

UNITED WAY OF MOWER COUNTY

COMMUNITY RESOURCE GUIDE



EDUCATION



INCOME



HEALTH



BASIC NEEDS

LIVE UNITED

**United
Way**



United Way of Mower County

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office (507) 437-2313

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WHAT WE DO

United Way of Mower County is dedicated to improving lives by mobilizing the caring power of our community. We partner with organizations and support programs that advance Mower County in the areas of Education, Income, Health & Basic Needs.

**Improving life
long learning and
development**



EDUCATION

**Providing individuals with the
knowledge and skills to earn a living
wage and gain financial stability**



INCOME

**Increasing
healthy behaviors
and wellness**



HEALTH

**Providing food, clothing, and
shelter to help people stabilize
their lives**



BASIC NEEDS



EDUCATION

American Association of University Women*

Science Fair Mentoring Students are provided with mentors to help guide them through developing, completing, and reporting on their science fair projects. Supplies for completing the experiment and creating a presentation board are provided and the program also covers an afterschool snack for the student.

Apple Lane Child Care

(507) 433-0070

Basic Sliding Fee Scholarship Program Scholarships are awarded annually to assist families in paying for their child's early childhood care and education experience.

The ARC Mower County*

(507) 433-8994

Our Place Recreation Center A recreational, educational, leisure program for individuals with intellectual and developmental disabilities, promoting inclusion into the community.

Cedar Branch

(507) 582-7726

Social/Life Skills Provides professional on-site recommendations and staff training to teach clients skills of daily life which enables them to become more independent in their personal lives. Each client receives an individual set of goals specific to them which allows them to maintain or increase their independence in life.

Girl Scouts*

(800) 845-0787

Girl Scouts ConnectZ Provides girls in diverse and low-income communities with an all girl, culturally aware leadership program that help them learn, grow, and build skills for a successful future. Uses a comprehensive, intentional approach to address the opportunity gap and meet the needs of girls in Austin.

Hormel Historic Home

(507) 433-4243

All Access Community Explorations A summer program for students, grades 6-12, with Autism Spectrum Disorder who struggle with non-verbal communication skills such as body language, speaking at appropriate times, grooming habits, and interpreting facial expressions. Youth are exposed to various community businesses, given behind the scenes tours and allowed the opportunity to ask questions related to job requirements and opportunities. Also works with participants so they can develop...

Hormel Historic Home**(507) 433-4243**

All Access Community Explorations Continued... financial skills that will aid them in being responsible money managers in their personal lives and potential jobs.

Circle of Friends Day Camp Offers programming for children with Autism Spectrum Disorder grades 1-5 in a fun, summer camp-type environment that will aid them in achieving greater academic success. Focuses on building generalization skills in the youth so that they can adjust more quickly with less anxiety to new or difference experiences, making them more confident and willing to try new things.

Camp Just for Me Focuses on increasing participation in activities that typically develop youth experience in youth with Autism.

Ladies Floral Club**(507) 433-2391**

High Risk Literacy Intervention Nurses trained in instructing new parents on early literacy, well-baby, and parenting skills visit the homes of families identified as high risk to provide age appropriate new books and educational infant toys.

Mower Council for the Handicapped**(507) 433-9609**

Peer Activity Group A craft/activity group that meets monthly in which the staff plan and carry out craft projects. Group members can also arrange one on one time with staff, which has included shopping trips or spending time on the computer. The goal is to educate individuals as to what is available in our community and to become aware of services, programs, medical providers, etc. that they may not be familiar with by talking to group members who have similar problems and concerns.

Parenting Resource Center**(507) 437-8330**

Partnering with Parents Provides information and support in learning positive parent skills and establishing safe, calm homes for the well-being of children.

Specialty Library Centralized community resource center for free print, CD, DVD, video, and interactive educational resources on parenting and child development

Twin Valley Boy Scouts ***(507) 387-3123**

Outreach Program Provides a program in which free lunches are made available in Austin during summer months.

Traditional Program Makes scouting programs available to any boy, regardless of race or financial status.

Mower County Mentoring***(507) 440-5487**

Mentoring A mentor and mentee spend time together doing pro-social activities.



INCOME

Cedar Branch*

(507) 582-7726

Financial Coaching Helps individuals develop practical personal financial skills.

Thrift Store Teaches individuals with developmental disabilities skills to use in their daily lives such as addition, subtraction, monetary denominations, how to use a calculator, and how to interact appropriately with customers.

Work Program Allows individuals with developmental disabilities an opportunity to learn and experience job satisfaction by earning a paycheck.

Cedar Valley Services

(507) 433-2303

Competitive Placement Provides individuals who are unemployed with support to learn how and where to look for jobs, how to complete an application, how to interview for a job, and other skills needed to make a job hunt successful.

Supported Employment Provides staff support on a one to one basis or as part of a crew while individuals work full or part time jobs.

Parenting Resource Center

(507) 437-8330

Catherwood Scholarship Provides an allotted number of hours of licensed child care, transportation to and from school, and USDA standard meals for children in families of poverty whose parents have secured non-traditional hour employment and have experienced unexpected financial hardships that make them incapable of paying full child care costs and puts their employment at risk.

Workforce Development

(507) 433-0555

Workplace Success Offers support services to individuals who have gotten off of cash assistance due to employment.

Welcome Center

(507) 434-2863

Client Development Provides skill development and employment support to non-English speaking clients. Primary services include teaching clients how to fill out job applications, informing them on what to expect during an interview, providing language support throughout the interview process.



HEALTH

Apple Lane Child Care

(507) 433-0070

Nutritional Eating for Healthy Children Offers nutrition education and access to healthy snacks and meals.

Adams Ambulance

(507) 582-3662

Ambulance Transportation Provides medical transportation to area residents.

The ARC Mower County*

(507) 433-8994

Special Olympics Provides a life-long health benefit from participation in individual and team sports for individuals with intellectual and developmental disabilities by building confidence, getting fit, and having a positive self-image.

Catholic Charities

(507) 433-9120

Family and Individual Counseling Addresses issues that are causing a high degree of stress for an individual or family by assisting clients with changing unhealthy patterns of acting, thinking, and feeling.

Cedar Branch

(507) 582-7726

Therapy Services Provides physical and occupational therapists to complete physical therapy and occupational therapy evaluations/assessments for individuals with developmental disabilities.

Client Services Charity Fund Helps fund services for individuals in Mower County who lack the available funding for mental health services, but otherwise meet the criteria for services needed.

Children's Dental Health Services

(507) 529-0436

Dental Prevention Provides preventative dental care services to underserved children ages 14 and under via portable model.

Oral Health Provides oral health programs which focus on educating children and their caregivers on the importance of good oral health and nutritional choices.

Crime Victims Resource Center

(507) 437-6680

Victim Services Provides counseling, safety planning, emergency services, support/educational group, support during medical exams, police reporting, assistance with Orders for Protection, and Harassment Restraining order, advocacy, and criminal justice system intervention &...

Crime Victims Resource Center

(507) 437-6680

Victim Services Continued... advocacy for survivors of violent crimes.

Family Wise

Family Wise Prescription Discount Card Provides discounts on prescription medication by presenting the Family Wise prescription card to any participating pharmacy.

Mower Council for the Handicapped

(507) 433-9609

Medical Equipment Lending An inventory of durable medical equipment is maintained and items are loaned out for up to three months at a time to individuals with permanent and temporary disabilities.

Mower County Seniors*

(507) 433-2370

Volunteer Transportation Programs that helps keep seniors independent by keeping them mobile. The service offers pick up at the client's front door, drop off at their destination, and back again.

Programming Provides programs and services to Mower County seniors that are designed to maximize the integration of older adults into the community to promote independence, enhance dignity, affirm self-worth, and provide opportunities for personal growth. The program initiates, develops, and coordinates programs that further the social, psychological, physical, and nutritional well being of elders in the community by offering a broad range of programs, most of which contain free options.

YMCA

(507) 433-1804

After School Program Creates opportunities for area youth to remain safe, be healthy, have fun, and engage in positive experience. Kids participate in physical activities, receive a healthy snack, and take part in other activities of their choosing. Homework help, indoor and outdoor active games, board games, arts and crafts, fitness classes and table games are all available to participants under the supervision of enthusiastic staff members and role models.

Financial Assistance Utilized to reduce the cost for membership and program fees to area low-income families.

Youth Membership Provides access to YMCA programs and facilities through Y membership. Any Mower County child may join the Y for a discounted rate based upon household income. That gives them access to the Y's gym, pool, game room, and tutoring center.



BASIC NEEDS

American Red Cross

(507) 437-4589

Disaster Services Enables individuals and families to cope with and recover from disasters by ensuring that immediate needs of shelter, food, clothing, medical supplies, and emotional support are provided to those affected.

Apple Lane Child Care

(507) 433-0070

Hot Lunch Programs Provides access to nutritious meals to children who receive care assistance or scholarships at Apple Lane.

The ARC Mower County*

(507) 433-8994

Advocacy and Family Services Provides individual and family support, training, and education for individuals, families, and caregivers.

Crime Victims Resource Center*

(507) 437-6680

Abuse Prevention Teaches 2nd graders in Mower County about appropriate touch, inappropriate touch, and personal body safety.

Habitat for Humanity*

(507) 433-1349

Brush with Kindness Provides repairs and improvements to low-income home owners in Mower County.

Home Build Program Builds safe, decent, affordable homes in partnership with families in need, community volunteers, and donors.

Mower Council for the Handicapped

(507) 433-9609

Advocacy Assisting individuals with physical disabilities who need help identifying, acquiring and maintaining programs and services they need and are entitled to, that improves independence, safety and quality of life. This could include applying for medical insurance, finding and using medical providers, and applying for state and county programs and services. Also helps individuals find affordable and accessible housing, apply for employment or rehabilitation services, and acquire Social Security Disability Benefits.

Food Support Assists with applying for, acquiring, and maintaining programs and services they need and are entitled to in order to maintain their health through food assistance.

Mower County Seniors

(507) 433-2370

Advocacy Provides assistance and support the aging population.

Prioritizing efforts with the frail, low income, minority, mentally ill, and isolated senior. We advice and counsel for healthcare options including; Medicare, Medicaid, MNSure, Elderly Waiver, Alternative Care, Personal assistance including; Caregiver support and respite, healthcare directive, power of attorney, reuse of donated medical equipment, agency referrals.

CHORE Provides care for seniors or homebound individuals so that they can stay in their home. Assists clients with maintaining a clean, sanitary, and safe environment by performing chores such as sweeping, laundry, dishes, cleaning windows, moving heavy items, tackling loose rugs, shoveling snow, lawn maintenance.

Parenting Resource Center

(507) 437-8330

Crisis Nursery Provides confidential, free emergency child care for infants to twelve year olds. With a 24 hour call line the licensed CARE Homes/child care providers are able to take children within a few hours of identified need. Children are protected when parents without available support systems and/or financial resources have easily accessible and safe child care in emergencies and challenging circumstances.

Parents in Poverty and Transition Provides a place for low-income, disadvantaged children to have safe access to their non-custodial parent without risk of harm. Part of a coordinated community response aimed at recognizing that domestic violence is both a family and public safety issue. Highly trained staff work with both parents and their children so that children can have safe access to their non-custodial parent without risk of harm, while developing safety plans, providing transportation when needed, strategizing through critical incidents, and supporting parents through some of the most difficult and dangerous times parents and children face.

Salvation Army*

(507) 433-7203

Backpack Program Provides food to children at risk for missing meals during the weekend when there is no school. The backpack contains food items for the child to take home on Friday after school and return the empty backpack on Monday before school. The food items are easy to prepare or ready to eat.

Community Meals Monday through Thursday anyone in need is welcome to come to the Salvation Army for a hot, nutritious meal. Meals are well rounded and come mostly from donated goods.

Emergency Lodging Shelter is provided to those who become displaced or have lost their place of residence during the cold weather months.

Rent and Utility Assistance Provides one month's rent, mortgage, or utility costs for those who have experienced an emergency, limited to one...

Salvation Army*

(507) 433-7203

Rent and Utility Assistance Continued... service per year. This program is designed to stop eviction or disruption of utility service.

SEMCAC

(507) 433-5889

Senior Nutrition Provides a low-cost, nutritionally balanced noon meal on Mondays thru Fridays to seniors in congregate meal sites as well as to home-bound seniors in very rural, hard to reach communities. The menu is planned by a registered dietitian and meets one-third of the Daily Recommended Dietary Allowances. Meal costs and a “suggested” donation is posted at meal sites and communication to Meals on Wheels recipients. Participants donate what they can afford towards the cost of the meal, but no one is denied service based on their ability to pay.

Housing Provides eligible homeowners and renters of Mower County a one time housing payment to stabilize housing. The client must demonstrate the ability to financially continue the housing payment after receiving assistance.

Southern Minnesota Regional Legal Services

(507) 289-5960

Government Benefits Helps families in crisis, individuals with disabilities, and senior citizens obtain and maintain access to critical government programs. Assists eligible clients facing problems with: Welfare, Food Stamps, Medicaid, Medicare, Social Security Disability, SSI, Unemployment Compensation, and Veteran’s Benefits. Programs help clients meet the basic needs of food, shelter, clothing, and medical care and typically serves individuals whose benefits from one of these programs has been denied, terminated, or reduced.

OUR INITIATIVES

Day of Caring*

Day of Caring is a community wide event where teams work together to complete projects for homeowners and organizations who are not able to complete the projects themselves. Most projects help senior citizens in our community remain independent and living in their own homes. Projects last from 2-4 hours.



Winter Coat & Outerwear Drive*

United Way of Mower County collects gently used winter coats and winter outerwear to provide to children in our area who do not have such items due to financial hardship. United Way works with the schools to identify students who may be in need of winter items and then supplies those items to the school to be given to the child(ren).

Rainbow Route*

United Way partners with SMART transportation to provide reliable, affordable transportation to Preschool age children who would not be able to attend Preschool due to lack of transportation. United Way awards scholarships to Preschool students whose families are not able to pay for a bus pass for SMART transportation due to financial hardship.

Success By Six

United Way awards each of the Preschools listed below with a set amount of scholarship money. The schools then award scholarships to families with children enrolled in Preschool based upon financial need. Preschool partners are:

Apple Lane	Lyle
CLC	Pacelli Preschool
First Congregational Preschool	Southland
Grand Meadow	Wee Learning
LeRoy	YMCA

**Made possible by the generosity of United
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