



October 2020

Please **HELP** our community prepare for the cold weather by donating winter clothing

Kids/adult coats & winter clothes (gently used is OK)

Hats, gloves, socks (new only)

Your donations will be distributed to the community during a public event to be held on **NOVEMBER 8th**

Share the Warmth!

Help Us Keep At-Risk Families Warm for the Winter

The lower-income communities of Loudoun County have been the hardest hit by the COVID-19 pandemic. Parents who rely on hourly, low-wage jobs have been unemployed for months and are turning to our Opportunity Center for daily essentials, such as food packages, diapers, personal hygiene products, PPE and other supplies donated by our generous community partners. Now we're turning to you, our neighbor, to help us keep them warm for the winter by donating new and gently used coats and winter clothing of all sizes to our

Share the Warmth Give-Away Event

Sunday, November 8

1 - 4 pm

(or while supplies last)

CLICK HERE to contact Community Outreach Coordinator Rosa Tobar for details or just drop off your donation before November 2 at the center—21630 Ridgetop Circle, Suite 130, Sterling, VA 20166.

Thank you for caring for our neighbors in need!

New Programs, New Opportunities to Thrive

COVID-19 realities have changed the way INMED USA delivers vital services and resources to children and families in need. In fact, it has improved our ability to address a broader scope of need through distance learning, community education and essential supplies distribution. Following is a sampling of some of our new programs and initiatives that are making a transformational impact in our region.



Babysitter Certification

Affordable childcare is an ongoing challenge for the parents we serve. Without it, working parents are forced to leave their young teens and preteens in charge of caring for their younger siblings. It's a huge responsibility, and most youth are not adequately equipped.

Partnering with Loudoun County Child Protective Services, we're offering free babysitter certification classes.

Held under COVID-compliant conditions at our Opportunity Center in Sterling, kids learn everything from CPR and first aid to how to respond in a variety of emergencies. We also have facilitated informational workshops for parents to help them understand the county's rules for leaving children home alone. Keeping children safe is a key component of building healthy, resilient families! [CLICK HERE](#) to learn more.

The Hangout

Navigating the teenage years is challenging for most youth, but the coronavirus pandemic has made it even more complicated—especially for teens dealing with mental health issues and socioeconomic disadvantages.

With the support from Loudoun County government and Loudoun County Public Schools, INMED USA has developed a program to help teens cope with COVID-related stressors.



Called The Hangout, groups of 10 teens meet on Monday through Wednesday afternoon at our Opportunity Center to practice socially distanced mindfulness, share their feelings, participate in arts and music activities and cook a meal together. The activities are led by Community Resources Coordinator Rosa Tobar and INMED USA interns Marta and Ian, who also helped design the program.

Special thanks to [Reston Limousine](#) for providing door-to-door shuttle service for our participants. [CLICK HERE](#) for more information.

Friday Night STEAM Club

Friday night fun is taking a new form for kids of all ages in Loudoun County. In partnership with [Educando Con Amor](#), we have taken our popular Saturday STEAM Club at the Opportunity Center virtual.

Delivered via Zoom, activities include math



gymnastics, science experiments, emotional intelligence and arts-and-craft projects, all led by our wonderful volunteers.

"In addition to keeping young minds stimulated, this bonding time really helps build important support networks for kids who are isolated because of the pandemic," says US Programs Director Jennifer Lassiter Smith. "we're already seeing some great results."

[CLICK HERE](#) to register.

Basic Computer Skills for Parents

Lack of access to distance learning tools is a big challenge for hundreds of families in our community. INMED USA is working hard to help narrow the digital divide.

In partnership with LCPS, we are teaching parents how to access distance learning tools and set up email accounts on a computer and cell phone. The mom pictured here learned how to access ParentVUE on her phone and used a computer and mouse for the very first time.



Through INMED USA's basic computer skills training, we are opening new worlds and changing futures—one mom at a time. [CLICK HERE](#) to learn more.



Other Skills Development Options for Adults

INMED has a long history of excellent family education workshops at our Opportunity Center. Now we're offering weekly virtual workshops via Zoom on everything from financial literacy to healthy cooking on a budget. The classes are held every Wednesday from 5:15 p.m. - 7 p.m. (mostly in Spanish).

[CLICK HERE](#) to download the calendar.

Free Family Essentials

Thanks to our generous community partners and individual donors, the INMED Opportunity Center in Sterling has become a hub of essential resources for families in need. And the need is growing!

CLICK HERE to learn more about our weekly distributions of food packages, diapers, toilet paper, hygiene supplies, PPE and more—or to donate much-needed supplies!



INMED USA Welcomes Tanisha Cox!



We are delighted to introduce our new Program Development Coordinator for INMED USA. In this role, Tanisha works with staff, volunteers and community partners to create programs and opportunities to fill community needs.

Heavily involved in local outreach, Tanisha is familiar with the opportunity gaps in our region—especially the needs of teens—and has developed numerous successful programs in Loudoun and Fairfax Counties over the past 15 years.

Prior to joining INMED, Tanisha was a Program Manager of the Healthy Families program in Fairfax under Northern Virginia Family Service, spearheading support groups and workshops for parents of teens.

Earlier career experience includes roles with the New York Foundation for Senior Citizens, the Ford Foundation and The Children's Hope Foundation in New York City. Tanisha also is a graduate of Leadership Loudoun class of 2020 and currently sits on the Leadership Loudoun Board of Directors. Please join us in wishing her well in her new role at INMED USA!

Update on the INMED School at Paxton Campus



The INMED School at Paxton Campus

We are Growing Opportunities!



Want to learn more about our INMED School at Paxton Campus? [CLICK HERE](#) to download our most recent community presentation. Do you have questions? [CLICK HERE](#) to submit them.

Community Partner Spotlight: Living Realty



INMED USA's transformational work would not be possible without the support of our community partners. This month, we're highlighting a new partner making a big impact on the families we serve.

April and Brian Writenour of Living Realty have been donating items to our Opportunity Center for the past year and have been among our most regular donors of COVID-relief supplies. April also has become a volunteer at the Opportunity Center to sort and package essential items for distribution.

When INMED USA announced its winter coat and clothing give-away in November, April and Brian were the first to sponsor a coat drive via their business and personal networks.

"I've always had a special place in my heart for children and families in need," says April. "Hands down, my favorite part of volunteering is connecting people in our community and inspiring others to give—just as I've been inspired by how INMED seeks to serve the needs of families right here in our community."

INMED's mission to build pathways for vulnerable children, families and communities to achieve well-being and self-reliance dovetails with Living Realty's mission and values. "Our mission is to 'Provide the best real estate experience anywhere, while serving our community and positively impacting all those we meet,'" says April. "The third pillar in our core values is to be service minded, seeking opportunities to give back to our community, make an impact, express gratitude as servant leaders and recognize that the home is the building block of a community."

[DONATE!](#)





INMED Partnerships for Children is a Four Star Charity Navigator nonprofit.