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November '24



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UPWARD NEWS

Hello Friends!

As 2024 winds to an end, our minds turn to gratitude, holiday planning with family, and plans for the future year. We are grateful for you, our friends, and for roofs over our heads, food on our tables, and warm beds to sleep in safely. We're looking forward to our Thanksgiving and Holiday plans with loved ones, and we at Upward Transitions are definitely planning for 2025!

As you probably already know, next year is our Centennial year, and we are planning an exciting season of events, announcements, changes, improvements, surprises, and fundraising to assist our neighbors in need all year long. We hope you'll join us and follow along as we work toward building another 100 years of service in Oklahoma City. We are so grateful to have been a part of so many lives for so long. We wish you and yours a Happy Thanksgiving and hope you are safe and well this holiday season.

Your Support In Action

Wendy: An Upward Transitions Client Victory Story



Wendy sent us a letter expressing her thanks and stating she and her daughters are safe and secure today and doing well.

A year ago, she decided to flee a domestic violence situation. She was able to get assistance from the Oklahoma City Housing Authority to have a place of

her own, but she was unable to pay the rent deposit, utility deposits, and to afford to care for herself and her daughters without a job. When her mother suggested she contact Upward Transitions, it was the break she needed.

“When my mother told me about Upward Transitions, I finally felt like there was a light at the end of the tunnel for me and my daughters,” wrote Wendy.

She made an appointment with an Upward Transitions case manager and relayed everything that had happened to her and her family.

“She was so willing to help us,” Wendy wrote. “If it wasn’t for [case manager] - or Upward Transitions - I KNOW we wouldn’t have our own place, and I wouldn’t be writing this letter today.

“People like me need Upward Transitions...people who suffer from domestic violence, sexual assault, and stalking. There are still people out there who are needing help and are scared to ask because they may not have that financial push or have someone to talk to like I received from Upward Transitions.

“We need this place, and we need to keep it going.”

Interested in more Client Victory Stories?

[Victory Stories](#)

Remember Our Friends in Crisis this Thanksgiving

As we plan our time with family and friends this holiday season, we warmly look forward to our favorite Thanksgiving dishes and our favorite people around a decorated table. As we enjoy this time, we also want to remember those who don't have the blessings we have. Please think of those who have no holiday table and often have no food. **If you can dedicate some food, some funds, or some time to assist those in need, we encourage you to add that to your holiday plans.**



Calendar of Sharing

Our [Calendar of Sharing](#) begins in less than a month! We encourage you to gather friends, family, neighbors, coworkers, or your club or church group to team up and gather each day's items! We hope you'll bring them to Upward Transitions as a team or send us a picture of your team participating! Individuals are encouraged to participate on their own as well! There's no wrong way to collect gifts for our friends in need.



CALENDAR OF SHARING



Upward Transitions invites you to make December a season of sharing for those experiencing homelessness. Gather a box and each day put the designated item into it.

- 
- Dec. 1: **Socks**
- Dec. 2: **Gloves**
- Dec. 3: **Scarf**
- Dec. 4: **Hat**
- Dec. 5: **Hand Warmers**
- Dec. 6: **Backpack**
- Dec. 7: **Bathroom Tissue**
- Dec. 8: **Hand Soap**
- Dec. 9: **Can Opener**
- Dec. 10: **Disinfectant Wipes**

Dec. 11: **Men's/Women's Underwear**
Only **NEW** items, please.

Dec. 12: **Rain Poncho**

Dec. 13: **Blanket - Full Size**

Dec. 14: **Peanut Butter**

Dec. 15: **Tuna**

Dec. 16: **Chewy Granola Bar**

Dec. 17: **Peanut Butter Sandwich Crackers**

Dec. 18: **Cheese & Peanut Butter Crackers**

Dec. 19: **Baby Wipes**

Dec. 20: **Vienna Sausages**

Dec. 21: **Fruit Cup**

Dec. 22: **Pudding Cup**



On or before **December 23**, between **8:00 AM** and **2:30 PM**, bring your donations to our office, and we will distribute your items throughout the winter months.



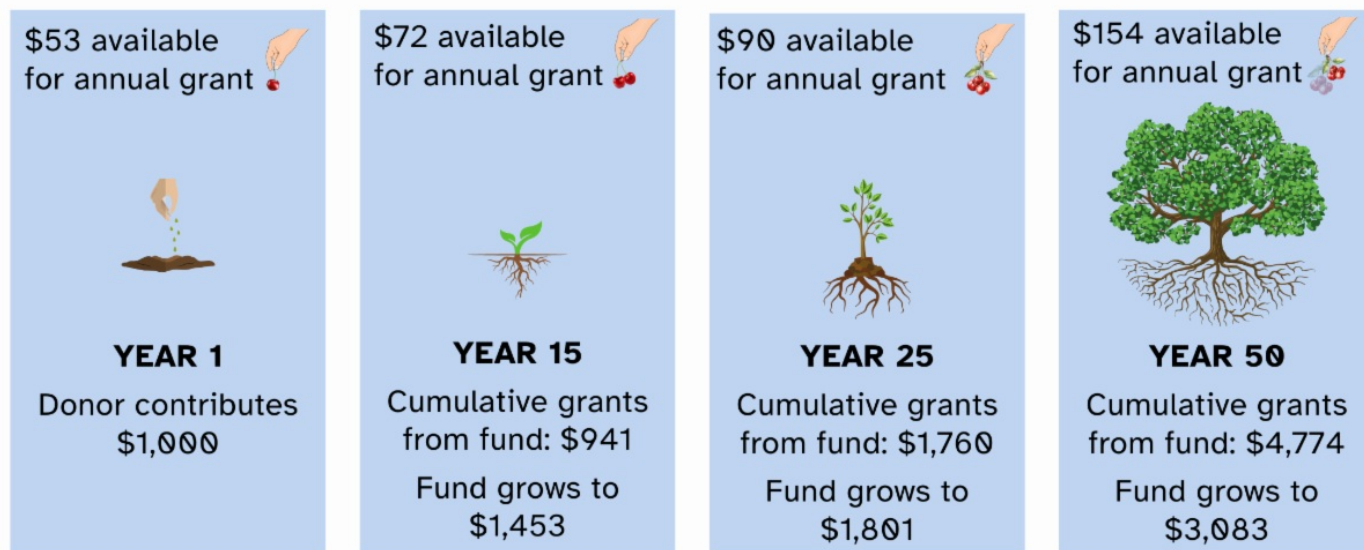
100 YEARS OF SERVING OUR COMMUNITY

Join Your Legacy with Ours for Another 100 Years

Upward Transitions will be celebrating 100 years of serving our community in 2025, and we are planning Centennial celebrations all year long! One of our big projects in honor of 100 years of hope is our 100-year endowment campaign: *Endowing a Second Century of Hope*.

Since 1925, Upward Transitions has served those in need in Central Oklahoma, making us one of the oldest social services agencies in the community. Regardless of age, race, income, lifestyle, religion, or culture, people in need can always turn to Upward Transitions for help.

To ensure our longevity for another 100 years to serve those facing the threat of poverty and homelessness, we have set a goal to raise \$1,000,000 for our endowment fund to sustain our services in perpetuity. We invite you to join in this mission and to link your legacy with ours for the next century.



A gift to our endowment will give back its full value to us within 15 years and then continue to give more. In this way, your gift today is your legacy and will keep giving back again and again forever.

To learn more about our endowment, go to: [Endowment Giving - Upward Transitions](#) and/or contact Conna Dewart at cdewart@upwardtransitions.org or 405.232.5507 x 113.

Did You Know?



Did you know?



Children who have adverse childhood experiences, such as homelessness, are more likely to suffer from asthma, heart disease, cancer, high blood pressure, kidney disease, and mental illness.

www.upwardtransitions.org

Join Our Circle of Hope!

The members of the “Circle of Hope” are those supporters of Upward Transitions who have chosen to support the mission of preventing generational poverty by giving a monetary donation at a level of \$1,000 or more in a calendar year.

The “Circle of Hope” will be recognized at our annual American Tourist fundraiser and invited to a special Partner celebration in the Fall of each year.

\$1,000 dollars is a meaningful investment in the work of Upward Transitions. Research reveals that a “one-time assistance of \$1,000 with rent or utility payments can prevent a family from becoming homeless for up to 2 years and 76% less likely to become homeless after 6 months.”

The “Circle of Hope” members are making a significant investment in the work of Upward Transitions. We are grateful for their partnership and for the hope they inspire every day

through the work of community collaboration, emergency relief, and empowerment.

[Learn more about Upward Transitions' Circle of Hope](#)



CIRCLE
of
HOPE

Thank you for your support!

At Upward Transitions, our mission is to prevent generational poverty through community collaboration, emergency relief and empowerment, therefore inspiring hope with our neighbors experiencing housing instability.



UPWARD TRANSITIONS®

Ending Generational Poverty



United Way
of Central Oklahoma
Community Partner

For more information, please email Conna Dewart at cdewart@upwardtransitions.org, visit us online at upwardtransitions.org, or call our office at 405-232-5507.

Follow Upward Transitions on social media:



Upward Transitions | 1134 W. Main Street | Oklahoma City, OK 73106 US

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