



# THE OPEN BOOK

Literacy Volunteers of Greater Augusta

Fall 2016



## FALL into READING!

Autumn leaves are falling down,  
Falling down, falling down,  
Autumn leaves are falling down,  
Yellow, red, orange and brown!



Learn more about LVA by visiting our website or call to set up a time to talk to us.

We'd love to hear from you.

A United Way of Kennebec Valley Agency



## Annual Volunteer & Learner Recognition Event

On August 4, LVA hosted the annual celebration of our volunteer tutors and learners at the Mill Park in Augusta. This was our first outdoor event and the wind coming off the river was a little challenging. Everyone enjoyed the food, though, which included sandwiches donated by Subway, crackers and cheese, chips, a veggie tray, and sodas. There were also cakes for dessert. Individual awards were handed out afterward.

Our Volunteer of the Year was Jennifer Haselton. In recognition of unselfish, faithful and strong support of the work of LVA, the Board of Directors was pleased to present her with a Volunteer Recognition Award. For more information about Jen's dedication and tireless efforts on behalf of LVA, you can read all about it in the Summer 2016 edition of this newsletter.

For more pictures, check out the photo album on our Facebook page.



Be sure to visit our Facebook page for up to date information on events and activities. Please support LVA by liking and sharing!



## EDUCATION OPENS DOORS



Adult basic education is a path from low-income jobs and dead-end futures to the middle class and family sustainability. It helps make America more competitive, builds stronger communities, and adds to our tax base while containing costs. We can put adults on sustainable paths out of poverty and open up new avenues to financial security and the middle class. And we can do it with a basic tool: education. Adult basic education lets Americans turn things around for themselves with a hand up, not a hand out. Its impact can last for generations.

- Adult education gives those without basic reading and number skills a shot at finding a job, launching a career, educating their own children and living healthier lives. They can become homeowners and taxpayers instead of being reliant on social service programs.
- Those who enroll in adult basic education services are often working multiple jobs and have multiple responsibilities and commitments that they are juggling. They make the time to attend classes because they understand that education is what they need to better their life and the lives of their families. In many respects, they are the unsung heroes who have been stigmatized and misunderstood by the general public for far too long.
- Education levels have more effect over lifetime earnings than any other demographic factor including gender and race.
- A mother's education level is the surest determinant of her children's future academic success, outweighing other factors like neighborhood and family income. Mothers and fathers who learn to read, even late in life, are far better equipped to help their kids grow than parents who lack basic literacy skills.
- Inmates who are educated while incarcerated are 43 percent less likely to return to prison.
- Funding adult education pays for itself: for every dollar invested in these services, a community gets \$60 back in decreased welfare costs, tax revenue, and economic activity.
- Some studies show that higher literacy numbers could lift the national income level as much as \$240 billion and decrease annual healthcare costs by an estimated \$230 billion.
- 100 hours or more of adult education attendance equates to \$9,621 in extra earnings per year.

Source: COABE website at <http://www.coabe.org/adult-education-is-needed-now/>



## Literacy for Health

Health literacy is one of the most important health issues we face today. It has more of an impact on a person's health than age, income, employment status, education level, and race. Poor health literacy affects all levels of the health care experience. It hinders communication between patients and their healthcare providers and affects the ability to access and navigate the health service system. The readability of health information is also of concern. More than 90 million adults in the US have difficulty reading printed materials to accomplish common everyday tasks. Most adults read at an eighth-grade level and 20% read at or below a fifth-grade level, yet many health education materials are written at a ninth-grade level or above. If this disparity is not addressed, providers will be unable to respond adequately to growing health concerns such as *obesity, diabetes, heart disease, and cancer.*

Understanding the importance of nutrition and healthy dietary behaviors is critical to the prevention and management of each of these global health concerns. Data suggest that having higher nutrition literacy skills is a key factor in healthier eating practices.

Many organizations are now aware of this problem and are taking steps to present easy-to-read nutrition information to people with low literacy skills so they can make informed choices about the foods they eat. There are several websites specifically designed to provide materials using simplified language. They cover topics such as food safety, healthy eating, and specific diseases like diabetes and obesity that are impacted by nutrition.

- <http://www.nutrition411.com/categories/easy-versions-patients-low-literacy-skill>
- <http://www.healthliteracy.worlded.org/docs/family/easy.html>
- <http://clinicians.org/our-issues/acu-diabetes-patient-education-series/>
- <http://www.umass.edu/nibble/infodir.html>

Source:

<http://www.omicsonline.org/measuring-nutrition-literacy-problems-and-potential-solutions-2161-0509.1000e105.php?aid=10494>



## BOARD

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### *Our Mission Statement*

The mission of  
Literacy  
Volunteers of  
Greater Augusta is  
to improve the  
reading, writing  
and related  
literacy skills of  
adults so each  
individual may  
reach their  
potential.



## Calendar of Events



### October 2016

10/1—United Way of Kennebec Valley – E-Waste Collection at Augusta Civic Center

10/6 — Board of Directors

10/11— LVA Tutor Orientation – 5:30-7PM

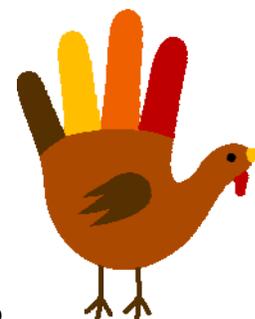
10/18 & 10/20 —LVA Tutor Training – 5:30-8PM , LVA office

10/28—Fundraiser at AC Moore (see below)

### November 2016

11/3 — LVA Board

11/24 & 11/25 — HAPPY THANKSGIVING – LVA OFFICE CLOSED



Tutor Training and Support Workshops are always offered

in collaboration with our Waterville affiliate and are open to volunteers of both locations!

**SAVE THE DATE for Spring Scrabble on April 2, 2017. More details to come.**

## FUNDRAISING EVENTS

Please take a moment to review out upcoming fundraising opportunities. This is a chance to help out LVA while also supporting local businesses. For more information on how to get involved, call Ginny at 626-3440 or email [info@lva-augusta.org](mailto:info@lva-augusta.org).

### **AC Moore — 9 a.m. to 9 p.m. on Friday, October 28, 2016**

This fundraiser uses flyers to determine the amount of money donated to LVA. Customers must bring a flyer to present to the cashier at the time of purchase. An electronic version of the flyer will be posted on our Facebook page or you can pick them up at our offices.

### **2016 Annual Campaign**

Watch your mail for Literacy Volunteers of Greater Augusta's Annual Appeal letter. LVA undertakes this campaign in order to have the financial resources to meet ongoing agency expenses, provide learners and tutors with a safe, comfortable place for learning, to have resources and teaching materials available, to be visible in the community, and to advocate for adult education. Your contribution will ensure that:

1. LVA has the funds necessary to meet the multiple needs of the agency throughout the year—some as simple as paper and pens to on-line learning programs.
2. LVA has the resources to raise awareness of the work of the agency and importance of that work.
3. LVA can develop and sustain a strong group of knowledgeable and committed volunteers and tutors.

LVA is fortunate to have a loyal group of supporters whose record of contribution shows a care and concern for the organization and the community we serve. Please consider joining this group and thereby expressing your support for the importance of literacy, the foundation of self-sufficiency and independence.