

# Your gift will help these agencies help others

**Retired Senior Volunteer Program** - The Retired and Senior Volunteer Program (RSVP) invites adults aged 55 and over to use their life experience and skills to answer the call of their neighbors giving anywhere from four (4) to 40 hours per week. The experience of a lifetime!

**Senior Citizens Center** - The Senior Citizens Center is located in the James Valley Community Center (JVCC) which is a recreational and educational facility designed by and for adults 50 and older in the Mitchell area. Several local senior citizen groups meet there, and activities and programs are held daily. The JVCC is used to enrich the lives of older adults throughout the area and is also the home for the Palace Transit, Senior Meals and RSVP.

**Senior Meals Program** - Good nutrition for healthy living to those sixty (60) and over every weekday at six (6) congregate sites in Mitchell. Meal sites located in the communities of Mitchell, Parkston, Tripp and Mt. Vernon. Meals are affordable, a great variety of food and an opportunity to meet.

**The Salvation Army** - Assist the needy by providing food, clothing and rental/utility assistance year - round. Provide back to school clothing, winter wear, toys, clothing and food for the Holiday Season. Assist in Emergency Disasters. Provide youth character building programs.

**Weekend Snack Pack** - To put into the hands of children easy to prepare snack for the weekend when parents are working or there is no food in their homes.

**YWCA** - Operates Kids Klub involving enriching academic, social, and physical activities for elementary children after school; Teddy Bear Treasures, rewarding healthy lifestyle choices for low income mothers with child care items; and Girl Power for girls ages 9-13. The YWCA supports the mission of the Dolly Parton Imagination Library with the Mitchell United Way. All programming focuses on eliminating racism and empowering women through family support activities.

**2016 GOAL**

Help fulfill  
many needs.  
**DONATE  
TODAY!!**

**United Way  
GOAL**

**2016  
\$437,000**

**United Way contributes to over  
29 Local Agencies**

## Paula's Hearing Aid Services



Paula M. Abeln, BC-HIS  
National Board Certified Hearing  
Instrument Specialist



Marilyn Jacobsen  
Office Manager

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- Sleep Apnea
- Smoking
- Diabetes
- Dementia & Alzheimer's
- Heart Disease
- Balance/Falls
- Depression



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