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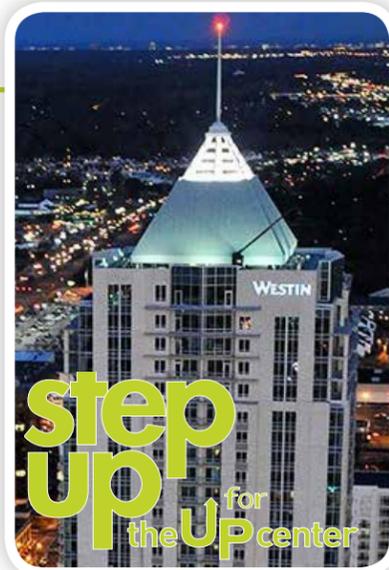
Step Up is Back!

We are excited to host Step Up for The Up Center on May 9 at a new location - the Westin Virginia Beach Town Center, the tallest building in Virginia!

Step Up challenges participants to walk or run the 37 stories once or three times up, a total of 111 stories! Funds raised allow us to change lives in Hampton Roads. We need you to make this a success. Register at StepUpVA.org today!

Follow Step Up on facebook.com/StepUpVA and Twitter (@StepUpVA). You'll receive training tips to keep you motivated and on-track, and fundraising tips that will help make Step Up 2015 a huge success.

We need you on our team. See you at the top!



Register today at StepUpVA.org

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UPDATES

THE QUARTERLY NEWSLETTER OF THE UP CENTER

WINTER 2015

Serving Those Who Served Our Country

You served your country. You went to war and experienced things few others can comprehend. You have made it home and can return to civilian life.

Except that you cannot. Like many veterans, you are dealing with post-traumatic stress disorder (P.T.S.D.), and have trouble sleeping, concentrating and remembering things. After the difficulties of war, you prefer a life of solitude.

With no one to help remind you to pay your bills, you soon lose track of your spending and forget to pay your rent. Your finances crumble and you become one of our community's homeless.

Last January, nearly 50,000 homeless veterans were counted throughout the country on a single night. Men and women who protected our homeland had no home to protect them when snow fell and temperatures dropped.

James Richardson, a Vietnam veteran, could have been part of that number. As with many veterans, he lived alone and was struggling with P.T.S.D. and memory problems. He was at risk of losing everything. By serving as Richardson's financial custodian, The Up Center put his financial affairs in order. "They really take care of everything for me," praises Richardson.

Because of supporters like you, our financial custodian services help ensure that more than 1,000 clients like him have their rent and bills paid on time. This January, Richardson and other local veterans will stay safe from the wind and cold, in the warmth of their own home.



"They really take care of everything for me."

James Richardson, U.S. Army veteran, client of our Legal Custodian Program for Veterans.

THANK YOU
 Step Up 2015
 Sponsors!



Sponsorship opportunities are still available. Please contact Jessica.Johnson@theupcenter.org for more information.

YOU CAN HELP OUR LOCAL HEROES

Your support of The Up Center allows us to continue to provide services like these for our neighbors in need.

Donate today. TheUpCenter.org/donate

A Warm Heart Brings Warm Coats to Kids

“These kids are gonna be wild when they get their new coat,” says Caroline McCartney, as she surveys the piles of coats that have overtaken her office at Berkshire Hathaway HomeServices Towne Realty. She’s organizing coats to be donated to nearly 400 children - about a third of that number are given to our kids and families in Foster Care and the Creating Lasting Family Connections programs.



Now in its seventh year, Operation Winter Coat aims to provide a new winter coat to local children in need, many of whom have never had a brand new coat to call their own. “I insist each one be waterproof and come with a hood,” emphasizes McCartney, a seasoned realtor of 35 years.

Working from a detailed list of names and sizes, McCartney scours stores to match coats to each name. Delivered in early December, these coats will keep children warm all winter long.

“It takes the right heart.”

Caroline McCartney, Operation Winter Coat

Thank you, Caroline McCartney, from the bottom of our heart!



At a holiday party for families in Creating Lasting Family Connections, children were given a gift to last beyond the holiday season, a new coat, thanks to Caroline McCartney and Operation Winter Coat.

Visit TheUpCenter.org/WishList to see how you can donate supplies to help those in need.

In the Spirit of Giving

‘Twas the season of giving, and your overwhelming generosity through gift drives and donations made the holidays merry and bright for children and families in need throughout Hampton Roads. Thank you.



Andrew Hund, owner of Hunds Re-Cycle Factory in Norfolk, brought smiles to 15 children through a donation of bikes.



Unit HM 15 of the US Navy held a holiday gift drive for local Hampton Roads families.

All aboard! The Up Center was chosen by Hampton Roads Transit (HRT), WVEC TV-13, and BOB FM as the philanthropic partner for their annual holiday campaign, Holiday Express. During the holiday season The Up Center was featured on two specially-wrapped trains of The Tide and an HRT bus.



ARAMARK hosted a holiday party for Team Up mentors and mentees. After the feast and the games, some even took home a turkey!

