

Did you know that puzzles and word searches can actually help your mental health by alleviating stress? See if you can find the six words hidden in the picture below.



Live music by:
The Eric Congdon
Trio and The Mojo
Bros Band

10th annual BIDS & BLUES

DATE: OCTOBER 11, 2021
TIME: 5:00PM - 8:00PM
VENUE: POINT LOOKOUT VINEYARDS

Food from NOSH Catering and wine from Point Lookout Vineyards

Bid on silent auction items or enter raffle to win \$250 worth of restaurant gift cards!

Event Tickets \$50

Purchase tickets at www.thrive4health.org



Support Thrive Today

1. Become a DreamBuilder. This means you give a monthly gift to Thrive of any level. It could be \$5 a month or \$500 a month. The amount is up to you, but it helps us so much to have regular donations we can count on each month. Give at www.thrive4health.org and click the box that says "Make a recurring donation." That's all you have to do - your card will be charged on the same day each month.

2. Give a donation to Thrive in your will or estate plan. There are many options when it comes to bequests, so talk to your financial planner about including Thrive in your estate plan.

3. Use Amazon Smile when you shop online. Go to smile.amazon.com and search for Sixth Avenue Psychiatric Rehabilitation Partners, inc dba Thrive. Once you select our organization, you can just go to smile.amazon.com any time you are ordering from Amazon and Thrive will receive a percentage of the sale price.

thrive

August 2021
Quarterly Newsletter

moving people from surviving to thriving

Thank you for giving!

Back in 2019, Thrive's Executive Director, Kristen Martin, came into my office one day and said, "You know what I want to do someday? I want to get rid of all the old mismatched furniture at the Clubhouse and replace it with all new items that are easy to wipe clean. Can you keep that on your mind as you look for grants in the future?" At the time, Kristen and I both knew it was just a pipe dream. We knew it would be very costly to replace every piece of furniture in the 9-room Clubhouse location. Nevertheless, I decided to get a few furniture quotes in early 2020 and see if we could raise the money. The quotes came in at a whopping \$38,000 and then the COVID shutdown happened and furniture became an even less pressing need when there were so many other things happening. Late in 2020, though, we decided to bring this idea to fruition. We knew that having easy-to-clean furniture was actually really important in the midst of a pandemic. We also knew that it was time for our Clubhouse members and staff to have a better-looking space. So, we began the capital campaign to raise \$38,000 for our Clubhouse Furniture Fund in November of 2020.

Thrive is so excited to share that we have EXCEEDED our goal by raising over \$40,000 for the Clubhouse Furniture Fund! We want to say THANK YOU to all of you who donated to this fund - the furniture has officially been ordered and is on its way! We will host an open house at the Clubhouse so that everyone can come see the refreshed

space once we get all of the new furniture in place. Look for an invitation by email and on social media in the coming months. Many individuals and organizations donated to the Clubhouse Furniture Fund and we want to say thank for you to the 112 individuals who gave to Thrive directly or through Facebook fundraisers. We could not have met this goal without your gifts!

Thrive wants to say a special thank you to the Community Foundation of Henderson County for awarding a grant of \$15,000, Pardee UNC Healthcare for donating \$5,000, the WNC Bridge Foundation for awarding 2 grants totaling over \$7,500, and the Frangesh Family for their multiple generous donations to this fund. Thrive also wants to thank First Congregational Church, Grace Lutheran Church, St. James Episcopal Church, and Atha Plaza for contributing to the Clubhouse Furniture Fund. Thank you all for making this dream become a reality for the Clubhouse Members!

Sincerely,
Tracey Gruver
Development &
Communications Director



Meet Taylor

Thrive Staff

Q: What did you do before you started working at the Clubhouse?

A: I was an Employment Specialist for a vocational program. I assisted individuals with varying disabilities, to gain and retain employment. Before that, I worked for the same company in their group homes. I was a House Manager and I assisted individuals with Autism and Intellectual Disabilities with daily living skills and money management. I also supervised a group of direct care staff members.



Q: Why did you want to work at Thrive?

A: I wanted to work at Thrive, because when I researched the company, I learned about the programs and thought that it would be great experience for me. In addition, I was looking to gain knowledge and experience with individuals that have mental illnesses.

Q: What is your favorite thing about your job here at Thrive?

A: I love my job so much it is difficult to pick out just one favorite! If I had to choose a favorite thing that I do, it would have to be working directly with each member. I love working with the members to come up with different tools or strategies to help them work through struggles that they may be having, or tools that make things easier for them.

Q: What do you like to do in your free time?

A: In my free time I enjoy spending time with my family! I have a husband, a little girl, and two big dogs! They are my world and I spend all my free time with them.

GOOD NEWS FROM

thrive

Anyone who watches the news or reads Thrive's emails and Facebook posts knows that there is almost no available housing in our region for people experiencing homelessness. Thrive Housing Staff have been working non-stop to contact area landlords and make sure that Thrive is the first to know when something becomes available. Even though there is a severe shortage, our hard work has been paying off - [Thrive rehoused three households on July 1, 2021. That's a great day!](#) Read on for some happy stories of our adventures in housing.

One of our clients found a possible apartment and reached out to the landlord on June 30 to schedule a walkthrough. She set foot in the apartment at 3:00pm, and just twenty-four hours later, her new lease was signed and she got keys to her place. [Isn't that great news?](#)

A single mother and her two children moved into their own place July 1 and Thrive provided them with three brand new mattresses, box springs, and bed frames. [Just think how wonderful it was for that mother and her children to go from homeless to having three brand new, comfortable beds to sleep in!](#) **This mother has a wish list if you'd like to contribute new or gently used items including an area rug, bathmat, can opener, and two living room lamps.*

A single mother without transportation moved into housing through Thrive's Housing Program in June. Soon after moving in, she spoke with her Case Manager at Thrive and expressed that the nearest place she could get a job was 2.5 miles away and she didn't have a vehicle. She and the Case Manager agreed that maybe a bicycle could be the answer, so they started checking to see if any organizations in the area had a bicycle for her. Meanwhile, unbeknownst to the client or her Case Manager, the woman's landlord already knew that she was struggling to get to work. The landlord picked up a bicycle from storage and delivered it to the client. [Isn't that a wonderful act of kindness?](#)

These are the kind of stories that just warm my heart and I hope they have inspired you today, too! Get out there and do something great today!

Local Restaurant Helps Homeless

If you ask any Hendersonville native where they should go for a great sandwich at a great price in the Downtown area, they will probably tell you Three Chopt Sandwich Shoppe. What they might neglect to tell you is that the owner, Matthew Rogers, has been quietly helping the community for many years.

Thrive's Executive Director, Kristen Martin, met with Matthew recently to discuss using some grant funds from Thrive to help feed Thrive clients in Downtown Hendersonville. Kristen discovered in speaking with Matthew, that he often gives away meals to some of our neighbors experiencing homelessness, and Matthew was totally on board with the plan.

Kristen and Matthew came to an agreement. Using \$1,500 Thrive received from a local grant fund to help people experiencing homelessness in Hendersonville, Three Chopt will provide 150 meals for people in need. The deal is that any of Thrive's clients experiencing homelessness can go into Three Chopt and order anything from the menu at no cost to them. All they have to do is tell Matthew they are a Thrive client and he will fill the order. They discussed creating vouchers for the clients to give when placing an order, but Matthew insisted that he wanted this to be low-barrier for Thrive clients. He didn't want them to have to worry about losing a voucher, and he didn't restrict the menu options, either. He was clear that clients should be able to choose what they wanted to eat, regardless of price difference. Some people may not realize how important it is for people experiencing

homelessness to make choices as simple as what kind of sandwich they would like. Think about it – when someone visits a food pantry or a soup kitchen, do they usually have options? No, they usually get whatever is being served, and often they are told “beggars can't be choosers.” We realize it's very difficult to give people options when your goal is just to feed as many

as possible with limited resources, so we can not say thank you enough to Matthew Rogers and the staff at Three Chopt Sandwich Shoppe for being so generous and so flexible with this program. Thank you for agreeing to help our neighbors experiencing homelessness to have such a great experience!



Matthew Rogers-Owner of Three Chopt Sandwich Shoppe
103 3rd Ave E Hendersonville, NC 28792