

Dear Friends and Neighbors:

From holiday meals for a 100 families to a widely attended *Community Conversation* on mental health, we worked hard together at the end of 2018 to strengthen the heart of our community.



**Acton-Boxborough
United Way**

"We want to thank Acton-Boxborough United Way for their support throughout 2018 but especially during the holiday season. Here is a photo of the ABUW team that helped us package 100+ turkey dinners along with delicious dessert treats donated by Bisousweet Confections. The holiday meal tradition began in 2012 in partnership with a local West Acton restaurant owner and expanded quickly to reach 100 families with the help of ABUW. We are grateful to have the support of our community so that we can bring a homemade meal and bit of cheer to others in our community!" - Mt. Calvary Community Supper.

We hope that in 2019 you will stand with us again as we work together, all year round, to make the community stronger.

[Donate Now.](#)

With thanks,

Jeannie Meijer, AB United Way President
Rachel Sagan, Executive Director

Thank You to Our Casino Royale 2018 Sponsors

Event Sponsor:
The Steinberg-Lalli
Charitable Foundation

Community Champions:
Papalia Plumbing &
Heating
Worker's Credit Union

Community Builder:
Bullock's Nursing Service
Hartney Greymont
Orange Door Kitchen

Gold Sponsors:
Acton Pharmacy
Barrett Sotheby's
International Realty
Bisousweet Confections
Gallant Insurance Agency
Middlesex Savings Bank
Northeast Auto Inventories
Pediatric Dentistry of
Concord and Marlboro
Pro-Tech Towing &
Recovery
Sorrento's Pizzeria
The Red Raven
West Acton Villageworks
William Raveis Real Estate

AB United Way Volunteers Help Prepare 100 Holiday Meals



Pictured L-to-R: Dan Klein, Shelley Sherman,
Jeannie Meijer, Darcy Sidwell, David Naparstek

Upcoming Community Events

- Faith Erickson and Leann Griesinger

Table Sponsors:

- Acton Chrysler Dodge Jeep Ram
- Acton Dental Associates
- Acton Ford
- Acton Funeral Home
- Acton Medical Associates
- Apple Tree Services
- Blackbird Cafe
- Bursaw Gas & Oil
- Christmas Motors
- Circle Furniture
- Coughlin, Sheff & Associates, P.C.
- Dunkin Donuts
- Edward Jones
- El Huipil Cocina Mexicana
- Gould's Clothing
- Ratti Handa, DMD
- Harsip & Stuart, PC
- HOME by Stamm & Black
- Idylwilde Farms
- Kitchen Outfitters
- LaCross Financial Advisors
- Marcus Lewis Tennis Center
- Moodz Salon & Spa
- Open Door Education
- Rapscaillon Table & Tap
- Roche Bros.
- Scheier, Katin and Epstein
- Sechrest & Bloom
- South Acton Gas
- James V. Tabner, PC
- The Silver Unicorn Bookstore
- Target Painting



Donations of Stocks and Bonds

Did you know you can donate appreciated stocks, bonds or mutual funds directly to the AB United Way?

Consult with your advisor to see if donating your appreciated assets allows you to deduct the full fair market value.

SUICIDE PREVENTION TRAINING
FREE AND OPEN TO THE PUBLIC
Sponsored by
AB Cares

Question, Persuade, Refer (QPR)
teaches three simple steps anyone can learn to help save a life.

Tuesday, January 29, 2019
6:00 - 8:00 PM
R.J. Grey Jr. High School
16 Charter Road, Acton

You never know when you may be called upon to help. Please join us in saying YES to saving the life of a friend, colleague, child, sibling, or neighbor.

Suicide Prevention Training: Question, Persuade, Refer (QPR)

Tuesday, January 29
6:00 - 8:00 PM
R.J. Grey Jr. High
16 Charter Rd, Acton

Caring for a loved one is easier when you have support

We can help...

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially. Join our Powerful Tools for Caregivers six week series that is designed to provide you, the family caregiver, with the skills you need to take care of yourself.

Powerful Tools for Caregivers will help you to:

- Reduce Stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to tackle tough decisions
- Locate helpful resources

Program Details

Dates: Saturdays
April 27 - June 1, 2019
Times: 10:15 am - 12:15 pm
Meetings are once a week, for six weeks.

Location: Sargent Memorial Library
22 Massachusetts Avenue
Boxborough, MA

Cost: No Fee for Participants - but space is limited! Registration is required.

Contact: Rachel Sagan
Acton-Boxborough United Way
alsag@abuow.org
978-263-1777

For more information on our Healthy Living Programs, contact us at 978-263-2000

A Healthy Living Program of:

Powerful Tools for Caregivers Workshop Series

Saturdays, Apr 27-June 1
10:15 AM - 12:15 PM
Sargent Memorial Library
427 Massachusetts Ave
Boxborough
RSVP to abuow@abuow.org or by calling 978-263-1777

Casino Royale 2018

Our most successful year raising funds to meet the critical needs of our community! Over 175 guests gathered to support AB United Way at the **Annual Casino Royale** event. We wish to recognize the many local businesses (listed at left) that generously supported this year's event.



Pictured L-R: Shrirang Jangi and Chitro Neogy

AB United Way Selected by SOAR Management Consulting Group



AB United Way has been selected as a client by the SOAR Management Consulting Group, to work on a pro-bono project involving messaging and communications.

Calendar of Events

Looking for information on other upcoming events? Please visit the [Calendar of Events](#) on our website!

