

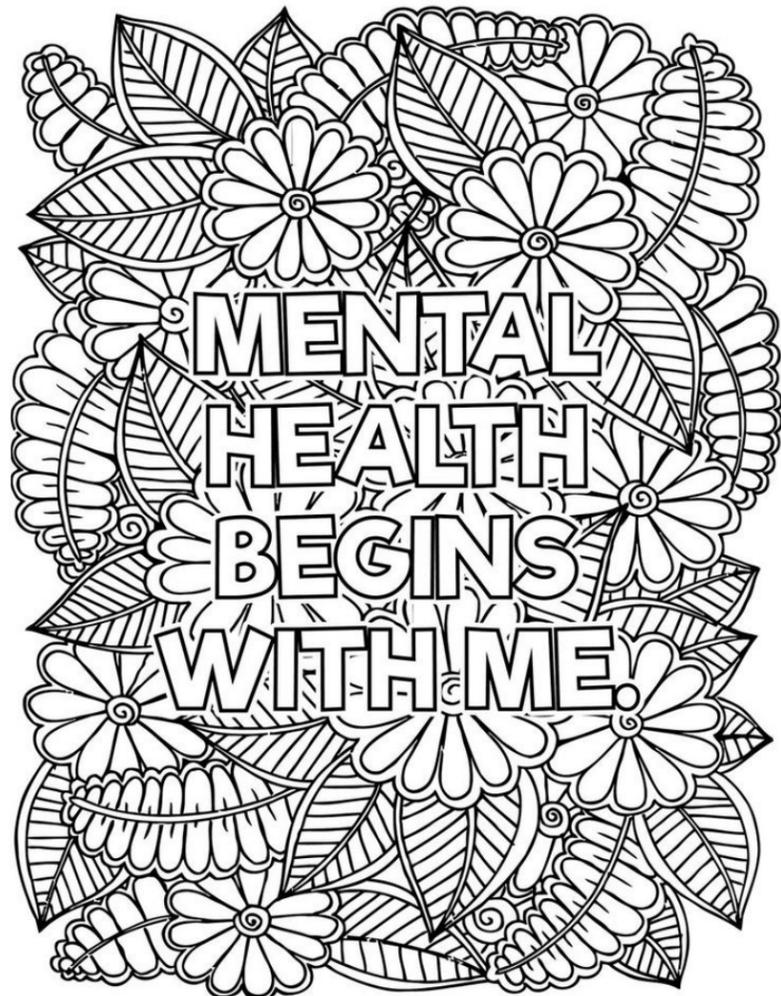
What is a DreamBuilder?
 It's someone who donates to Thrive each month. When you sign up to be a DreamBuilder, you decide how much you would like to give. You could give \$5 a month, \$20 a month, \$100 a month, whatever makes sense for you and your budget. Your DreamBuilder donations each month allow Thrive to have consistent, predictable income, which allows us to budget more effectively and prepare for the future! And those gifts really add up – just \$10 a month adds up to \$120 by the end of the year. Plus, every DreamBuilder gets some pretty cool perks including a free ticket to Bids & Blues, a DreamBuilder sticker, and an exclusive monthly email message. Scan the QR Code to make a donation and just check the box to make it a recurring donation.



Support Thrive Today

Meet Dona Thrive Staff

- Q**: What did you do before Thrive?
A: Before working for Thrive, I worked for The Salvation Army and a homeless shelter in Asheville.
- Q**: Why did you want to work at Thrive?
A: No more I 26! Close to home. Now, it's all about the members.
- Q**: What is your favorite thing about your job here at Thrive?
A: Staff and members.
- Q**: What do you like to do in your free time?
A: Play with my dogs, watch football, and bake.



thrive

February
 March
 April
 Quarterly Newsletter
 2023

moving people from surviving to thriving

Volunteers Needed for Let Love Brew!

Thrive's annual afternoon tea fundraiser, Let Love Brew, is coming up on Saturday, May 13, 2023. We need volunteers to help out with

this event. We need people to help with setting tables that day, making tea throughout the event, serving tea and food, and cleaning up after the

event. If you would like to help with Let Love Brew, send Tracey an email at tgruver@thrive4health.org or call 828-231-2548. Hope to see you there!

Save The Date
May 13, 2023
 Watch for ticket sales in March!

LET LOVE BREW
 Sponsored by:

Your MVP for Heating, Air, Electrical & Plumbing



GOOD NEWS FROM

thrive

Rene's Story

Rene lives with grandparents and was isolated from her peers before she started attending the Clubhouse. She enjoyed helping her grandparents around the house with cleaning and daily tasks, but she also missed having friends to socialize with.

Rene started attending the Clubhouse twice a week and immediately made friends. Staff members say that Rene is very active on the Clubhouse units. She is helpful in completing daily tasks and has learned most of the unit tasks. Rene says her favorite tasks to do at the Clubhouse are helping to prepare lunch or running the snack bar.



While Rene enjoys doing work at the Clubhouse, what she really loves are the social activities. Clubhouse staff offer an evening or weekend social activity at least twice a month – they may go shopping at the mall, go see a play, or attend a softball game where members are playing. Rene says she loves to go bowling and to the swimming pool most of all.

Rene could not say enough about the relationships she has built at the Clubhouse. When asked why she would recommend the Clubhouse, she said, “To make friends.” It’s clear that the Clubhouse has given Rene all of the socialization she was missing.

One way that Clubhouse staff have helped Rene is by encouraging her to set goals for the future. Rene says she wants to get a job working with children at a daycare or preschool, and she wants to volunteer at an animal shelter. Rene’s biggest goal, though, is to live independently. She says Clubhouse staff have been helping her get ready to live on her own by making sure that she knows how to cook, clean, and do laundry, as well as take good care of herself.

Rene is well on her way to independent living, and she enjoys spending lots of time with her friends. This is just one example of how the Clubhouse can improve the quality of life for our members. Having goals and enjoying life are essential and we are glad that Rene is thriving!



In honor of Black History Month, Thrive says thank you to Dr. Mamie Phipps Clark and Dr. Kenneth Bancroft Clark for their ground-breaking work in the field of Psychology. While they are best known for their famous “Doll Study,” both Mamie and Kenneth positively impacted mental health in many ways. Go to mhanational.org/black-pioneers-mental-health to read more about them.

MORE GOOD NEWS FROM THRIVE!

Thrive received an extremely generous anonymous donation in December and the donor had just one request: use the funds to help people right here in our community to maintain their housing. Using this donation, Thrive staff got right down to business. They reached out to other agencies as well as landlords and property managers to find out who in our community was in danger of losing housing. The staff made a list and vetted all the households. Once it was confirmed that these households needed our help, Thrive ED Kristen Martin put on her Santa hat and started sending out checks. With this anonymous donation, Thrive was able to help keep 162

households from losing their housing this Holiday season! Kristen said that this was the most joyous Holiday season she has ever experienced because every day she was able to call people and tell them that their rent or mortgage payments were caught up and they would not be losing their homes. She witnessed countless tears of joy; many households assisted by this fund included teachers and first responders who have struggled with rising housing costs in our area. Thrive staff are so thankful for this extremely generous donation, and we are so grateful that people in our community care so much about the welfare of others.

2nd Annual Jose's Lookin' Good Showcase



April 2, 2023

5:00pm

At Continuum Art

Purchase tickets to see Paleface with opener, Chris Smith, and proceeds will be donated to Thrive!

Tickets on sale now:

www.eventbrite.com/e/joses-2nd-annual-lookin-good-showcase-featuring-paleface-tickets-512046433667