

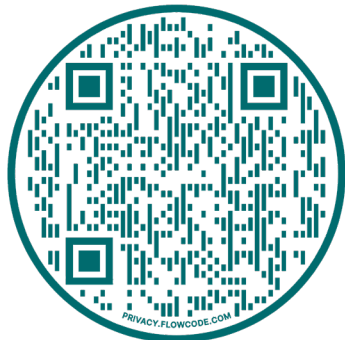
thrive

moving people from surviving to thriving

DREAMBUILDERS



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.

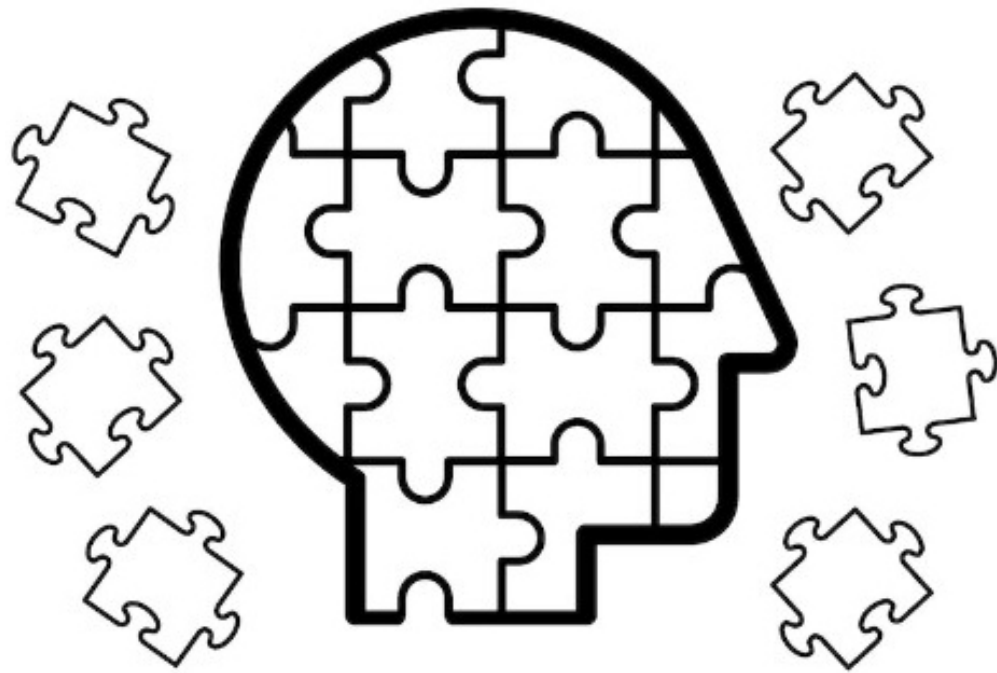


Support Thrive Today

Hendersonville Printing Company graphic design

Pieces of Me

OUR PERSONALITIES ARE NOT BLACK AND WHITE. WE ALL HAVE VARIOUS DIFFERENT PARTS OF US THAT MAKE UP WHO WE ARE. WHAT MAKES UP WHO YOU ARE? WRITE THE DIFFERENT PIECES OF YOURSELF ON THE PUZZLE PIECES BELOW.



- WHAT PARTS OF YOUR PERSONALITY ARE YOU MOST PROUD OF?
- ARE THERE ANY PARTS OF YOU YOU WISH YOU COULD CHANGE?
- ARE THERE PARTS OF YOUR PERSONALITY THAT CONFLICT WITH EACH OTHER?
- WHAT PERSONALITY TRAITS DO YOU VALUE IN YOURSELF/OTHERS?

United Way Day of Caring



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Aug Sept Oct
Quarterly Newsletter
2023

The Clubhouse Celebrates 40 Years

We are so thankful to all of you who have provided financial support to the Clubhouse for all of these years. We could not do it without your help!

We are so happy that the Clubhouse has been providing top-notch mental health services for our members since 1983. And this year we also celebrate that our Clubhouse Director, Adam Olenik, has been at Thrive for 10 years! We are very grateful to have Adam in this role; he is calm, caring, and dedicated to our Clubhouse members. At the Clubhouse, members work beside staff to improve job skills, relationship skills, and even how to live independently. Clubhouse staff encourage members to learn important things like how to cook or how to make a budget. If you have not been to the Clubhouse, we invite you to schedule a tour by emailing aolenik@thrive4health.org.



Thrive needs several items at this time. Can you help by donating?

- Bottled water
- Protein shakes
- Protein bars
- All-purpose cleaner
- Laundry baskets
- Bath/Kitchen Towel Sets
- Sheets
- Blankets
- Travel-sized toiletries

GOOD NEWS FROM thrive

Margie's Story

Margie was the full-time caregiver for her elderly mother. Margie is married, but her husband can't work due to a disability for which he has never been approved for Disability income. Margie and her mother bought a house and with their combined income, and they were able to afford the payments until Margie's mother passed away in 2019. Margie worked with the lender to refinance the home. Unfortunately, the payments did not go down enough, and Margie got behind on the mortgage.

Eventually, the house went into foreclosure and Margie and her husband found themselves having to move in with another family member. The two families shared a home briefly, but Margie said it was very difficult with two families in the house. She and her husband ended up camping in their car and trying to make do outside. She says that often they had a hard time finding a place to shower and that made it so hard to keep clean. Margie says that during this time in her life, she was "living on nothing but stress."

Margie visited all the different housing agencies in town and got on the waitlists. She says she did a whole lot of paperwork, but she is thankful she did, because Thrive was able to help her! Once Margie got word that she was at the top of the housing waitlist, she worked with her Thrive Case Manager to find housing. This process took some time and she had to apply for housing at several different places, but eventually she and her husband were approved. They moved into a home last January just before it snowed!

Margie says that her Thrive Case Manager has helped her in many ways. She does little things like bringing care packages with items like socks or underwear, and bigger things like helping Margie move into her home and providing her with many housing necessities like furniture. Her Case Manager has delivered food boxes from area food pantries to help her make ends meet since SNAP benefits were cut when the COVID emergency was ended.

Margie says the most important thing that all Thrive staff have done is to treat her with real kindness. "I'd never been in this situation before and they were very kind to me. I didn't feel like I was ever looked down upon." Margie said that it was frightening to experience the loss of her home and no longer have a place to live. She often felt bad about herself when she was experiencing homelessness, so it was so nice to be treated well by the staff she worked with at Thrive.

I asked Margie her favorite thing about being in her new home and she said, "I have time for flowers! Flowers have always been my stress relief and I'm so glad to have the space for them again." We are so happy for Margie and so glad that our staff was able to help her get back to a happy place!

members at the event. It's also a great time for people to come and learn more about Thrive. People who already support Thrive's work of moving people from surviving to thriving can learn more about the programs, and they can invite friends who have not yet heard about the mission. If you would like to sponsor the event, or purchase tickets, you can find more information at www.thrive4health.org/welcome/bids-blues/.

12TH ANNUAL BIDS & BLUES

12th Annual Bids & Blues fundraiser is coming up!

October 16. Bids & Blues is Thrive's biggest annual fundraiser; last year, we were able to raise \$50,000 for our organization! The theme of this fundraiser is Bids & Blues because Thrive is a mental health organization and the staff and board members wanted to highlight the history of blues music as a tool people use to express their feelings when they experience depression. At Bids & Blues, we listen to live blues music and eat a delicious dinner, while attendees participate in a silent auction to raise funds for Thrive's programs: The Clubhouse, Housing Case Management, and Representative Payee Services. Bids & Blues is a great opportunity for local businesses to get exposure and marketing by sponsoring the event; business owners can network with 150+ community

Meet our new Executive Director Chris Parker.

Dear Friends of Thrive, I want to take a moment to introduce myself as the new Executive Director of Thrive. Before I tell you more



about me, it is important to me to thank you for your generous support of our clients. Without donors like you, Thrive does not exist. What that means in the real world is someone remains unhoused or living in unsafe conditions. Without Thrive, the most vulnerable members of our community will not receive the support, socialization and skill development they want and need to help prevent deterioration in their mental health. Without services, many of our Clubhouse members could stop taking care of themselves and end up in crisis. Our mission matters! My background is in mental health, and I have been a therapist for almost 30 years. For the last 20-plus

years I have managed programs and supervised people. I was the director at a small non-profit mental health center in west central Illinois prior to my wife and I's move to Western North Carolina. We have a small dog, Wrigley, that rounds out our family. I am looking forward to exploring all the outdoors that Western North Carolina has to offer. I have been told I am kind of a foodie, so I would love to hear of your favorite place to eat in the area.

Thank you again for your support of Thrive; I'm looking forward to learning more about why you care about our mission and our clients. Thank you,

Chris Parker, LCPC

Head down to Sherman's on Main St. to take a photo of our gorgeous bear, Thriving in the Garden. You can bid on this beauty at the Bearfootin' Bear Auction on October 21.

