

WELCOME & THANK YOU

In this issue of our newsletter, we are pleased to share insights from our programs, volunteers, events and donors. It is our honor to serve more than 6,000 people each year with supportive services based on caring and trusting relationships. Every day in the news across the state and on a national scale, we see needs that touch the fabric of who we are and what we do here at HumanKind. We remain committed to serving people with programs that positively impact their growth and prosperity. Through service, inclusion, and collaboration HumanKind continues to evolve to open doors for people and provide the tools necessary to build a strong self, creating stronger families, and a stronger community.

Whether providing loving homes to those with developmental disabilities, assisting families in financial distress or meeting the needs of children through family crises, HumanKind is bringing wholeness to those who are experiencing loss. We could not do it without the generous support of people like you.

Thank you!



Bob Dendy
President / CEO
HumanKind



Photo: Bob Dendy will once again be going *Over the Edge for HumanKind* on September 15, raising funds and awareness for all of HumanKind's programs. Look for Bob among the other 80 *Edgers* as they rappel down the Bank of the James building in downtown Lynchburg. **Support their journeys online at www.humankind.org/over-the-edge.**

Over the Edge for HumanKind
Presented by



HumanKind

KINDRED HEARTS

Strengthening individuals and families through care, counseling and education since 1903.



Our Mission Remains the Same

We strengthen individuals and families and lift them up to instill hope.

For more than 114 years, HumanKind's mission has been consistent, providing guidance and assistance to those striving to live better and healthier lives. We have been resilient and built momentum, awareness and success in this approach. Today building on more than 100 years of faithful service, HumanKind serves as a catalyst for community action, addressing the complex challenges faced by thousands of children, individuals and families in our region and across the state of Virginia.

We believe community well-being starts with a solid foundation for everyone. Our unique wrap around approach allows our most vulnerable neighbors to achieve stability and strengthen their capacity to thrive in our communities.

To better amplify our impact, we partner with a growing network of engaged donors, foundations, and community leaders to effectively leverage valuable resources and collectively ensure our communities remain vibrant for everyone.

IN THIS ISSUE

Board Member Spotlight: William Carter

Pour in the Positive: Therapeutic Foster Care

Davis Instructional Community Garden

Alumni Corner

Partner Spotlight: Sports Outreach

Donor Spotlight: Ann and Kriss Freeman

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Pour in the Positive: Therapeutic Foster Care

Since 2004, Terri and Keith, owners of Bean Tree Café, have been implementing that philosophy for the children they have the opportunity to care for through **HumanKind’s Therapeutic Foster Care**.

HumanKind’s Therapeutic Foster Care is a specialized form of foster care designed for children who have an identified emotional or behavioral condition. As a former teacher, Terri knows how to connect with teens – specifically teenage girls. When she and Keith learned that there was a need for fostering, they felt that they could have a positive impact on children who need family structure.

Newly married with no biological children of their own, Terri and Keith welcomed two teenage girls into their family. Since then, the Johnson

family has grown considerably with three biological and four adopted children. In total, they have fostered 17 children – all teenagers, only one a boy. Raising their children with teenagers in the house allowed the impressionable girls to see how a family looks. “These girls have seen and heard all negative,” said Terri, and we encourage them by pouring in the positive.”

Terri calls Keith the backbone; Keith says Terri has a long-term impact by showing the young women positivity. Together, they are making a lasting impact on many lives.

Families in **HumanKind’s Therapeutic Foster Care** have a unique support system from the staff with on-call services available around the clock, on-site counseling, and a staffed nurse to assist with any medical needs that arise. That helps when they need it the most, and they know they are never alone.

For more information, contact us at (434) 455-3632 or TFC@humankind.org

*HumanKind’s Therapeutic Foster Care program is licensed through the Virginia Department of Social Services and Virginia Department of Mental Health.

Davis Instructional Community Garden

Located on the Presbyterian Homes Campus in Lynchburg

The Hill City Master Gardeners (HCMG), in partnership with the Virginia Cooperative Extension and HumanKind has established the Davis Instructional Community Garden that will serve as the central teaching garden for HCMGA providing year round educational programming to Lynchburg area residents. Named for local gardening expert and News and Advance columnist, Don Davis, the garden covers all of the elements of gardening education: demo gardens, compost centers, and rain barrel centers.

This year, the gardens featured nine demonstration plots growing a variety of plants from sweet potatoes to wild flowers overseen by HCMG, HumanKind staff and teams from Little Wings Preschool, Healthy Families, and new campus partner Katie’s Place. These plots have produced over 350 pounds of vegetables which were donated to Lynchburg Grows’ food truck and the Daily Bread.

Once complete, the 300,000-square foot space will include 23 plots for individual gardens, an arboretum, a gazebo, outdoor classrooms that integrate urban agriculture, food preparation and healthy eating, and present exhibits about the stewardship of natural resources. Programming will focus on gardening with children, healthy eating, and environmentally friendly gardening practices.



For additional information, please contact Kevin Camm with the Virginia Cooperative extension: (434) 455-3740

*Master Gardeners are here to train and teach and would love to have the opportunity to show you their current work in progress.

Partner Spotlight – Sports Outreach

30 years ago, a soccer coach was in Uganda on a mission trip and started playing ball with the locals. Upon gaining their trust, he was able to share the message of Christ and create a program to escort them out of poverty by equipping them with the necessary skills to better their lives including skills like - health education, farming, financial and animal husbandry education, building schools and learning a trade, the skills essential to thrive.

Using indigenous staff, Sports Outreach has two main hubs in Uganda; Kampala – training young men who are committed to bringing hope to the slums, and Gula – at Koro Training Farm where women are leading the area to build healthy communities. The leaders are trained in trauma therapy and community development to address the tragic past the communities have experienced. War, torture, human trafficking, are the life that many have lived. Never breaking

the cycle, a better life is hard to imagine. Local people are helping their own neighbors by coming together and implementing practices that build strong communities such as farming, education, health care and nutrition.

In March, Sports Outreach moved their headquarters to the HumanKind campus. According to Community Outreach Director Rodney Suddith, Sports Outreach was called to

locate on our property. One of the benefits of being on HumanKind campus is having a facility to develop the US hub which will house and train staff. “We are ready to take what we have learned in Africa and bring it home,” said Suddith. “The cottage has nine bedrooms for internships and training. We are enjoying

the field space and appreciate the opportunity to interact with professionals who push us forward with their expertise. Now part of our community, say hello to our new neighbors.



Alumni Corner



Tracy Richardson

Chair of Alumni Association | Presbyterian Home

“The one life lesson for me is that no matter who your family is, no matter where you are from, you can achieve whatever you want to.”

Tracy, along with her sister Sherry and brothers David and Brian, arrived on Valentine’s Day, 1974. While she has many wonderful memories of living here, the best memory is Christmas. It wasn’t about the gifts; it was about the feeling of togetherness. “We were all together...children, house parents and the administration along with their families in the dining room eating what we thought was the best home cooked dinner by candle light and singing carols before we all ran to our cottages to open gifts.”

With the support of the Home, Tracy earned an associate’s degree in Early Childhood Education from Southern Seminary Junior College in Buena Vista, VA. She then moved to Richmond, graduated Magna Cum Laude from VCU with a BS in Social Work, and was chosen as the student speaker for graduation. Tracy was selected to attend the one-year fast track graduate program at VCU and received a Masters of Social Work. During this time, she married the love of her life, Ross. They have two incredible children, Kyle, a high school senior, and Reed, a junior at JMU. She is currently a Training Specialist, Sr. with VCU Health System. Tracy will go **Over the Edge for HumanKind** for the third straight year.

Board Spotlight



William H. Carter

Partner, Board Member and Community Member

Mr. Carter is the Vice President, Community Development Manager for SunTrust in Central Virginia.

He joined SunTrust in 1990, four months after being discharged from active duty in the United States Marine Corps.

He first became aware of HumanKind through the Ways to Work program that provides low interest car loans and financial education to working families in need of reliable transportation.

As a former Human Resources staffing Manager he has seen first-hand how the lack of affordable and reliable transportation plays out in every facet of one’s life. The inability to get to work on time, go to the grocery store, and access medical care are just a few ways that barriers to reliable transportation plays out in everyday life.



Why we support HumanKind: Ann and Kriss Freeman *in their own words*

We are long time neighbors and HumanKind is kind to share their property. Their generosity has provided amazing help to so many folks that need a special touch.

We packed up our three children in 1994 and moved from Richmond to Lynchburg. As a youngster, one of our daughters learned horseback riding at the stables. She was able to walk or ride her bike to those lessons. To this day, Ann walks our dogs there daily where she sees runners and other walkers enjoying the property, which is well maintained, pristine and private.

Perhaps the most beautiful part of the Presbyterian Home is its rich history as an orphanage and, today, is an enterprise of community support organizations geared toward educating young parents, providing a hand up to folks breaking into independent life, helping establish day care standards and so many things that promote wellness in our community. These are profound services we are happy to support.

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HumanKind is a non-profit human services organization that strengthens individuals and families through care, counseling, and education.

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