

ALEXANDER CHILDREN'S FOUNDATION

October 2024 eNews



LETTERS FROM LYNN: OCTOBER 2024

Fall is finally here; the leaves are changing and so are the lives of the children we are serving at Alexander Youth Network. The start of a new school year and the drop in temperature are signs of transition. Webster's defines a transition as "the process or a period of changing from one state or condition to another." This is one of the goals we have for children who struggle with mental and behavioral health challenges. We hope they can transition

from a state of just surviving to thriving, our hope is to see these children blossom, grow and develop the coping skills necessary to transition into adulthood equipped with tools to successfully manage their emotions.

In the last few months, we have opened a new service called Transition House to do just that for a very special group of children. Transition House is for children who have completed a residential treatment program but still need continued support before returning home. This program allows them to continue their treatment in a less restrictive, but structured, environment. They are receiving the mental health treatment they need and are also getting to have a sense of normalcy with activities like attending school, bowling, and going to events in the community. The children at Transition House are able to practice the coping skills they have learned while in residential treatment and experiment in a safe environment with the new skills they have learned. It is a valuable addition to our array of services, allowing children to receive the right kind of care, in the right way and for the right amount of time.

Life transitions can be difficult at any stage or age in life. At Alexander we want to help make those transitions smoother for not only the children we serve but our teammates as well. As we go through these transitions, it's important to learn from all the stages and phases of our lives. We teach the children we serve to take a breath, think before they speak, meditate, exercise, practice deep breathing techniques and yoga. All these things can help not only children, but everyone. As we transition from summer to fall and into the holidays, let us all remember to take a little time to breathe, talk to a friend, read, or go for a walk. We can successfully navigate life transitions if we do it together.

Gratefully,
Lynn

ANGEL NETWORK

The holiday season is approaching, which means it's time for our annual Angel Network holiday gift drive! This heartwarming initiative allows businesses, organizations, clubs, and individuals to brighten the holidays for the children and families in our programs by providing gifts to those who otherwise would not have anything under their tree. There are several ways to participate in Angel Network including sponsoring a child by shopping for the gifts on their wish list, hosting an Angel Tree within your place of business or social circle or organizing a donation drive of new toys, clothing, books, or other items. While toys, games, and books are always popular gift requests, we also seek essential items like winter coats, shoes, and personal care items.

For more information on Angel Network and other ways to get involved this holiday season, [visit our website](#) or reach out to Ashley Nieves, Volunteer Engagement Officer, at anieves@aynkids.org.



BOARD SPOTLIGHT

October is the start of our new fiscal year and we must say goodbye to some board members and welcome others.

Thank you to Rick Beckman, Gaither Deaton, Alan Lochridge, Will Barr and Andre Cole for their dedicated service to Alexander Children's Foundation and Alexander Youth Network. We are so thankful for your insights, leadership and commitment to our mission.

We are thrilled to welcome our newest board members:

- Covell Adams (Structured Finance Association)
- Lucy Butler (Thrift Cres Commercial Real Estate)
- Heather Cross (Fifth Third)
- Kate Fletcher (Barings)
- Roland Macher (King & Spalding)
- Beth Swinson (Community Volunteer)

Our new board members have a variety of experiences that they bring to the table. We look forward to working with them and are excited for the year to come.

DONOR HIGHLIGHT

A HUGE THANK YOU to Charlotte FC and Daimler Truck North America for giving our kids the gift of play with our new turf mini pitch!

On September 10th, our board members, children, and staff welcomed Joe LaBue, President of Charlotte FC, and Jeff Allen, Vice President of Operations and Specialty Vehicles of Daimler Truck North America, to officially open our new mini pitch for play. It was a day filled with lots of excitement and enthusiasm. Coach Dan Vizzini had some of our Day Treatment students ready to put on quite a display of soccer skills. We celebrated with an official first "kick", cookies, balloons, cheers and lots of smiles on the faces of the children we serve at Alexander Youth Network.

We are so grateful to Charlotte FC and Daimler Truck North America for our new mini pitch! A special thank you to Natalee Jarrett with Charlotte FC for making the magic happen.



CELEBRATING OUR KIDS

A special shout-out to our generous event sponsors – your commitment to our cause is the cornerstone of our success. Your support empowers us to continue our vital work, and for that, we are eternally grateful.

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ADDITIONAL SPONSOR

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CAMPUS TOURS

Join us for a tour of Alexander Youth Network. We offer personalized, guided tours allowing you to ask questions and speak directly to a member of our team.

All tours of Alexander will take place on the Charlotte campus, located at 6220 Thermal Road, Charlotte, NC. Campus tours last approximately 30 minutes and are led by a member of the Alexander Children's Foundation team or board member.

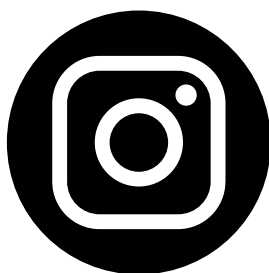
To learn more about tours, contact Crissy Humble at chumble@aynkids.org. You can sign up for a tour by visiting our website.



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