

WORDS FROM WOMEN UNITED: NOV. 2020 EDITION

FROM YOUR WOMEN UNITED CHAIR

"When you've worked hard, and done well, and walked through that doorway of opportunity, you do not slam it shut behind you. You reach back and you give other folks the same chances that helped you succeed." – Michelle Obama

Thank you for all that you are doing to volunteer virtually and engage in Women United events. In these turbulent times, it is truly great to continue to give, advocate and volunteer. We hope you are staying healthy and look forward to seeing you at *Red, White & Chocolate* this winter. Be sure to stay tuned for details!



Julia Monique Johnson
Chair of Women United

FEATURED EVENT

November 11, 2020 | 12:00 p.m. | "Lead-Hers" Health and Wellness Series

Imagine if you could craft your life - a life of fulfillment and joy that always holds the possibility of surprise. What might you be doing? How might it be different than today?

Join us in our next session of "Lead-Hers" Health and Wellness series where Melissa O'Hara will introduce us to Horizon Life Design Framework which takes a holistic approach to create alignment and clarity in your life. [\[Register\]](#)



MEMBER SPOTLIGHT



Julie DeLucca-Collins

Julie DeLucca-Collins is the Founder and CEO of Go Confidently Coaching and the host of the popular "Casa DeConfidence" podcast. Julie began her career as a Pre-K teacher and later worked with middle school students. Over the past 20 years, she has worked as a senior executive in the education industry and recently completed her tenure as Chief Innovation Officer for an academic solutions company based in New York City. Julie describes herself as a dreamer, a traveler, a visionary, an adventurer, a risk-taker, a loving wife, daughter, best auntie ever, and doggy momma. She is a lover of books, an activist, a philanthropist, and, most of all, a supporter of women and their dreams.

Julie attended her first *Power of the Purse* (POP) in 2013 and was moved to deepen her involvement by joining the WU Leadership Council in 2014. Julie has been active on the POP Steering Committee and has served as a Table Captain for POP since 2015. Julie has also been passionate about supporting *Red, White & Chocolate* (RWC) as a committee member over the past few years and was co-chair of the signature event in 2020 with Lisa Cameron. Julie has been an active United Way volunteer for *Read for the Record* and *Stuff the Bus* for several years and was reading at local schools on every Friday until social distancing practices related to the COVID-19 pandemic caused all school-based, in-person volunteering to cease for the time being.

To learn more about what Julie is up to check out her website here:

<https://www.goconfidentlycoaching.com/>

COMMUNITY PARTNER SPOTLIGHT

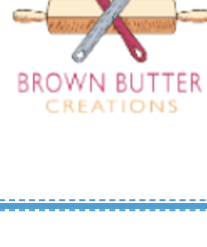
Interval House

We're proud to partner with Interval House and our network of community partners who have stepped up to respond to the growing needs of individuals and families. Domestic violence has received more attention due to the increase in cases, attributed to COVID-19: people are isolated, at home with their abusers, and more at risk of escalating violence.

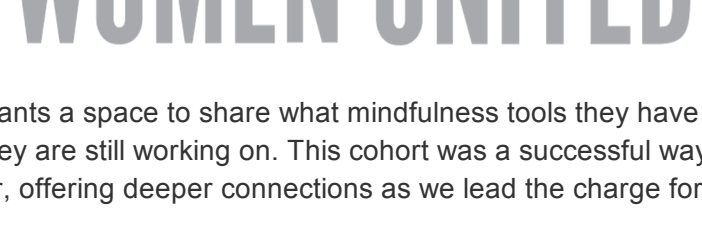
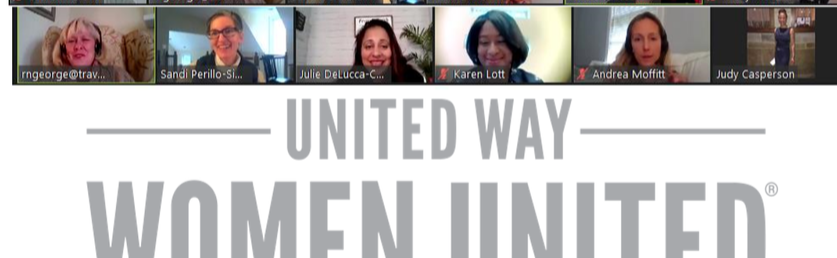
Contributions made to United Way provide support for organizations like Interval House: Center for Domestic Violence. Hear more from Mary-Jane Foster, the organization's President and CEO, on how their team has been able to adapt and continue to deliver services throughout the pandemic. [\[Watch\]](#)

Thank You!

Thank you to our partner retailers who participated in our *Cocktails and Conversations* event celebrating our 10th anniversary as Women United!



LOOKING BACK WITH WOMEN UNITED



participants a space to share what mindfulness tools they have since implemented in their life and what they are still working on. This cohort was a successful way for members to get to know one another, offering deeper connections as we lead the charge forward together.

Don't miss our second event in the "Lead-Hers" series on Nov. 11, which will also be followed by a small cohort to deepen the conversation.

"Lead-Hers" Health and Wellness Series Cohort on Mindfulness on Oct. 28, 2020

We followed up our first event in the "Lead-Hers" Health and Wellness Series with a small cohort of women who wanted to take a deeper dive into the topic of mindfulness. The follow-up session offered



Cocktails and Conversations: Celebrating our 10th Anniversary as Women United! on Oct. 15, 2020

Members joined our virtual tasting rooms and mixed up cocktails and mocktails to celebrate the 10th Anniversary of our local United Way Women United. We looked back at the impact we've made and rejoiced together as we lead the charge forward. A special thank you to founding members Liz Gagne and Melanie Cecarelli for your thoughtful and inspiring words. Cheers to the next 10 years!

For those of you who couldn't attend the event and would like to view the recording, [click here](#).

ALICE Report Town Hall with Women United on Sept. 30, 2020



Paula Gilberto, President and CEO of United Way of Central and Northeastern Connecticut was joined by Annie Scully, Research Analyst and Community Outreach Coordinator of United Way of Connecticut to discuss the trends and findings of the 2020 ALICE Report.

- For those of you who couldn't attend the event and would like to view the recording: [Click HERE for Recording](#).
- To download the full 2020 ALICE Report, [Click HERE](#). Don't have time to read the entire ALICE report? Check out the Executive Summary: [Click HERE for Summary](#).
- Consider taking a moment to put yourself in the shoes of a typical ALICE family by completing this simulation on "Making Tough Choices" [Click HERE for Simulation](#)

LOOKING FORWARD WITH WOMEN UNITED

You're Invited!

Connecticut United Ways are coming together for a four-part virtual Town Hall series revealing major trends in the 2020 ALICE Report. The first topic being discussed is access to childcare.

On Nov. 19, 2020 at 5:30 p.m., please join us for

the first Town Hall in our four-part series focusing

on access to child care, a topic many parents,

educators and caretakers can relate to in the

wake of the COVID-19 pandemic.

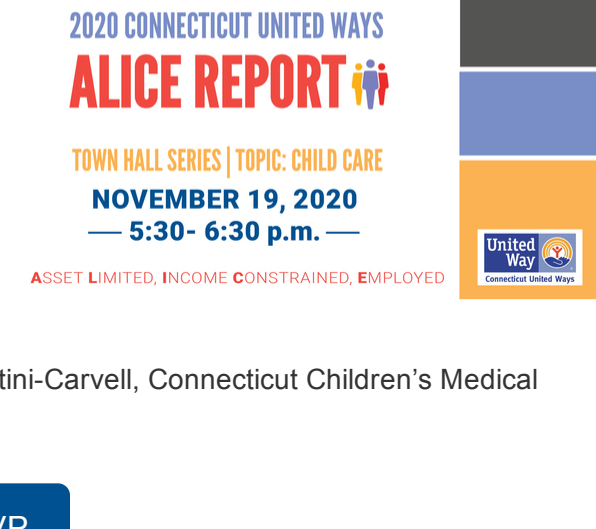
Moderating the panel is Melissa Stanley, Boys &

Girls Club in Stamford; and, panelists include:

Beth Bye, Office of Early Childhood Education;

Emily Byrne, Voices for Children; and, Kimberly Martini-Carvell, Connecticut Children's Medical Center.

RSVP

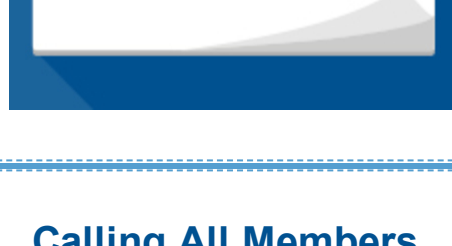


We Want to Hear From You

Please [complete our survey](#) to help us learn how we can improve future Women United events.

FULL CALENDAR OF EVENTS

Click on the calendar below for more information.



Calling All Members

Committee Opportunity

Get involved by supporting Women United on social media! We are forming a committee of six talented women interested in engaging with members and expanding our reach.

[Email Lauren Pereira](#) to indicate interest.

Celebrating our Members

We want to celebrate you and spotlight you on our social media! Please complete this questionnaire to be featured.

Questionnaire

VIRTUAL VOLUNTEER OPPORTUNITIES

Holiday Volunteer Opportunities

Season of Giving Winter Drive

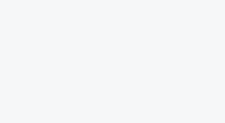
Mission United

Food for Thought Challenge

CONTRIBUTE TODAY

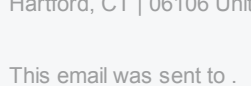
Join Us

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.



United Way of Central and
Northeastern Connecticut

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