



Lycoming County  
United Way

# NEWSLETTER



*February was for hearts!*

February gave us time to reflect and cherish the ones we love, and Heart Health Month reminded us to take care of ourselves. Did you know that heart disease is the leading cause of death in the U.S.? Did you know it can be prevented with proper care? [Click here to find resources on heart health and local care.](#)

## WHAT'S NEW...

### Spring Forward for United Way 5K

As we prepare to set our clocks ahead, we are gearing up for our annual 5K! Join us on Saturday, March 12th for the 5th Annual Spring Forward for United Way 5K Trail Run

at the [Williamsport Country Club](#) on our new course! Registration begins at 8:30 am and the race begins promptly at 10:00 am.

Pre-register by March 9th to take advantage of our \$25 fee or pay \$30 the pay of the event. [Click here to register for the event!](#)



## Raise the Region

We are happy to once again be a part of [Raise the Region!](#) This 30-hour virtual fundraising event is a great way to give back to local nonprofits, like the Lycoming County United Way, to Raise our Region.

Stay tuned for more information about how you can support the Lycoming County United Way!



## Coming Soon: LIVE UNITED in Music II

It's Back! LIVE UNITED in Music is coming back to the Community Arts Center on Tuesday, April 19th!

Tickets go on sale on March 25th! Stay tuned for more details on how to get yours!



## Cup of Love



We would like to thank our friends at [Alabaster](#) for letting the Lycoming County United Way (LCUW) be a part of their Community Tap program. The Cup of Love was a special drink served throughout the month of February. Alabaster donated \$2 of each drink sold directly to the LCUW!

Special Thanks to all of our



Sponsors:



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Maurice Bower**

• **Deb & Steve  
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## 211 Agency Newsletter



Have you heard of [211](#)?

211 is a service to connect you with resources in your community. From help with utility bills to housing assistance, afterschool programs for kids, and more. The specialists at 211 are there to listen to your needs and provide you with programs in your community.

Are you part of a nonprofit that wants more information? The 211 Team is now launching a statewide newsletter that could have valuable information for you and your organization. To opt into the PA 211 Newsletter [click on this link!](#)



# a message from the PRESIDENT

Spring is almost here!

Last month we talked about hope and the celebration of our centennial anniversary in 2022. This month the focus shifts to some special events we want you to know about and an update on our grant-making process and our vaccine hesitancy work.

We finish up this month with our annual Cup of Love promotion with our friends at [Alabaster Coffee Roaster & Tea Co.](#) Our second annual event supports all our partners in Lycoming County and we are grateful for numerous business partners and individuals, including our lead sponsor UPMC who came alongside us as sponsors allowing us to raise almost \$11,000.

In March, we go live again at the [Williamsport Country Club](#) for our 5th Annual Spring Forward for United Way 5K Trail Run which kicks off at 10:00 a.m. on March 12. Get that last hour in before setting your clocks forward on Sunday morning. And don't forget fire safety by replacing your smoke detector batteries. Early registration ends on March 9, but you can register the day of the race beginning at 8:30 a.m.

We are also participating in [Raise the Region](#) beginning at 6:00 p.m. on March 9 and ending at 11:59 on March 10. This annual event has raised as much as \$32,000 annually for United Way programs since its inception. Donations can be made by visiting [www.raisetheregion.org](http://www.raisetheregion.org) and then selecting the Lycoming County United Way. Our goal this year is to raise \$30,000 from this event.

Finally, we are bringing back our signature event on April 19 at the [Community Arts Center](#). LIVE UNITED in Music was a huge success in 2019 and after two years of postponements due to COVID-19, we are bringing back [LIVE UNITED in Music II](#), starring Michael Cavanaugh and the music of Sir Elton John. Follow us on social media for more details including local talent participating in this year's event. Tickets go on sale later in March.

We have begun the planning for our annual grant making process. Applications open online on March 23 in Sullivan and Tioga Counties and March 24 in Lycoming County. If you would like to serve on one of our decision-making panels, please contact JanAnn Todd at 570.323.9448, x. 202.

Finally, we are proud of the efforts of our outreach specialists Josh Kula, Krista Snyder and Jessica Umpstead who are out in our communities encouraging people to get vaccinated. To date, their effort has produced 9 new vaccinated individuals and 11 boosted folks during the last 30 days. We have over 30 individuals on the list for scheduling vaccines. Thanks to the community for accepting this new approach.

Together, we still make an impact. Together, we LIVE UNITED. Because change doesn't happen alone.

Blessings,

# PARTNER SPOTLIGHT

## Big Brothers Big Sisters of the Twin Tiers

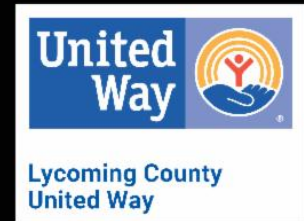
### Mentoring Program:

Big Brothers Big Sisters of the Twin Tiers offers a Mentoring Program that partners a youth (Little) with a volunteer mentor (Big) to help tackle life's challenges and work through them in a positive manner. The programs offer options for the Bigs to really invest time with their Littles and help keep them engaged in regular day-to-day activities.



**GIVE.**  
**ADVOCATE.**  
**VOLUNTEER.**

*with  
the*



### GIVE:

Click below to invest in our mission or text LIVEUNITED to 50155!



### ADVOCATE:

Follow our social media platforms and share our posts!



### VOLUNTEER:

Contact us at 570.323.9448!



OR



Shop with AmazonSmile! The same great Amazon you love but with .05% of the profits being automatically donated to the Lycoming County United Way! Click [here](#) to shop and support our mission!

Thank you for your continued support of the Lycoming County United Way!

Together we make an impact. Together we #LIVEUNITED!

Because change doesn't happen alone.



Supporting the Lycoming County United Way means supporting your community and enabling our organization to continue to fund the critical programs our partners provide. Your investment in the Lycoming County United Way helps ensure that people in communities in Lycoming, Sullivan and Tioga Counties continue to have these resources available to them.

Lycoming County United Way | [www.lcuw.org](http://www.lcuw.org)