



LIVE UNITED



United Way of Yavapai County

Living United...Heart to Heart – Sharing, caring and growing together!



\$15,000 Provides Foundation for Skilled Tradesmen Project!

*As written by Nanci Hutson with the Daily Courier, Published July 24, 2018

United Way provides grant to launch a training bootcamp program

Charles Matheus knows a number of the teenage boys mentored through his agency are not college bound, nor are they motivated by the almighty dollar when it comes to finding a profession.

Still, they need to find a way to earn a paycheck but it must also fulfill a sense of purpose and pride. With that thought in mind, Matheus, the Boys to Men Mentoring Network Executive Director, brainstormed with United Way Executive Director Annette Olson about developing a social entrepreneurship program. Together, they connected with Yavapai Contractors Association and the Northern Arizona Council of Governments (NACOG) about introducing young adults to construction industry trades that might suit their talents.





Now, the Update...

Today, January 23rd, 2019, the United Way of Yavapai County (UWYC) staff visited the workforce development, job readiness boot camp UWYC funded in June 2018. In less than one year, what a beautiful site, to see 28 students interested in working in the construction trades. Each one attentively participating in this bootcamp, hosted by Yavapai County Contractor's Association (YCCA).

"Who would have thought after that initial brainstorming meeting with Charles Matheus of Boys to Men, that this program would be underway so soon!" stated Annette Olson, Executive Director of UWYC. Once the YCCADirector Sandy Griffis and her Board of Directors accepted this idea proposed to them, she ran with it! "We love to see the programs we fund to have so much impact and be so successful in changing lives" stated Olson.

Today the Boot Camp speaker was Shane Burginger, Division Manager for Gale Contractor Services. Shane spoke to the group about commercial insulation, followed by a field trip to the expansion of the Boys and Girls Club in Prescott Valley. UWYC has also contributed to this expansion project, so the field trip was a magical combination of past, present and future United Way of Yavapai County impact!



Through the support of our community, we are Living United!



Center for Nonprofit Excellence is offering 2 upcoming workshops!

Master Mind Group Development Feb. 7th



A **mastermind group** is a peer-to-peer mentoring concept used to help members solve many of their organizational/business problems with input and advice from the other group members.

A mastermind group isn't just about each member getting what he or she needs; it is also about giving support to members and helping each person create and/or run successful organizations.

Participants should plan to give just as much as they receive, which will make your group much more beneficial for all involved.

In this class, you will learn techniques and strategies to best orchestrate a mastermind group.

This workshop will be led by Rose Vasquez of Strategic Writing and Consulting with over 25 years of Grant Writing and Nonprofit Leadership experience.

www.strategicwritingandconsulting.com

ONLY \$35.00!

[Learn more or register here.](#)

The Practical Coach Workshop Mar. 21st



This highly interactive course provides management level individuals with practical, effective and positive methods for leading and coaching employees. These tools help supervisors inspire and motivate good performers, as well as address poor performers and those who seem to be headed towards failure on the job.

In addition, participants will learn how to draft effective corrective action letters that will either motivate poor performers to improve or provide helpful evidence for unemployment claims, in the event that the employee is not successful on the job.

All leaders are coaches—this course will put them at the top of their game!

This workshop will be taught by Laura Hamblin. Laura is an Arizona-licensed attorney with more than 25 years of experience working as a corporate employment lawyer and human resources executive.

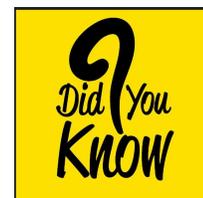
ONLY: \$25.00!

[Learn more or register here.](#)

Did you know?

You can view past issues of our newsletter on our website, yavapaiuw.org.

[Check it out...](#)



Donor In the Spotlight

Findlay AUTOMOTIVE GROUP

The FindlayAuto Group is a strong pillar of our community. Their tireless efforts to support local nonprofits has been inspiring and setting the standard for businesses that wish to support those in need throughout our communities.

General Manager [Jamaal McCoy](#) and his amazing team not only provide world class service in the highly competitive automotive services market, but they go above and beyond by supporting change makers in Yavapai County.

Greg Ellingham, Marketing Director, not only astonishes customers, but he also coordinates community volunteer groups from Findlay who take a hands-on approach to make a difference. Most recently, the Findlay community team volunteered to paint at UWYC's Partner Agency, Prescott Area Shelter Services. The smiles they brought were infectious!



United Way of Yavapai County is proud to partner with Findlay Toyota of Prescott. Thank you for your support and encouragement. You have bettered the lives of countless individuals. Together, we are building stronger communities. Together, we are **Living United!**

February is American Heart Month

American Heart Month isn't just for lovers. February also reminds us to take care of our heart and consider our risk factors.

Believe it or not, heart disease can happen at any age. Some risk factors for heart disease and stroke are preventable. American Heart Month teaches us the ways we can help reduce our risks while eliminating those we have control over. Here are a few signs the CDC says you may be at risk for heart disease.

A. High blood pressure. **B.** High cholesterol, diabetes, and obesity are all conditions that can increase your risk for heart disease. **C.** Smoking cigarettes.

So, if you want to stay on top of your health and try to avoid the risk of heart disease, there are a few things you can do. Don't smoke, and if you're already a smoker, do your best to quit. The next step you can take is managing any conditions you may have such as high blood pressure and cholesterol. Take your medication as prescribed by your doctor. Next, make heart-healthy diet decisions. Eat whole foods that are low in trans-fat, saturated fat, sodium, and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables. Finally, get moving! Living a sedentary lifestyle will put you at a much greater risk for heart disease. Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there!

[Learn more...](#)



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