

Kind HEARTED

your gift changed lives

Human Kind
Summer 2020

FINDING *Grace* IN THE MIDST OF A PANDEMIC

You provided a way for
Tyrone to survive

**"I JUST WANT TO SAY
THANK YOU SO VERY
MUCH. YOU'VE HELPED ME
OUT TREMENDOUSLY"
- TYRONE**

When Tyrone first heard about the Ways to Work program he was just getting back on his feet coming through an addiction recovery program and getting the help he needed to pursue a better future. Although he still had some work to do, he set his sights on qualifying for a loan to purchase his own vehicle.

YOU ANSWERED THE CALL AND PROVIDED HELP TO FAMILIES IN NEED.

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Two years into a three year loan, the coronavirus pandemic hit and greatly impacted his job leaving him with only a fraction of his income.

Tyrone had a steady job as a cook in a well established neighborhood restaurant – but the restaurant industry has been one of the hardest hit during the pandemic and his hours have been significantly cut back. As his paycheck decreased, he had a hard time covering his monthly expenses; including his rent payment, leading to an eviction notice.

Then his HumanKind coach reached out and offered a lifeline. Because of you and your support, over the next few weeks Tyrone had the resources he needed to bridge the gap. He had a coach to

“I just want to give thanks to you – you have been very kind, you have been very generous and I appreciate your generosity.”

walk with him through this crisis – not only to offer emotional support, but also to pause and evaluate what the next steps needed to be.

Tyrone did not initially realize that he could receive unemployment benefits for reduced hours. Working with his coach, he applied to supplement his lost income. Together they even tracked down his stimulus check that had been mailed to a former address.

Because of you and your generosity, Tyrone received a gas card, groceries and a bag of toiletries

and household supplies to stretch his rations while his work had been reduced. Your emergency gifts provided bill payment assistance for his electricity and car insurance which allowed him to pay his rent and his car loan. He hasn't missed a payment in two years, he didn't want to start now.

As we all anxiously await a return to normal life, even if it's not quite the same as before the pandemic, we are learning to lean on each other, share when we need help, and make sure we stop to help a neighbor in need.

Thank you for being a light in the middle of this dark time. Because of you, Tyrone received the direct assistance he needed to survive this crisis.



Tyrone's hours as a restaurant cook were cut back during the coronavirus closures. Because of your support, he received the little bit of extra help he needed. Thank you for the good you make possible.



BUILDING Resilience

With your support, Trevor is not giving up.

In the middle of a world-wide pandemic, Trevor suddenly found himself with no income. He knew he had to find a way to weather the storm. Too many people depend on him not to.

Trevor shares a home with his 94-year old grandmother, providing her with care and transportation to medical appointments. He helps out with his nieces and nephews. He works with disabled veterans in crisis counseling. As a veteran himself, he knows the importance of this service and values giving back.

He had come so far in gaining financial stability. “I actually have a life now, I am able to go to work, and be there for my family.” And now the coronavirus pandemic was threatening to take it all away.

Trevor started his journey with Ways to Work (WTW)

It could have been a devastating road block, but you stepped in and made sure it was only a detour.

Left: Trevor pictured with his 94-year old grandmother, Ms. Kathleen Valentine. You provided the support that held him steady as he found a solution to protect them both in this crisis.

in 2018 and was soon approved for a vehicle loan. After years of struggling with reliable transportation and spending hundreds of dollars each month to get to work...he finally he had his own car. “Giving me transportation, gave me life.” Trevor's car meant he was able to become an Uber driver. This gave him the flexibility to be there for his grandmother.

When the coronavirus pandemic hit, he realized that he had to stop driving for Uber not wanting to risk being around too many people; not when his grandmother's health was at stake. Trevor called his WTW coach to let her know he may fall behind on payments. He never expected how she would respond asking “How can I help you right now?” A question that could only be asked because you made sure funds and support were available for Trevor.

His most immediate needs were met the next day by providing grocery and gas gift cards, a toiletries care package, and bridging the gap with bill assistance. His coach helped him weigh the options for unemployment and SNAP benefits to find temporary stabilization. Having the support you made possible to hold him steady – he was able to search for a job and in just a few weeks was able to secure a full-time salaried position with benefits at FedEx.

Thank you for providing the resources needed to help Trevor weather this crisis, and even emerge stronger.

You provided food, toiletries and bill payment assistance for Trevor just when he wasn't sure how he was going to take care of himself and his grandmother. Trevor will not only weather this crisis, but emerge stronger.





Letter from the President

You are a hero in my book. I am overwhelmed with gratitude for your support during this challenging time.

I know that you are facing increased difficulties in your own daily life right now, so giving your time and resources to help a family in need means a lot. You are a hero to families who are struggling with the consequences of the coronavirus pandemic, and I am grateful for you.

My thoughts are with the hundreds of children and families we serve every day

and the hundreds more who will come to our doorstep during this crisis. Through these tough days of uncertainty much of our work remains the same, but we also opened our doors even wider to offer care through virtual visits and support groups, telehealth counseling, and financial coaching.

All of this starts with you. Your support makes it possible for those in need to find a place of encouragement, support and community – even through the most difficult circumstances.

Please continue your offerings of prayers and support as we face this challenge together.

Robert S. Dendy Jr.
President and CEO

Urgent + Ongoing Needs

Here's how you can help meet some of the greatest needs local families are facing right now – from a distance.

GIFT CARDS NEEDED

Groceries + Personal Care

- Grocery store (Kroger, Food Lion, Publix, Walmart, Aldi, Lidl)
- Restaurants

Household Supplies + Personal Care + Baby

- Walmart
- Target
- Amazon

Personal Protective Equipment (PPE) + Other Supplies

- Visa, Mastercard giftcards
- Home Depot
- Lowes

Family Entertainment + Games

- Little Dickens & Givens Books
- Netflix
- Redbox
- Target
- Walmart
- Barnes & Noble

Gifts cards will provide immediate support for adults with developmental disabilities in our group homes, families in crisis, foster families, isolated mothers, and at the same time support a business! All gift cards will be given directly to a family, or used to purchase their most needed items.



DONATION MAIL-IN OR DROP-OFFS

HumanKind Main Campus | 150 Linden Avenue, Lynchburg VA 24503

Open Monday – Friday | 8:00 AM – 5:00 PM

For sponsorship opportunities, contact Mitzi at: mdooley@humankind.org

YOU ARE A LIFELINE THROUGH THIS CRISIS.



IN TIMES OF

Darkness
Your gift helped Rachael find counseling

Rachael remembers waking up every morning and crying before she even opened her eyes because she was alive and didn't want to be. Facing the pandemic isolation alone, could have put her right back where she started. But your generosity made the difference – she had the support she needed.

During her pregnancy, Rachael was barely able to get to and from her desk at work, due to hyperemesis gravidarum, an extreme form of nausea and vomiting in pregnancy. Instead of imagining a baby in her belly, all she could see was darkness – a black hole in her womb.

After birth, the depression worsened. “I didn’t want to hurt my baby, but yet part of me wanted to throw him out the window because he cried all the time.”

At five days postpartum, Rachael planned to kill herself. “I didn’t want to leave, but I had a whole plan.” She began pumping milk so she could

Rachael and her son made this special sign for you -- because they know how important you are in their journey. Thank you for making sure this mom had the support she needed and is not alone.

have enough in the freezer to run away from the overwhelming weight of hopelessness that she knew would never end. “My baby and my husband deserved a mom and a wife who didn’t have these issues.”

Because of your generosity, Rachael found The Motherhood Collective (TMC). After confiding in her counselor that she had become physically abusive with her son, Rachael was diagnosed with a Perinatal Mood & Anxiety Disorder (PMAD) and

"I will be fine – even if things are hard, it will be ok. I am allowed to hope. Because of The Motherhood Collective, I know my life is beautiful and worth living."

encouraged to attend a **free** support group – which only exists with your support. It was there she found hope.

She met women who validated her experiences and freely shared their own struggles. “I felt my jaw drop. For the first time I didn’t feel alone. I was able to tell them about how I’d hurt my son, the creatures I was seeing, the voices I was hearing, and the darkness I couldn’t escape. That meeting alone changed everything.”

Now, in this global pandemic, you made sure Rachael has a lifeline. She can rely heavily on her TMC support group -- virtually. Within minutes of “posting” she receives encouragement assuring her that she is heard, loved, and not invisible in this time of isolation.

Thanks to you, Rachael had the courage to keep going. Your gift ensures she gets the human connection she needs.

YOU CAN PROVIDE *Comfort* AND SO MUCH MORE

This mom can't make it alone, you can help her.

You know as well as I do that when parents lose their jobs, kids feel the effects in a big way. Right now, parent after parent is reaching out for help for their children. These parents don't have the money to buy food for their kids! Or the household toiletries and cleaning supplies that could help keep their family safe.

Christina is a young mom of four living just above the poverty line. She's one of the people who lost her job because of coronavirus. When HumanKind talked with Christina this month, we found out that she had multiple bills due and didn't have enough food for herself or her kids.

Will you please make a gift of \$25 to feed and care for a local child? Your gift will provide food, supplies



and bill payment assistance. Your gift will even go beyond this to provide the emotional support that a family needs right now. And thanks to matching funds, your gift of \$25 will be doubled to provide \$50-worth of help!

And it's not just Christina. More families are at risk. They don't know where their next rent payment will come from, how they will pay their insurance or car bill, or how they will buy food or toiletries.

As we anticipate the needs of families across our region, we know they will be greater than ever. Your support is critical in meeting their needs. Parents like Christina, cannot do this without you.

Please send in a gift today to help families like Christina's feed their families, stay in their homes, and weather this crisis.

Your gift of \$25 will be doubled to provide \$50-worth of help!

Yes, I'll help a family struggling during the coronavirus pandemic.

Here's my special gift to provide emergency help for food, supplies and bill payment assistance.

- ☐ \$25, which doubles in impact to \$50
- ☐ \$50, which doubles in impact to \$100
- ☐ \$100, which doubles in impact to \$200
- ☐ \$ _____, which doubles in impact to help as many families as possible.

To give faster, please give online today: humankind.org/coronavirus

*Double
your
impact!*