

2024 was a wild ride!



In 2024, Thrive expanded not just in numbers, but in heart and impact. When Hurricane Helene swept through our region, we didn't just respond – we grew stronger. Our team tells a story of remarkable growth. The Housing Team blossomed from a small group to a robust team of 10, welcoming 8 new faces to the team! We've helped 630 people through the Healthy Opportunities Pilot Program and supported 526

individuals in finding stability through our Back@Home and Permanent Supportive Housing programs. The by-name waitlist for housing services grew to 330 individuals – increasing by 50% following Hurricane Helene. The Clubhouse has been our hub of connection. We served 42 incredible members last year, welcoming 8 new faces to our family. Our proudest moments aren't just in statistics, but in individual victories: 4 members

found independent living apartments with the help of staff, we helped 1 member enroll in Blue Ridge Community College classes, 7 members maintained employment with Clubhouse support, and we welcomed 1 amazing new Clubhouse staff member!

In 2024, we shared 3,096 meals together at the Clubhouse, averaging 258 meals per month. Our social outings were also a big hit this year! The Clubhouse averaged 11 community social outings per month and had a total of 127 community outings for the year. These included grocery shopping, visiting coffee shops, soup lunches

at Horse Shoe Community Church, and our Saturday socials.

Looking back at 2024, we're filled with gratitude. Gratitude for our growing team, our resilient members, and a community that continues to believe in the power of support and human connection. Here's to another year of making a real difference – one person, one connection, one opportunity at a time.



A single mother of two young children under five, Judy made the brave decision to escape a domestic violence situation with nothing but hope and determination.

When Judy entered our program, she was starting from scratch. Her priority was finding a safe, stable home for her family. With dedicated case management support, she quickly got to work searching for the perfect rental unit. Her persistence paid off when she discovered a charming little house with an incredibly understanding landlord who generously reduced the rent, making it possible for our Back@Home program to help her secure housing. We knew Judy and her children needed more than just four walls. Through our Day 1 Families Fund,

we helped them create a true home. On their first night, we provided cots and air mattresses, ensuring they had a comfortable place to rest. Soon, the family was equipped with mattresses, bed frames, bedding, nightlights, and other essential household items. The children's excitement peaked when they received bunk beds with their favorite cartoon characters – a small but meaningful touch that began to turn the new house into a home!

Judy's story is more than just finding housing. It's about rebuilding hope, creating safety, and giving a family the support they need to thrive after experiencing trauma. Her determination, combined with our community's support, proves that with the right help, new beginnings are possible.

Want to stay in the loop with Thrive's latest happenings? Our social media channels are your go-to source for everything happening in our mental health community! By following us on Facebook (@thrive4health) and Instagram (@thrive4mentalhealth), you'll get an inside look at our organization. Enjoy behind-the-scenes photos that

showcase our team's hard work, discover practical mental health tips from our experts, receive timely reminders about upcoming events, and feel more connected to our supportive community. Whether you're a long-time supporter or just discovering Thrive, our social media platforms are designed to inspire, educate, and keep you informed.

Don't miss out – follow us today!



Five Years of Heavy Lifting

A Housing Volunteer's Farewell



Long-time Thrive volunteer Chuck White is retiring after 5 years of service! After hearing of his plans to retire, we talked to Chuck about how he got started with Thrive and some of his favorite memories. Read all about it in the interview below!

How long did you volunteer with Thrive?

I think I started somewhere in 2019. So, five years.

How did you get started volunteering with Thrive?

I used to chair a day center for the homeless in Hendersonville called Joseph's House as a volunteer. We had a group of Executive Directors from other local charities to advise and coordinate various services at our

facility. Kristen Martin, the Thrive ED at the time, was a member of that group. When Joseph's House lost its lease, I became much more involved in looking for a new facility. We ended up attracting new board members. At one of the last meetings I attended, Kristen asked if I knew anyone with a truck that might help them move some furniture into new client placements. I said, "Well, I've got a truck..." The next thing I knew it became a regular deal that gives me great satisfaction.

What was your favorite part of volunteering with us?

I was doing the right thing. It was making a difficult transition easier for folks who typically have been in challenging life situations,

trying to get back to some sort of normality. It was fun working with two of my friends plus the case workers and in most situations the clients were very appreciative of anything we could provide. It was always fun when there were kids involved.

At the end of the day, we would look for a place for a couple of cool ones (not required) and telling tales.

Do you have any memorable stories from your time volunteering that you'd like to share?

1. Royal Corbin, Bobby Massi, and I were delivering to an apartment in Laurel Park. When we heard "Come in" we found a young lady, sitting on the floor with her backpack, talking on her cell phone.

As is often the case, we were short of living room or kitchen furniture and today we brought what we had, a mattress without a base, which she was thrilled with, and a small cupboard to serve as a dresser.

We apologized for the shortage and told her we'd keep looking.

Our next stop was a donation pickup of a "comfy chair", a kitchen table and chairs, a lamp, a dresser, and an end table with a lamp. Bobby said, "Let's just go back to the lady we just left." So, we did. She started to tear up when we finished. We wished her a blessed day and good luck. We each gave thanks for a good day. It felt right.

2. We took two twin beds

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clubhouse



The holiday season was filled with joy and warmth for our Clubhouse community! We celebrated the spirit of togetherness through multiple festive gatherings that brought our members and staff closer.

On December 5, Grace Lutheran hosted their annual Clubhouse Holiday Party, creating magical memories

with a delightful holiday meal, a heartwarming Christmas sing-a-long, and the excitement of gift-giving. The festive atmosphere was electric as members and staff came together to celebrate.

Our in-house holiday party on December 18 continued the celebrations, featuring delicious holiday treats



donated by Pauline Carpenter, quality time together, and thoughtful gifts generously donated by Grace Lutheran Church. The room was filled with laughter, joy, and the holiday spirit!

We capped off the holiday season with a special Christmas Day social on December 25. Members and

staff gathered to share a meaningful day, proving that some of the best holiday moments are those spent with friends who feel like family.

These celebrations remind us of the true meaning of the holiday season – connection, compassion, and community.

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and a queen for mom and her two kids and a dresser for each. We had a coffee table, a kitchen table with odd matching chairs, and a sweeper, as I recall. We knew it was going to be a good day when her nine-year-old tried to pick up the largest item on the truck. (We found some things much softer for him to carry.) He then stood ready at the front door to hold the screen door open for each item. His bed was the first to get put up. When done, I suggested that he “better try it out.” The next thing we knew he was bouncing up toward ceiling and beaming that right kind of smile. When we finished with mama’s bed, we got hugs. We thought we were done. The next morning Bobby called to say one of his friends had a perfectly good flat-screen he wanted to donate. So, I called the client and said we found one more item we thought she needed, and would the

kids be around when we delivered it. She asked if she could know what it was, and I said, “a TV”. With an

“The three of us believe that we had help from above. Things just happen! We believe we are doing what we’re supposed to be doing.”

old HD antenna from “that box in the basement” we headed over and hooked it up. We managed to get three local channels and NPR. This capped it off.

Most of the clients are very appreciative. Whether it’s just an additional or larger beds or sometimes it’s “...and they have nothing.”

What would you say to someone who is thinking of volunteering with us?

You are doing something for people that have likely had true tragedy in their lives. They have reached the bottom of their hole and realized they should “quit digging”. They’re looking for ladders now.

Bring a friend with you who has a truck. Not required, Bob doesn’t have one and he doesn’t mind the back seat, although he may occasionally carp about bluegrass on the radio.

Remember it’s not about you. Bring an open attitude and keep the client’s welfare in the forefront of what you do.

Thank you for all your help, Chuck! You have helped to change so many lives in the community. We are grateful for everything you do and are happy to have you in the Thrive family!

Join Our Volunteer Team and Make a Difference!

Do you have a heart for community service and a willingness to lend a helping hand? Thrive is seeking dedicated volunteers like you to support our housing department!

Our volunteer team works to pick up donations, deliver items to our storage unit or directly to clients, and assist with client housing moves. If you’re physically able to lift heavy objects and passionate about supporting community members in need, we want to hear from you!

Interested in joining our team? Contact our Housing Director Nickie Kilgore for more details and to learn how you can get involved. Your time and effort can truly change lives!

Nickie Kilgore: nkilgore@thrive4health.org or 828-697-1581

Thrive is Hiring!

Thrive is currently looking for a new Housing Case Manager to join our team!

Visit thrive4health.org/work-with-us/ to learn more!

Poetry with Paula

The Clubhouse My Haven

I love the Clubhouse.

Yes, I do! It's just for me and it offers much opportunity too!

It's my heaven on Earth and has given me self-worth.

At the Clubhouse I do not feel out of place
because it allows me to follow my own unique taste.

I have spent thirty-four wonderful years as
a member of this abode

and I must say it's given me riches untold.

The Clubhouse helped me find a place to live, meaningful work,
meaningful relationships, and a place to return.

Why do I keep going to this haven, one might ask?

It gives me hope, self-worth, and less worry about my past.

I would recommend this haven of hope to anyone.

To uplift them to the sky as the limit.

The Clubhouse has brought me forward with lots of peace
like a dove ascended from above where my joy will never cease.

Paula Abernathy



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

- Couches
- Coffee Tables
- Small Dining Tables with Chairs
- Dressers
- Bed Frames
- New or Good Condition Mattresses
- Nightstands
- End Tables
- Small Bookshelves
- Lamps

To see the full list, visit thrive4health.org

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From Dreams to Reality You Can Make It Happen

Give people stability every month. So many people in our community need mental health and housing support and they need it NOW. Whether they lost everything after Hurricane Helene, are a long-time sufferer of severe and persistent mental illness, or have been struggling to get by in the ongoing housing crisis – they need you now more than ever.

By giving a recurring donation, you are ensuring that Thrive can meet the needs of our community every single month with donations we can rely on.

What can you fund?

\$15 a month can pay for an unlimited bus pass for a housing client without transportation

\$30 a month can fund a day of meals for every member attending the Clubhouse

\$60 a month can help to pay the application fee for a family who is moving out of homelessness

Small gifts each month add up to big gifts that support our community. Set up your recurring donation today and make a big difference in the lives of our neighbors.



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

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