

# UPDATES

RELEVANT · RESPONSIVE · RELATIONSHIPS

SPRING /SUMMER 2022

## MISSION: POSSIBLE EDITION

Some key words from our new mission are incorporated throughout this newsletter... can you find them all?

# STEPPING UP FOR OUR COMMUNITY

13:19

First place female, Annie Holder

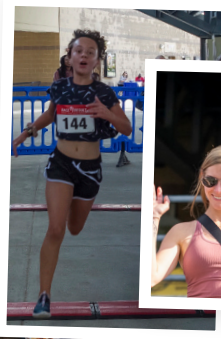
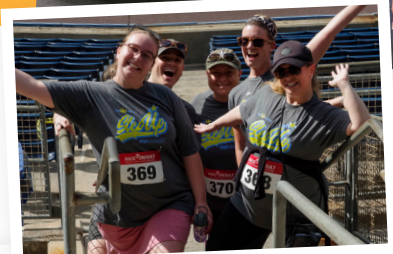


(pictured left to right)  
First place youth, Darby Gill  
First place male, Ken Dahm

We were back stepping up at Harbor Park again for the third year and for the first time since the pandemic... the event was timed!

Endeavor Running Company created a one-mile route up and down the stairs of Harbor Park's lower concourse, a much longer course than the previous two years.

Presented by long-time sponsor ECPI University, nearly 100 participants stepped up for **FAMILIES** in need. This year's fastest time was Ken Dahm, completing the course in just 11:59. Ken has been participating in Step Up since its inception. The first-place female, a mentor in our Team Up program, finished at 13:19 and the first-place youth finished at 12:54.



**"They do it all, from cradle to grave basically, and as I'm getting older I might have to use their services someday."**  
- Ken Dahm

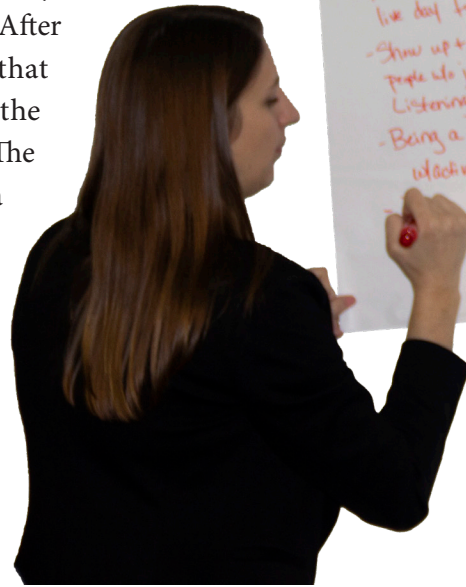
## MANY THANKS...

to our amazing volunteers and sponsors, and to WAVY TV 10, 101.3 2WD, Seven Venues, the City of Norfolk and the Norfolk Tides for helping us spread the word!



# MISSION:POSSIBLE

In 2021, the Up Center began a journey to develop a 5-year Strategic Plan and to review our Mission Statement. After many months of work, a new Mission Statement that encompasses all the work The Up Center does in the community, was revealed at our July All Staff Retreat. The day-long workshop at Norfolk State University was a fun, high-energy event that included crafting impact stories, learning more about the amazing work our colleagues do for **CHILDREN** and **FAMILIES**, and playing games in our self-care room. All these activities were designed to help each program team at The Up Center think about how its work fits into the new mission, what it means to each employee at The Up Center, and how together we make our **MISSION: POSSIBLE**.



*Compassion*

- Foundation for work - communities, families, moms
- For yourself & others - transparency
- How we show integrity - how to best serve others
- live day to-day, support
- Show up + meet people where they are. Value
- People w/o judgment - that they're worthy
- Listening + being present
- Being a good human. Kindness. Communication
- active listening

Christina Slater, Human Resources Officer, facilitates a breakout activity focusing on our core values—**Integrity, Compassion, Respect, Commitment, Accountability, Operational Excellence and Equity**.



**We are committed to partnering with children, families, and communities to improve lives and outcomes through prevention, intervention, and support services.**

MISSION: POSSIBLE



# HONORING MENTEES

## WITH OUR PREMIERE HORIZON AWARDS

In June, the Team Up Mentoring program hosted its premiere Horizon Awards, where 47 mentees were presented with awards in the following categories: Academic Star, Above & Beyond, Leadership, Overall Improvement, Helping Hand and Most Athletic. Our inspirational speaker for the evening was City of Suffolk Police Chief Alfred S. Chandler Jr.

To close out the evening, Mary Midyette was presented with the Trailblazer Award for laying the foundation for the Team Up program and for all her hard work, dedication and **SUPPORT**. Mary led Team Up from its inception in 2008 and retired in 2021.

(pictured left to right)

Becca Miller, Match Support Specialist, Jessica Simmons, Team Up Program Supervisor, Mary Midyette, and Sharon Reams, Director of Youth Services.

# CONNECTING FOR ADVOCACY

## WITH CONGRESSWOMAN ELAINE LURIA

Up Center Board Member Cavelle Mollineaux coordinated an event in June to bring minority business owners and organizations who work with under-resourced **COMMUNITIES** to the table for a conversation with Congresswoman Elaine Luria. Eliminating barriers to quality mental health services were among the topics discussed.

(pictured left to right)

Chief Development Officer, Tristan Warren, Board Member Cavelle Mollineaux, U.S. Representative Elaine Luria, and Development Manager Kari Vincent



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You shop. Amazon gives.

Looking for a way to support The Up Center without leaving the comfort of your home?

Shop our Amazon Wish Lists!

You can purchase much needed items to support mentoring, parent education, housing and financial counseling and foster care programs, and they will be sent directly to The Up Center. These **PREVENTION** and **INTERVENTION** services are so important for our families because they provide education and resources, enhancing the quality of life and opportunities available in our community.

Shopping through AmazonSmile automatically donates 0.5% of your eligible purchases to the charitable organization of your choice.

For more information, contact:

Lauren Rucker

lauren.rucker@theupcenter.org  
757-965-8684

[www.theupcenter.org/donate](http://www.theupcenter.org/donate)

## DONOR SPOTLIGHT

SENTARA®

OptimaHealth

VirginiaPremier.

We are grateful to be recipients of the Sentara Community Health & Wellness Partnership grant to support our provision of Outpatient Mental Health Counseling and Substance Use Services in our community.

# THANK YOU...

to Sentara Healthcare for their continued support of our programs.



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**SAVE THE DATE**

Join us in person to celebrate last year's achievements and successes.



# ANNUAL MEETING

**OCTOBER 26, 2022 - 11:30 AM-1 PM**

Registration 11:30 AM · Program & Lunch 12-1 PM



**TOWN POINT CLUB**

World Trade Center · 101 W Main St, Suite 300, Norfolk, VA, 23510

**RSVP**

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