



## Why we support HumanKind: Kristen and Mick O’Neill *in their own words*

We first heard about Humankind shortly after we moved to Lynchburg through the publicity surrounding the formal name change from the Presbyterian Home to Humankind. When we moved adjacent to the property in 2016, we began exploring the land and learning more about the resources available to the community. Our first discoveries were the stocked fishing pond, cross country course, and Little Wings Preschool, and this made us curious to ask more questions about what services were available in each of the historic buildings on campus.

This is our first year supporting HumanKind. A friend asked us if we would be willing to go Over the Edge and Mick answered the challenge to rappel and learn more about the organization.

HumanKind is a growing organization committed to meeting the needs of our most vulnerable community members through mental health services, early childhood education, economic empowerment and family support services. They have a strong and strategic leadership team poised to help all reach their full potential.

150 LINDEN AVENUE, LYNCHBURG, VA 24503 | 434.384.3131 | WWW.HUMANKIND.ORG  
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## WELCOME & THANK YOU

With the holidays rapidly approaching, we are mindful of those less fortunate who are struggling to find employment, to put food on the table, to find reliable transportation, to secure critical health care of medication for their families and to support their children in school. Sometimes, we hear people complaining that people need to “pick themselves up by their bootstraps”. Sometimes, we read that there are plenty of jobs and not enough willing people to work.



Myra and Bob Dendy

I encourage us to be careful before we judge and to consider realities before we make assumptions. Many of the families we serve come to us seeking support through very difficult times and most are working families with at least one job. Consider the resources minimum wage jobs bring to families in poverty. Even at \$10 an hour, an annual income of \$20,000 for working mom or dad won’t go far to pay for rent, food, transportation and healthcare.

Our dedicated team at HumanKind has learned there is little value in questioning how a family found themselves in difficult circumstances. It is our privilege to work with families, guiding them to a better future, providing hope and practical tools to move forward – reliable transportation, safe childcare, healthy food choices, reliable health and mental health care, education and employment.

From the families here at HumanKind to you and yours, we hope you have a wonderful start to the new year. Your support of our mission truly brings peace, comfort and joy.

Bob Dendy  
President and CEO

# 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.

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#humankindva  
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HumanKind  
150 LINDEN AVENUE, LYNCHBURG, VA 24503

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

Non-Profit Organization  
U.S. Postage  
PAID  
Permit No. 743  
Lynchburg, VA 24506-9998



## Partner Spotlight – Welcome Katie’s Place



For many families, children with intellectual and physical disabilities rely on support throughout their day. Families often face finding appropriate care for their adult children. Finding a place that allows their adult children to participate in the community and have healthy interaction with others is ideal.

Fortunately, on May 1, 2017, Katie’s Place opened its doors in Scruggs Cottage on the campus of HumanKind. Katie’s Place is a Day Support Program for adults with special needs and licensed by the Virginia Department of Behavioral Health. Katie’s Place is centered around helping adults with special needs achieve greater independence through life skill building.

“We love being on the HumanKind campus. They provide us a beautiful and large house that gives our participants the opportunity to work on daily living skills such as cooking and

cleaning,” said Jennifer Yeagley, program director.

Katie’s Place provides opportunities to learn and develop social skills and daily living skills through gardening, cooking, volunteering, community outings, and marketing the crafts made in the program.

With an on-site garden plot dedicated to Katie’s Place, participants are learning gardening basics and produced vegetables they shared with their families. They focus on all life areas including laundry, cleaning, household maintenance and money management. “We also enjoy taking part in recreational activities located right on campus such as playing basketball, walking the trails, fishing in the pond, playing frisbee golf, and gardening,” said Yeagley.

There is a tremendous comfort knowing that each adult becomes increasingly independent and can achieve their personal goals. With Katie’s Place, the needs are met, and the participants are living a healthy, active life.

**To learn more about Katie’s Place, please contact Jennifer Yeagley at 717-926-2941 or [Jennifer.Yeagley@svhservices.org](mailto:Jennifer.Yeagley@svhservices.org).**



Keon and Laura Sinclair at an Appreciation luncheon

## Out of Poverty and Into Success: Ways to Work

For most people, day to day routines include some form of transportation. Many rely on public transit while others use their vehicle to go to school or work. Having a car certainly lightens the load for grocery shopping, and doctors’ visits canceled less frequently. Riding the bus has perks, but a missed bus leads to an extra hour wait time. An extra hour can mean missed appointments and employment consequences.

For some, the idea of owning a vehicle is non-existent. Bad credit means higher interest rates and loan amounts, which are nearly impossible to make with unsteady and low income.

Fortunately, there is **Ways to Work**, an economic empowerment program that provides low-interest car loans to working families. It is designed to help participants move toward financial stability, increased self-sufficiency, and advanced career opportunities. In addition to loan assistance, participants receive financial education and coaching – making a substantial difference in their lives.

**Ways to Work** is one of the most effective wrap-around service for individuals and families trying to pull themselves out of poverty and into success. The participants understand that it’s not just a car, it’s an opportunity.

For Keon, it changed everything. Having overcome homelessness with the help of community partners and the **Ways to Work** program, Keon joined the Financial Opportunity Center to further work on building her financial security.

Keon has been a shining star in the program. Through her hard work, she has not only achieved a better paying job at a local community organization, but she has also increased her net worth, paid down debt, completed the **Ways to Work** Program, and is now pursuing homeownership.

**For more information on Ways to Work in Richmond, contact 804-888-8229 or [WTWRichmond@humankind.org](mailto:WTWRichmond@humankind.org) or in Lynchburg, contact 434-845-5944 x. 229 or [WTWLynchburg@humankind.org](mailto:WTWLynchburg@humankind.org).**

## Going the Distance: Cross Country at Humankind



Photo Credit: EC Glass

A cross-country course typically includes a variety of surfaces. The open-air course over natural terrains such as dirt or grass, woodland, and open country ensures the course is challenging while keeping the run enjoyable.

Since 2000, the diverse landscape at HumanKind offers one of the best cross-country courses in central Virginia. The course,

now beautifully maintained by HumanKind, was once managed by Chip Tucker, Athletic Director at Linkhorne Middle School, and Barbara Lucy. Lucy’s husband, Don, a former resident of the Presbyterian Home, is the former cross-country coach for Dunbar and Heritage High School. The course has changed as the campus has changed – but it remains an ideal spot for running. “It’s the perfect blend of open fields, rolling hills, and wooded areas, and it’s fun for the runners. Because the course loops around, it’s ideal for spectators who can see most of the race from one place,” said Chip Tucker.

As the home course for several area schools, HumanKind has hosted scores of middle and high school cross-country meets, including city and collegiate championships. According to Elizabeth Masencup, the Athletic Director for E. C. Glass, over 200 runners are on the course during a meet. “Lynchburg is known as the Hill City, so it is fitting that the hills along the course at make it challenging.” With over 160-acres to explore, over 2,000 runners grace the course annually and have the opportunity to see the varied landscape.

The property is not limited to cross-country races. Many have found the campus to be an ideal spot for a 5K. Be sure to visit HumanKind and go for a walk or run. Follow the designated path – or create your own.

## Alumni Corner



### Cliff Thomas

*Shoeless Wonder*

Cliff came to the Home in 1946 at the age of four with his sister and two brothers. He stayed through high school graduation in 1959, attended Hampden Sydney College and graduated in 1964.

An enduring memory is meeting and courting high school girlfriend, Shirley, who was also from the Home. They married in the Home’s chapel by then superintendent, Dr. Bernard Bain, and have been married for 53 years.

Life at the Home was geared toward success. Cliff was taught Christian values as taught in the Bible. They were disciplined to work hard and to show up on time. They learned respect, were taught honesty, responsibility and truthfulness.

In Cliff’s generation, the boys looked forward to growing up to play for the Shoeless Wonders. Many times, they heard Dr. Bain tell the story of the original teams who went years unscored on and unbeaten. Football taught the value of teamwork and strengthened the already strong relationships that were forming by living and growing up together.

## Board Spotlight



### Peter Thompson

*Partner, Board Member and Community Member*

Rev. Peter Thompson is the Senior Pastor/ Head of Staff at First Presbyterian Church in Lynchburg. He received the call

to First Presbyterian in January 2016 and officially moved with his wife and three small children in April 2016. Peter believes that community is at the heart of church mission, as the relationships we have with one another build the foundation of support, accountability, and inspiration needed to thrive. His relationship with HumanKind began with several early morning walks during a brief stay in the farmhouse on campus. In a small period, Peter learned that HumanKind’s mission of strengthening individuals and families to build a stronger community places HumanKind on the same playing field as the church, as we continue to love and care for others.

## HumanKind Board of Directors

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Centra  
Chairman of the Board

### S. Henry "Hank" Creasy IV

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### Rev. Peter Andrew Thompson

First Presbyterian Church

### Helen Wheelock

Community Volunteer

### Robert S. Dendy Jr.

President/CEO  
HumanKind

# Get Involved!

Want to help the hungry but don't know how? We've done the work for you and have a list of the central Virginia food banks. So many neighbors rely on food banks - Help us fill them for the winter!

For HumanKind Clients: HumanKind Emergency Food Pantry,  
Midtown Lynchburg Address: 2600 Memorial Ave. Suite 201, Lynchburg, VA 24501,  
(434) 845-5944 x. 229, Pantry Hours: Mon-Thurs. 8:30-5, Fri. 8:30-4:00

### Blue Ridge Area Food Bank - Lynchburg

501 12th Street, Suite B  
Lynchburg, VA 24504-2527  
434-845-4099  
Pantry Hours: Monday-Friday, 8:00am – 4:30pm

### Candlelight Outreach

243 Jackson Lane  
Concord, VA - 24538  
434-993-3677  
Pantry Hours: Monday through Thursday 1-4pm

### Fairview United Methodist Church

3041 Campbell Avenue  
Lynchburg, VA - 24501  
434-845-4024  
Pantry Hours: Wednesday 11:30am-1pm, call first.

### Fellowship Church of Christ

1816 Bedford Avenue  
Lynchburg, VA - 24501  
434-528-3924  
Pantry Hours: Saturday 8-10am

### First Assembly of God

3135 Fort Avenue  
Lynchburg, VA - 24501  
434-847-3663  
Pantry Hours: 1st & 3rd Monday 9am-noon;  
4th Monday 5:30-8pm

### Lynchburg Community Action

926 Commerce Street  
Lynchburg, VA - 24501  
434-846-2778  
Pantry Hours: Daily at noon

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3135 Fort Avenue  
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926 Commerce Street  
Lynchburg, VA - 24501  
434-846-2778  
Pantry Hours: Daily at noon

### Lynchburg First Church of the Nazarene

1737 Wards Ferry Road  
Lynchburg, VA 24503  
434-239-4943  
Pantry Hours: Call for Hours

### Lynchburg Seventh-Day Adventist Church

19 George Street  
Lynchburg, VA - 24502  
434-239-8466  
Pantry Hours: By appointment, please call

### New Prospect Baptist Church

2209 Buffalo Springs Tpke  
Monroe, VA - 24574  
434-922-7169  
Pantry Hours: Wednesday and Saturday 10am-noon

### Parkview Community Missions

2420 Memorial Avenue  
Lynchburg, VA - 24501  
434-845-8468  
Pantry Hours: Thursday 2pm to 4:30pm,  
Saturday 10:30 am to 1:00pm

### Smyrna SDA Church

911 Taylor Street  
Lynchburg, VA - 24501  
434-846-0033  
Pantry Hours: Thursdays 10am-noon

### Solid Rock Baptist Church

110 Church Street  
Madison Heights, VA - 24572  
434-528-0325  
Pantry Hours: Monday 9am-noon and 3rd Saturday  
of every month 9am-noon

### MOST NEEDED ITEMS:

Peanut Butter  
Canned Tuna & Chicken  
Low Sodium Veggies  
Fruits Packed in Juice  
Spaghetti Sauce (No Glass)  
Canned or Dry Beans  
Hot & Cold Cereal  
Whole Grain Snacks

STRONG SELF  
STRONG FAMILY  
STRONGER COMMUNITY

# HumanKind

HumanKind is a 501(c)(3) nonprofit organization, Tax ID 54-0346118

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# HumanKind

## LOVE STORIES

### **A show of beauty and breakthrough**

Allegra's Studio graciously worked with our Therapeutic Foster Care families' to capture a series of black and white photographs that help tell our families LOVE STORIES.

**FEB. 2 | 5-8 PM**

### **COME CELEBRATE OUR FAMILIES**

*First Fridays*

*Academy Center of the Arts  
519 Commerce Street  
Lynchburg VA 24504*



## HumanKind little wings



### **After-School Program**

Available for intersession weeks, certain holidays, professional development, half days and snow days.

#### **Rates**

\$50/week After-School  
\$115/week Intersession  
\$20/day School Closings

#### **Hours**

3:30 - 6:00 PM *After-School*  
Monday-Friday  
7:30 AM - 6:00 PM  
*Intersession & School Closings*

### **Preschool Program**

Little Wings Preschool is a high-quality, early education center for children ages 2 ½ - 5. *HighScope* certified center. Full or part-time enrollment available year round.

#### **Enrollment Options**

Full-time: 7:30 am - 6:00 pm  
Part-time options:  
½ day, 7:30 a.m.-1 p.m.  
2 days/week  
3 days/week

#### **Rates**

\$115/week for Full time  
\$88/week for Part-time  
*Breakfast and a snack are provided.*



**For more information, please contact us at:**

Little Wings Preschool, After-School & Intersession Program, and Summer Camp  
Phone: 434-485-8124 // Email: [LW@humankind.org](mailto:LW@humankind.org)