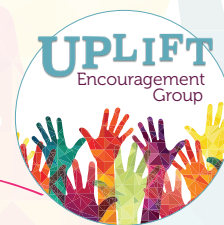


THRIVING hope



"Providing support networks for people living with chronic illnesses/disabilities that educate, empower, empathize and encourage. UPLIFT is a place to be understood and accepted; where we are the same because of our differences."

An **Uplift Encouragement Group** Publication

Winter 2026

UPLIFT GROUPS

UPLIFT CHARLESTON MT. PLEASANT

Location and time to be determined
Mt. Pleasant, SC 29466

UPLIFT GREENVILLE

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

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.

WELCOME

The **UPLIFT Encouragement Group** is dedicated to patient advocacy and providing a supportive community for individuals living with chronic illnesses or disabilities, as well as their caregivers. These groups are **run by members, for members**, led by ordinary people with a bit of courage, a strong sense of commitment, and a whole lot of caring. Joining UPLIFT is a wonderful way to **share hope and encouragement** with others who are navigating similar journeys. Remember:

"Hope is Real!"

SCHERI FORCE

Founder



UPLIFT strives to bring **hope, grace, and dignity** to those living with chronic illnesses and disabilities. One of our members beautifully shared:
"UPLIFT has given me a place to be understood and accepted, where we are the same because of our differences."

We would love for you to join us at one of our meetings, where you'll be welcomed like family and supported with guidance on **living your best life.**

The founder of **The UPLIFT Encouragement Group**, Scheri, was diagnosed with MS in the late 1990s. She refused to let it define her life. Scheri embraced the possibility of **abundance, happiness, and joy**, and she believes you can too!

MEMBER HIGHLIGHT

CASSANDRA MARSHALL



Hi! I am Cassandra Marshall widow of Daniel Marshall for over 7 years now. In love with my Lord and Savior, Jesus Christ.

I have been caregiving for many years and still continue to do so. I have been dealing with Neuropathy, Fibromyalgia, back pain, migraines, depression for many years and recently tested positive for Lupus. It's only because of Jesus that I am able to push through and keep going. I cannot do it alone. Jesus is my rock and safe place.

It's so wonderful to be part of such a beautiful group here in Lexington. So many wonderful people and friends. One great big family and Scheri, thank you for being a great friend and inviting me to join when we just started.

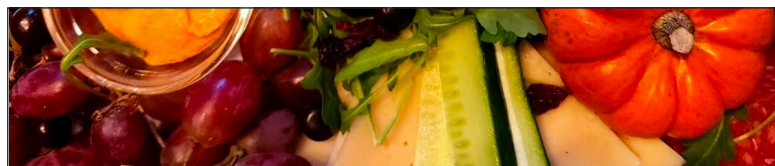
So many resources are made available to us all to help us through tough times and people to uplift us up and encourage us. So many great memories have been made and so many more to make. Strength grows in moments when you think you can't go on, but you keep going anyway because one act of kindness will last a lifetime.

The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths with God by their side.



Resource Corner

Flavored Fork Brings Healthy Cooking to Families



FOR NATALIE COPELAND, HEALTHY COOKING ISN'T ABOUT TRENDS — IT'S ABOUT TRANSFORMATION.

After being diagnosed with type 2 diabetes, Natalie began rethinking the way she cooked and ate. Instead of focusing on restriction, she focused on learning — how ingredients affect the body, how to build balanced meals, and — most importantly — how to keep food flavorful. That personal journey became the foundation for Flavored Fork, LLC, her mobile healthy cooking instruction business.

Through hands-on classes held in schools, community centers, churches, and homes, Natalie teaches practical kitchen skills that build confidence and independence. Participants learn more than recipes. They practice measurement, knife safety, nutrition basics, and how to prepare meals that support long-term health.

Her work with elementary students has become a cornerstone of her mission. In afterschool programs, children explore new fruits and vegetables, strengthen math and reading skills through recipes, and discover that healthy food can taste good.

“I want kids to see cooking as a life skill,” Natalie says. “When they feel confident in the kitchen, they carry that confidence home.”

Flavored Fork also offers adult classes focused on heart-healthy and diabetes-friendly cooking, creating space for families to learn together.

At its core, Natalie’s work is about empowerment. “I’m not just teaching recipes,” she says. “I’m helping people realize they have the power to take control of their health.”

And across the community, that lesson is taking root — one flavorful forkful at a time.

Follow Flavored Fork, LLC online (www.flavoredfork.com), Facebook ([@flavoredfork](https://www.facebook.com/flavoredfork)) and Instagram ([@flavoredforkllc](https://www.instagram.com/flavoredforkllc))



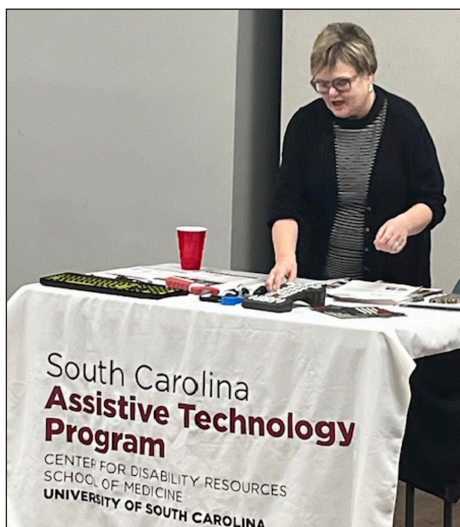
UPLIFT Lexington Group Meeting

January 22

Guest speaker:

Tammy Wallace, Program Coordinator, SC Assistive Technology

Empowering independence through assistive technology means giving people the tools to live life on their own terms. From screen readers and speech-to-text software to smart home devices and mobility aids, assistive technologies remove barriers that once limited access to education, work, and daily activities. These tools don't just compensate for challenges—they amplify abilities, build confidence, and support self-determination. By enabling individuals to make choices, communicate freely, and participate fully in their communities, assistive technology transforms independence from an aspiration into an everyday reality.



UPLIFT Lexington Group Meeting

February 26

Group Chat

Come as you are — an opportunity to talk, listen, and get to know each other better.



Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.
Isaiah 41:10

UPLIFT Greenville Group Meeting

February 21

Guest speaker: Chrissie Jenkins, LISW-CP

Ask a Social Worker: Group Chat and Planning Session

A relaxed group chat where everyone can ask questions, share concerns, and toss around ideas. It's a chance to talk about resources, plan for the year ahead, and figure out goals together. The focus is on sharing, learning from each other, and supporting everyone as we move forward.



UPLIFT Christmas Party

What a night!

The UPLIFT Encouragement Group Christmas dinner and gift exchange was so much fun—great food, great company, and the always-fun gift exchange. Such a good evening celebrating and getting to know each other. Love my UPLIFT family





ARE YOU A CAREGIVER? OR DO YOU KNOW ONE?

Being a caregiver is a divine calling to demonstrate love, mercy, and justice towards others, particularly the vulnerable, reflecting God's own compassionate nature.

The "Caregivers Encouragement Group" is a group designed to uplift, motivate, and provide emotional and practical support to caregivers — people who take care of others, such as elderly family members, individuals with disabilities, chronic illnesses, or children with special needs.

We are providing a safe space for people caring for a loved one to share experiences, get advice and find emotional support by:

1. Encouraging and Motivating:

Help caregivers stay positive, reduce burnout, and remind them that their work has deep value and meaning.

2. Building Community:

Connect people going through similar situations so they don't feel isolated or alone.

3. Sharing Resources and Tips:

Exchange information on caregiving techniques, stress management, and local or online support services.

4. Promoting Self-Care:

Encourage caregivers to take care of their own physical and mental health while caring for others.

The meetings will be held on the 4th Thursday of each month from 6:00-8:00 at First Baptist Church Lexington, Fellowship Hall, Room 208. Our first meeting starts January 22, 2026.



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) 318-4103 or scheri@upliftencouragement.com with any questions or more information.

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