# UNITED WAY Mower County

# WHY GIVE TO UNITED WAY?

## BECAUSE IT'S OKAY TO ASK FOR HELP

Nexus-Gerard FAMILY HEALING

"A 16-year-old girl came to Nexus-Gerard after witnessing a traumatic event involving her older sister. She struggled with intense emotions and felt overwhelmed by what she had experienced. With the compassionate care and support of the Nexus-Gerard team, she began the challenging journey of healing. Step by step, she worked through her feelings, learning to understand and cope with what had happened. Over time, she's made remarkable progress, growing more comfortable participating in group activities and improving her focus on schoolwork. The child's mother later explained that the program changed everything for her family and her child's trajectory. Her child not only turned things around but graduated high school and is now attending a local college. Even more, they have been able to build strong, healthy relationships with their family and friends. She will forever be thankful for the support Nexus-Gerard provided to her child during such a critical time in their life."

**Nexus-Gerard Family Healing I Mental Health**

## BECAUSE IT CAN MAKE ALL THE DIFFERENCE

Adams Area Ambulance

"I'll never forget my first major ambulance call. There happens to be many calls that seem to be routine, where a patient needs to be transported to the hospital because they have no other means to get there. Even chest pains, strokes, and falls with broken bones didn't seem so major after this one. The one where a little girl passed away. That day I had to go back home as if nothing happened and still get my children ready for school where I knew they would hear about it. That day I was still on call for all the other routine calls or major calls that might still come in. I still needed to be ready for them. The United Way of Mower County has helped to provide continuous training to myself and all the volunteers on my service. Continuous training means any call that comes my way, I am ready for. The continuous training creates muscle memory so I can jump in and ask the right questions, and provide the correct care. While everyone's first major call sticks with them, we are still ready for more calls. That preparation keeps us focused on the moment and what we are capable of doing to help the next patient. If not us, then who? If not me, then who?"

**Adams Area Ambulance - Ambulance Services**

## BECAUSE NOONE DESERVES TO FEEL ALONE

RECOVERY IS HAPPENING

"My journey towards freedom from addiction did not begin with Recovery is Happening, but I couldn't be more grateful that that is where it ended up. After a particularly horrible evening, I finally decided to attend inpatient treatment. When I got out, I went to Recovery is Happening's Intensive Outpatient Treatment program in Austin, MN. I transitioned to the program in late June 2024 and knew on my very first day that things were different here. I knew that this was the type of programming I was looking for all along. My counselor, Angie, was amazing. She brought the most refreshing combination of real-world lived experience and education/skills training to the table. You could trust what she said because she had lived it... She encouraged us to share our experiences with each other so we could learn from each other and understand that we REALLY were not alone in our struggles."

**Recovery is Happening - Recovery on a Mission**

## BECAUSE YOU SUPPORT 30+ PROGRAMS WITH JUST ONE DONATION

United Way is dedicated to identifying the greatest needs in the community and investing donor dollars in evidence-based and preventative programs. All United Way partner programs and initiatives are monitored, measured, and evaluated regularly to confirm they're achieving positive results for our community and local people in need.

LIFE Mower County · Autism Friendly Austin · Apple Lane Child Care Center · The Salvation Army · Semcac People Are Our Business · the YMCA · Adams Area Ambulance · RH Rachel's Hope Pregnancy and Parenting Resources · Wee Learning Center · Recovery is Happening Est 2011 · Workforce Development, Inc. The Workforce Development Board of Southeast Minnesota · Nexus-Gerard Family Healing · Mower County Senior Center · Austin aspires educational excellence from cradle to career · CareerQuest Career Exploration Event · ServeMN · Northern Star Scouting · Cedar Valley Services Inc. · Crime Victims Resource Center · PRC · Partnering with Parents · Michael H. Seibel · welcome center · IMS · CLUES · The Read Seed Learn to Read. Read to Lead. · Children's Dental Health Services · Immigrant Law Center of Minnesota · Mower Council for the Handicapped, Inc. Since 1973 · United Way Mower County Backpack Program · United Way Mower County Success Closet · Get Connected · SB6 · 211 · Hometown Food Security Project Mower County, MN