

# UPDATES

RELEVANT · RESPONSIVE · RELATIONSHIPS

FALL-WINTER 2021/22

# CELEBRATING *together*



## ...on THANKSGIVING

For over 10 years, our staff has served the community through a turkey distribution at our Portsmouth office, and this year was no exception! Just days before Thanksgiving, our team was bundled up and hard at work handing out turkeys and Thanksgiving fixings.

As in years past, this year's holiday meal distribution was partially funded by a grant from Food Lion Feeds Charitable Foundation. We are so thankful for their continued support in helping us feed many of our neighbors, as well as our very generous staff who donated money, gift cards, canned food, non-perishables, frozen turkeys and hams to continue this yearly tradition for our Portsmouth community.



## ...with OUR FOSTER FAMILIES

This fall, Old Dominion University Athletics provided 100 tickets for our foster families and mentor/mentee matches to attend the first home game of the football season. Thank you so much to ODU Athletics for helping us show some appreciation to our amazing foster parents!





# ...for THE HOLIDAYS

## TEAM UP

Our Team Up Mentoring program had a blast at Old Dominion University for their holiday party this year! Our mentors and mentees had a blast playing antler toss, getting their faces painted and participating in an ugly sweater contest.



## OUR BOARD

This holiday season, Virginia Hitch, a member of our Board of Directors, sent out flyers to her neighbors, friends and family to collect board books and pajamas for children in our Early Childhood program. Virginia's drive collected over 250 books and 150 pairs of pajamas. We are so thankful to have such dedicated and thoughtful Board Members!

## FOSTER CARE & ADOPTION

Thanks to our amazing community, our Annual Star Tree was a success again! The star tree is located at Pembroke Mall and generous shoppers pick a star with a specific wish for a foster child in our program, our Star Tree provided 34 children with gifts to open for the holidays.

This year, our Foster Care program celebrated the holiday season with a virtual party. Thanks to the continued support from Atlantic Bay Mortgage Group, our team was able to host a fun-filled party with cookie decorating and even a guest appearance by Santa Claus for families and children in our program.



Thank you to Atlantic Bay Mortgage Group for their generous sponsorship of our Foster Care and Adoption program. Their sponsorship helps to create outstanding memories and experiences for our foster families at our annual holiday party and spring event. We are so grateful for the amazing support of Atlantic Bay Mortgage Group over the years and for their continued dedication to our program.





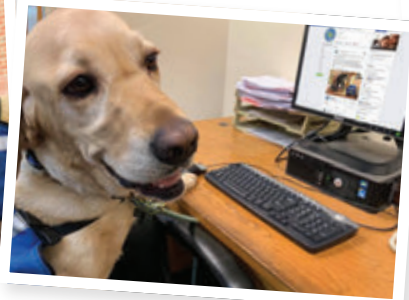
## ...with OUR TEAM

Happy Retirement to our Human Resources Officer, Tonya Pass, after more than 20 years of service at The Up Center. In the words of Tina Gill, our Chief Executive Officer, "Tonya's dedication and commitment to The Up Center is powerful and has served as a motivational colleague to all who work closely with her. She is one of the most unwavering champions of the Up Center one can encounter. While I'm sad to see one of the best people we have on this team go, I wish her all the best in her retirement." Best wishes to Tonya in her new adventure!



## ...to REMEMBER AGENT

This fall, we said goodbye to Agent, our resident service dog from Canine Companions. An honorary member of The Up Center staff, Agent brought joy and light to staff, clients and of course, his favorite "human partner" Patricia Coale. Agent left pawprints on all our hearts and we wish his family sincere condolences during this difficult time.



## ...with RECOVERY ROCKS

In honor of National Recovery Month this fall, our team painted Recovery Rocks. Recovery Rocks are a way of expressing support or encouragement for individuals and families on a substance use recovery journey. Rocks can be painted to celebrate yourself, a loved one, or to cheer on the work we do at The Up Center.



150 Boush St., Ste. 500, Norfolk, VA 23510  
222 West 19<sup>th</sup> St., Norfolk, VA 23517  
1805 Airline Blvd., Portsmouth, VA 23707  
109 ½ Clay St., Suffolk, VA 23434  
828 Healthy Way, Ste. 105, Virginia Beach, VA 23462

Follow us



Community Partner



**SAVE THE DATE**

the **Up** center  
**STEP  
UP** 2022

presented by  
**ecpi UNIVERSITY**

**HARBOR PARK  
SATURDAY, MAY 7, 2022**

**GET YOUR STEPS IN**

We're back again and want you to join us! Get your steps in and bring your team out to the Tides Stadium to climb together.

For more information and to register please visit [www.theupcenter.org](http://www.theupcenter.org)