from this program and I continue to learn.” - Cathy*

# WHAT THIS PLACE NEEDS IS... YOU

Your donations to **United Way** between 2012-2015 made it possible for **21 Community Partners** to serve over **31,000 people** in the communities of **Bristol, Burlington, Plainville and Plymouth/Terryville** in **2012-2015**

to **GIVE ...**

Reach out to Kim Carmelich, Resource Development Coordinator [kcarmelich@uwestcentralct.org](mailto:kcarmelich@uwestcentralct.org)

or Kimberly Hernandez, Database/Office Manager [khernandez@uwestcentralct.org](mailto:khernandez@uwestcentralct.org)

to **ADVOCATE ...**

Reach out to Donna Osuch, President and CPO [dosuch@uwestcentralct.org](mailto:dosuch@uwestcentralct.org)

to **VOLUNTEER ...**

Reach out to Elizabeth Hill, Community Impact Coordinator [ehill@uwestcentralct.org](mailto:ehill@uwestcentralct.org)

or Laura Watson, Early Childhood Coordinator [lwatson@uwestcentralct.org](mailto:lwatson@uwestcentralct.org)

or visit [getconnected.uwestcentralct.org](http://getconnected.uwestcentralct.org)



Community Builders Reception

## Event Highlights 2015-2016



Golf Tournament



Youth Board Forum: "Don't Be Afraid to Dance with Finance"



TRIAD Fall Event:  
"Don't Be Scared, Be Prepared"



Charity Cycling Challenge



Kids in the Middle Field Day  
at Barnes Nature Center



# 2015-2016 Fund Distribution

<b>Community Initiative Leveraged Funds</b>	<b>\$74,853.42</b>
<b>Camperships</b>	<b>\$1,240.00</b>
<b>Donor Choice Allocations</b>	<b>\$54,377.15</b>

## Education

BCO/Bristol Family Resource Center	\$15,000
Ages & Stages Screening (SEARCH)	
Boys & Girls Club of Bristol Family Center	\$51,850
Cambridge Park Outreach Services	
Project Learn - West Street	
Bristol Preschool Child Care Center	\$12,000
Hardship Subsidy Program	
Weekend Food Backpack Program	
CRC/Boy Scouts of America	\$4,000
Participation for Underprivileged Youth	
Girl Scouts of CT	\$4,000
Summer Campership Program	
Nutmeg Big Brothers Big Sisters	\$4,000
Community-Based Mentoring	
Plainville Early Learning Center	\$7,500
Preschool and School-Aged Programs	
Plymouth Family Resource Center	\$4,000
Early Childhood Education	

## Income

Bristol Adult Resource Center (BARC)	\$10,000
Respite, Recreation & Volunteerism	
Bristol Community Organization (BCO)	\$24,000
Case Worker/Social Services Program	
Retired & Senior Volunteer Program (RSVP)	
Literacy Volunteers of Central CT	\$5,000
Greater Bristol Literacy Program	
Salvation Army	\$8,500
Comprehensive Emergency Assistance	
Soup Kitchen	
St. Vincent De Paul Mission of Bristol	\$30,000
Bristol Homeless Shelter	

## Health

Bristol Hospital Parent & Child Center	\$8,000
Family Wellness Program	
Catholic Charities	\$8,000
Elderly Outreach Counseling Program	
CMHA	\$15,000
Behavioral Health Home Initiative	
PARC- Plainville	\$3,000
Aging with Developmental Disabilities	
Prudence Crandall Center	\$18,000
Bristol Outreach Program	
Wheeler Clinic	\$45,000
Bristol Health and Wellness Center	
Child and Adolescent Extended Day Treatment	
Children's Trauma Initiative	
Early Childhood Development Program	
Wheeler Regional YMCA	\$3,000
LIVESTRONG at the Y	
YWCA of New Britain	\$8,000
Sexual Assault Crisis Service	

# Statement of Financial Position

<b>ASSETS</b>	<b>2016</b>	<b>2015</b>
Current assets:		
Cash and cash equivalents	\$ 218,908	\$ 309,206
Cash-invested	147,804	148,350
Investments, at market values	880,178	844,678
Pledges receivable	597,530	591,049
Other current assets	10,851	12,118
Total current assets	<u>1,855,271</u>	<u>1,905,401</u>
Plant and Equipment:		
Plant and equipment	\$ 68,146	\$ 68,146
Less- Accumulated depreciation	<u>65,730</u>	<u>64,422</u>
Net plant and equipment	<u>2,416</u>	<u>3,724</u>
<b>Total assets</b>	<b><u>1,857,687</u></b>	<b><u>1,909,125</u></b>
<b>LIABILITIES</b>		
Current liabilities:		
Allocations payable to designated agencies	\$ 726,499	\$ 748,576
Accounts payable and accruals	16,197	14,816
Due to affiliates	<u>3,418</u>	<u>3,671</u>
Total current liabilities	<u>746,114</u>	<u>767,063</u>
<b>Total liabilities</b>	<b><u>\$ 746,114</u></b>	<b><u>\$ 767,063</u></b>
<b>NET ASSETS</b>		
Unrestricted:		
Unappropriated	\$ 649,572	\$ 573,766
Appropriated - Investment in Plant and Equipment	2,416	3,724
Appropriated - Board Community Initiatives	<u>3,101</u>	<u>87,192</u>
Total unrestricted net assets	\$ 655,089	\$ 664,682
Temporarily restricted:	115,697	136,593
Permanently restricted:	<u>340,787</u>	<u>340,787</u>
Total net assets	<u>1,111,573</u>	<u>1,142,062</u>
<b>Total liabilities and net assets</b>	<b><u>\$ 1,857,687</u></b>	<b><u>\$ 1,909,125</u></b>

**United Way of West Central Connecticut  
200 Main Street  
Bristol, CT 06010  
(860) 582-9559**

**Stay connected with us online:**

[www.uwestcentralct.org](http://www.uwestcentralct.org)

Check out our website for a wealth of information on this site about our United Way, our work and our events!



[www.facebook.com/United.Way.West.Central.Connecticut](https://www.facebook.com/United.Way.West.Central.Connecticut)

Update your status with something fun about United Way or post a picture. Just remember to tag us in your posts! Or share one of our posts with your friends!



Twitter Handle: @UnitedWayWCCT

Talk about your experience with United Way or post pictures! Use the hashtag **#LIVEUNITED** and put our handle in your post.



Instagram Username: @UNITEDWAYWCCT

Post pictures from our events or show how you are Living United! Use the hashtag **#LIVEUNITED** and put our username in your post!