

Dear Friends and Neighbors:

We feel tremendous passion and pride to be part of this amazing community! We care about each and every one of you.



We share your dedication to meeting the needs of our community. Whether it is language programming for the toddler who has a speech delay, support for a teen suffering from severe anxiety, or a meal delivered to a house-bound senior, Acton-Boxborough United Way (AB United Way) provides solutions to these pressing issues.

AB United Way is the leading community impact organization in our towns serving the life-span needs of our residents. Our work touches neighbors at **every** stage of their lives.

AB United Way is proud of our investment in the immediate and long-term mental health of our teens. We recently granted \$55,000 from the AB United Way Healthy Teen Initiative to three community-wide programs that will make a difference in the mental health of our youth.

When you make a gift to AB United Way, you directly help your community thrive. Every dollar raised here - stays here. We ask you to join us. Please support our community and AB United Way today.

You are our best partner. **Please support us today - [Donate Now](#).**

With thanks,

Jen Stone, AB United Way Co-President
Jeannie Meijer, AB United Way Co-President

Upcoming Events

Day of Caring

October 12, 2017
Kick-off Breakfast
8:00 AM
Enterprise Bank

W. Acton Oktoberfest

October 14, 2017
10 AM - 3 PM
Gardner Field/Rt. 111

Casino Royale

November 11, 2017
Save the date for a fun night with friends and neighbors at our fundraising party of the year.

**Tickets go on sale
October 1st.**

REBOUND: The Chris Herren Story

November 20, 2017
7:00 PM
ABRHS Auditorium

Welcome New Board Members

Welcome to the new AB United Way Board Members. We appreciate your time, talents, and service!



Pictured from L to R:

Mike Ross, Cheryl Witty, Ruma Neogy, Marie Altieri, Faith Erickson, Srijia Nagireddy, and Krish Gupta. Not pictured: Katrina Sousonis

School Supply Drive a Success!

We are grateful to all who donated school supplies to benefit the 70 school-aged children living in Acton Housing Authority. With your generosity, children have the tools they need to be ready to learn. A very special thanks to Matt and Ethan for helping us with delivery!



Thank You to Our Sponsors

Casino Royale Sponsors (to date)

Event Sponsor
Steinberg-Lalli Foundation

Community Champion
Worker's Credit Union

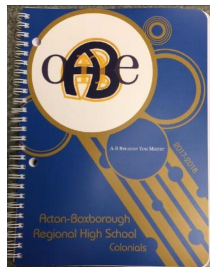
Gold Sponsors
Papalia Plumbing & Heating
Salerno's Restaurants
West Acton Villageworks

Table Sponsors
Acton Gas & Service
Boxborough Insurance
Dunkin Donuts
Gallant Insurance Agency
Roche Bros.
Scheier, Katin & Epstein, P.C.
Sechrest & Bloom

Learn more [here](#) and [contact us](#) today!

Healthy Teen Initiative Update: AB Wellness

Beth Baker, ABRHS Associate Principal, reports that they are excited to be rolling out the *AB Because You Matter* campaign thanks to a generous grant from Acton-Boxborough United Way. Wellness planners have been distributed to students and staff as part of this initiative.



Wellness Planner

Thanks to all who shared the message on social media - it really got the word out.



Savvy Caregiver Workshop: Caring for a Loved One with Dementia

Caring for a relative or friend with dementia can be stressful physically, emotionally and financially.

Join our *Savvy Caregiver Program*, a six-week evidence-based workshop which acknowledges that taking care of a person living with Alzheimer's disease or other dementia-related illness is specialized work. To do this work successfully, family caregivers need special skills and knowledge to care for a loved-one, and a positive attitude that helps them to care for themselves.

The *Savvy Caregiver Program* offers a supportive environment in which caregivers gain a greater understanding of the disease and its impact, learn how to get help, and practice self-care. They also learn that they are not alone.

**Six Saturdays, Beginning October 28, 2017
10:15-12:15 PM, Sargent Memorial Library in
Boxborough**

No cost but space is limited. Registration is required. Respite care is also available for children or seniors so that you can attend.

Contact: Rachel Sagan, Acton-Boxborough United Way at abuw@abuw.org or 978-263-1777.

We are proud to partner with Minuteman Senior Services.

With Thanks to our Partners

With thanks for your services, time and meeting space.

Saad Dinno - Acton Pharmacy
Richard Ward - Survey Crafter
STAPLES