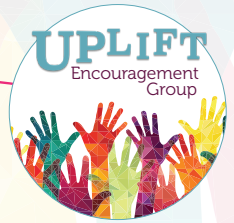


THRIVING hope



An Uplift Encouragement Group Publication

Winter 2024

SOUTH CAROLINA GROUPS

UPLIFT Charleston Mt. Pleasant

Meets the THIRD Saturday of each month from 9:30-11:00 at:
Seacoast Church
750 Longpoint Road
Mt. Pleasant, SC 29464

UPLIFT Greenville

Meets every other month at:
Overture Greenville
52 Market Point Drive
Greenville, SC 29607

UPLIFT Lexington

Meets the FOURTH Thursday of every month at: First Baptist Church of Lexington Fellowship Hall
415 Barr Road
Lexington, SC 29072

UPLIFT COMING SOON....

Myrtle Beach, Raleigh, NC, Charlotte, NC and Asheville, NC

WELCOME

The UPLIFT Encouragement Group is all about patient advocacy and providing a support network for people living and dealing with the challenges of chronic illnesses/disabilities and their caregivers. These groups are run by and for their members. The leaders are ordinary people with a little bit of courage, a sense of commitment and a good amount of caring. This is a great way to share hope with others who are taking the same journey as you. "Hope is Real!"

SCHERI FORCE

Founder and Executive Director



UPLIFT strives to give hope, grace and dignity to those suffering from chronic illnesses/disabilities. To quote one of our members, "UPLIFT has given me a place to be understood and accepted, where we are the same because of our differences."

I would love for you to join us at one of our meetings. You will be welcomed and treated just like the family we are, while being educated on how you can live your best life.

The founder of The UPLIFT Encouragement Group, Scheri was diagnosed with MS in the late 1990's and has refused to succumb to a life of limitations. She knew she could still have an abundant and full life of happiness and joy and YOU can too!



WAYS YOU CAN PARTICIPATE:

- Interacting with a group of people who understand what you are going through.
- Enjoy the family-like environment and have a shoulder to laugh, cry and share on.
- Hear from speakers who are educating us on issues that are relevant to us.
- Participate in fun social events, gatherings and community projects.
- Become a resource to help ENCOURAGE others along their path.

MEMBER HIGHLIGHT

EMILY ATKINS

HI, MY NAME IS EMILY ATKINS. My disability began on December 2, 1990. I went into a coma at the age of seven. My parents were told I wouldn't recover. God defied the doctors.

I graduated high school and college. Although I have fallen a lot over the years, God has protected me.

I recently began a weight loss journey. I cut my sugar drastically and dance as exercise. I quickly learned dance is also great physical therapy, as my balance is much better. I can also move more freely.

Losing weight has increased my mood also. I am down 60+ pounds in 22 months!

For those of you who can't exercise, you'd be surprised what changing your food intake will do! I have included some pictures.



Same clothes taken a year apart, 39 pounds down



FUNDRAISER HIGHLIGHTS

September 3, 2023

Palmetto Infusion Fundraiser for UPLIFT

UPLIFT Encouragement Group “Dunkin for Dough” Fundraiser. This was held on Sunday, September 3rd as part of the Downtown Pawley’s Live event. You were able to dunk Senior Executives of Palmetto Infusion (Executive Chairman and co-founder, Gary Cooper, CEO David Goodall, and Chief Operating Officer, Matt Angell). Not only was this an incredibly fun event, but you could contribute to a meaningful cause that touches lives in our community. The UPLIFT Encouragement Group offers people who live with chronic illnesses or disabilities the space to meet others going through similar situations and share their experiences, knowledge, strengths, and hopes.



Join us this Sunday in Pawleys Island, South Carolina, at Downtown Pawleys Live! Palmetto Infusion will host TWO dunk tanks, with 100% of proceeds going directly to Uplift Encouragement South Carolina!

At only \$1 per throw or \$3 for five throws, you can dunk Executive Chairman and co-founder Gary Cooper, CEO David Goodall, and Chief Operating Officer Matt Angell from 1 to 4 p.m. on Sunday, Sept. 3! Not only will this be an incredibly fun event, but you'll also contribute to a meaningful cause that touches lives in our community.

If you're unable to join us in person, you can generously donate to Uplift Encouragement here: <https://ow.ly/eQLI50PH2AW>

Uplift Encouragement offers people who live with chronic illnesses or disabilities the space to meet others going through similar situations and share their experiences, knowledge, strengths, and hopes. The nonprofit has Charleston, Myrtle Beach, Columbia, and Greenville chapters.

DUNKIN' FOR DOUGH

JOIN US AT DOWNTOWN PAWLEYS LIVE!

UPLIFT Encouragement Group



Resource Corner MOBILITY WORKS

This is an opportunity to showcase local companies/services geared toward those living with chronic illnesses/disabilities. You learn what resources are available to you and how to reach them.

MobilityWorks is a leading retail sales and service provider of wheelchair accessible vans, cars, and SUVs. Through their national network of over 90 sales centers, they carry the largest inventory of vehicles, along with other products that improve mobility. Through their personalized approach, they work with you in person or virtually to ensure that you receive the best solution for your needs. Their focus on personalized consultations and an emphasis on listening makes them a great resource for those looking to purchase their first accessible vehicle.



Whether you are looking to buy an accessible vehicle now or just starting to consider the possibility, the MobilityWorks location in Columbia can answer any questions you might have about the process or the different types of conversions available. Their trained Certified Mobility Consultants will take all the time necessary to evaluate your needs and recommend the best options for you and your family. This includes a complete Needs Analysis and an explanation of all the financing options that fit within your budget.

In addition to selling accessible vehicles, the Columbia location offers a full line of adaptive equipment installation and repair, as well as routine maintenance for your vehicle. They also have rentals available for occasional transportation needs, including service to the Columbia Metropolitan Airport. To learn more about how MobilityWorks can help with your mobility needs, give them a call at 803-828-5754.



Greenville Meetings

August 2023



*Guest speaker:
Wendy Watkins,
RD, LDN*

Upstate Nutrition

During her 30-year career as a Registered Dietitian and Licensed Dietitian/Nutritionist, Wendy Watkins has developed specialized expertise in the nutrition field. A seasoned consultant in the long-term care sector, and an experienced personal nutrition counselor, Watkins also serves as a trainer/instructor.



October 2023



Medical Advance Directives & Planning, POA, Living Wills with a bonus segment on Medicare Open Enrollment.



Christmas Party

What a night! The UPLIFT Encouragement Group Annual Christmas Dinner/Gift Exchange. This year's event was held at Momma Rabbit's Restaurant and they made it a treat for us. Great food!!! Great Fellowship!!! And the ever popular gift exchange...

Great evening to celebrate each other and the accomplishments we have had over the year (big or small). Love my UPLIFT Encouragement Group Family!



DONATIONS:

This nonprofit (501c3) has been created to help others living with chronic illnesses/disabilities. Ways we assist are: home additives, medicine, groceries, assistive equipment. Also, monies raised for group gatherings and the expansion of groups into other communities, Go to our website at www.upliftencouragement.com and look for the donate button.

Please contact Scheri Force at (803) 318-4108 or scheri@upliftencouragement.com with any questions or more information.

Check out our website at: www.upliftencouragement.com or Facebook page!