

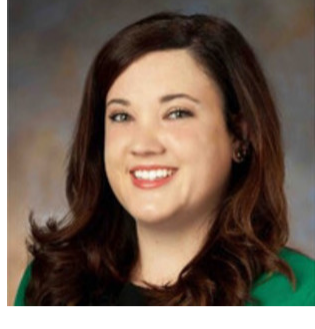
## WORDS FROM WOMEN UNITED: SEPT. 2020 EDITION

### FEATURED EVENT

**September 30, 2020 | 12:00 p.m. | ALICE Report Town Hall for Women United**

Join us for a review of the 2020 ALICE Report and learn more about the impact of Women United on local women and families. Paula Gilberto, President and CEO of United Way of Central and Northeastern Connecticut will be joined by Annie Scully, Research Analyst and Community Outreach Coordinator for United Way of Connecticut to discuss the trends and findings of the 2020 ALICE Report. [\[Register\]](#)

### MEMBER SPOTLIGHT



#### Mackenzie Manning

Congratulations to our very own Mackenzie Manning for being recognized as one of Hartford's 40 Under Forty honorees for 2020! Mackenzie has been a huge supporter of Women United and has rolled up her sleeves and put in the work. She served on the 2020 *Power of the Purse* Steering Committee, adapting quickly to the virtual world. She continues to serve on the Women United Engagement Committee, and we are excited to see where she takes us in the future! Thank you, Mackenzie; you're a Rockstar!



#### Tianna Glass-Tripp

Tianna Glass-Tripp is our new Leadership Giving and Affinity Groups Coordinator. She has been with United Way for nearly three years, and some of you may have met her when she was leading registration for *Power of the Purse* in 2018 and 2019. Outside of the office, Tianna is a comedic writer and spiritual healer. She has written three stage plays, including a musical with her wife Charmagne. Tianna is a cat-mom, a foodie, and would love to talk to you about the last book that you read.

### COMMUNITY PARTNER SPOTLIGHT

#### The Village for Families & Children

Learn how our Women United-funded programs are supporting ALICE households in a virtual environment. Laura O'Keefe, Director of Family Financial Stability from The Village for Families & Children, shares the changes they are navigating. We thank our amazing partners at The Village for adapting quickly and putting your dollars to work for our community. [\[Watch\]](#)

### Calling New Members

Welcome! We're thrilled that you've joined this community. We want to celebrate you and spotlight you on our social media. Please [email Lauren Pereira](#) if you'd like to be featured!

### We Want to Hear From You

[Please complete this brief survey to inform future events.](#)

### LOOKING BACK WITH WOMEN UNITED



#### CHRISTINE RAPP DOMBROWSKI Owner, Finding Dharma LLC



#### "Lead-Hers" Health and Wellness Series

Thank you to everyone who attended our first event in the "Lead-Hers" Health and Wellness Series on mindfulness that took place virtually on August 12.

Thank you to Christine for facilitating our first Health and Wellness workshop for members on mindfulness. Members said

"that was calming and energizing" and "I really needed that" in response to the mindful breathing and walking exercises we practiced together.

If you missed the event, you can [view it here](#). | To connect with Christine and learn more, [email her](#).

*"Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally, in the service of self-understanding and wisdom". - Jon Kabat-Zinn*

Don't miss our next event in the "Lead-Hers" series.

If you would like to be included in the first "pilot" cohort to connect with other Women United members regarding mindfulness in an intimate virtual setting, please [email Lauren Pereira](#) or register when you receive the invitation. Only the first 12 will be accepted!

### LOOKING FORWARD WITH WOMEN UNITED

#### "Lead-Hers" Series Presents: Living with Purpose

Mark your calendar for our next event in the "Lead-Hers" series on Living with Purpose, happening virtually on November 11 from 12:00-1:00 p.m. [\[Register\]](#)

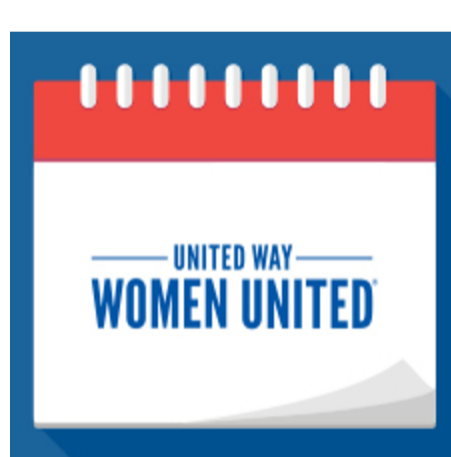
#### Hartford Marathon: Team Women United

Run or walk as Women United to raise funds for United Way. You can select the race of your choice and participate on your own time, in your own way. Get that much needed alone time or invite the family to tag along! [Register now](#) or [email Lauren Pereira](#) for more information.

#RUNUNITED #RunHartford | October 8-11, 2020

### FULL CALENDAR OF EVENTS

Click on the calendar below for more information.



### VIRTUAL VOLUNTEER OPPORTUNITIES

[VOLUNTEER TODAY](#)

### CONTRIBUTE TODAY

#### Join Us

Do you want to join Women United by contributing to your community or renew your current membership? Donate to help women and families achieve financial security by selecting "Women United" on [our donation page](#). Every dollar counts and we appreciate your generosity.



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