

## UNITED WAY OF MILFORD

20 Evergreen Avenue  
Milford, CT 06460

# United Way



Volume 1, Issue 3

March 2011

Our Mission  
is to  
Strengthen  
and Enhance  
Community  
and Family  
Life.

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## APRIL IS NATIONAL SEXUAL ASSAULT AWARENESS MONTH

### Know the Facts:

- According to the U.S. Department of Justice, a rape or attempted rape takes place every 5 minutes in the United States.
- One in four girls and one in six boys will be sexually assaulted by the age of 18.
- Less than 20% of sexual assaults are reported to the police.
- Approximately 80% of rape victims know the person that rapes them.

### In Connecticut:

- 6% of Connecticut residents consider sexual assault to be a problem in their community.
- 19% of Connecticut residents have experienced a sexual assault in their lifetime.
- 14% of Connecticut residents experienced childhood sexual assault.
- One in eleven women in Connecticut reported being a rape survivor.
- 10% of men in Connecticut reported being a survivor of sexual assault.
- Only 16% of sexual assaults were reported to the police.

### If you have been sexually assaulted:

- Talk to a friend, family member, or someone you feel comfortable confiding in.
- Call Milford Rape Crisis Center's 24/7 confidential hotline 203-878-1212
- Consider getting medical assistance.
- Consider contacting the police.
- Remember that you can't control another person's behavior.
- It is not your fault.
- You are not alone.

### How to help a friend/family member who has been sexually assaulted:

- Believe your friend/family member.
- Tell your friend/family member that she/he is not to blame for the assault.
- Urge your friend/family member to get medical assistance.
- Remember, your supportive response will help the victim deal with the trauma of the abuse.
- Ask before touching your friend/family member.
- Don't pressure your friend/family member to give details; allow her/him to talk at her/his own pace.



5th Annual  
WALK A MILE IN HER SHOES®



Sunday, April 10, 2011 (Rain or Shine)  
12 Noon Registration  
1 PM Walk Start

(203) 874-8712 to Register

Call the sexual assault hotline if you have any questions or need support for yourself.

Rape Crisis Center of Milford 203-878-1212 Confidential Hotline 24/7

United Way envisions a world where all individuals and families achieve their human potential through education, income stability and healthy lives.



### From the Desk of the President...

Gary Johnson

Each year, donors like you entrust your charitable dollars to United Way of Milford. We know that donors have choices, and we take our responsibility for stewardship of your investment very seriously.

United Way's volunteer-led Community Investment process ensures that our donors' dollars are invested to address priority issues in our community. Programs receiving funding are held to a high standard of fiscal accountability and program results. Six panels comprised of United Way Board of Director members review 3 to 4 agency requests/presentations each. The panels make their recommendations for funding allocations and then the panel chairs deliberate and bring forward recommendations to our Executive Committee and full Board of Directors for approval. Those allocations were approved and are listed on page six in this newsletter. So, on behalf of our Partner Agencies, Board of Directors, and the community of Milford I sincerely thank you for your continued support that provides the many services to our families and neighbors in need.

**THANK YOU  
FOR INSPIRING HOPE  
FOR A BETTER TOMORROW.  
GIVE. ADVOCATE. VOLUNTEER.  
LIVE UNITED** 

### Partner Agency Happenings

#### Beth-EI Center

May 7, 2011  
Milford Coastal Classics  
Tour of 5 homes  
\$30/advance; \$40/door

June 4, 2011  
6pm to 11pm  
3rd Annual *Light Up the Harbor for Beth-EI*  
Tickets are \$80/person  
Call 203-876-0747 for more info

#### Milford Senior Center

Movie Month:  
4/1/11—*Cats* @ 1:15pm  
4/8/11—*Billy Elliot* @ 1:15pm  
4/15/11—*Annie* @ 1:15pm  
(ice cream social too)  
4/29/11—*Hello Dolly* @ 1:15pm

Bob Mel Entertains—  
4/6/11:1:30pm

Super Bingo—4/11 & 4/25  
11am to 4pm (with a lunch break)

Book Club begins 4/26/11

Call Mary Steinmetz: 203-877-5131 for more information

#### Rape Crisis Center

April 10, 2011  
Walk A Mile In Her Shoes Event  
Lisman Landing  
12pm check in

Call 203-874-8712 to register or visit [www.rapecrisisctr.org](http://www.rapecrisisctr.org)

#### Woodruff Family YMCA

YMCA Sprint Triathlon  
May 22, 2011  
Call 203-878-6501

#### The Kennedy Center

April 28, 3pm-9:30pm  
Annual Meeting and Awards Dinner  
Call 203-365-8522, ext 216 for more information

## UNITED WAY OF MILFORD UPCOMING EVENTS



APRIL 27—Community Builders Celebration  
Costa Azzurra Restaurant; 11:30am-1:30pm  
Please join us as we celebrate those individuals whose work and service strengthen our community and our campaign supporters whose investments in United Way help make long lasting change in our community

APRIL 27—Mentoring Collaborative Dinner  
West Shore Middle School  
5:30pm to 8:30pm  
The Milford Mentoring Collaborative will be recognizing the many Mentors and their Mentees in our community

### SAVE THE DATE

**Bocce Tourney**  
**May 21/22**  
**Walnut Beach Pavilion**

**June 12—**  
**RIDE FOR HOPE (details to follow)**  
**This will be a motorcycle ride**

**September 23—**  
**10th ANNUAL GOLF TOURNAMENT**

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### United Way Turns a Page.... Without Using Paper

In an attempt to cut down on paper products, postage costs, and to get news to individuals in the community efficiently, United Way is making an effort to collect email addresses for those receiving newsletters and other mailings to begin implementing them electronically. This is a great way for the United Way office to keep our valued volunteers, supporters, and public frequently informed about events, campaign information, and other news. To begin receiving United Way information via email—please send your email address to [uwmilford@aol.com](mailto:uwmilford@aol.com). Wondering about the latest United Way news? Find us on facebook! Get the most recent updates, see event photos, and learn more about what we are doing. Search for United Way of Milford and become a fan!



INVEST  
IN  
YOUR  
COMMUNITY

CHAMPION  
THE  
CAUSE

GIVE  
YOUR  
TIME

UNITED  
WAY  
DOLLARS  
MAKE  
A  
DIFFERENCE!

## YMCA ADAPTED AFTERSCHOOL PROGRAM

The Woodruff Family YMCA has begun a new and exciting program. It is referred to as our Adapted Afterschool program for High School students with Special Needs. We currently have 3 teens who participate in the program. Each afternoon at work I get the chance to smile. The smile is thanks to Kyle, Kristen and Gabriella..



Kyle will be the first to greet me the moment he sees me with a boisterous “HI MISS NICOLE”, and I am not the only one who gets this warm greeting. Kyle makes it a point to say hi to all the Y Directors and staff. He could be the YMCA’s official greeter. The program offers ample time for recreation. Kyle loves to swim and does so just about each week. The same boy, who just a year ago would not jump in, is now doing cannonballs! Now he jumps in with such enthusiasm and pride.

Kristen loves coloring. She helped create Valentines to give to all the YMCA staff. Friendships are very important to her. She will often bring in pictures of friends and events she wants to tell us about. She also enjoys reading, horses and working with young children. Her goal is to one day work as a nurse so she can help people. Through the program, she has overcome personal triumphs like learning to roller-skate.

Gabriella, our newest student uses a device to speak, but she really communicates in so many other ways. Her smile alone can immediately lift your spirits, no matter how down you are. Since she started with us, we have come to learn she loves to glue and to shred. She has become more proficient using her device to communicate and now relies less on gestures. Their Head Teacher Devin is special to all three of these students. To quote Kristen, “Miss Devin is my favorite, she does activities with us”. What makes Devin so great with these teens is that she sees their potential. She sees them for who they are and gives them the tougher love they sometimes need to succeed.

In the program they participate in activities that teach them job skills like copying, shredding and filing; and life skills, including working with others, communicating effectively and finding out what things they enjoy doing for recreation. Each semester they take on a project. Last semester the students ran a bake sale to raise money for the YMCA Strong Kids Campaign. They ran the table for 3 days a week for 2 weeks and raised over \$200 to help provide scholarships to camp. This is an accomplishment all the students and staff are very proud of. Here at the Y we are so proud to see our children and teens mature and grow in such positive ways. Programs like this are so important to the Milford Community. Thanks to the United Way and the support they provide to the YMCA we can continue these great programs and to be able to provide scholarships and remove that financial barrier.

Submitted by:  
Nicole Servas,  
Youth Coordinator,  
Woodruff Family YMCA

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TO ONE AND  
INFLUENCE  
THE CONDITION OF ALL.

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## UNITED WAY BOARD MEMBER GIVES BACK

United Way of Milford Board Member, Cheryl Fitzpatrick at Beth-El Center gives back to the community. She along with husband, Mike, and Joe Della Monica Sr spent a day painting.



UNDERNEATH EVERYTHING WE ARE, UNDERNEATH EVERYTHING WE DO, WE ARE ALL PEOPLE. CONNECTED, INTERDEPENDENT, UNITED. AND WHEN WE REACH OUT A HAND TO ONE, WE INFLUENCE THE CONDITION OF ALL. THAT'S WHAT IT MEANS TO



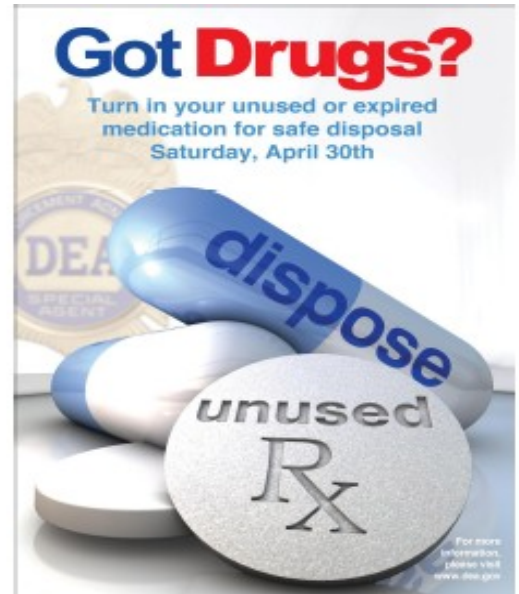
# LIVE UNITED!



The Milford Prevention Council is a coalition of community professionals working together to prevent and reduce substance abuse among youth.

Our goals are to:

- Educate youth, families, and community leaders
- Pursue trainings for council members
- Encourage alternative activities for youth
- Raise Milford's awareness about substance abuse
- Provide sustainable resources and support to families and community members
- Support treatment and recovery services and goals



SPONSORED BY: THE MILFORD POLICE DEPARTMENT AND THE MILFORD PREVENTION COUNCIL  
WHERE: WALNUT BEACH IN MILFORD, CT  
WHEN: APRIL 30, 2011  
TIME: 10AM TO 2PM

## 2011 Community Investments to Agencies

United Way of Milford plans, coordinates and funds needed human services. It is our commitment to ensure that voluntary contributions provide needed health and human services for all who live and /or work in the Milford community.

BELOW ARE THE 2011 ALLOCATIONS TO OUR PARTNER AGENCIES  
(2010 contributions are distributed in 2011)

UNITED  
WAY  
PARTNERING  
TO  
HELP  
MEET  
CRITICAL  
NEEDS

<b>American Red Cross, Connecticut Chapter</b>	<b>\$ 25,000</b>
<b>Beth-El Center</b>	<b>\$ 26,000</b>
<b>Big Brothers/Big Sisters of Southwestern CT</b>	<b>\$ 7,500</b>
<b>Boys &amp; Girls Club of Milford</b>	<b>\$ 15,000</b>
<b>Boy Scouts, Connecticut Yankee Council</b>	<b>\$ 12,000</b>
<b>Bridges...A Community Support System</b>	<b>\$141,000</b>
<b>Catholic Charities of Milford</b>	<b>\$ 15,000</b>
<b>Domestic Violence Services</b>	<b>\$ 11,000</b>
<b>Girl Scouts of Connecticut</b>	<b>\$ 18,000</b>
<b>Good Shepherd Child Development Center</b>	<b>\$ 50,000</b>
<b>Harold E. Woodruff Family YMCA</b>	<b>\$ 45,000</b>
<b>Kennedy Center</b>	<b>\$ 12,500</b>
<b>Kids Count of Milford</b>	<b>\$ 25,000</b>
<b>Milford Council on Aging</b>	<b>\$ 29,000</b>
<b>Milford's Promise</b>	<b>\$ 5,000</b>
<b>New Haven Legal Assistance</b>	<b>\$ 6,000</b>
<b>Rape Crisis Center of Milford</b>	<b>\$ 30,000</b>
<b>Salvation Army</b>	<b>\$ 5,000</b>
<b>Visiting Nurse Association of South Central CT</b>	<b>\$ 8,000</b>
<b>Young Parent Program of Milford</b>	<b>\$ 50,000</b>