

# What your \$\$ can buy

All donations made to the United Way of Linn County directly benefit Linn County residents. Below is a brief outline of the services your contribution can provide. **ALL** of the services listed can be provided for the listed contribution.

## \$ 10.00 per month

## \$120 total contribution

- 2 food boxes at **Fish of Albany** for 2 families of 4
- 5 tax preparations provided by **RSVP** volunteers and AARP
- 1 year membership with the **Girl Scouts** for a girl
- Sends 1 child to **Mighty Oaks Children's Therapy Center** Camp Cape Ability in the summer
- CPR and First Aid training for an adult from **American Red Cross**
- 1 home security inspection and 1 deadbolt installation through **RSVP** for seniors 55+, keeping them safer, more secure and independent

## \$ 20.00 per month

## \$240 total contribution

- 1 medical visit for an uninsured individual at the **In Reach** medical clinic
- 2 crisis calls or victims of rape or domestic violence at **Center Against Rape & Domestic Violence (CARDV)**
- 1 year **Boys & Girls Club** membership for a child providing after-school activities
- 3 books engaging youth in **Boy Scouts** programming, ensuring everyone has the opportunity to participate
- 2-day peer mediation training for 1 high school student through **Linn-Benton Mediation Services** to help prevent conflict and violence, and to help peers learn to problem solve
- 1 month of co-pay charges for 1 child's therapy at **Mighty Oaks Children's Therapy Center**

## \$ 42 per month

## \$500 total contribution

- 1 day of food for a family of 4 through **Community Outreach**
- 3 nights lodging & necessities from the **American Red Cross** for victims of a house fire
- 1 pair of children's school shoes through **The Salvation Army**
- 1 month of swimming lessons at the **YMCA**
- 2 meals for a family of 4 at **Sharing Hands**
- 1 hour of counseling assistance through **RSVP** for 6 Medicare patients to help reduce costs of medical and prescription care
- 115 hours of rehabilitation and vocational training for developmentally disabled people through **Sunshine Industries** allowing them to lead productive, fulfilled lives
- 1 scholarship to cover the cost of 1 therapy session at **Mighty Oaks Children's Therapy Center** for a child without insurance coverage

*"What you get is a living. What you give is a life."*

*Lillian Gish*



**\$ 100.00 per month**

**\$1,200 total contribution**

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- 1 child to participate in a **Girl Scouts** Summer Day Camp
- 6 rides to the Dr.'s office provided by **Volunteer Caregivers** to keep seniors active and independent
- 2 hours of counseling for those with low income at **Pastoral Counseling Center**
- 2 pre-schooler's speech and language therapy at **Pre-Primary Speech and Language Program**
- 1 month safe shelter for 1 individual each month through **Center Against Rape and Domestic Violence (CARDV)**
- 3 social outings for the developmentally disabled through **Sunshine Industries, Inc.** teaching life and safety skills.
- 3 months of utility assistance for a family who is having trouble getting by from **Sweet Home Emergency Ministries (SHEM)**
- 5 hours of structured play time through **Sharing Hands** Parents & Pals program
- 2 mentors through the **YMCA** helping youth make positive life long choices.

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*"We don't always know whose lives we touched and made better for our having cared ... what's important is that you care and you do act."*

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*Charles Lunsford*



# In other words

## 24 pay periods...

<u>\$ per pay period</u>	<u>total gift</u>	<u>#</u>	<u>Service</u>
\$1	\$24	5	tax preparations for the public provided by RSVP and AARP
\$2	\$48	6	rides to the doctor provided by volunteers
\$3	\$72	7	lunches for middle-schoolers with an adult mentor, building self esteem and encouraging educational success.
\$5	\$120	3	months of gym membership for a senior adult to stay limber and active
\$10	\$240	10	counseling opportunities for better mental health otherwise unavailable
\$15	\$360	3	mentors engaging at-risk youth for one year, helping them make positive life choices.
\$20	\$480	19	Boys & Girls Club memberships providing safe after-school supervision and activities

*"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."*

*Lou Holtz*

## 26 pay periods

<u>\$ per pay periods</u>	<u>total gift</u>	<u>#</u>	<u>Service</u>
\$1	\$26	2	food boxes (feeds a family of 4 for 5 days)
\$2	\$52	5	counseling opportunities for better mental health otherwise unavailable
\$3	\$78	7	rides to the doctor provided by volunteers
\$5	\$130	1	mentors engaging at-risk youth for one year, helping them make positive life choices.
\$10	\$260	10	Boys & Girls Club memberships providing safe after-school supervision and activities
\$15	\$390	15	Medicare counseling sessions for seniors to understand the Prescription Drug Plan
\$20	\$520	7	visits for dental treatment

 **For just \$520 per year, you can make one of the following happen:**

- 6 kids to Cub Scout camp, learning to make ethical and moral choices
- OR
- 21 Boys & Girls Club memberships providing safe after-school supervision and activities
- OR
- 21 counseling opportunities for better mental health otherwise unavailable
- OR
- 136 days of mentoring for an at-risk youth, helping them make positive life choices
- OR
- 52 food boxes (feeds a family of 4 for 5 days)
- OR
- 6 hours of mediation and conflict-resolution classes that solve disputes and improve relationships
- OR
- 5 hours of speech therapy
- OR
- 22 social outings for developmentally disabled, teaching life and safety skills
- OR
- 47 lunches for middle-schoolers with an adult mentor, building self esteem and encouraging educational success
- OR
- 10 medical visits
- OR
- 21 Medicare counseling sessions for seniors to understand the Prescription Drug Plan
- OR
- 4 mentors engaging at-risk youth for one year, helping them make positive life choices
- OR
- 12 months of gym membership for a senior adult to stay limber and active
- OR
- 80 rides to the doctor provided by volunteers
- OR
- 1 Trained volunteer to advocate for the best interest of abused/neglected children in juvenile courts
- OR
- 7 visits for dental treatment