

UWMC News

January 2009

Get Fit Kicks Off With Weigh In and Events

We are a little behind schedule getting our newsletter out this month due to the Get Fit Kick Off on January 6th. It was a busy day and participants weighed in all over Mower County.



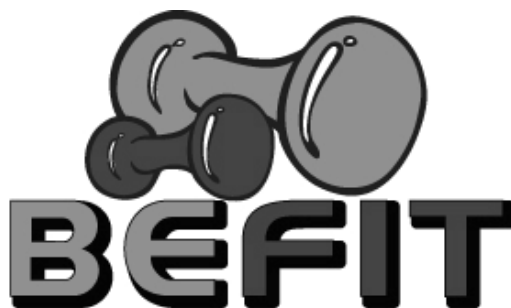
This year 640 people are participating in Get Fit contests. 574 people formed 91 teams to participate in the Get Fit Team Challenge. 41 individuals signed up for Be Fit to take the title as most fit person in Mower County and we had 25 individuals sign up for the Family Challenge.

“We have a great selection of events scheduled during the Get Fit Challenge this year.” said Mandi Lighthizer-Schmidt. “Many people in the community have partnered with us to share their expertise with Get Fit participants. We have scheduled events over the lunch hour and early evening to give people the best opportunity to attend. Events so far have been very well attended.”

“Overall we are pleased with the turn out for Get Fit. Back in 2006 when the Board of Directors decided to bring obesity and a focus on healthy lifestyle to the community we did not think Get Fit would still be so popular. said Mandi Lighthizer-Schmidt, Executive Director. I think this is the best year so far in terms of events/seminars and information available to our participants. Our focus was to help participants be successful, whatever their goal.”

We at the United Way and the YMCA want to thank our community partners for their support of Get Fit. Hy-Vee, Austin Post Bulletin, Austin Medical Center, KAUS, KAAL, Games People Play, Rydjour Bike, South Central Athlete and Austin Public Library. Without their generous support, Get Fit would not be possible.

Get Fit ends March 10th. For more information on Get Fit visit our website at www.uwmower.org



Inside:

Director’s Corner.....	2
QPP Surpasses Goal.....	3
Get Fit Events.....	4

*2009
Get Fit
Mower County
Healthy Living
Challenge*

*574 Get Fit
41 Be Fit
25 Family Challenge*

*1 Healthy
Community*

www.uwmower.org

Director's Corner

As I look out my window and see the snow falling and falling and falling I can't believe that we're half-way through January already and its time for Community Investment. In years past when it was time to review applications for funding the scene outside was much different with green grass and flowers blooming.

This funding year is very exciting for many reasons. First, volunteers will be able to see programs results for the very first time! Programs have been busy tracking outcomes all year and in February they will be able to report back on their accomplishments.

Second, the process is taking place in February instead of May therefore United Way will be able to allocate dollars more efficiently as campaign is wrapping up and we will know exactly how many dollars are available for allocating instead of estimating.

Community Investment is a great way to get involved, especially if you're new to the community or you've never been involved before. In terms of a time commitment there is one orientation meeting (1 hour) and three (3 hour) meetings to review applications. Typically our meetings take place between 4pm and 8pm. Community Investment is also an excellent way to get acquainted with the services available in your community and the dedicated folks who administer those programs.

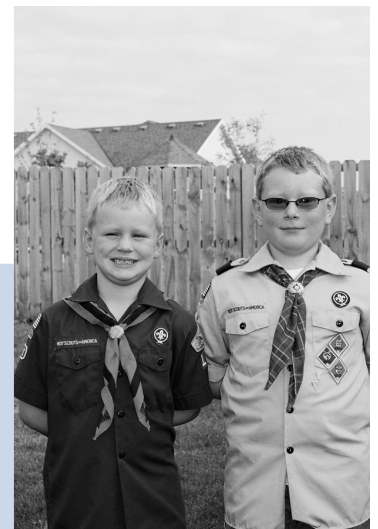


Mandi Lighthizer-Schmidt
Executive Director

Remember, anyone who donates to United Way at any level is eligible to serve on a community investment panel.

If you're interested in helping or would like to know more please contact me at unitedml@smig.net. I can't promise green grass and blooming flowers, but I can promise a rewarding experience.

Give, Advocate, Volunteer. LIVE UNITED



QPP Surpasses Goal-Again!

Quality Pork Processors presented United Way of Mower County with a check for \$120,732 on December 22nd.

“Every year QPP begins their campaign with enthusiasm and excitement. And this year was no exception. I am continually surprised by the generosity and community mindedness of QPP employees, even in the face of difficult economic times said Mandi Lighthizer-Schmidt, Executive Director.

“They have exceeded their goal once again and we are so very grateful to each employee and every solicitor who worked so hard on this campaign.”

Some of the incentives employees received were drawings for a week of vacation, or a day of vacation, t-shirts, etc. QPP solicitors worked hard to encourage employees to give to United Way and promote United Way’s mission in the workplace.

“I think this goes to show you that our volunteers make all the difference in the world.”

United Way Work Continues

Although Get Fit has been a major focus at the United Way the last several months it is not the only thing we have been working on.

We are about to begin our Community Investment Process and that will take several weeks to complete. In addition to Community Investment, the Community Assessment is moving along. Committees are being formed, timelines drawn and work will begin in earnest in a few short months. This is a large endeavor and will take between 12-18 months to complete.

Also during this time of year, we are



Pictured in the photo are: (back row left to right) Juan Deanda, Kelly Wadding, Mel Gilbertson, Dave Drommerhausen, Armando Olvera, Mandi Lighthizer-Schmidt. Front row left to right: Alma Garcia, Cindy Garcia, Marjorie Rodriguez-Ortiz, Oralia Olivares and Amelia Salas.

wrapping up our fiscal year, ending in March. New budgets and plans for the year are developed and approved.

And on the horizon is Day of Caring. Spring may seem far off, especially lately but the work begins early to make sure Day of Caring is a success for all involved.

There are many ways you can get involved in your community and at United Way. For more information on any of these initiatives or to find out how you can be involved visit our website at www.uwmower.org.

Cooperative Resource Center also presented United Way with a check for \$3,330.00 on January 7th.

Thank you to *all* of our workplace donors. Your contributions help so many in our community.

2009
Get Fit
Healthy Living
Challenge

Get Fit Events are
open to the public.

To see a complete list
of events and seminars
visit our website at
www.uwmower.org



★ **Mower County Healthy Living Challenge** ★

Get Fit Events

Get Fit events are open to the public and are not exclusively for Get Fit participants. If you see any events you would like to attend please call our office at 437-2313 or you can email unitedjp@smig.net to register. Log onto our website at www.uwmower.org to see the complete event calendar.

Mondays 5:15-6:00pm: Join YMCA staff and other Get Fit participants for a weekly walk. Visit our website for more details.

January 13th 6:30-7:30pm at Austin Public Library: Why Can't I Lose Weight Nutrition Seminar with Dr. Juliet O'Donnell.

January 15th 12:00-1:00pm at Hy-Vee Food Store: Take a tour of Hy-Vee

January 15th -Thursday's 10:00-11:00pm Hy-Vee Weight Loss Management 10 Week Class. Cost is \$105 and registration is limited to 10 people. Sign up at the Hy-Vee pharmacy 437-9185.

January 21st-Wednesday's 12:00-1:00pm Hy-Vee Weight Loss Management 10 Week Class. Cost is \$105 for non Get Fit or \$50 for *Get Fit participant*. Registration is limited to 10 people. Sign up at the Hy-Vee pharmacy 437-9185.

January 17th 6:00-7:45pm at YMCA: Family Fun Night at the YMCA.

Visit our website at www.uwmower.org for more details on all events listed.



United Way
of Mower County

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