

CLUBHOUSE ART THERAPY GROUP

A C r e a t i v e O u t l e t

Thanks to a grant from the First United Methodist Church, the Clubhouse was able to revamp its art therapy group! Clubhouse Generalist Abigail Buckman leads the group. When asked about the goals of the activities, Abigail said, “We are exploring themes of meditation, self-esteem, and reflection through art journaling and crafting together.” Once a week, members get together to draw, paint, sketch, collage, and more, letting their creativity run free. “My favorite part of connecting with members is to see their expressive side and watch them tap into their creative and problem-solving skills,” Abigail says. From art journaling to painting on canvas to sculpting with clay, we can’t wait to see what our members create next!



Hope in the Wake of Hurricane Helene

When Hurricane Helene swept through Western North Carolina, it left in its wake a trail of destruction and disruption. However, it also revealed the extraordinary resilience and dedication of our community, our organization, and our staff. We want to take a moment to thank some people who have been working hard as we work to recover from the storm.

Thank You to Our Staff

In the immediate aftermath of the storm, Clubhouse staff were able to get out and ensure that members had food, water, medications, and other necessities. They were also able to provide human connection to members.

Research has shown that social isolation and loneliness can increase the risk of depression, anxiety, and cognitive decline. One of the many benefits of the Clubhouse is its ability to provide community and social interaction for our members. When the Clubhouse cannot open, that sense of community is taken away, leaving our members in danger of

symptoms worsening. By offering companionship and emotional support, staff members addressed not only physical needs but also the vital aspect of mental well-being during this challenging time.

Many employees on our Housing Team reported to work despite

house and no utilities, our Housing Director made reaching out to check on our staff and clients a priority. Our Clubhouse Director did this as well, ensuring that our Clubhouse staff and members were safe and accounted for. Even though many were unable to physically travel into town, our

Housing Case Managers worked hard in the first week to locate our housing clients and ensure that they had access to all the resources that they needed.

Thank You to Our Community

What stands out the most to us in the weeks following Hurricane Helene is the generosity and love coming from our community.

Day one of the office being open we received a large donation of sleeping bags, clothes, and emergency supplies from Sonya Penland and the BMX community. These supplies have been vital in providing the care our clients need as the weather starts to get colder.

Thanks to the generosity of the



lacking basic amenities like water and electricity in their own homes. Our Administrative Services Director, unable to leave her driveway due to storm damage, arranged alternative transportation in our first week back in the office to ensure our Representative Payee clients could receive their payments on time. Despite trees having fallen on her

Community Foundation of Henderson County, we received a Starlink for the Clubhouse. Without internet access, it is impossible for the Clubhouse to operate. Thanks to this wonderful donation, we were able to welcome back members, ensuring that they have access to a warm meal and some much-needed community time.

We are also incredibly thankful to World Central Kitchen who have been providing lunches for our members and staff through the month of October. From stir fry to chili, their meals have not only been delicious, but a gamechanger for many in the Thrive family.

Thoughts on Moving Forward
In times of crisis, true character is revealed. The response to Hurricane Helene across Western North

Carolina has shown how committed we are to each other in our communities. No matter someone's race, political views, financial situation, or past, community members saw a neighbor in need and lent a hand without hesitation. And that is a beautiful thing to see.

Our experience with Hurricane Helene has reinforced our belief in the power of community and the importance of our mission. It has shown that even in the face of significant challenges,

we can come together to support one another and make a meaningful difference in people's lives. As we move forward, we remain committed to building on this foundation of strength and compassion, ready to face whatever challenges may come our way. If you are interested in donating to



help our efforts, please visit bit.ly/donate2thrive or check out bit.ly/thriveneeds for a list of items we need for our clients.



GRACE LUTHERAN PICNIC

We had a blast at Grace Lutheran's Annual Picnic!



Grace Lutheran Church's annual picnic for our Clubhouse members was a hit! On September 5, church members greeted our Clubhouse members and staff with lunch, music, and bingo! This beloved tradition continues to bring joy and community support to our grateful members. We love our community partners!



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

- Household Cleaning Supplies
- Toilet Paper
- Paper Towels
- Laundry Detergent
- Kitchen Items
- Pots and Pans
- Dish Soap
- Hygiene Items
- Combs
- Hairbrushes
- Bath Towels
- Washcloths
- Trash Bags
- Dressers
- Lamps

To see the full list, visit thrive4health.org



Finding Her Strength

Lora's Journey to Independence

Lora has been a member of Thrive's Clubhouse for several years, and her journey is one of resilience and self-discovery. Diagnosed with bipolar disorder, anxiety, depression, and PTSD, Lora faced challenges from the very beginning. When she first joined the Clubhouse, she was shy and reserved. However, the supportive community at Thrive helped her gradually come out of her shell and begin to believe in her abilities.

Three years ago, Lora's grandmother became her legal guardian. Both thought that the guardianship would provide Lora with the support she needed, ensuring she had a safe place to live, food on the table, the necessary medical care, and to get enrolled in programs like the Clubhouse to help her reach her goals. But as time passed, the guardianship that was supposed to help Lora only added to her challenges. Growing up, Lora had been made to feel weak and vulnerable, leading her to believe that she needed someone else to protect her. She chose her grandmother as her guardian, trusting that she had Lora's best interests at heart. However, things soon took a turn for the worse. The guardianship became a source of control rather than support, and Lora found herself in increasingly difficult situations.

Within two months of the guardianship starting, Lora and her grandmother's water was shut off. For three months, Lora was unable to do simple things like showering at home and was left relying on her then-boyfriend, now-husband John for access to clean water. Her grandmother, meanwhile, used Lora's

Lora's Story Continues on Page 6



GOOD NEWS FROM thrive



Transforming Lives Thrive's Impact Through the Day 1 Family Fund

At Thrive, we're committed to helping families experiencing homelessness regain stable housing and achieve well-being. One of our key partners in this mission is the [Day 1 Family Fund \(DIFF\)](#), a program established by Jeff Bezos to support non-profits like ours.

For several years, Thrive has been a proud recipient of [DIFF funds](#), allowing us to make a real difference in our community. Here are just a few heartwarming stories of families we've helped through this program:

- We assisted a single parent with three children by covering utility arrears, ensuring they had functional utilities in

their new home. We also provided \$2,000 in household goods to help them settle in comfortably. This included: air conditioning units and fans for comfort, curtains for privacy, sheets in the children's favorite colors and themes, bedside tables and nightlights for cozy bedrooms, toy chests for organization, and bathroom essentials.

- Another single parent with two children received comprehensive support in setting up their new house. We were able to help with getting essential paper products, toy chests for the kids, bed frames and mattresses for the family, a toolkit for home maintenance, curtains to make the space their own, and various other necessities.

- We helped a single parent with two children overcome a significant obstacle by covering their rental deposit. Additionally, we furnished their new home with furniture to make the space livable, towels and sheets, and personalized bed sheets in each child's favorite colors and themes!

Through programs like [DIFF](#) and your donations, Thrive has been able to help so many families like the ones in these stories. So, next time you're wondering if your support really makes a difference, remember these families. You're not just helping us put roofs over heads; you're helping us create homes, build futures, and spread a whole lot of hope.

Thanks for being part of the Thrive family. Together, we're turning houses into homes and tough times into new beginnings!

Lora's Story Continued from Page 5

resources for herself, even taking the money Lora earned from her job and spending it on gambling or items for herself. Lora often spent her food stamps to feed her grandmother's sick husband, wanting to make sure she was doing all she could to make sure other people were taken care of, even if it meant she herself was starving. Lora's grandmother told her to never tell anyone else about their situation, leaving Lora feeling scared and hopeless. Soon after, she kicked Lora out of the house, leaving her to rely on John entirely.

Despite these hardships, Lora remained strong. The support she received from Thrive's Clubhouse played a crucial role in helping her realize her own potential. When her

grandmother refused to help dissolve the guardianship, Lora felt lost and unsure of how to navigate the legal system. But with encouragement from Thrive and John, Lora found the courage to take control of her life. In June, after receiving a phone call about the laws changing surrounding guardianships, with the help of Clubhouse Director Adam, John, and John's mother, Lora went to court to have the guardianship dissolved. She approached the situation with grace, not wanting to vilify her grandmother, but simply to reclaim her independence. The court heard from witnesses who testified to Lora's growing independence, and the judge agreed that she no longer needed the guardianship. Reflecting on her journey, Lora shared, "I just want to look at

myself in the mirror and know that I am independent now and I can achieve these things without being so limited." She advises others to carefully consider the decision of guardianship, encouraging them to talk to someone and do thorough research. "Sometimes it's just your fear holding you back. My guardianship was my fear. I let that fear control me so badly that I ended up in a situation ten times worse than I was in before." Today, Lora is embracing her newfound freedom and discovering who she truly is. "I can cook. I can actually have fun. I can finally let the real me out," she says with a smile. Lora's story is a powerful reminder that with the right support, we can all overcome our fears and find the strength within ourselves to thrive.

SOMETIMES WE JUST NEED A SECOND TO *breathe...*

IT'S BEEN SHOWN THAT COLORING IS A HEALTHY WAY TO RELIEVE STRESS. IT CALMS THE BRAIN, HELPS YOUR BODY RELAX, IMPROVES SLEEP, AND CAN HELP WITH FEELINGS OF ANXIETY AND DEPRESSION.

TAKE A MOMENT TO BREATHE WHILE COLORING THE FLOWER BELOW.



From Dreams to Reality You Can Make It Happen

Meet John. Just one year ago, he and his two children were facing challenges that seemed impossible to overcome.

After fleeing domestic violence, John was overwhelmed—finding safe housing, securing medical care for his family, and starting over felt like impossible tasks.

But with the support of caring people like you, John found the resources he needed to turn his family's life around.

Today, they are not just surviving—they're thriving, all thanks to the generosity of monthly donors.

By joining DreamBuilders, you're not just giving a donation—you're becoming a part of stories like John's.

Every month, your gift provides consistent support that helps people rebuild their lives and reach for brighter tomorrows.

Imagine the impact of your support: the dreams you can help make real, the lives you can change.

Become a DreamBuilder today, and together we'll write the next success story.



Scan the QR Code to make a donation and just check the box to make it a recurring donation!

THANK YOU TO OUR SPONSORS!

EVEN THOUGH WE WERE UNABLE TO HOLD THE 13TH ANNUAL BIDS AND BLUES, WE STILL WANT TO SAY THANK YOU TO OUR AMAZING SPONSORS!



Bob & Martha Adams



Mark & Ericka Fagerlin



Dick & Christine Bobb

Damian & Jessica Chipriano Tom & Priscilla Karwonon



Stephanie Gilliam



Pauline Carpenter



Skip & Priscilla Smith

