

TAKE A LOOK AT SOME OF THE WAYS WE LIVE UNITED:

■ **Charles County Directory of Human Services** – Each year, the United Way of Charles County produces a Directory of Human Services that we make available to health care providers, libraries, school counselors, government offices, social service organizations, other non-profits and the general public free of charge. This document gives valuable information about hundreds of non-profit health and human service organizations statewide – their locations, the services they provide, hours of operation, fees, and referral requirements, if any. Call the United Way office or visit our website to request a copy.

■ **Prescription Drug Discount Program** – Through a partnership with Familywise, Fedex and other generous businesses, we are able to offer a prescription drug discount card for people who are paying out-of-pocket for their prescription medicines. There is no registration, no paperwork, no waiting period, no limit to how many times the card can be used. It's good in any state in the country, and all members of the same household can use the same card. The average savings is 30% on each prescription. It's completely free. It's not just for low-income individuals and families; it's for anyone who doesn't have drug coverage or whose prescriptions aren't covered under their plan. About 55,000 pharmacies nationwide accept this card in partial payment, including pharmacies that are inside grocery and other stores. Since United Way of Charles County joined this partnership last year, we have saved Charles Countians nearly \$200,000 on the medicines they need to get well and stay well.

■ **Cell Phone Recycling Program** – Have you ever wondered what to do with your old cell phones, chargers, IPODs, PDAs and other components? Don't throw them away! They contain toxins and chemicals that pollute our landfills and groundwater. Instead, bring them to the United Way of Charles County or any of our partner sites. Our partner, The Wireless Alliance, will remove all personal data and either refurbish the phones or shred and melt them down for other uses. United Way of Charles County is concerned about the environment we all share. Call and find out where to bring your old phones, and, if you operate a business, consider being one of our collection sites. It's easy and can be accomplished in a few minutes online.



United Way of Charles County, Inc.

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OUR DESIGNATION POLICY: MONEY RAISED IN OUR COMMUNITY STAYS IN OUR COMMUNITY.

United Way of Charles County cares about Charles County — its residents, its communities, its critical needs. The United Way of Charles County is committing all of its resources to building a better, healthier, stronger and safer Charles County.

In order to do that, we will only accept designations to the following:

- United Way of Charles County;
- One or more Partner Agencies of the United Way of Charles County;
- Charles County Women — *United in Giving*;
- Community Health Charities of Maryland;
- Another United Way's *general fund*.

The United Way of Charles County will deduct a 10% processing fee on designations to Partner Agencies, Community Health Charities, and United Ways outside the tri-county area. We will not deduct any fee from donations submitted to us from other United Ways.

Thank you!



United Way of Charles County, Inc.

LIVE UNITED.

GIVE. ADVOCATE. VOLUNTEER.

2009 Campaign

A copy of the current financial statement of the United Way of Charles County or of the Community Health Charities may be obtained by writing to the agency are filed with and may be obtained from the Secretary of State. United Way of Charles County is a 501(c)(3) organization.

But you don't have to wait for one of these events to get involved! Call the United Way of Charles County and ask for a free guide to many volunteer opportunities in the Southern Maryland area. Learn what you – and your family and friends of all ages – can do to make a difference in Charles County.



What interests you? What is your passion? United Way of Charles County offers many ways to put your expertise, your ideas and your enthusiasm to work. Our annual Day of Carling™ in September is a wonderful opportunity to lend a hand at some of our Partner agency sites, doing whatever needs doing – landscaping, trail clearing, painting, working on computers, cleaning, delivering meals to homebound elderly, making educational packets – and so much more. Students seeking Service Learning Credit can participate in our Student Day of Carling™ in the spring.

What does it mean to advocate? Simply put, it just means to speak out — to champion a cause. It doesn't mean that you have to go to your state legislature or Capitol Hill, or write letters or speak at public meetings — although those are all good ways to advocate. But what if you're not a letter writer or a public speaker? What can you do? You can learn about the issues that affect your community. Read the newspapers. Listen to what neighborhood meetings. Form opinions and share your opinions with others. Vote. One of the best ways to learn about your community is to join our all-volunteer Board of Directors. United Way of Charles County is already advocating for many causes and many populations through the work we do and the contacts we have. Since our incorporation in 1983, we have been a voice for positive change. Join with us, and let your voice be heard about the things that are important to you and your community.

2. Make a **Direct Contribution** to United Way of Charles County by cash, check or credit card (Visa, MasterCard or American Express).
3. Make a **Secure Online Donation** – visit our website at www.unitedwaycharles.org. Click on "How to Give," then, "Make a Financial Contribution," and follow the link to make your donation online. There is a small fee.
4. Make a contribution of **Appreciated Securities** or include the United Way in your **estate planning**. For more information and a cost calculator, go to <http://stock.unitedway.org>.
5. **Donate goods or services** - You don't need to give a lot of money to make a difference. Last year alone, United Way of Charles County received over \$200,000 in donated goods and services from local individuals and businesses who enjoyed the satisfaction — and the tax advantages — of giving in this way.

1. Participate through **Payroll Deduction: the most convenient way to give, because your gift is automatically deducted from your paycheck!**
- Federal employees can give through the **Combined Federal Campaign** at their workplace by designating #62846.
- Maryland State employees can give through the **Maryland Charity Campaign** at their workplace by choosing code #0909.
- **Local government, the school system, human service agencies, small businesses, companies and corporations' employees** can give through the **United Way Campaign** at their workplace.
- If you are giving through **United Way of the National Capital Area** or **another United Way, write in "United Way of Charles County."**

VOLUNTEER.

ADVOCATE.

GIVE.



United Way
of Charles County, Inc.

THE WAY TO MAKE YOUR MOST POWERFUL CONTRIBUTION: UNITED WAY OF CHARLES COUNTY'S COMMUNITY IMPACT FUND

When you choose the Community Impact Fund you make a powerful difference in your community. Trained volunteers from your community will invest your contribution in the areas identified as the BUILDING BLOCKS FOR A GOOD LIFE:

- Education – Helping children and youth achieve their potential.
- Income – Promoting financial stability and independence.
- Health – Improving people's health.

Our citizen review panel will put your gift to work where it's needed most. And they will invest in programs designed to prevent and solve community problems and improve the quality of life for all of us. In the two years since we implemented the Community Impact Grant Process, your donations have enabled United Way of Charles County to provide nearly \$200,000 in grants to Partner agencies that are working on our community's most challenging problems.

Specific Care: Our Partner Agencies

These non-profit health and human services Partner Agencies have met United Way of Charles County's rigorous annual requirements for partnership. If you designate one of our Partners, your contribution will go to that agency exclusively:

Accokeek Foundation:
www.accokeek.org The Accokeek Foundation demonstrates stewardship on 200 acres along the Potomac River in Piscataway Park, at the National Colonial Farm and the organic Ecosystem Farm.
301-283-2113

Alice Ferguson Foundation/Hard Bargain Farm:
www.fergusonfoundation.org We provide experiences that encourage connections between people, the natural environment, farming and the cultural heritage of the Potomac River Watershed, leading to personal environmental responsibility.
301-292-5665

Alternatives for Youth and Families, Inc.:
www.alternatives4youth.org Non-profit child welfare agency providing a continuum of care including therapeutic group homes, therapeutic foster care, residential crisis, independent living, and psychiatric rehabilitation programs.
301-884-0312

Arc of Southern Maryland, Inc., The:
www.arcsomd.org Promotes community involvement, independence and personal success for children and adults with intellectual and developmental disabilities.
410-535-2413

Big Brothers & Big Sisters of Southern Maryland, Inc.:
www.bbbsomd.org Recruits, matches and supervises volunteers paired to children who will benefit academically, socially and emotionally from the influence of a positive adult role model.
301-290-0501

Boy Scouts of America, National Capital Area Council:
www.boyscouts-ncac.org Serving Washington, DC and 16 surrounding counties in Maryland and Virginia with youth development programs in leadership training, civic responsibility, personal fitness and community volunteerism.
301-530-9360

Catherine Foundation Pregnancy Care Center, Inc.:
www.catherinefoundation.org Offers pregnancy tests, limited ultrasounds, post-abortion mentoring, abstinence speakers, childbirth/parenting classes, baby furniture, supplies, maternity supplies, and numerous referrals
301-870-4912

Catholic Charities:
www.catholiccharitiesdc.org Our mission: To strengthen the lives of those in need by giving help that empowers, and hope that lasts.
301-934-2582

Center for Abused Persons (CAP):
Domestic violence, sexual assault and child abuse counseling, Counseling for batterers. Community education. Professional training. Volunteer opportunities. 24 hour-a-day telephone counseling.
301-645-8994 Hotline 301-645-3336

Center for Children, Inc.:
www.center-for-children.org A child and family services agency providing mental health services, evaluation, family support services, and crisis intervention to children and families.
301-609-9887

Charles County Association for Handicapped & Retarded Citizens, Inc. (HARC):
www.charc.com Children and adults with disabilities (most are severe) and their families receive residential, respite care, information/referral, and individual support services in their own communities.
301-932-7030

Charles County Children's Aid Society, Inc.:
www.childrens-aid-society.org Provides emergency services five days a week including food, clothing, utility assistance, shelter, diapers, formula, rent/mortgage assistance, etc. for Charles County families.
301-645-1561

Charles County Cooperative Ministry on Aging, Inc. (Meals on Wheels):
http://www.somd.lib.md.us/CHAS/meals/ Volunteers deliver nutritious meals and make telephone reassurance calls/visits to homebound seniors, enrich their quality of life and check on their health and welfare.
301-392-6325

Charles County Freedom Landing, Inc.:
www.freedomlanding.com Provides community support services including wellness/recovery, peer support, social and life skills training, transportation, transitional housing to adults diagnosed with serious mental illnesses.
301-932-2737

Charles County Literacy Council, Inc.:
www.charlescountyliteracy.org Provides free community-based one-on-one adult tutoring in the areas of reading, writing, spelling, basic math and English as a Second Language.
301-870-5974

Christmas in April, Charles County:
www.christmasinaprilcharlescounty.com Christmas in April volunteers rehabilitate residences of elderly, disabled, and low-income homeowners so they may continue to live with dignity in warmth, safety and independence.
301-392-0202

Compassionate Friends, The, Southern Maryland Chapter:
http://tcfsouthernmd.wallacecreations.net/ Assists families towards the positive resolution of grief following the death of a child of any age and helps others be supportive.
800-823-7301

Girl Scout Council of the Nation's Capital:
www.gscnc.org Fun and educational programs for girls, ages 5-17, to build their confidence, develop their leadership skills and help them grow to their full potential.
301-638-5373

Greater Baden Medical Services, Inc.:
www.gbms.org Greater Baden Medical Services provides primary medical care to community residents, regardless of insurance status or ability to pay.
301-599-0460

Habitat for Humanity in Charles County, Inc.:
www.nomoreshacks.org Builds simple, decent homes through donations and partnerships with needy families, volunteers and the community. Provides homeownership for low-income families in Charles County.
301-392-0770

Health Partners, Inc.:
www.healthpartnersinc.org A Free Clinic providing free health care to individuals who are uninsured or underinsured.
301-645-3556

Hospice of Charles County, Inc.:
www.hospiceofcharlescounty.org Provides medical care and emotional support to terminally ill patients and their families, allowing patients to live their remaining days alert, pain-free, and at home.
301-934-1268

Humane Society of Charles County, Inc.:
www.humanesocietyccc.org Offers humane/environmental education programs/resources, student learning opportunities, pet visitation programs for nursing homes/senior centers; shelter and adoption center for unwanted/injured pets.
301-645-8181

Jude House, Inc.:
www.judehouse.org Provides residential drug and alcohol dependence treatment. Clients live in and work out in the community. Treatment lasts a minimum of four months.
301-932-0700

Legal Aid Bureau, Inc.:
www.mdlab.org A private, non-profit law firm that provides free civil legal services to limited income and elderly adults and neglected and abused children throughout Maryland.
301-932-6661

Lions Camp Merrick, Inc.:
www.lionscampmerrick.org Provides opportunities for deaf and diabetic youth to experience camping, interact with peers and learn from role models. Campers become self sufficient and overcome challenges.
301-645-5616

Maryland Foundation for Quality Healthcare, Inc.:
www.diabetesmgmt.org Provides affordable diabetes self-management and type 2 diabetes prevention education to all who desire to receive it.
301-645-0001, opt. 5

Senior Services of Charles County, Inc.:
www.seniorservicescharlescounty.org Improves the quality of life for senior citizens of Charles County. Provides individual or group assistance, services and programs which would not otherwise be available.
301-934-5423

SHARE Food Network:
www.sharecd.org Provides wholesome and nutritious food packages to families and individuals at a reduced cost. Participants pay \$19 and receive \$45 worth of groceries. SHARE promotes volunteer services in our communities while building partnerships with community organizations.
301-864-3115

Southern Maryland Child Care Resource Center:
www.smccrc.org Free referral services for parents seeking child care, low-cost training to childcare providers and parents, behavior management consulting to providers, teachers and parents.
301-290-0040

Southern Maryland Center for Independent Living:
www.smcil.org SMCIL is committed to providing a wide array of services to assist individuals with disabilities to live independently, pursue meaningful goals, and have the same opportunities and choices as all persons.
301-884-4498

Southern Maryland Tri-County Community Action Committee, Inc.:
www.smtcccac.org Economic self-sufficiency services: Child and Family Services, Energy Assistance, Adult Day Care, Volunteer Services, Emergency Food, Housing Services and Counseling, Weatherization CDL Training & Transportation.
301-274-4474

Special Olympics Maryland Charles County:
www.charlescounty.org/so This Charles County all-volunteer organization provides year round sports training and athletic competition in Olympic-type sports for citizens (age 8 and above) with intellectual challenges.
301-934-9305

Spring Dell Center, Inc.:
www.springdellcenter.org An agency that assists individuals with disabilities in achieving their highest level of independence by providing support and opportunities through vocational, employment and residential services.
301-934-4561

Tri-County Youth Services Bureau, Inc.:
www.tcsyb.org Youth and Family Development Services; Juvenile Delinquency and Truancy Prevention and Intervention; Individual, Group, Family and School-based Mental Health Counseling, Information and Referral, Community Conferencing.
301-843-2960

CHARLES COUNTY WOMEN – UNITED IN GIVING

Charles County Women – United in Giving is a group of donors who have combined their gifts to help women and children in Charles County. The Steering Committee is made up of generous women who have given leadership-level gifts of \$500 or more to the initiative. The Steering Committee determines how each year's donations will be used to help fund organizations working on problems affecting the women and children in our community. In the four years since the initiative began, this group has provided over \$67,000 in grants. The grants have provided physical and mental health services, ultrasounds and lab work, dental work and sealants for children, diabetes management education, and cribs for infants. Your gift in *any amount* will help local uninsured and underinsured women and their children get the care and services they need and deserve.



PARTICIPATING PARTNER FEDERATION
1777 Reisterstown Road, Suite 354,
Baltimore, MD 21208
(800) CHC-4356 • (410) 580-1591
www.chcmd.org

Community Health Charities of Maryland is a federation of health-focused charities that improves health for Maryland residents through education, services, support, and research. We are pleased to include them on our brochure again this year. Your gift to any of this participating partner federation's charities supports services, programs and research that impact the health of your family and friends:

ALS Association – DC/MD/VA Chapter
301-978-9855 or 866-FITE ALS www.ALSinfo.org

Alzheimer's Disease and Related Disorders Association, Greater Maryland Chapter
410-561-9099 www.alz.org

AMC Cancer Research Center
410-734-4808 www.amc.org

American Breast Cancer Foundation
410-825-9388 www.abcf.org

American Diabetes Association
410-265-0075 or 1-888-DIABETES (342-2383) www.diabetes.org

The American Lung Association of Maryland
703-986-0711 www.lungac.org

Arthritis Foundation, Maryland Chapter
410-654-6570 www.arthritis.org

Asthma and Allergy Foundation of America, MD-DC Chapter
410-484-2054 www.aafa-md.org

Brain Injury Association of Maryland
410-448-2924 or 800-221-6443 www.biamd.org

Breast Cancer Network of Strength
703-437-9595 www.networkofstrength.org

Care Net Pregnancy
301-662-5300 www.carenetfrederick.org

Chesapeake-Potomac Spina Bifida Association, Inc.
410-295-9222 www.chesapeakepinabifida.org

Community Behavioral Health Association of Maryland
410-788-1865 www.mdcbb.org

Community Health Integrated Partnership, Inc.
410-761-8100 www.mdbhealthcenters.net

Crohn's & Colitis Foundation of America, Maryland/Southern Delaware Chapter
443-276-0861 www.maryland.cafa.org

Cystic Fibrosis Foundation
410-628-0795 www.cff.org

Easter Seals Greater Washington-Baltimore Region, Inc.
301-931-8700 www.gwbr.easterseals.com

Epilepsy Foundation of the Chesapeake Region
410-828-7700 www.epilepsy-foundation.org

Foundation Fighting Blindnes
410-568-0150 www.fightingblindness.org

Freedom Center
301-846-7811 www.thefreedomcenter-md.org

Hospice Network of Maryland, Inc.
410-729-4571 www.bnmd.org

Humanim, Inc.
410-381-7171 www.humanim.org

International Dyslexia Association
410-296-0232 www.interdys.org

Jeremy Foundation, Inc.
301-865-1587 www.jeremyfoundation.com

Juvenile Diabetes Research Foundation International – Maryland Chapter
410-823-0416 www.jdrf.org

The Leukemia & Lymphoma Society – Maryland Chapter
410-891-1999 www.lls.org

Lupus Mid-Atlantic, Inc.
410-337-9000 or 800-777-0934 www.lupusmd.org

March of Dimes, Maryland Chapter
410-752-7990 www.marchofdimes.com

MedBank of Maryland, Inc.
410-821-9262 www.medbankmd.org

Medical Eye Bank of Maryland
410-752-2020

Mental Health Association of Maryland, Inc.
410-235-1178 www.mhamd.org

Moveable Feast, Inc.
410-327-3420 www.mfeast.org

Muscular Dystrophy Association
410-494-7106 www.mda.org

Myasthenia Gravis Foundation of America– MD/DC/DE Chapter
866-437-2881 www.myasthenia.org/chapters/Maryland

NAMI of Frederick County, MD, Inc.
240-379-6186 or 301-663-9414 www.nami.org

National Council on Alcoholism and Drug Dependency – Maryland Chapter
410-625-6482 www.ncaddmaryland.org

National Kidney Foundation of Maryland, Inc.
410-494-8545 www.kidneymd.org

National Multiple Sclerosis Society, Maryland Chapter
1-800-FIGHT MS www.nmss-md.org

Planned Parenthood of Maryland, Inc.
410-576-1414 www.plannedparenthoodmd.org

Sheppard Pratt Health System
410-938-3000 www.sheppardpratt.org

Sickle Cell Disease Association of America
410-528-1823 www.sicklecelldisease.org

SIDS Alliance/First Candle
800-221-7437 www.firstcandle.org

St. Jude Children's Research Hospital
800-336-3083 www.stjude.org

Susan G. Komen for the Cure, Maryland Affiliate
410-938-8990 www.komenmd.org

Tourette Syndrome Association of Greater Washington
301-681-4133

United Cerebral Palsy of Central MD
410-484-4540 www.ucp-cm.org

Women Supporting Women
410-548-7880 www.womensupportingwomen.org