

October Newsletter









United Way SEAK has had an eventful Fall so far with five different Day of Caring events across the Southeast as well as the start of our 2019 campaign.

Visit our Website







Day of Caring

Thank you so much to all of our volunteers and supporters who came out to our Day of Caring events in Sitka, Ketchikan, Petersburg, and Juneau. Combined, we had over 100 volunteers work on 18 projects across Southeast Alaska.

Find more pictures on our website





We're Kicking Off Our Campaign!

Please visit our website for our <u>Campaign Toolkit</u> for information and resources to launch a successful workplace campaign to raise money for local agencies

doing vital work in the Southeast Alaska community.

AmeriCorps Service Spotlight

This month's newsletter we are highlighting Liz Alnutt, who is serving as the Social-Emotional Resilience Coach at Harborview Elementary. She works with children who are feeling upset or disruptive and aims to get them back into a learning mindset throughout the day. Liz also teaches, leads, and facilitates games and activities during recess to help children develop leadership skills.



Learn more about the AmeriCorps program on the Facebook Page

Partner Agency Spotlight



Southeast Alaska Independent Living (SAIL)

Visit their website here



This newsletter we will be spotlighting our first partner agency of this series, Southeast Alaskans for Independent Living (SAIL). They work with Southeast Alsakans with disabilities to help them lead the most independent lives possible through a host of programs including a loan closet of medical equipment, ORCA which is a program that provides outdoor recreation opportunities for all abilities, job training programs, support groups, and much more.

SAIL by the Numbers



 ${f 7}$ offices in communities throughout Southeast Alaska

19 communities served

36% of those served are Alaskan Native

44% of those served are seniors

1285 pieces of equipment loaned out



Photos courtesy of SAIL

Stories from SAIL

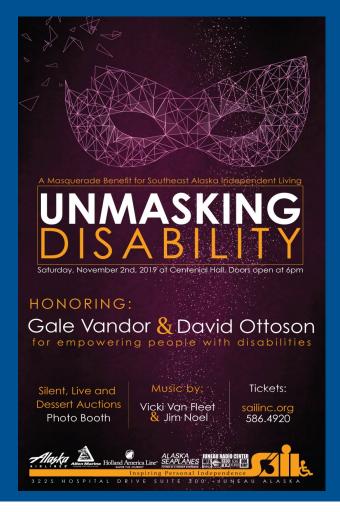
Karl was nervous about returning to SAIL's Summer Work Program this year. Although he thought he could do the work, he was worried about having to interact with new People. Karl pushed himself to do his best and today, he says, "I have stronger bonds with the people I worked with."

Besides working on meaningful projects like building trails and maintaining a youth vegetable garden, students learned lifelong job skills like punctuality, clear communication, and reliability, which will help them find success in high school and when they are ready to join the workforce.

Visit their website here

Youth worked together throughout the summer and relied on each other for more than just shoveling and weeding. They learned to listen to one another, helped solve problems together, and build trust.

Look at What They Have Coming Up



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