

Dear Friends and Neighbors:

As we flipped our calendars to 2018, we thought back on all the ways Acton-Boxborough United Way (AB United Way) worked together in 2017 to make our community better, and we renewed our commitment to strengthening the community for *all* members. We are deeply grateful to all of you who support the work we do; together we are truly stronger.

Thanks to the support of the community, our Healthy Teen Initiative grants brought 5 trainings on suicide prevention— free and open to the community— and we will continue this effort in 2018. One hundred (100) plus residents and professionals have been trained so far including parents, camp counselors, members of the faith community and human service professionals.

We partnered to bring Chris Herren, former Boston Celtic, to speak to more than 700 riveted residents where he shared his tale of overcoming addiction. In 2018, we will continue to bring speakers to the community that educate and enlighten us about issues facing our community.

Also in 2017, we provided many successful workshops for caregivers; these workshops were exceptionally received and we will continue to bring this resource to the community.

AB United Way is the leading community impact organization in our towns. Our work touches residents at every stage of their lives.

Please join us as we renew our commitment to making the community stronger. When you make a gift to AB United Way, you directly help your community thrive. Every dollar raised here - stays here.

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

With thanks,

Jeannie Meijer, AB United Way President
Rachel Sagan, Executive Director

Upcoming Events

**ABRSD Family
Learning Series:
Andrew Forsthoefel**



March 7, 2018
7:00-8:30 PM
RJ Grey Jr High Auditorium
16 Charter Road, Acton

Author of the memoir,
Walking to Listen, Andrew
Forsthoefel will speak on
the topic of "The Missing
Medicine: Listening as a

Announcing AB Cares: A Community Response to Suicide

AB United Way is proud to co-found AB Cares, a community-based collaborative effort that seeks to prevent suicide across the life span and support all who are impacted by suicide. AB Cares, a community coalition, serves as a community response to suicide. "Suicide is a major public health issue in Massachusetts. 642 deaths were ruled as suicides in 2015," said Larry Berkowitz, Director, Riverside Trauma Center.

AB Cares includes all residents of the community as youth, middle-aged men, and seniors are at the greatest risk of death by suicide. For Acton and Boxborough, the comprehensive 2016 Youth Risk Behavior survey revealed that 15% of high school students seriously considered suicide in the last 12 months. For the middle school, 5% of sixth grade respondents and 11% of eighth grade respondents report having seriously considered attempting suicide during the twelve months prior to the survey.

"Our vision is a community that is resilient and responsive to the tragedy of suicide," said Rachel Sagan, Executive Director of the Acton-Boxborough

Practice in Healing and Transformation."

Walking to Listen is: "A memoir of one young man's coming of age on a cross-country trek-told through the stories of the people of all ages, races, and inclinations he meets along the highways of America." - <http://livingtolisten.com/>

Copies of *Walking to Listen* are available at the circulation desk at Acton Memorial Library.

Free. Students grades 9-12 welcome to attend.



Thank You to Our Casino Royale Sponsors

Event Sponsor
Steinberg-Lalli Foundation

Community Champion
[Bullock's Nursing Service](#)
[Hartney Greymont](#)
[Worker's Credit Union](#)

Gold Sponsors
[Bisousweet Confections](#)
[Sharon Mendosa and Kevin Balboni of Engel & Volkers Concord](#)
[Enterprise Bank](#)
[Papalia Plumbing & Heating](#)
[Betsy Purcell, Keller](#)
[Williams Real Estate](#)
[Salerno's Restaurants](#)
[TD Charitable Foundation](#)
[West Acton Villageworks](#)

Table Sponsors
[Acton Chrysler Dodge Jeep Ram](#)
[Acton Gas & Service](#)
[Acton Real Estate](#)
[Apple Tree Services](#)
[Bamboo Westford](#)
[Boxborough Insurance](#)
[Bursaw Gas & Oil](#)
[Christmas Motors](#)
[Circle Furniture](#)

United Way. "We hope to provide social support to fight stigma, provide resources on suicide prevention and mental health, and bring suicide prevention training to the community."

AB Cares is developing new resources on suicide prevention and mental health including on-line resources.

See [AB Cares Resources Document](#) .



The AB Cares logo was created by ABRHS junior, Siraj Chokshi, whose design won a logo contest sponsored by the coalition. Siraj shared, "When I was presented the challenge of making the AB Cares Coalition logo I focused on the aspects of caring and togetherness. The center image represents a sun rising on a field which while literally providing warmth and also serves to symbolize a new day with new experiences. From a design standpoint I attempted to use a limited palette of colors for an abstract design that contains an image in it."

Current Members of Core Group Include:

Acton-Boxborough Regional School District
Acton-Boxborough United Way
Danny's Place Youth Services
Eliot Community Human Services
Highrock Covenant Church representing Acton-Boxborough-Stow Clergy Association
Minuteman Senior Services
Riverside Trauma Center, a service of Riverside Community Care
Town of Acton Department of Health
Town of Acton Police Department - Youth Officer
Town of Acton: Community Services Coordinator
Town of Boxborough: Community Services Coordinator

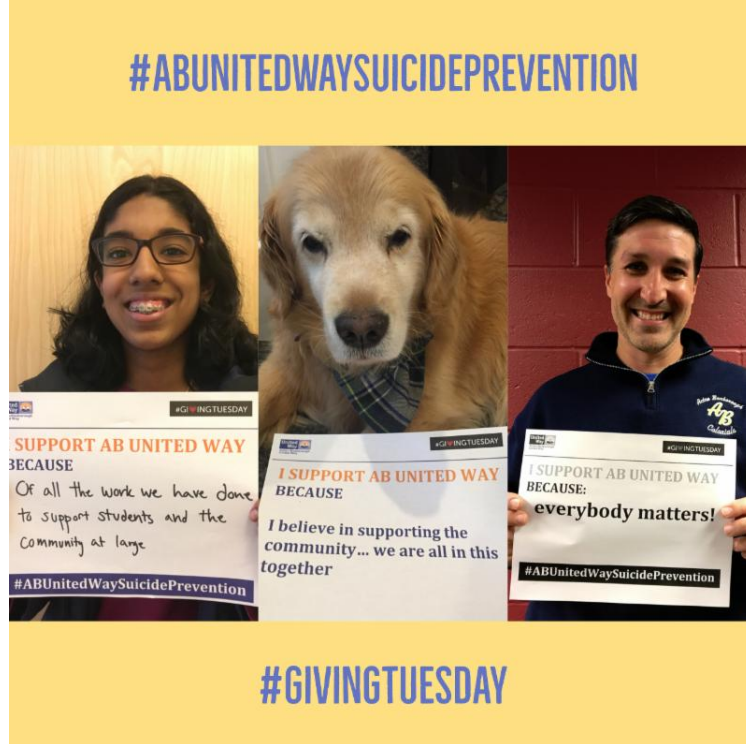
Thanks to Acton Rotary Club for support of AB Cares.

Volunteers Raise Funds on #GivingTuesday to Support Suicide Prevention Trainings

Thank you to the many donors who supported AB United Way on Giving Tuesday in November. With your support, we reached our goal of raising \$5,000 to bring suicide prevention trainings to the Acton- Boxborough community.

[Dunkin Donuts](#)
[El Huipil Cocina Mexicana](#)
[Faith Erickson, Realtor](#)
[Engel & Volkers](#)
[Gallant Insurance Agency](#)
[Gould's Clothing](#)
[Ratti Handa, DMD](#)
[Harsip & Stuart, PC](#)
[Idylwilde Farms](#)
[Kitchen Outfitters](#)
[Middlesex Savings Bank](#)
[Moodz](#)
[Powers Gallery](#)
[Rapscallion](#)
[Roche Bros.](#)
[Scheier, Katin & Epstein, P.C.](#)
[Sechrest & Bloom](#)
[Stamm & Black](#)
[James V. Tabner, Counselor at Law](#)
[True West](#)

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



Click on the photo above to hear Todd Chicko, Chairperson of Counseling and Psychological Services at ABRSD, explain why he supported AB United Way's #GivingTuesday campaign.

Double Your AB United Way Donation with a Matching Gift

Did you know that many companies offer employee matching gift programs? The impact of your gift can be doubled if you enroll in your employer's matching gift program. Check with your company's HR department to find out if your company has an employee matching program.

Here are just a sample of employers in MA that offer employee matching gift programs:

Dell, Microsoft, Pfizer, Fidelity, Houghton Mifflin, State Street, Raytheon, and Bank of America