

WELCOME & THANK YOU

As our year draws to a close, the HumanKind team is deeply grateful for the support of donors, partners and sponsors who fuel our impact in the communities we serve. This issue of Kindred Hearts highlights a few of our services that are transforming the lives of children and families.

It is quite an honor for our Healthy Families program to be recognized as the best in the Commonwealth. It is humbling to see the fruits of our labor in partnerships with Workforce Development and heartwarming to share smiles with families whose Thanksgiving and Christmas were made brighter by your generosity.

The needs in our community are tremendous. We are blessed to continue the legacy of service with your support.

From the families here at HumanKind to you and yours, we hope you have a wonderful start to the New Year.



Bob Dendy
President and CEO

HumanKind

KINDRED HEARTS

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

MOVING THE CLASSROOM OUTDOORS

For over 100 years, the 160+ acres at HumanKind has been incorporated into the lesson plans of one of our area's higher learning institutions.

In 1960, sociology students at Randolph-Macon Women's College (known today as Randolph College) spent time visiting and studying the Presbyterian Home. Through their studies they found ways to connect with the children through tutoring, bringing a Sunday school class to campus, and even hosting holiday events.

Today, a new study has taken shape and is centered on the ecological value of the land. Ron Gettinger, Professor of Biology at Randolph College, has studied the land to identify four natural habitats: old-field ecosystems, mixed-shrub habitats, woodlands, and pine woods. These areas allow natural flora, fauna, and wildlife to occupy the property without disruption. So far Dr. Gettinger and his students have discovered that HumanKind is home to nesting birds and small carnivores including skunks, raccoons, foxes, owls, and hawks. This discovery has not yet tapped into the pond, which has its own unique wildlife.

"HumanKind's property has several distinctly different habitats. These are the results of natural and human activities that have allowed or prevented natural ecological succession to occur. Ecological succession is to natural ecosystems what 'growing up' is to humans. This property represents a great ecological education opportunity for our students who have visited several times in the past year and we are planning many more to come."

To explore and learn more about Dr. Gettinger's findings, come and visit the historic property. Take a walk, look around – you never know what you will discover. For additional information on the campus facilities, please contact Joni Addington at facilities@humankind.org.




CONNECT & SHARE



Award Winning HEALTHY FAMILIES

Healthy Families of Central Virginia is the proud winner of the 2018 Early Impact Virginia – Local Home Visiting Program Award. This award acknowledges that HumanKind's Healthy Families program goes above and beyond to support families in Central Virginia by developing creative solutions that meet the unique needs of our community. This is achieved through innovative service delivery and strong community partnerships which result in a high quality continuum of care for families.

Healthy Families is an evidence based home visiting service that supports new parents prenatally through the child's fifth birthday by focusing on positive parent-child interactions and providing education related to healthy development and family functioning. Additionally, we provide opportunities for families to come together and build their support network through playgroups, breastfeeding groups, and peer recovery groups.

At HumanKind, the importance of home visiting with families is deep-rooted in our history. Since 1929, we found that working with parents in their own homes guides and strengthens families by providing one-on-one education and support that is customized to each family's needs.

At Healthy Families, we believe that every parent wants the best for their child. Through the support of our skilled and compassionate Family Support Specialists, parents are equipped with the tools they need to build healthy, stable families.

HumanKind's Healthy Families team will receive the award from Virginia's Governor Ralph Northam in January!



WORKFORCE DEVELOPMENT

Career changes can be difficult. You want to improve your career but don't know where to start. The growing demands and changes within the workforce can make job seekers hesitant to apply for better paying positions. As an effort to aid, the Workforce Development Board has partnered with Humankind to lead the WIOA Title 1 Adult worker program.

Through this partnership, Humankind coordinates resources to prepare individuals for living wage careers within the region. Humankind is responsible for outreach throughout the region and helping under-resourced job seekers or those with barriers to employment.

Along with career assistance and employment opportunities, Workforce Development helps seekers to develop valuable skills to meet the needs of the workforce. Workshops for resume preparation, job search techniques, interviewing and basic computer skills are just a few of the many services found within Workforce Development.

Job seekers will find access to labor market information, job placement, recruitment and labor exchange services.

Financial education and salary information are vital when making a career change and making smart decisions about your future.

Working in partnership with the Virginia Employment commission, Virginia Department of Aging and Rehabilitative Services, Adult Education of Central Virginia, Old Dominion Job Corp, Central Virginia Community College, local department of Social Services and other community stakeholders, the staff of HumanKind coordinates resources to prepare individuals for living wage careers.

If you are struggling or know someone who could use some help, point them in the direction of Workforce Development. Resources are available that can and will change your life.



For additional information contact:
Keith Cook
kcook@humankind.org



Woodforest National Bank

Purchasing a car can be intimidating for anyone. Add bad credit and it may seem impossible. Ways to Work is a program that provides low-interest vehicle loans to individuals with a challenging credit history. Woodforest National Bank is committed to the economic development and financial well-being of the communities in which they serve. In both Lynchburg and Richmond, Woodforest supports financial education which can foster financial stability for individuals, families, and entire communities. The more people know about credit and banking services, the more likely they are to increase savings, and improve their financial health and well-being. Devoted Woodforest National Bank team members have provided financial literacy classes and education since 2012.

DONOR

“Ways to Work paves the way for job opportunities, and changes people’s lives in a very positive way. We know its more than a car – it’s an opportunity.” - Ross Folkenroth, Community Development Manager, Woodforest National Bank

Through community partnerships and employee volunteer and outreach efforts, Woodforerst National Bank provides both financial technical assistance and financial support to HumanKind along with more than 350 organizations.



Pictured left to right: Bob Dendy, HumanKind President & CEO; Mary-Winston Deacon Director of Economic Opportunity Programs; Ross Folkenroth, Woodforest VP Community Development; Michelle Bergman, HumanKind Grants Manager.

For additional information on *Ways to Work* or how you can get involved, please contact:

Mary Winston Deacon at
mwdeacon@humankind.org

ALUMNI



Josh Cassidy
Assistant Head Coach
Harrison High School Football

Josh Cassidy lived at The Home during his formative years. It was a great place for a kid who did not have structure. Today, Josh embraces that structure learned from his childhood and applies it to all aspects of his life.

“As a coach and as a teacher, if you’re not structured and in order, your students and players aren’t going to be successful. For me, coaching is a tool. Early on in my career, it was about winning. Of course, winning is important but it has become secondary to utilizing the game to develop relationships with the players, the coaches, the teachers, the administrators, the parents, and the community.”

Josh personally believes in whole person development and tries to develop his players physically, spiritually, socially, and intellectually and tells them that the two things you can control are your attitude and effort. Along with his coaching responsibilities at Harrison High School in Kennesaw, GA, Josh teaches strength training in the physical education department. He and his wife Alissa have been married for 8 years and really enjoy putting in the work it takes to make a successful marriage. They are parents to three boys (ages 4, 2, and born in October).

BOARD OF DIRECTORS



Dr. Muriel Brown Mickles
VP Academic and Student Affairs
Central Virginia Community College

Dr. Mickles earned an Associate Degree in Education from CVCC, Bachelor’s Degree in Psychology and Master’s Degree in Agency Counseling from Lynchburg College, and Doctorate of Education in Administration and Supervision from the University of Virginia. She is committed to excellence in education and has passionately dedicated her life to helping others to realize their potential and achieve their personal and professional goals.

Dr. Mickles is married to her husband, George, and has three wonderful children, Bethanie, Anna and Evan. As a lifelong educator (with a counseling background), the vision and work of HumanKind strongly resonate with Dr. Mickles and are perfectly aligned with her personal and professional mission – to serve others. “To educate, support and empower individuals in the realization of how intelligent and vital they are and see them reach goals that they set for themselves is very fulfilling. For many years, I have perceived HumanKind as beacon of hope for many in our community and I am very proud to serve with them.”

HUMANKIND BOARD OF DIRECTORS

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little wings
PRESCHOOL 

HighScope certified center

**Full Time & Part Time
options**

**Reduced rates available for
qualifying families**



Little Wings Preschool is a high-quality, early education center for children ages 2.5-5 years with a unique 160-acre park-like setting to explore. Little minds are ripe for the exploration, discovery, and creativity that comes to life on our campus.

Little Wings is an inclusive program, where children of diverse needs, abilities, cultures, and economic backgrounds are learning alongside each other. All children, regardless of ability, are given opportunities to participate fully in our learning program and every effort is made to accommodate children with special needs.

Our family-centered preschool provides a wealth of opportunities to build memories with your child and connect with other parents – from our annual fall festival to our monthly parent nights, Little Wings will quickly feel like an extension of your family.



HumanKind

www.humankind.org

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

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WAYS TO GET INVOLVED

MAKE A CONTRIBUTION

Your financial support will help us change lives while meeting the community's greatest needs. Give a gift or raise funds to rappel and go *Over the Edge for HumanKind!*

Learn more at www.humankind.org/give.



DONATE YOUR TIME

Volunteers are a vital part of HumanKind's rich history. Individuals, families, churches, civic groups and corporate teams contribute to our mission through annual events or recurring opportunities.

Get involved today by emailing volunteer@humankind.org.

BECOME A FOSTER PARENT

Children in our community are in need of a loving and safe home. HumanKind carefully matches each child to a trained foster family to help ensure they can reach their full potential.

For more information, contact us at TFC@humankind.org.



COORDINATE A DRIVE

Ask at your school, office, church or group to help fill our food pantry with canned food and household supplies; be *Christmas Angels* with holiday toys; prepare Thanksgiving boxes; gather school supplies, gift cards or diapers.

Contact us at communications@humankind.org.

HAVE FUN WITH US!

Join us for our *Community Resource Conference*, *I Love My Family Celebration*, *Over the Edge for HumanKind*, *Lynchburg Turkey Trot* and many more!

Visit **Events** on our website www.humankind.org or follow us on social media to learn more.



WHAT'S TRENDING

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HumanKind

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@grateful_dad



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HELP FILL THE EMERGENCY FOOD PANTRY THIS WINTER!

For a list of items needed please visit:
humankind.org/emergency-pantry



HOST A COLLECTION DRIVE!

To learn more please contact us at:
volunteer@humankind.org
call 434-455-3639

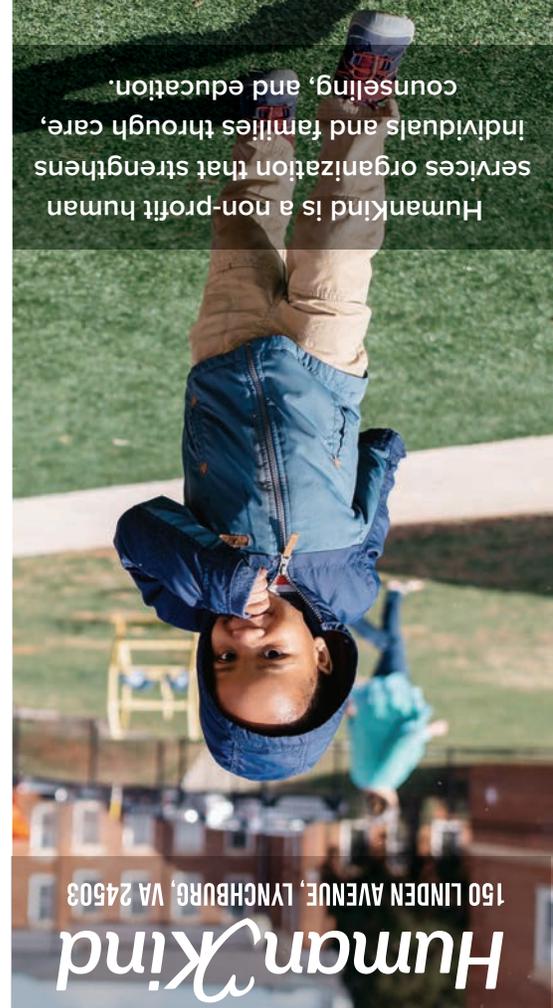
HumanKind's Emergency Pantry provides nonperishable food, school supplies and self-care items to clients participating in our programs.

This additional support allows our clients to weather short-term crises without having to pursue fast cash options, such as pay day or title loans. Your support will directly benefit economically struggling families by providing them with an opportunity to meet their family's basic needs without jeopardizing the household's financial position.

Receiving items from the Emergency Pantry allows these clients to provide nutritious meals for their family in the short term while still meeting other financial obligations, a positive step toward their ultimate goal of achieving long-term financial stability.

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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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