



Caring Through a Crisis

**ASPIRE'S FULL CRISIS CONTINUUM SERVICES TEAM OF 60 PEOPLE
NOW OPERATES 24/7/365**



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Caring Through a Crisis

**ASPIRE'S FULL CRISIS CONTINUUM SERVICES TEAM OF 60 PEOPLE
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Part of Aspire's 1st shift Mobile Crisis Team: (Left to Right) Heather Vetor, Alice Jallow, Loren Gellinger, Stephanie Beechler

Anytime, anyday – and pretty much anywhere – the Aspire Crisis Services Team is there to offer immediate assistance during a behavioral health crisis. Whether it's by phone through the crisis phone line, in person through the mobile crisis team or visiting Rely Center for higher-level care, an individual in a crisis can find help with Aspire.

"This is a unique approach to crisis in terms of having



Pataky

all three pillars – someone to contact, someone to respond, and a safe place for help – all interacting with one another," says Aspire Vice President of Service Access Vanessa Pataky. "Each layer is intended to be able to help meet that person's individual crisis needs."

With up to 60 Aspire employees serving as crisis coordinators, on the mobile crisis team, at Rely Center, and additional support, all three areas of the crisis continuum are now operating 24/7.

“We approached our crisis continuum from the lens of what was going to be best within our county footprints and the people we serve,” Pataky says. “For us, that meant having seamless transitions between each of the pillars and warm handoffs because we know accessibility is the number one barrier when it comes to mental health.”

SOMEONE TO CONTACT

Aspire operates a 24/7/365 crisis phone line – reached by calling either (800) 560-4038 or (317) 574-1252 – that is answered by trained crisis coordinators who can connect individuals with support during a crisis, dispatch Aspire’s mobile crisis team, coordinate for hospital placement and discharge, and offer further assistance if more intensive care is required.

In the past year, Aspire’s crisis coordinators have handled more than 17,000 calls – roughly 50 calls per day.



Ervin

“The crisis coordinators are the foundation of our crisis continuum,” says Aspire Senior Director of Crisis Services Kaitlyn Ervin. “They are getting the majority of the initial contacts, and it’s a team with a lot of years behind them to fully understand a crisis event.”

When someone calls in to the crisis line, the coordinators can see if that individual was just seen

at Rely Center, had a mobile crisis run, or even view the safety plan they created with their therapist.

“There is that wraparound, collaborative approach so they can see where someone enters our crisis continuum and pick up right where they left off,” Pataky says. The team can also follow up with that individual after the crisis event and help smoothly transition them back into ongoing care.

SOMEONE TO RESPOND

Aspire’s designated Mobile Crisis Response Team (MCRT) just recently celebrated one year of operating 24/7. The MCRT is a two-person, peer-led team who provides community-based crisis services in the location where the individual is experiencing the crisis.

“The designation for our MCRT directly connects us with the state’s 988 system, which is a big deal,” Ervin

says. “So if an individual calls 988, after the initial screening and assessment, 988 can dispatch our team to help support the crisis event.”

In the past year, the MCRTs have responded to 653 initial runs, and when the follow-up response is included, that number jumps to more than 900.

“We continue to see the request for mobile crisis increase month over month,” Pataky says. “The incredible work our MCRT does is shown in their consistent success rate in resolving the crisis without needing a higher level of support.”

The mobile crisis teams primarily work out of Aspire’s Noblesville location, to be in close proximity to Rely Center as they support each other often. Requests for MCRT come from a number of referral sources, including law enforcement, first responders, calls to 911 and 988, housing shelters and behavioral health providers.

“One exciting update is the expansion of crisis services within Hancock and Shelby Counties,” Pataky says. “Aspire was welcomed with open arms, and being able to walk alongside those organizations and support them has been incredibly impactful.”



Everidge

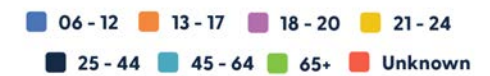
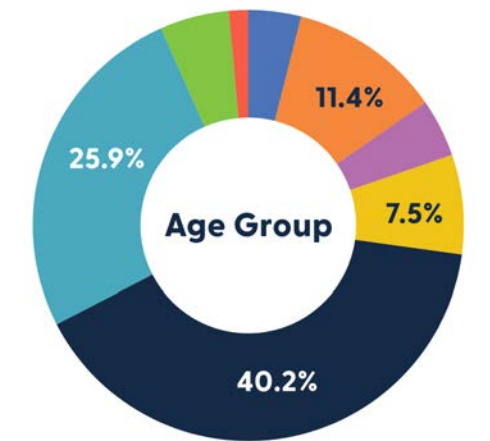
“I appreciate the willingness Aspire had in acknowledging we already had a mobile crisis team here in Hancock County that the community trusts,” says Amanda Everidge, executive director of the behavioral health service line at Hancock Health. “Aspire and Hancock Health have

Mobile Crisis Dashboard

APRIL 2025 - MAY 2026



Resolved in Community





Since its opening in October 2025, Rely Center has had more than 500 psychiatric urgent care visits with an average time of just slightly over two hours to resolve the crisis.

There have also been approximately 30 visits to Rely's 23-hour stabilization unit.

"Rely Center has exceeded every expectation we had in terms of what it could be and what it will be," Pataky says. "And so much of that has to do with the time we spent thinking through what we wanted it to look like along with collaboration with our partners to build something that was needed within the community."

Pataky notes the investment and engagement from key community stakeholders has helped the word spread about Rely Center.

"We would not have had the success, impact or change without this being viewed as a community problem – and how do we come together as a community to meet these crisis needs," Pataky says.



Judge Nation

One of Rely Center's biggest supporters, Judge Steven Nation, speaks to the establishment of Rely as a new way of approaching the challenge of crisis management, aiming to prevent crises first and then finding the underlying cause and creating a suitable treatment plan.

been very intentional about how we complement each other's services, connect with each other's resources, and collaborate together in this space."

Aspire's MCRT offers support to the mobile crisis team at Hancock Health, and, if needed, the Hancock mobile crisis team will transport individuals to Rely Center in Noblesville.

"Aspire took the time to understand our needs, and then prioritize how to start laying in the foundation of their services," Everidge says. "It's hard to put into words the incredible impact Aspire's crisis continuum has had, from Rely to their mobile crisis team and crisis assessments in our emergency room. It is a resource that is just critical to the health of our community."

A SAFE PLACE FOR HELP

If the level of support needed goes beyond that of the MCRT, an individual may be transported to Rely Center, Aspire's psychiatric urgent care and stabilization center. The goal is to reduce the crisis event and stabilize their symptoms, then create a personalized plan for further support and treatment options.

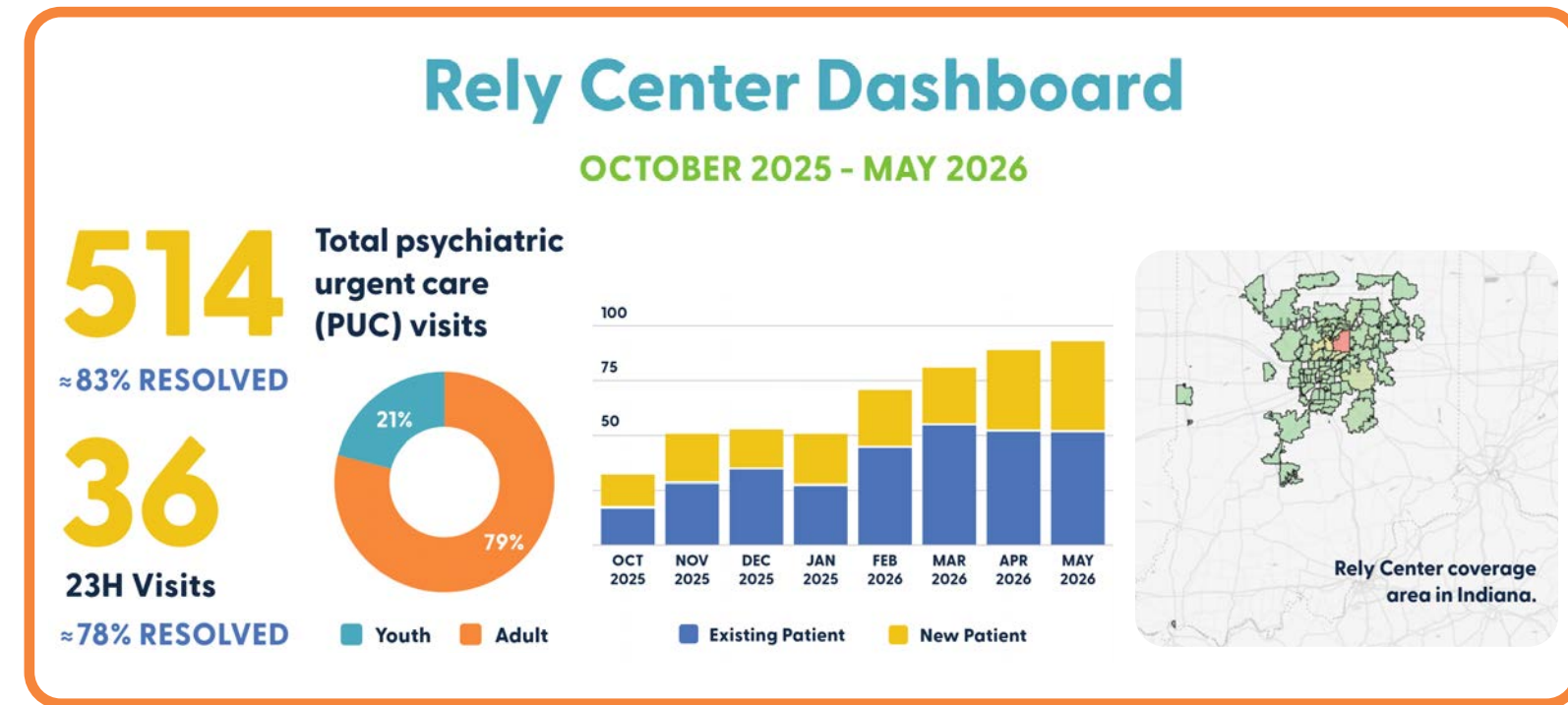
"I think a problem you have in mental health is that many times a law enforcement officer or doctor who sees the individual at the time of a crisis event doesn't understand the person's background and other behavioral health issues that may be involved," Judge Nation says. "With Rely Center, my hope is to build that comprehensive behavioral health plan so an individual doesn't have a crisis of mental health – and can receive services at the very beginning that will hopefully lead to a reduction in crisis and create a better outcome for that individual. And I truly believe Aspire wants that same thing."

"Crisis doesn't happen Monday through Friday 8 to 5," Pataky says. "It can happen anytime, anywhere, and we need to be able to respond in whatever capacity that individual or family needs for that level of support."

Spread the word about crisis services and alternative options for those to use when they are experiencing a mental health crisis. Talk to your family and friends, and create a plan so you know who to call and where to go when you need help.

Want more information? Visit <https://www.aspireindiana.org/crisis>.

Interested in supporting the work of Aspire's crisis Continuum? [Click here](#) to donate. In the dropdown box "Select Option," choose "Crisis Services." [Click here](#) to check out our Amazon wish list.





Wellbeing in the Workplace

Happier, healthier and more productive employees – that’s the goal of Aspire’s Workplace Wellbeing Department. Led by Manager of Wellbeing and Benefits Kristin Lamb, the Workplace Wellbeing Department strives to create a healthy and supportive work environment for all Aspire employees through comprehensive wellness programs, resources and initiatives.



Lamb

“We’ve tailored our programs to the Aspire culture,” Lamb says. “So whether someone is based in one of our health clinics, is working remotely, or needs any type of accommodation, we ensure everyone can participate and benefit from Aspire’s wellness programs.”



AI assisted creative

BEING YOUR BEST SELF

Through the Best Self Challenge, Aspire provides initiatives and incentives that support each of Aspire’s more than 800 employees and their unique wellbeing efforts.

“We outlined and defined our core elements of wellness, developed monthly initiatives around each

one, and incorporated an annual personal evaluation of the elements as a check point,” Lamb says.

Those Elements of Wellbeing include: physical, community, emotional, financial, spiritual, environmental, vocational, creative, social, medical and intellectual. Each monthly Best Self Challenge



Illustration by CéAira Waymon

has a few distinct ways for employees to engage with and improve upon the specific area of health. For example, April focused on Environmental Wellbeing and involved occupying clean, safe and healthy surroundings. Each week participants were encouraged to complete tasks such as decluttering their office space, changing air filters, and replacing batteries in smoke detectors to contribute positively to their environmental health.

“We evolve the program each year to support both personal and professional growth,” Lamb says. “For example, intellectual wellness is about staying curious and committed to lifelong learning, whether that means developing new skills, pursuing professional growth, or exploring personal interests. Vocational wellness is equally important because employees who feel engaged

and empowered in their work contribute to a stronger organization.”

The key to the Best Self Challenge is to make participation sustainable, allowing each person to make positive contributions toward their own health.

From developing data-driven and education-based programming to facilitating wellbeing workshops and providing individual coaching opportunities to employees, the Wellbeing Department strives to cultivate a culture that emphasizes wellbeing in the workplace.



Lamb adds, “The Best Self Challenge remains one of our strongest engagement initiatives and offers a meaningful way to connect with employees across Aspire.”

PARTICIPATION IS THE POINT

The Wellbeing Department has developed a multitude of programs Aspire employees can participate in alongside the Best Self Challenge, including the Employee Wellbeing Committee, where they serve as ambassadors and contribute to wellbeing planning and facilitating programming.

“We usually have a dozen ambassadors on the Wellbeing Committee representing a variety of locations and service lines,” Lamb says. “They help keep the momentum going by sharing information about wellness programs and initiatives with their teams. We couldn’t do this work without them.”

Employees can also volunteer for REST – the Resilience and Emotional Support Team – that provides resources and psychological support to those impacted by a crisis incident.

“REST responds externally to incidents in the communities but also internally for employees who are facing adverse events or incidents,” Lamb adds. “We receive an average of 25 callouts a year. While we keep the resource visible, we always wait until we are invited in post-incident. Anyone who is trained and willing to participate is welcome.”

In addition, Aspire offers health and wellbeing coaching programs that are 100% virtual with regular check-ins with a health coach.

Topics range from healthy lifestyles and culinary medicine to quitting tobacco use and learning about GLP-1 medications.

“We started with the diabetes prevention program and shifted that to healthy lifestyles to be more inclusive,” Lamb says. “So you don’t have to be diagnosed with pre-diabetes to participate – anyone who is concerned about those risk factors can participate.”

TOTAL COLLABORATION. TOTAL REWARDS.

Collaboration is at the heart of the Wellbeing Team – collaborating with Aspire employees across departments to curate sustainable wellness initiatives, develop and facilitate wellbeing programs, and collaborating with leadership to bring impactful rewards to participants.

One such collaboration is between the Wellbeing and Benefits Teams, often meeting on a regular basis with vendors to discover what benefits directly affect employee wellbeing.



AI assisted creative

Lamb shares, “When our retirement provider changed to Principal, we incorporated that change into the Best Self Challenge during Financial Wellness Month. We try to pair our months with tangible benefits to bring awareness to our employees with available options to impact their wellbeing.”

Participation in Aspire’s wellbeing initiatives has grown significantly over the years, with engagement reaching approximately 75%, well above industry benchmarks.

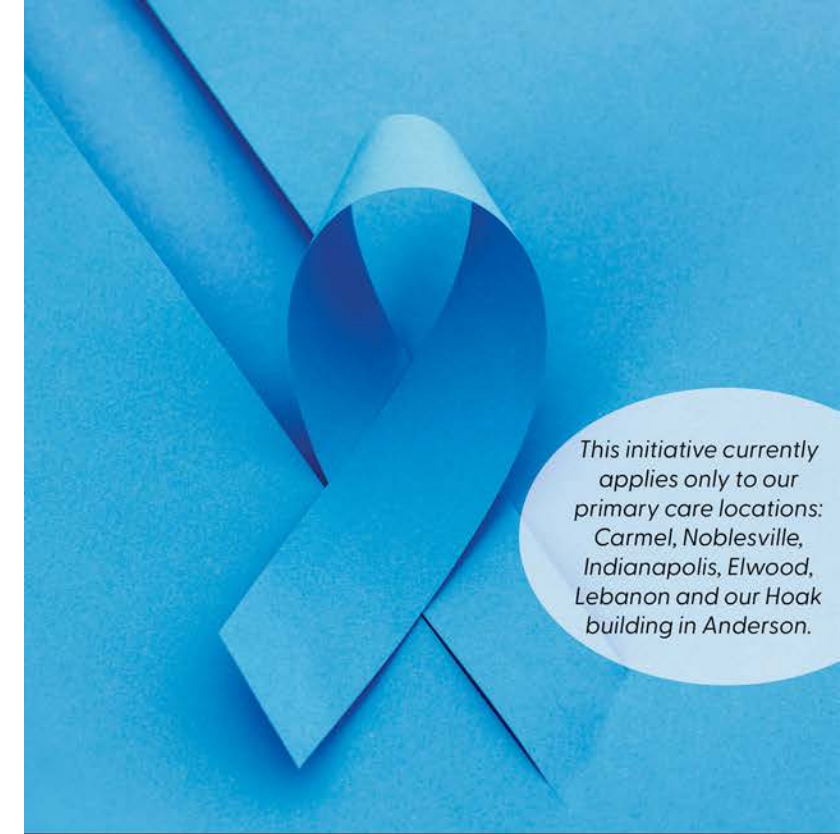


Forrest

“Employees consistently share that these programs have helped them evolve personally, stay accountable to their goals, and feel more supported in their overall wellbeing journey,” says Chief People and Public Health Officer Gina Forrest.

Aspire’s Workplace Wellbeing Department creates an environment where employees feel seen, supported and valued. Because of Aspire’s commitment to whole-person health and strengthening both individual wellbeing and organizational culture, Aspire has been recognized with a 5 Star AchieveWELL Designation by the Wellness Council of Indiana as well as a Bell Seal for Workplace Mental Health at the Gold level by Mental Health of America.

“Aspire serves vulnerable populations, which is a heavy task,” Lamb says. “Our employees not only enjoy the wellbeing offerings at Aspire, but they appreciate their employer recognizing the need to care for the caregivers – them.”



This initiative currently applies only to our primary care locations: Carmel, Noblesville, Indianapolis, Elwood, Lebanon and our Hoak building in Anderson.

Are You Due for a Colorectal Cancer Screening?

Colorectal cancer is the fourth most common cancer among both men and women and ranks as the fourth leading cause of cancer-related deaths in the United States.

If you are between the ages of 45-75, stay up to date with one of the following:

- Fecal Occult Blood Test (FOBT) – every 1 year
- Stool DNA Test (FIT-DNA) – every 3 years
- Flexible Sigmoidoscopy – every 5 years
- CT Colonography – every 5 years
- Colonoscopy – every 10 years

Not sure or need to schedule?
Visit the front desk or schedule online at <https://www.aspireindiana.org/>





Let's Make Moves to Cure Arthritis



The Aspire Indiana Health team laced up and got walking at the 2026 Walk to Cure Arthritis! Walk to Cure Arthritis is the Arthritis Foundation's nationwide signature event that raises money to advance arthritis treatments and find a cure, develop resources and take action to improve people's lives.



Dr. Oh

"Arthritis, in its many forms, has a profound impact on people and their families," says Aspire Chief Medical Officer Holly Oh, M.D. "We want people to live vibrant lives in spite of their arthritis, and we know this is possible with easy access to high-quality care and treatment as well as community support."

Dr. Oh served as Medical Honoree for the event that took place at Conner Prairie in Fishers, Ind. Along with the walk, there were other activities, food and a live music performance. Aspire's Walk to Cure Arthritis Team is part of a larger community united together to help millions of Americans, including hundreds of thousands of children, with arthritis to live their best lives.

"As the medical honoree at this year's walk, I am grateful to represent Aspire Indiana Health in this effort," Dr. Oh says. "Aspire is dedicated to making care resources more accessible for patients with arthritis and their families. We offer rheumatology care seated right in your community, alongside your pharmacy, primary care, behavioral healthcare and more – accessible to all, regardless of ability to pay."





Faces of Aspire: Charles Stringer

GRANT WRITER



As a grant writer at Aspire, Charles Stringer spends a lot of his day researching and writing for grants through both local and federal government agencies and various other organizations. Grant writing requires immense collaboration with all realms of Aspire.

“Grant funders are always going to look for a demonstration of impact in some variety. We’re talking about a lot of data,” Stringer says. “I recently submitted a grant for our Social Determinants of Health (SDOH) Services for specific funding reserved for folks who are receiving support such as

employment or housing and need immediate, tangible assistance to get them over the next hurdle. For example, say a client recently started a job with a construction company and needs steel toe boots. The job is necessary to sustain their housing, so this grant would help them acquire steel toe boots.”

Charles has a rich history in nonprofit work. After graduating from Purdue University, Charles spent time working for AmeriCorps as well as Big Brother Big Sisters of Central Indiana. It was at Big Brothers Big Sisters that he discovered a passion for grant writing.

“One of the things I like about grant writing is being able to support the organization in a unique way that is extremely valuable,” he says.

“It’s an incredibly collaborative process by nature. When I’m submitting an application to support Rely Center, for example, I’m not an expert about Rely Center, so the only way I’m going to be able to complete a compelling application is to collaborate with Aspire staff who are doing the actual work in those areas. The metrics are important, but the support of the staff who need the funding for their departments is immense.”



Stringer adds that nothing beats getting notified of having received funding.

“The time and effort put in by the staff and seeing something come to fruition that will make a tangible difference for our patients is an amazing and joyful feeling.”

When Charles is not working, he is spending time with his fiancée, reading, and playing Dungeons and Dragons with friends.



Aspire Indiana Health
Mental Health Matters
5K

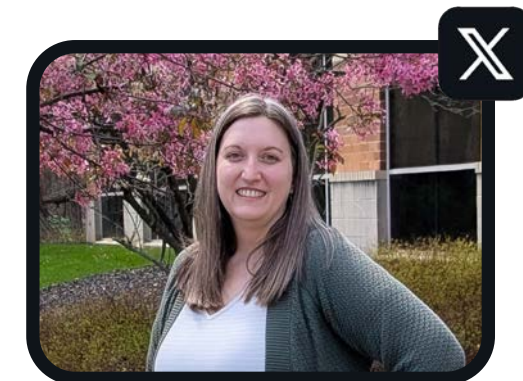
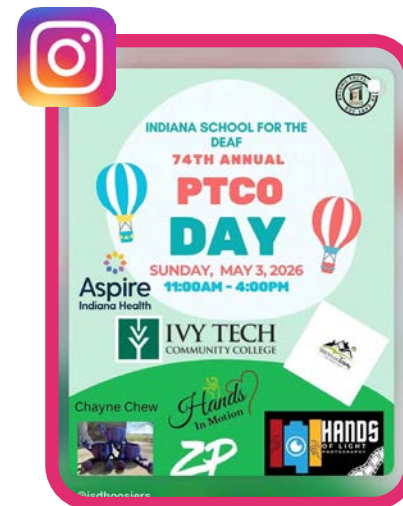
Sign up today!

CONNER PRAIRIE
 September 19, 2026
 Start time 8:00 AM
 Family friendly
 5k and 1 mile options



Social Media Hits

A LOOK BACK AT OUR TOP SOCIAL MEDIA HITS IN MAY!





Aspire News

STEP UP FOR MENTAL HEALTH MATTERS 5K



Make sure to mark your calendar for the Mental Health Matters 5K! Aspire's community-wide race and wellness event, the Mental Health Matters 5K is designed to reduce stigma, raise awareness and generate meaningful charitable support for Aspire's mental health services, crisis services and Rely Center programs.

The event will bring together runners, walkers, mental health advocates, corporate teams and families in a high-energy, inclusive environment – all taking place at Conner Prairie, one of the most visited outdoor museums in the country, located on 1,046 acres in Fishers, Ind.

We hope to see you there!

September 19, 2026

Conner Prairie, 13400 Allisonville Road, Fishers

[Register here!](#)

ASPIRE BRINGS RECOVERY HOUSING TO HANCOCK COUNTY



In an expansion of its mission to help those recovering from substance use disorder reconnect with their home communities, Aspire is opening three residences in Greenfield with a total of 24 recovery beds.

These homes serve as the first beds dedicated to men's recovery housing in Hancock County. They are funded by a grant of approximately \$1 million from state and county grants – \$500,000 from Hancock County and \$475,000 from Indiana's Division of Mental Health and Addiction (DMHA) as part of its Recovery Residence Capital Dollar-for-Dollar Match Grant.

These recovery residences will be Level II as defined by the National Alliance for Recovery Residences (NARR). This housing will provide an important step-down level of care, allowing Hancock residents to return to their home community while continuing their recovery journey after their stay at Progress House.



GETTING TO KNOW NAKEETA STANSBERRY



Nakeeta Stansberry is an experienced nurse practitioner at Aspire's Noblesville health center. She has been in the nursing field since 1999 and wanted to become a nurse practitioner so she could become the patient's initial point of contact for care and work toward helping improve their quality of life.

[Learn about Nakeeta's philosophy of compassionate care](#) that meets patients where they are. Schedule an appointment with Nakeeta at (317) 773-6864.

RASMUSSEN SELECTED FOR MOST PIVOTAL LEADERS

Congratulations to Aspire Clinical Director of Integrated Behavioral Health Jessica Rasmussen, who has been named one of Indy's Most Pivotal Leaders for 2026!



Chosen through a competitive nomination process spanning central Indiana, this year's honorees represent a distinguished group of both emerging and established leaders driving meaningful impact within their organizations, community and central Indiana as a whole.

This year's Most Pivotal Leaders participate in an exclusive half-day leadership workshop designed to inspire, connect and refuel. To read the full article, [click here!](#)

MITCHELL OFFERS KEYNOTE FOR LECTURE SERIES



Pictured with Mitchell is Dr. Victoria G. Wilburn and Dr. Sally Wasmuth.

Aspire Senior Vice President of Addiction Recovery Services Darrell Mitchell was recently the keynote speaker at the 2026 Occupational Therapy Doctoral Capstone Showcase and Cel Hamant Lecture, hosted by the Indiana University Indianapolis School of Health & Human Sciences.

"It was an absolute privilege to stand before the brilliant minds of the IU Indianapolis OTD Class of 2026 as the Cel Hamant Lecture Series Keynote Speaker," Mitchell says. "Witnessing the profound scholarship, empathy and innovation at the Capstone Showcase was deeply inspiring, and I am profoundly grateful for the opportunity to share in a moment that celebrates not just academic excellence, but the future architects of human hope and healing."



Great Job!

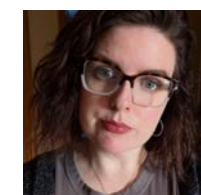
GREAT JOB RECOGNITION FOCUSES ON OUR PEOPLE, PATIENTS & PARTNERS.

TO SEND IN YOUR NOMINATION, CLICK THE BUTTON BELOW.



Alyssa Yano Wier, Senior Clinical Director-Integrated Health Services, was essential in guiding the development of the new Ethics Consultation Service recently

launched at Aspire. She went above and beyond her role by helping develop and deliver training to new consultants for this valuable service and identifying multidisciplinary staff members who would be a good fit for the consultant role.



Kat Siegel, Supervisor-Information Technology, went above and beyond her role by helping develop and deliver training for the new Ethics Consultation Service recently

launched at Aspire. She was invaluable in helping the implementation team identify and develop the best tools to use for the ECS, keeping in mind accessibility across the organization as well as efficiency within the ECS team.



Mike Garland, Maintenance Technician, helped with a maintenance issue that affected some young clients I work with.

They got some toys stuck in the skylight and were pretty upset, and Mike was able to get the toys unstuck. This helped the clients feel less distress and also feel seen and heard – that their voices matter. Thank you!



Cullen Shade, Patient Access Specialist-Deaf Services, goes above and beyond for accuracy to ensure smooth appointments for both provider and Deaf clients. I

appreciate how dependable and reliable Cullen is for the Deaf Services team. There is truly no one like him! You are so appreciated!



“ I absolutely feel listened to and understood when seeing Prisca. She takes the time to explain everything and walk you through her rationale. For the first time in a while, I actually feel like I'm getting help and not just another number for the clinic. ”

- Patient Google Review

PRISCA OBEGA-GOMIS
Nurse Practitioner - Primary Care



“ Dr. Dwyer is an amazing doctor ... very knowledgeable and to the point. I greatly appreciate the care I receive. With onsite lab work and pharmacy services, it's a great one-stop shop for medical care. I would recommend them to anyone. A+++ ”

- Patient Google Review

DR. DAVID DWYER
Physician - Primary Care



“ Nakeeta made me feel safe and like family! She's hands down an angel. ”

- Real Patient Feedback

NAKEETA STANSBERRY
Family Nurse Practitioner



“ I had a wonderful experience with Mallory. From the moment I walked in, she took the time to listen carefully to my concerns and explain everything clearly. Her professionalism, compassion and thorough approach gave me complete confidence in my care. ”

- Real Patient Feedback

MALLORY STAPLER
Family Nurse Practitioner

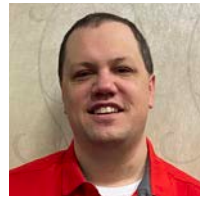


Brian McCarthy, Facilities Manager, is the project leader for Mapping Buildings project, centralizing critical building knowledge across Aspire's facilities. He comes to every check-in

prepared, communicates proactively when priorities shift, and consistently delivers work that goes beyond what is asked. This project is better because of how Brian shows up.

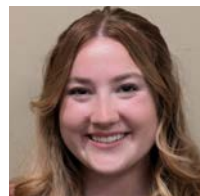


Patti Olesen, Patient Access Specialist, is the calm, welcoming voice our patients need to hear! Your patience and kindness to our patients does not go unnoticed.



Kyle Jackson, Peer Specialist, assisted one of our residents who had received a violation due to the unsanitary condition of his apartment, specifically his kitchen,

which posed a safety hazard. The countertops and stovetop were completely obscured by clutter. Kyle not only helped clean, but also organized, got rid of the odor and made it a better living space for the client.



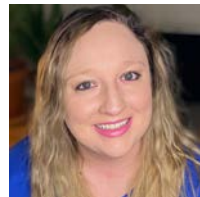
Anna Sole, Care Coordinator/Life Skills Instructor-Youth & Family HCBS, has jumped into some very challenging cases with intense needs. She was recently thrown into

multiple situations where she had to think on her feet – one situation involved using skills to help deescalate a heightened client, which she did very successfully, and another that required strong coordination with a community partner.



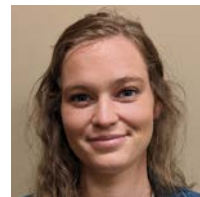
Willie Cummings, Life Skills Instructor-Adult HCBS, is so great with our clients in building rapport. He has made a big impact on clients' wellbeing. Willie is also good

with team work, and he is flexible to ensure our clients are taken care of.



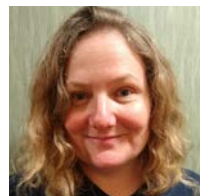
Jaclyn Saunders, Marketing Coordinator, is an enthusiastic, dedicated team member, and deserves to be recognized for all the good work she is doing at Aspire!

She spent several weeks gathering information for Aspire's nomination for the IBJ's Nonprofit Excellence Awards, and she helped craft a compelling story celebrating Aspire's 60th anniversary. Thanks, Jaclyn, for all you do!



Katie Beagle, Certified Medical Assistant, is such a helpful MA! I have seen her grow from first starting to running the show. She always has the time to help others, always with

a smile and kind tone. She greets and treats her patients with kindness, dignity and respect. She is highly efficient and knowledgeable. I love that girl!



Yvette Howes, Clinical Supervisor-Crisis Team, is an outstanding team member whose genuine passion for her role and clients is evident. She consistently goes above and beyond,

providing essential support for Aspire Crisis. Yvette is always eager to assist, supporting Aspire staff and helping community partners. Thank you for being such a valuable and positive part of the Aspire team!



The Power of Monthly Giving

Your commitment to monthly giving is one of the most powerful and reliable ways to support Aspire's mission.

By becoming a recurring donor, you:

- Provide a consistent source of funding essential for long-term planning.
- Help support vital programs that make a big difference for many of our Indiana neighbors.
- Create a foundation for Aspire to expand our reach with confidence.
- Assist with barrier busters like housing, employment, and so much more!

The size of your gift doesn't matter. Whether you give \$10 or \$100 each month, your commitment ensures we can invest in sustainable solutions and expand our impact where it's needed most. And, you can designate your giving to the area of your choice.

Please join our growing community of monthly donors – **Compassion Advocates** – today, and witness firsthand the compounding good your ongoing support makes possible.

