

A man with short dark hair and a slight smile, wearing a blue and white plaid button-down shirt, is the central figure of the page. He is looking towards the camera. The background is a soft-focus indoor setting with some greenery on the left.

DISCOVERING *Resilience* THAT LIES WITHIN

Your gift gave Jeremy a
safe place to be home.

**WHAT COULD HAVE BEEN
HARMFUL TO HIS LIFE,
INSTEAD REVEALED A
SHINING RAY OF HOPE
FOR US ALL.**

When the world began to lock down and homes and workplaces entered into a time of quarantine – one of the first concerns of Group Home Manager Heidi Heyse, was how this would affect the routine and lifestyle of her residents. One in particular weighed heavy on her mind – how would Jeremy react to a lot of change and the unknown that was ahead? Jeremy has moderate intellectual disabilities, intermittent explosive

YOU ARE A HERO TO FAMILIES STRUGGLING THROUGH THIS CRISIS.

►Continued from page 1

disorder and obsessive compulsive disorder – schedules and routines are everything to him. But because of you Jeremy was not alone – his home was full of dedicated staff who could reassure him at every turn and in greeting each new day.

HumanKind's group home residents have not been spared from the effects of the coronavirus pandemic. Most of the challenges have been magnified in a home of individuals with developmental disabilities who are all considered high risk. Jeremy and his housemates have really struggled to understand why they couldn't go to day support, to their jobs, to the store for their regular outing, to church on Sunday, or even have outside friends and family come visit. These changes and abrupt stops to activities are typically met with a lot of frustration, stress and anxiety.

He's not alone – and because of you, Jeremy is surrounded by passionate staff who have felt more like family during this time.



Jeremy and his housemates look forward to Craft Group on Tuesdays each week. Because of your support, they have the time and resources to discover new ways to connect with each other.

Jeremy's reaction to change was one of the staff's biggest concerns. Having encountered small changes to his routine in the past, they knew it would be challenging. Because of your support, Jeremy had someone to walk with on this journey. Staff reassured him – sometimes several times an hour. He would ask, "Am I going to work tomorrow?" and staff would say, "No". "So no one is going to work tomorrow?" he would ask. Staff right there to comfort him, "No – no one is going to work and we are all going to get through this together."

Now the highlight of every Tuesday is Craft Group – which has become Jeremy's favorite activity. The great room is converted to work space and filled with materials for residents to create seasonal decorations

"I've learned a lot during this time with the residents. We have a lot less frustration and behaviors because they're not rushed through the day, they are not tired," shared Heidi. "We are discovering how much better life can be when we have time for a moment of reflection – something we all need in a day."

and gifts. Music is an essential part of Craft Group – and has had a great impact on Jeremy. The music has really helped him during this time having a calming effect to reduce stress and anxiety.

As a high risk group, there are still a lot of restrictions on Jeremy and his housemates to return to the activities they miss. But through it all, you have been there to keep Jeremy safe, ensuring his home could quickly get the Personal Protective Equipment (PPE), cleaning supplies, appropriate masks, face shields, and resources needed. Thank you for the good you make possible.



IN TIMES OF

Your gift helped Sabrina make it through.

Sabrina thought the worst part of the coronavirus pandemic happened when the schools closed for the remainder of the school year. This meant she would have extra expenses for childcare; but at least she could continue working as a surgical tech at a local medical center. She was wrong, weeks later she would also lose her job.

As a single mother of a two year old son, there was no other option if she wanted to continue working – she had to find a way to add in increased childcare expenses. But she knew she would not have enough money for her rent, her car insurance and her car payment. Worried about losing the progress she has made in building financial stability, Sabrina worked with her HumanKind coach and created a plan to bridge the gap and keep her on course.

Because of you she received a care package of household supplies and bill payment assistance for her car insurance enabling her to pay for rent, car loan and childcare – all in turn keeping her family stable.

"I made it through because you were there when I needed help."

Left: Sabrina pictured with her two-year old son. You provided the support that held her steady as she found a solution that would best protect them both in this crisis.

Then she was laid off without notice due to the pandemic. Once again her progress in jeopardy – but she knew where to turn for help. Because of you and your support, the doors at HumanKind were open.

Your support provided a safe environment for deeper job coaching, counseling and guidance where Sabrina could be made whole. She received help applying for financial assistance and Supplemental Nutrition Assistance Program (SNAP) benefits while also receiving assistance updating her resume and applying for several medical positions.

"Every step of the way I received encouragement and consideration, especially during these hard and trying times. And in the midst of my struggles receiving gift cards for gas and food granted me the opportunity to endure with a smile and a sense of relief."

We are excited to say that she is back working as a surgical technician for a local hospital system – now able to once again serve with care and help our community in need.

This bridge was only possible because of YOU! Thank you for your love of people like Sabrina who needed a community to walk alongside her.



Sabrina lost her job during the pandemic. But because of you she had access to resources and the support she needed that helped her bridge the gap. Today she has a new job working as a surgical technician and will emerge stronger from this crisis.

Letter from the President

Now more than ever, we appreciate your support and prayers as we face the challenges of crises in society.



find a place of encouragement, support and community – no matter the circumstances.

I ask that you pray for us while we navigate constant change. And please know I am also praying for you.

R.S.

Robert S. Dendy Jr., MPH
President and CEO

Urgent + Ongoing Needs

Here's how you can help meet some of the greatest needs adults in our Group Homes are facing right now.

WISH LIST

- Personal written notes of encouragement
- Craft materials + supplies
- Scrapbooking materials + supplies
- Board games
- Outdoor yard games
- Wii games for dancing, bowling, active games
- Neck gaiters – much easier for adults to use than the typical face mask
- Personal hygiene kits with hand wipes, hand sanitizer, etc.

Gift Cards Needed:

- Restaurants for curbside pick-up special treat, birthday celebrations
- Craft Supplies - Michaels, Target, Walmart for craft supplies
- Entertainment + Games - Amazon, Netflix, Redbox, Barnes & Noble
- Personal Protective Equipment (PPE) - Visa, Mastercard, Home Depot, Lowes

Gifts cards will provide immediate support for adults with developmental disabilities in our group homes or will be 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 group opportunities, contact Mitzi at: mdooley@humankind.org

YOUR GIFT HAS FOREVER CHANGED LIVES.



Dakota welcomed her new baby during the coronavirus pandemic with a doula at her side. Thank you for making sure this first time mom had the support she needed and ensuring that she is not alone at this vulnerable time.

Hospitals were allowing Certified Birth Doulas to serve as an advocate for the birthing mother, but there was a barrier that remained. How would expectant mothers like Dakota afford to have this advocate with her?

"I was terrified. I had this vision of all of these people surrounding me and suddenly I realized I couldn't have that."

IN TIMES OF *Fear*
You answered the call and changed a life

After hospitals put restrictions in place due to the coronavirus pandemic, many pregnant women were forced to give birth without their full support systems. But you ensured that Dakota and other at-risk mothers were not alone.

Dakota got a call about a month before she gave birth saying her mother, friends and family couldn't be with her when she delivered to limit exposure to the coronavirus. Dakota shared, "I was terrified. I had this vision of all of these people surrounding me and suddenly I realized I couldn't have that".

But Dakota's HumanKind Healthy Families Support Worker knew there was an exception to this rule.

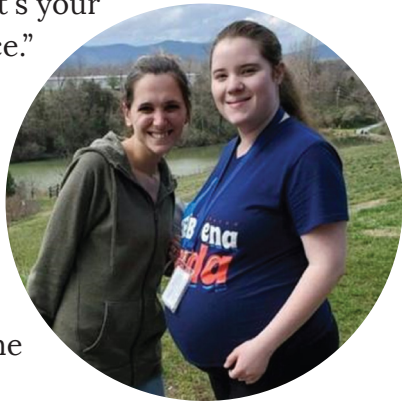
Thanks to you, Dakota had the support system to get the best start into motherhood. Your gift ensures other mothers like Dakota have the resources they desperately need during this time.

You stepped up, and you saved the day! You provided Dakota a Certified Birth Doula to stand at her side and advocate for her in the most vulnerable time of her life. Lauren Barnes, Program Manager of HumanKind's program, The Motherhood Collective, shared, "It is my strongest belief that women are innately able to care for their children and they deserve to have support from their entire community." This is what you provided.

Even after giving birth, Dakota had to self-isolate – at a time when new mothers need a support system most. Her doula and family support worker continued to be a lifeline and make sure she had someone to answer questions and offer guidance to a new mother isolated in a pandemic.

Dakota says her doula is forever a part of her family's story and made her feel more powerful as a mother. "My doula told me all of my options, she said, 'you can do this, it's your decision it's your choice.'"

Your generosity has forever changed the life of Dakota and other mothers like her. You provided the tools she needed to overcome this obstacle.



YOU CAN PROVIDE AND SO MUCH MORE *Safety*

Be a hero and protect a high risk adult.

Audrey is spending a lot of time at home during the coronavirus pandemic. As a part of the high risk group, she and her housemates are “safer at home”. Even under normal circumstances, many adults with developmental disabilities don’t adapt well to change. And this year has been anything but normal.

Being safe means not seeing her family, not going to day program, not going to church or attending any of her normal activities. Even though this is the safest place for her to be, there are increased needs for both physical and emotional support.

Every group home has an increased cleaning regimen sanitizing surfaces in the home and vehicles, enhanced handwashing procedures, and expanded requirements for Personal Protective Equipment (PPE) including face masks replaced more often.

It doesn’t cost a lot to make a meaningful difference. For just \$26 you can provide a safety box full of exactly what is needed to stay safe – hand soap, sanitizer, cleaning supplies and adaptable face masks.



Wearing masks is one of the most important ways to keep Audrey safe. But it is a trade-off because individuals like Audrey often gauge emotion from seeing facial

expressions of others. And right now this is not possible. Having an adaptable face covering in her safety box will dramatically improve the interactions she has with other people. They say a smile is worth a thousand words – and to Audrey it really is.

But the good news is that you can help! For just \$26 you can provide a safety box filled with \$110 worth of supplies for Audrey and her housemates to stay protected. Your gift will stretch so far combined with donations and the work of volunteers.

Write a note of encouragement for an adult in our group home on the enclosed note card and mail back with your gift! Your message will be shared with an individual letting them know they are not alone during this challenging time.



You can be a hero. For just \$26 you can give the comfort of safety as adults like Audrey wait in quarantine during the pandemic.

Please provide safety to keep at least one high risk adult protected!

Yes, I’ll help an adult stay safe during the coronavirus pandemic.

Here’s my special gift to provide safety for sanitizing, hand soap, cleaning supplies and adaptable masks.

- ☐ \$26, provides 1 safety box
- ☐ \$52, provides 2 safety boxes
- ☐ \$104, provides 4 safety boxes
- ☐ \$ _____, to provide as many safety boxes as possible.

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

*Give to
protect
today!*