

October 2020

HEARTS OF EMPOWERMENT



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Fall Edition

By Editorial Team

Welcome back to the Hearts of Empowerment fall newsletter! The seasons may change, the circumstances our community face may become more difficult, but our commitment to provide a platform to help those in need will continue! Take a dive to learn what our organization has been up to lately!

Ironman Approaches

The Road to Cozumel.

Could you imagine yourself training for a 112 mile bicycle ride, 26.2 mile run, and a 2.4 mile swim? For the past 8 months, athlete Mario Mejia has prepared himself to take on the challenge of completing the Ironman Triathlon while representing Hearts of Empowerment. The journey has been tough to say the least. There are days where Mario must balance a full time job, extensive training and family all within 24 hours.



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*Mentally I'm ready.
Physically I'm at my peak.
Im ready to cross that
finish line!*

Mejia comes from a family of immigrants who made great sacrifices to provide him with a life in America. He has endured hardships including homelessness, alcoholism, and family tragedy in pursuit of his own and his family's dreams. Mejia worked tirelessly to support himself through college at Virginia Commonwealth University.

Mario's love for competitive running has allowed him to realize his life's purpose. He aspires to be a motivational speaker and role model to help young adults overcome adversity and achieve their dreams.

Over the past 8 months Hearts of Empowerment has helped Mario become a sponsored athlete, with the help of businesses such as **Swimbox**, **Four Thirteen Apparel**, and **No Limits Nutrition** joining the campaign.

“During my time with Hearts of Empowerment not only have I been able to raise awareness for their mission, but they have also amplified my voice when it comes to sharing my life message. They have empowered me to become a contributing member to society.” – Mario Mejia

Donate today to support Mario's efforts towards ironman Cozumel this November at the link below!



<https://heartsofempowerment.org/ironman>



RANDOM ACTS OF KINDNESS

Leesburg, Va

ECHO WORKS

2020 has brought hardships to various organizations and we have taken the initiative to empower them. We identified different organizations in the Leesburg, VA community who have been negatively impacted by COVID-19. Our initial act of kindness was given to **Echo Works**. They are an organization that empowers individuals with disabilities to achieve their optimal level of personal, social and economic success.



LOUDOUN HUNGER RELIEF

Our second round of assistance was provided to the **Loudoun Hunger Relief**. During the COVID-19 crisis, LHR is supplying tens of thousands of pounds of emergency prepared food to help family shelters, as well as continuing their regular food distributions each week.



MOBILE HOPE OF LOUDOUN

Our acts of kindness continued from there as we were able to assist the **Mobile Hope of Loudoun**. Mobile Hope improves the lives of young people who are precariously housed or homeless in Loudoun County. They create pathways for this population to have access to housing solutions, daily essentials and life-changing support.

YMCA LOUDOUN COUNTY

We were also able to provide great assistance to the **YMCA Loudoun County**. Through the YMCA's various programs, they nurture children in a playful academic environment, support seniors and families, and partner with various community leaders and organizations to make an impact in the communities we serve.



TREE OF LIFE

Our efforts continued as we were glad to help **Tree of Life**. Tree of Life is a nonprofit organization dedicated to forever changing the lives of the poor and needy in our local community. Instead of serving individual needs, they try to meet all the needs an individual or family may have, reaching across all five of their Branches to offer Food, Lifeskills, Shelter, Healthcare and Relief.





LOUDOUN DETENTION CENTER

In addition, we were also able to assist the **Loudoun County Detention Center!** Immediate resources were provided to their staff and occupants.

ALL AGES READ TOGETHER

Last but not least, we were able to end our campaign by providing resources to nonprofit, **All Ages Read Together!** AART dedicates itself to educating children in need with free preschool programs in their communities.



ITS BEEN OUR PLEASURE!

We are glad to have been able to empower all of these organizations that provide a huge assistance to individuals and families in the Loudoun County community! We are proud to share that this campaign was financially supported by the Leesburg Nonprofit CARES Act Grant we received.

HEARTS OF EMPOWERMENT



TEAM RETREAT WASHINGTON D.C.

This past September, Hearts of Empowerment was able to host their first ever team retreat. Team members were able to come together at Hook Hall in DC for a day of presentations, conversations, and strategic planning for what is to come in 2021.

Coming together as a family and strategizing on how to better serve our community is extremely important to Hearts of Empowerment. We realize that without our team members nothing we do is possible. Building a culture of inclusion is what drives our organization to be the best it can be.

Our future is looking bright, we can't wait to show you all what we've been working on!

“COMING TOGETHER IS A BEGINNING. KEEPING TOGETHER IS PROGRESS. WORKING TOGETHER IS SUCCESS.”

OASIS HOME MAKEOVER

LOVE. EMPOWER. CREATE CHANGE.



Oasis Space Makeover

WRITTEN BY EDITORIAL TEAM

Hearts of Empowerment and The Oasis Alliance have partnered together for the **Oasis Space Makeover Campaign**! The purpose of this campaign is to improve the lives of trauma survivors through the power of interior design.

The Oasis Alliance is an organization that brightens the lives of trauma survivors by curating beautiful personalized interior spaces that encourage and accelerate recovery, growth, and wellbeing. They utilize donated furniture, décor, and essential household goods to create spaces that really feel like home. The Oasis Alliance utilizes volunteer artists, therapists, designers, movers, and installers to accomplish this mission.

The money raised from this campaign will fund the transformation of the homes of trauma survivors. These transformations will provide them a positive, healthy environment while helping them overcome the vast challenges they have encountered. All unused funds will be donated to the Oasis Alliance so that they continue to change the homes and lives of trauma survivors!

We need your help! Donate today at:

<https://charity.gofundme.com/o/en/campaign/oasis-space-makeover>

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“WHEN YOU ARE UNDER SITUATIONS LIKE THAT (DOMESTIC VIOLENCE), YOUR BELONGINGS GETTING DESTROYED, I HAVEN'T HAD THE EXPERIENCE OF HAVING NICE THINGS. THIS IS GOING TO GIVE MY SON THE ROOM AND SPACE THAT HE FINALLY DESERVES” - NYEELAH BRISCOE, RECIPIENT OF THE OASIS ALLIANCE MAKEOVER.