



United Way  
of Greater Kingsport



## ***2024 - Kitchen Sink Interactive United Way Activity***

This “Kitchen Sink Interactive United Way Activity” is provided for United Way representatives to use as an optional activity. (Provide team members with hard copies of the United Way GPS map available to be printed [here](#), or available for pickup at B215 front desk.) Background on all these agencies and more can be found at [www.uwaykpt.org](http://www.uwaykpt.org). Questions on this activity can be directed by email to United Way staff member Kelsie Dulaney at [kdulaney@uwaykpt.org](mailto:kdulaney@uwaykpt.org).

**Prep time:** 10 minutes **Materials needed:** GPS maps and pens for each participant.

*(INSTRUCTIONS: The NARRATOR starts by reading following.)*

### **Does everyone have a GPS map and a pen?**

The visual we are looking at is the United Way GPS Map where GPS stands for Giving People Support. It shows, color coded, the United Ways focus areas of Education in blue; Financial Stability in yellow; Health in Orange; and Seniors in light blue. On the road of life, the sections show the United Way agencies to be funded in 2025. At the end of the road is a ribbon highlighting the goal of “Improved Lives.” Along the roadside, the billboards represent the important Community Initiatives the United Way of Greater Kingsport is also tackling. On the back you’ll find more details and the proposed allocation amounts for the agency programs and community initiatives.

Now, we’re going to play a game, and someone is going to be the winner!

I’m going to read a scenario that many families in our region are dealing with every day. While I’m reading through the scenario, please **circle** the agency or initiatives (remember - agencies are on the road, initiatives are on the billboards) that you think can help this person. So, I’ll repeat that: with your pen, you will circle the agencies on the United Way GPS map that you think could help this person. In many cases, more than one agency or initiative can be circled for each problem. At the end, we will review, and you will then draw squares around the correct answers. The person with the most (circles and squares) of agencies is the winner! Are we ready?

*(READ SLOWLY to give folks time to find and circle agencies. Use a voice tone that is sincere and respectful to someone in this situation )*

Imagine with me the following:

You are a single parent, with two kids, ages 4 and 7. You had to leave a domestic violence situation. You couldn’t take anything with you except for a bag with a few clothes.

You thought you’d be able to stay with a family member but that didn’t work out. You are currently looking for your own place.

You still have your job, part-time, as a cashier at a grocery store but you're looking for a second one because the cost of food and gas have increased. And although you work at a store that sells essential items, you often don't have enough money to buy items, like shampoo.

You need full-time childcare for your 4-year-old. You need after-school care for your 2<sup>nd</sup> grader. In addition, you need all day coverage for the summer months. You have no time to read with your children. Your 2<sup>nd</sup> grader has fallen behind in school because of the stress and change in your living situation.

You have not been to the dentist or doctor in a while. You have an aching tooth and an ongoing untreated health issue. You have not been able to secure health insurance. You need to apply for TennCare for your family.

The stress of all this is really weighing on you and you'd like someone to talk to. You feel like you are at the end of your rope. Who can help?

**You find the United Way. They are able to connect you with resources that will help.**

So that's the story...

*(SOLUTIONS: Narrator then changes tone to more hopeful and continues. Please note there are really no wrong answers here... as this story can be further imagined for the more help this family may need. )*

Did you know that over 50% of the families in our communities are in very similar financial circumstances to the family in this scenario? They are what United Way calls ALICE- Asset Limited, Income Constrained, Employed. They are one emergency away from falling into poverty. That's one job loss, one emergency room visit, or one flat tire away from hopelessness. So how can **WE** help?

In collaboration with the United Way and their partner agencies and initiatives, many resources are available in our community. **As I read them, please find the agency and draw a square around it.**

**To start, in the blue section of Helping Children and Youth Succeed, draw squares around Boys & Girls Club, Girls Inc., Sullivan County Imagination Library, Kingsport Child Development Center (KCDC) & United WE READ.** Your preschooler is able to attend KCDC, which offers a sliding fee scale. Your 2<sup>nd</sup> grader is able to attend an afterschool program for just \$50 during the school year. She receives help with homework after school and a healthy snack. By the time you get off work, her homework is done. You are able to relax with them and ask your children how their day has been. You also have learned the importance of reading 20 minutes a day with your kids and read to them with books provided free from birth to Kindergarten from Imagination Library. Over 1,000 children in our area are served by afterschool centers that are supported by United Way donations.

**Next, in the orange section of Ensuring Health, Safety and Stability, draw squares around Friends in Need and Appalachian Miles for Smiles.** You were able to go to Friends in Need Clinic for both your dental pain and ongoing health issue. They are able to serve individuals in our community who are uninsured or underinsured. They work with clients on a sliding scale fee. The volunteer dentist gave you a screening and determined it was a bad abscess and was able to pull your tooth before it caused significant health complications. Approximately 3,500 individuals receive dental care annually through both Friends in Need and the Appalachian Miles for Smiles Mobile Dental Unit through sliding scale and free services.

**Now, in the yellow section of Promoting Self-Sufficiency, draw a square around the Oasis of Kingsport.** You are able to do laundry, learn essential life skills, and fellowship at Oasis of Kingsport and earn PERKS Points to redeem up to \$60 worth of household items each month.

**For the next area, it covers two sections. First, in the orange section, draw a square around Holston Counseling and then, in the blue section, draw a square around Holston Children & Youth.** Holston Counseling is a counseling program for adults that enables you to talk things through with a professional and work through some of the stress. Calling 988 is a hotline for anyone seeking mental health help. Holston Children & Youth provides counselors for children and are in many schools as well as has their own facility. Over 5,700 people in our area received mental health care through services supported by United Way investments through these Frontier Health programs.

**In the orange section, draw a square around Safe House and Legal Aid of East Tennessee, (LAET).** Safe House is an emergency domestic violence shelter that is able to house and provide you and the kids in a caring home and help you connect with Legal Aid and develop a safety plan. They connect you with Legal Aid in case you need an Order of Protection. They also provide you with a care package that includes clothes and hygiene items since you had to leave everything behind. Over 200 people received services from our domestic violence shelters supported by United Way of Greater Kingsport last year.

You need to get on the list for housing. Almost 1000 individuals were assisted in securing stable housing through programs like Salvation Army, Family Promise, Kingsport Homeless Coalition, all supported by United Way investments. **Draw squares in the yellow section around Family Promise, Salvation Army, and the billboard, representing the Kingsport Homeless Coalition.**

**Now, also draw a square around Upper East Tennessee Human Development Agency UETHDA located in the yellow section.** This agency, abbreviated as UETHDA (pronounced u-EETH-da) and their Neighborhood Assistance Program helps you plan a budget that works for your new situation. They also assisted you with a deposit and rental assistance for your new home. 153 people in 2023 were given individualized, one-on-one support to improve their financial situation.

It's six months later. *(Narrator pauses)* Congratulations! YOU are now working full-time, with health insurance and able to maintain a household budget. Your mental and physical health has improved. Your children are thriving, and you are becoming more self-sufficient each day.

**Conclusion and ask:** All of our nonprofit organizations come together, united, to help over 25,000 people just like this family in our community. This work is not done alone, it's not done in a silo. But we can't do it without you. Will you donate to United Way this year? When you donate to United Way, you are helping LEAD FORWARD for families in need.

Ask participants to count up their score. For areas with both a circle and a square, they get a point. Ask who has gotten 5 or more, 10 or more, 15? Announce a "winner" or "winners" to your group. *(Optional, if you have a small prize, award it.)*

**ANSWER KEY is attached.**

**Notes:**

More resources on agency and initiatives available at [www.uwaykpt.org](http://www.uwaykpt.org)

More information on the ALICE population as: [www.unitedforalice.org](http://www.unitedforalice.org)

More information on volunteer opportunities across our region available at: [www.volunteer-united.org](http://www.volunteer-united.org)

More information on food pantries in the Greater Kingsport area at: [www.feedkingsport.org](http://www.feedkingsport.org)

More information on benefits that are potentially available to families with 211 Benefits Kitchen. To access text the keyword “Benefits” to 211-211. This is a program through United Ways of Tennessee to easily see what benefits you qualify for and you’re able to relieve some burdens through affordable health insurance and SNAP benefits. Across the State of TN, the 211 Benefits Kitchen program has given access to \$4.5 million dollars in State benefits to TN residents last year.

*This activity was developed based on refining concepts provided by other United Ways, by the United Way of Greater Kingsport, 2024.*

# What does your donation buy?

## Interactive Activity Companion Chart



United Way  
of Greater Kingsport



**\$15**

One year of books  
for a child from Sullivan  
County Imagination Library.



**\$30**

One shelter bed night  
at Salvation Army.



**\$100**

One counseling  
appointment at  
Holston Counseling.



**\$200**

One dental/vision treatment  
at Appalachian Miles for  
Smiles or Friends in Need.



**\$500**

One year of after-school &  
summer care at Boys &  
Girls Club or Girls Inc.



**\$1000**

One family assisted with  
rent, utilities & budgeting  
from UETHDA.



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