



If you're looking for a way to make an even bigger impact in the community, consider becoming a DreamBuilder! This means you give a monthly gift to Thrive of any level. It could be anywhere from \$5 a month to \$500 a month and beyond! The amount is completely up to you. It is so helpful to have steady donations each month that we know we can count on to help all of the people in our programs. Give at [www.thrive4health.org](http://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.



*Support Thrive Today*

Did you know that doing activities like word searches can help reduce stress and anxiety? See if you can find all of these mental health words!

R	F	I	I	O	A	C	D	E	Y	L	A	O	H
I	S	I	O	I	L	T	T	S	T	E	A	T	T
P	O	S	F	F	A	T	F	C	E	O	S	H	R
N	F	S	R	A	R	R	E	M	I	O	U	P	O
H	P	S	D	E	Y	T	N	S	X	R	A	H	P
T	E	S	N	O	M	H	P	S	N	M	R	E	P
L	C	A	L	M	O	T	A	S	A	H	T	R	U
B	E	F	L	D	T	M	E	E	I	H	B	T	S
R	E	G	D	T	O	G	R	P	E	N	O	R	E
E	E	E	S	T	H	H	O	G	Y	P	E	G	T
A	I	H	H	F	A	I	T	H	L	H	E	R	S
T	R	S	S	E	R	T	S	O	S	I	O	L	E
H	P	C	O	I	R	L	G	P	A	E	A	A	H
E	H	Y	A	A	A	F	E	E	L	I	N	G	S

**HEALTH**  
**ANXIETY**  
**FAITH**  
**STRESS**

**CALM**  
**HOPE**  
**MOOD**  
**FEELINGS**

**SUPPORT**  
**BREATHE**

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*Nov Dec Jan*  
*Quarterly Newsletter*  
*2023\*2024*

*moving people from surviving to thriving*

**Thank you to everyone who helped to make our 12<sup>th</sup> Annual Bids & Blues fundraiser a success!**

It was so uplifting to see so many members of our community get together at Point Lookout Vinyards for such a great cause! Stay tuned to our website and social media for the announcement of our grand fundraising total for this year. We are so grateful for all our attendees, sponsors, and volunteers! We can't wait to see what next year's event brings!



# GOOD NEWS FROM thrive

*David's Story*

David is a client in Thrive's Payee Program; this program helps David to manage his money, something he struggles to do on his own. His Thrive Financial Case Manager receives David's Social Security Income and pays his bills on his behalf each month, so David can rest assured that his bills are all paid on time. The staff then works with David to determine what to do with any leftover funds. They make a budget so that he can save for future purchases, and he can have some spending money each week. David feels peace of mind knowing that he doesn't have to worry about these bills anymore.

Thrive's Financial Case Manager speaks to David each week when he stops by the office to pick up his check, and they noticed at one point that David was talking often about the anxiety he was feeling when he was at home alone. David lives on his own and with the pandemic, he doesn't get a lot of socialization. This was compounded when David

made the decision to stop driving after a car accident that caused him to feel even more anxiety. When the Financial Case manager noticed the changes in David, she referred him to another of Thrive's programs, The Clubhouse.

The Clubhouse is a day program for adults with severe mental illness. It turned out that David is a good candidate for Clubhouse services. David began attending the Clubhouse a few days a week, and it has really helped him to manage his anxiety. He talks often about the fact that having a "work-ordered day" like the one Clubhouse members follow, gives him purpose and helps him to feel better, both mentally and physically.

David says that one great perk at the Clubhouse is that Thrive provides transportation, not just to and from the Clubhouse, but also out in the community for weekly errands. With the help of Clubhouse staff, David is now able to get a ride so he can pick up groceries, get books at the library, and do his banking. The Clubhouse provides David with rides to all of these places, so he does not have to drive at all anymore. David says this is extremely helpful to him; it helps with his anxiety, but also saves him money in his extremely limited budget.

David also says that he feels like the Clubhouse is more than just a place to go. David says that the people at the Clubhouse have become like his family. He looks forward to going every time and he enjoys spending time with his friends and the staff. This program has been life-changing for David, and he may not have been referred to this service without the Financial Case Manager who noticed that David had this need. We are so thankful to have a case manager who can really get to know clients like David and ensure that all of their needs are being met.

to support our Giving Tuesday campaign but can't give financially this year, we'll be accepting grocery donations for our members at the Open House on November 28th! Visit [thrive4health.org](http://thrive4health.org) to learn more.

## Join us for an Open House!

Keep the fun of Giving Tuesday going by joining us for our Clubhouse Open House! Drop in anytime between 12PM and 6PM on Tuesday, November 28th to get a tour of the Clubhouse, meet staff, and see the impact that your support has for our members! We can't wait to see you there!

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## New Faces at Thrive; Thrive has gone through some exciting changes since our last newsletter! The last few months have brought some amazing new members to the Thrive team! Read on to learn more about our new staff members.



Elisha Gerholdt is a new Permanent Supportive Housing Case Manager at Thrive! She has relocated to Saluda from Falconer, NY over the summer to live near her

first and only grandchild. Elisha enjoys hiking, camping, and quiet times at home with her cats. She has been working in the Housing and Support services field for 17 years.



Linda Carter is a new Housing Case Manager at Thrive! She is originally from Asheville, NC and has spent several years working in mental health and in property management, obtaining a real

estate license. She has lived all over the south including Alabama, Virginia, Tennessee, and, most recently, Asheville where she raised her two children. She moved to Hendersonville in April of 2022. She has a cat and a dog, and she enjoys gardening, music, travel, and spending time with friends and family.



Melissa Fundukian has been working in the housing and case management field since 2011 for people with both SPMI and developmental disabilities. She is married to an amazing man, has two adult kids, and a crabby dog. She recently relocated from Michigan although she did live in Charlotte back in the 90's for a bit. She loves to garden and is looking forward spending time in nature and hiking as much as she can.



Krissey Browder Masotti is the new Development and Communications Director here at Thrive! After working up and down the east coast in marketing for theatres, she and her husband decided to settle down in the beautiful mountains of North Carolina. She fell in love with Thrive's mission, supporters, and team. She considers herself extremely lucky to be a part of Thrive's story.

# GIVING TUESDAY

#GivingTuesday is a day for giving to the causes you care about. Giving Tuesday always falls on the Tuesday after Thanksgiving, making November 28th the big day this year!

This Giving Tuesday we're kicking off a special campaign to reduce or eliminate the cost of Clubhouse meals for our members! With the rising cost of groceries, it's getting more and more difficult to keep meal costs low. Our goal this year is to raise \$7,560, or the cost of an entire year's worth of meals, for our Clubhouse. If you'd like