

# Kind HEARTED

your gift changed lives

HumanKind  
June 2021



Saying  
**THANK YOU**  
could never be enough

BECAUSE OF YOU, CHRISTINA AND  
HER BABY ARE HEALTHY

**BECAUSE SHE HAD  
A DOULA OF COLOR  
BESIDE HER, SHE  
WAKES UP TO HER  
HEALTHY AND WHOLE  
BABY GIRL EVERY DAY.**

Christina was aware that Women of Color are three times more likely to die in childbirth, which is why she reached out to HumanKind's maternal health supports program, The Motherhood Collective. She had heard about the Birth in Color, LYH Doula Project on social media - which pairs Doulas of Color with pregnant Women of Color to help them achieve the healthiest births possible. A Doula is a coach, educator, and counselor all wrapped into one. They assist women during childbirth and are one of the most effective tools to reducing maternal mortality.

# YOU ARE MAKING A DIFFERENCE AND TRANSFORMING LIVES.

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As someone who battled depression and anxiety even before pregnancy, Christina knew she was going to have to work twenty times harder to advocate for herself as a Woman of Color in the maternity care system. “I think hospitals and doctors’ offices should be safe spaces.” She shared, “It shouldn’t be a battlefield.” With all that she knew and heard from other women of color, she was scared.

She knew she needed help. Christina applied for the opportunity to have free Doula Care. And she was amazed by the empowering and nurturing education and support she received! “[My Doula] didn’t just fill up space! She came to prenatal appointments, she supported me - she was like having a mom right there with me.”

Because of your generosity and support, Christina had a support system that walked this journey with her and gave her a safe, nurturing experience.

Her voice trembled as she shared her feelings because she had a Doula of Color in the delivery

She was not alone -- and because of you, Christina had a Doula of Color right beside her every step of the way.



Thanks to you, Christina had support to get the best care into motherhood. Pictured here with her husband, George, and Doula, Zel! Your gift ensures other mothers like Christina have the resources they desperately need. Photo credit: @chrissyhutch\_



Christina, George and big sister Naomi welcomed new baby girl Kyndall into their family. Thank you for making sure this mom had the support she needed to stay safe for her family and ensuring that she is not alone at this vulnerable time.

“The fact that a program like this exists, and good people are out in this world and their hearts are beating and they’re donating to make a change...it’s just a beautiful thing. Thank you just doesn’t suffice.”

room with her – she felt safe, she felt whole, and she felt heard. Now when she looks at her healthy baby girl, she wonders how can she pay-it-forward and help other women in her community have this same experience. What a blessing you are in her life.

Because of you, Christina is home with her baby and she’s experienced the love and care of a Doula - not only a Doula, but a Doula who looks like her. As she says, “that’s monumental, that’s big, that’s huge!”

You are the reason Christina was not alone during this vulnerable time. Today Christina is not only hopeful for the world she brought her daughter into, but she’s inspired to help other moms like her.

The Birth in Color, LYH Doula Project is a partnership between HumanKind and Birth in Color, RVA. For more information please visit: <https://www.themotherhoodcollective.org/birthincolorlyh>



## A Place for Love & Healing

BECAUSE OF YOU, MITCHELL GOT THE CARE AND LOVE HE NEEDED.

A baby boy just 5 weeks old was admitted to UVA hospital with a broken arm, a broken leg, a broken collarbone and a brain bleed. After it was determined his injuries were from abuse and neglect at home, it was apparent that he couldn’t go home from here. But where would he go? Mitchell would need of a lot of additional medical care through his recovery. HumanKind parents Alex and Maurice Jones didn’t even hesitate when the call came asking if they had room to care for a baby coming into foster care. They knew they had a role to play in his life and because of your generosity, they were prepared and able to answer the call.

“We all work as a team with foster parents – they are amazing. They are special people.” Adds Molly Gilbert,

His smile is because of you, and the safety you make possible through your support of HumanKind foster care. Because of you, children who have suffered abuse and neglect have a place they can count on to keep them safe and help them heal. Your support is the reason lives are transformed, and children are safe.

HumanKind Foster Care Caseworker. “This has been an unbelievably difficult time for all parents, but through it all these foster families are still opening their homes, opening their hearts and taking in kids who need a home.”

The Jones’ brought baby Mitchell home May of 2020, and because of you they were equipped with a first night backpack customized to his immediate needs. Formula, bottles, diapers, wipes, pajamas and even a stuffed animal to help out those first few nights.

And what a help because those first few weeks they had to focus on how to care for Mitchell with his leg harness and what kind of follow up appointments were needed for treatment. The Jones’ made several trips back and forth to UVA for multiple appoints. They were committed to making sure he received the care and attention he needed to recover from his injuries.

With several of his care team focusing on Mitchell’s treatment, the rest of his team could think through the best place for him to call home. After parental rights were terminated, Mitchell’s great-grandmother worked with his care team to establish full custody. As a new year was beginning, he would have a loving and safe home where he could grow up.

What a blessing you have been to Mitchell and to the foster family who were there in his time of need – thank you for the good you make possible.

Because of you Mitchell had a foster family and safe home ready to meet his unique needs and help him heal.

# URGENT + ONGOING NEEDS IN FOSTER CARE

Children are removed from their families every day because of abuse or neglect. Help ensure every child has a first night backpack when they come into care. You can donate items from the most needed list below.



## ITEMS MOST NEEDED

All donated items must be new.

- Backpacks or duffle bags
- Clothes: we accept all sizes, male and female
- Baby items: diapers, wipes
- Pajamas
- Blanket
- Stuffed animals
- Coloring books and crayons
- Toothpaste and toothbrush
- Shampoo and conditioner
- Soap/body wash
- Deodorant
- Feminine products



## DONATION MAIL-IN OR DROP-OFFS

HumanKind Main Campus | 150 Linden Avenue,  
Lynchburg VA 24503

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

To coordinate a group collection,  
please contact Mitzi Dooley at: [mdooley@humankind.org](mailto:mdooley@humankind.org)



## Letter from the President



THANK YOU FOR  
INVESTING IN THE  
EMPOWERMENT  
OF OTHERS  
WITH HOPE,  
EDUCATION AND  
NURTURING  
SUPPORT.

Robert S. Dendy Jr., MPH  
President and CEO

Regardless of whether someone is young or old, hope restores the soul. Hope is a powerful thing.

When you give someone the tools to provide a better life for their family, access to and a coach for resources to overcome obstacles, training for a foster family so they can be a home for a child who needs stability, and a trained doula who can educate and empower a mother of color – you

give them hope for a better tomorrow. You change lives for generations to come.

Thank you for your faithful support of the mission of HumanKind. Because of you, hope is available to everyone who reaches out to us in need.

In this issue, you heard Christina's testimony of how The Birth in Color, LYH Doula Project, a collaboration between Birth In Color, RVA and The Motherhood Collective, gave her confidence and empowered her to achieve the safe birth of her daughter – and how she is now helping other moms have the same experience.

Every day I see the impact of your giving the power of your prayers and the blessing in your trust in this mission. I am overwhelmed with gratitude for the life-changing work you make possible.

# THANK YOU FOR CHANGING LIVES



Outdoor activities have been part of Marc and his family's greatest joy. Strawberry picking season is a favorite. Thank you for helping foster children like Marc and supporting families to provide safe, secure environments to build stability and give them a forever home.

## Finding Home

YOU'RE THE REASON MARC HAS A  
LOVING HOME.

More than eight placements in just thirteen years. Hard for a child to have a healthy attachment to anyone or anything when home isn't stable and constant. Marc had all but given up on finding a forever home; and who could blame him after bouncing around foster care and institutions from infancy. But you ensured there was hope. Because of your generosity, when Marc came into transitional care in May of 2020 HumanKind had a placement that fit him just right. And the real blessing was -- it was an adoptive placement who offered him a sense of permanency for the first time in his life.

Tyler Costello has been a single foster parent for a number of years and knows the hard work it takes to help children like Marc living in foster care. Taking in a transitional placement is a long process, but Mr. Costello was committed to easing Marc into this placement hoping it could be his forever home. There were several in-person visits at the residential

facility, therapy sessions with the treatment team, day long visits in a new environment and finally some overnight stays to ensure it is the best fit for Marc.

Since transitioning into Mr. Costello's home Marc has had no additional hospitalizations, has stabilized on his medications, and he's dedicated to his outpatient therapy and in-home family services. He has gained stability and routine in his life. He even likes school and has become an excellent student in recent months. "It just goes to show what stability can do for a child", shares his caseworker Molly.

Knowing that this placement is adoptive, has allowed him to settle into what life could be like in a forever home. As a family, they took advantage of pandemic times embracing all the outdoors has to offer. From strawberry picking, to spending time on local trails, to kayaking and securing the perfect pumpkin – family time has become front and center. They also engage with other foster families who spend time together actively supporting one another.

Marc has just celebrated his one year anniversary in this placement and plans are in place for this home to become permanent, just in time for summer.



Because of you, Marc found a place to call home, and know the love of a family.

What a gift you have provided Marc – a home to call his own.

# You Can Save a Life

YOUR GIFT WILL HELP A MOM BEFORE, DURING AND AFTER HER CHILD IS BORN.

Almost every day, there is a new cry for help – a woman reaching out anxiously trying to prepare to give birth. She wants a better birthing experience and start in life for her baby than women before her – but she doesn't have a support system in place, and she is afraid she will be alone without someone advocating for her and her baby through delivery and after.

This email from Kalisa came just this week, "I am nervous about giving birth. I wish I could have a support person to educate and help me make informed decisions. One who truly cares about what is best for my baby and me."

Kalisa knows that Women of Color in our community are 3 TIMES MORE LIKELY to die from pregnancy complications. And because of this she wants to know the best foods to eat while pregnant, the warning signs of preeclampsia, how to advocate for herself during childbirth, how to breastfeed, and how to find resources for postpartum depression.



For Kalisa, one hour with a Doula can help with all these things.

A Doula is a coach, educator, and counselor all wrapped into one. They are trained to help

women achieve the healthiest births possible! But there's more – in order for Kalisa to feel truly safe she needs a Doula that looks like her – someone who shares her cultural experience.

Kalisa and other women like her want this same type of care and you can help. For just \$31.25 you can provide one whole hour of one-on-one care by a well-trained Doula of Color.

Her biggest fear is becoming a statistic and dying during childbirth. But you can make sure she is safe! You can give Kalisa one-on-one time with a Doula!

And it's not just Kalisa. Moms like her email me weekly requesting help because they are scared to give birth. Your support is critical in meeting their needs. These mothers cannot do this without you.

Please send in a gift today to an expectant mother like Kalisa to have a well-trained Doula of Color by her side every step of the way bringing a new life into the world.

**For \$31.25 you can provide one whole hour of one-on-one care today.**

**Yes, I'll help an expectant mom who anxious and needs support for a safe delivery!**

Here's my special gift to provide help for care by a well-trained Doula of Color and support the good work of HumanKind.

- \$31.25 will provide a 1 hour prenatal visit by a Doula of Color
- \$62.50 will provide a 2 hour prenatal visit by a Doula of Color
- \$250.00 will provide labor & delivery care by a Doula of Color
- \$ \_\_\_\_\_, to provide as many as many hours of care as possible.

To give faster, please give online today: [humankind.org/moms](http://humankind.org/moms)

*Give to help a mom today!*