

Dear Friends and Neighbors:

We have a lot to be proud of these days, including the recognition of our Executive Director for her leadership and dedication to the critical community impact work we do each day. We are also proud that in the coming months we are bringing several meaningful programs to the community, free of charge, that offer tools and information on many issues facing our community.

**Youth Stress and Mental Health:** Our Healthy Teen Initiative Grants bring training on suicide prevention - free and open to the entire community.

**Issues of Aging:** The Savvy Caregiver Workshop for caregivers of a loved one with dementia is at full capacity and ongoing for the next six weeks.

**Substance Abuse:** Chris Herren, former Celtics player, will address the substance abuse crisis, resilience, and recovery.

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

**When you make a gift to AB United Way, you directly help your community thrive.** Every dollar raised here - stays here. We ask you to join us. Please support our community and AB United Way today.

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

With thanks,

Jen Stone, AB United Way Co-President  
Jeannie Meijer, AB United Way Co-President

## Upcoming Events

### Casino Royale

November 11, 2017

7:00-11:00 PM

Concord Country Club

[Purchase Tickets](#)

### REBOUND:

#### The Chris Herren Story

November 20, 2017

7:00 PM

ABRHS Auditorium

### Community Suicide Prevention Training

December 5, 2017

7:00-9:00 PM

The Gallery at W. Acton  
Villageworks

## Rachel Sagan Receives John R. Heerwagen Award for Nonprofit Leadership

Rachel Sagan, Executive Director of AB United Way, is Middlesex Savings Charitable Foundation's 2nd Annual recipient of the John R. Heerwagen Award for Nonprofit Leadership.

The award recognizes a strong, nonprofit leader whose work has significantly benefited the lives and well being of residents within the Foundation's community.

The award provides a one-time grant of \$15,000 and will be used to support AB United Way's work on AB Cares, a community response to suicide.



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Our Sponsors**

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

**Day of Caring  
Community Impact**

Over 50 volunteers  
participated in the  
AB United Way

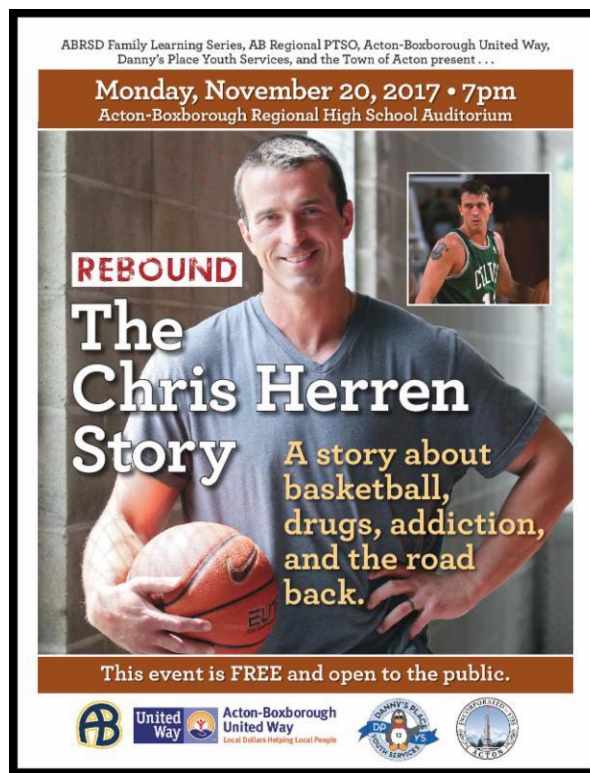


Pictured L to R: Michael McAuliffe, President Middlesex Savings Bank; Dana Neshe, President Middlesex Savings Bank Charitable Foundation; Rachel Sagan, Executive Director AB United Way; Mike Kuza, AVP Middlesex Savings Bank, VP Middlesex Savings Bank Charitable Foundation.

**REBOUND: The Chris Herren Story**

AB United Way is proud to co-sponsor "REBOUND: The Chris Herren Story. A Story about basketball, drugs, addiction, and the road back."

Join us for this FREE event on **November 20, 2017**, at 7:00 PM at the Acton-Boxborough Regional High School Auditorium (36 Charter Rd, Acton, MA). This event is part of the ABRSD Family Learning Series.



**AB United Way Healthy Teen Initiative:  
Community Suicide Prevention Workshop**

Eliot Community Human Services, with a Healthy Teen Initiative Grant from AB United Way, will conduct a free suicide prevention workshop open to the community.

Day of Caring 2017  
delivering meals, cleaning  
kitchens, landscaping, and  
creating baby shower  
baskets, all supporting  
human services in our towns.

Volunteer teams included:  
AB United Way,  
Youth in Philanthropy,  
AB Family Network,  
Acton Chinese American  
Civic Society (ACACS),  
Acton Real Estate,  
Boxborough Regency,  
Enterprise Bank,  
Highrock Covenant Church,  
Littleton Church of the Latter  
Day Saints,  
Market Dynamics,  
OMR

December 5, 2017

7:00-9:00 PM

The Gallery at West Acton Villageworks

The program teaches the warning signs of suicide and an effective emergency response.

**QPR:** Question, Persuade, and Refer, teaches 3 simple steps anyone can learn to help save a life.

People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone for help.

Join us in saying YES to saving the life of a friend, colleague, sibling or neighbor.

By taking QPR training you will learn to:

Recognize the warning signs of suicide

Know how to offer hope

Know how to get help and save a life

## Day of Caring 2017



ACACS and OMR at Acton Housing Authority

To view a video of the day's events, please visit: [ActonTV](#).