



MENDING FENCES
DEDICATED TO IMPROVING LIVES

THE MONTHLY MENDER

Monthly Newsletter | Issue 2: February 2025

BLACK HISTORY MONTH

This month, we celebrate the brilliance, resilience, and innovation that Black history has contributed to our world. From groundbreaking leaders to cultural icons, their legacies continue to inspire change, progress, and unity. Let's take this moment to reflect, learn, and commit to creating a future that honors their remarkable impact every day. Together, we rise!



Visit our website : <https://mendingfencesva.com/>

Message from the CEO



Greetings Mending Fences Family,

February is here, and with it comes a month full of exciting opportunities, milestones, and celebrations! There's so much to look forward to, and we're thrilled to continue building on our successes together.

Here's a sneak peek at some of the exciting things happening this month:

- **Black History Month:** February is a time to honor and celebrate the contributions, achievements, and culture of Black individuals throughout history. It's a wonderful opportunity for all of us to reflect, learn, and engage in meaningful conversations around diversity and inclusion.
- **National Heart Month:** February is a time dedicated to raising awareness about heart health and the importance of taking care of ourselves, both physically and mentally.
- **Valentine Day:** Let's not forget to share a little extra kindness and appreciation this month—whether it's with a colleague, a friend, or even taking a moment to appreciate yourself! It's the perfect time to spread positivity in our workplace.

As we reflect on Black History Month, we take this opportunity to celebrate the rich history, culture, and achievements of Black individuals who have made significant contributions across all areas of society. From trailblazers in the arts, sciences, business, and civil rights to the everyday heroes whose stories may not always make the headlines, their resilience and determination inspire us all. This month, let us not only honor the past but also commit to fostering an inclusive and equitable environment in our workplace and beyond. By embracing diversity, sharing knowledge, and supporting one another, we can continue to create a future where everyone has the opportunity to thrive. Let's come together in unity and reflect on the importance of Black History, not just this month, but every day.

National Heart Month is a reminder to prioritize our well-being, whether that's through staying active, making healthy food choices, or simply taking a moment to breathe and recharge. A healthy heart is not just about physical health, it's also about nurturing positive relationships, supporting one another, and fostering a community where we all thrive.

As we head into February, let's keep the energy high, the creativity flowing, and continue to make great things happen, together. Thank you for everything you do, your hard work and enthusiasm truly make a difference!

Here's to a fantastic month ahead!

In Leadership,

Marian Parker Branch



STAY IN TOUCH

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Health and Wellness Tips



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MENTAL WELLNESS

Maintaining mental wellness in the workplace is essential for us to feel supported, engaged, and productive in our roles. By promoting a healthy work-life balance and providing resources for stress management, we can create a positive environment where everyone thrives.

Encouraging Work-Life Balance

To help maintain balance, please remember to:

- take breaks when needed.
- set boundaries between work and personal time.
- use any remaining PTO days to recharge and refresh.

For tips on maintaining balance, check out the article: How to Have a Good Work-Life Balance on <https://www.betterup.com>.

Offering Support

If you're feeling overwhelmed, don't hesitate to reach out to your supervisor or someone on the leadership team that you trust. Additionally, there are some resources we encourage you to explore:

- Check out the article: Stress Management-Techniques and Strategies to Deal with Stress on <https://www.helpguide.org>.
- Mental Health Resources – Please contact Tanisha Carter, our Client Relations Coordinate, directly to schedule a meeting to talk about the specific resources you'll need to improve your mental health.



Tanisha Carter:

✉ tcarter@mendingfencesva.com

☎ 840.396.4068

Seasonal Affective Disorder (SAD)

During the winter season be aware of Seasonal Affective Disorder (SAD). This is a type of depression that affects mood and sleep and can cause low energy, difficulty concentrating or feeling of hopelessness. Tips on how to cope with SAD include:

- Building and maintaining healthy relationships
- Practice self love and self compassion
- Say positive affirmations
- Managing expectations
- SAD; coping mechanisms are therapy and counseling, being resilient, staying active, practicing mindfulness.

As we celebrate a month of Love and “Valentine’s Day”, please be reminded that love is a light that can shine even in the darkest of times. Our country may be facing challenges, but find solace in knowing that we can lean on each other. In the midst of adversity, love is a constant, unwavering force, a reminder that we are never alone. No matter how tough the journey ahead may be, together we will find strength in each other, and our hearts will always be a safe place to heal and grow. Show some compassion, and love this month!

Food for thought

You Were Born to Be Happy, Loved and Celebrated. People often say they're searching for happiness, for love, for celebration, for greatness. What if I said you don't have to search? You were born for it all!

You have a birthright to happiness, to love, to celebration, and to achieve great things. So, what's holding you back from embracing the light, the power, and the greatness within you? Don't settle for less than you deserve. The world is waiting for the gifts only you can bring!

Health and Wellness Tips



FINANCIAL WELLNESS

Financial wellness is a vital part of living a balanced and stress-free life. That's why we're excited to announce our upcoming Financial Literacy Workshops, hosted in partnership with Fulton Bank. These workshops are designed to help you take control of your finances, plan for the future, and achieve your personal goals.

Why Financial Literacy Matters:

When you understand and manage your finances effectively, you reduce stress, increase your savings, and create a secure future for yourself and your family. Let's make 2025 the year we all take charge of our financial well-being.

Stay tuned for dates in March and April (Financial Literacy Month)

Marcus Mosiah Garvey

- Marcus Garvey was a prominent Jamaican political leader, journalist and activist who became a symbol of the Pan-African movement. In 1920, he was convicted on charges of mail fraud. His conviction was controversial. He was sentenced to prison and then deported back to Jamaica where he continued his activism until he died in 1940.
- On January 19, 2025, former President, Joe Biden pardoned Marcus Garvey of all charges. This pardon was a symbolic recognition of Marcus Garvey's injustice; his contribution to civil rights and Pan-Africanism and fight for equality for Black people.

The Importance of Biden's pardon:

1. Historical Reparation: It serves as an acknowledgement of Garvey's wrongful conviction and an effort to right a historical wrong.
2. Recognition of Legacy: It honors Garvey's influential legacy.
 - a. Symbolic Gesture of Justice: It serves as a statement of addressing and acknowledging racial injustices and ongoing struggles of inequality faced by Black people.

Book recommendations about Marcus Garvey:

- Marcus Garvey-Message to the People. The course of African Philosophy edited by Tony Martin.
- "Marcus Garvey: Life and Lessons" by Robert A. Hill



Business Superstar

Please do not hesitate to ask for Jannie Thomas's number if you would like any chocolate-covered pretzels, rice krispies, or chocolate-covered strawberries. She has a business making delicious treats. All of the staff at Holton Elementary are placing orders for Valentine's Day!!!

Happy Valentine's Day



Mending Fences In the Community



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YQIA NEWS

- Young Queens in Action (YQIA) is a mentoring program dedicated to empowering fifth-grade girls by teaching them leadership, self-worth, and the importance of serving their communities. Through engaging discussions, activities, and affirmations, we inspire young queens to recognize their power and potential.
- This month, we focused on young entrepreneurship—helping our girls explore the fundamentals of business, creativity, and financial literacy. They learned what it means to turn their ideas into action, the value of perseverance, and how entrepreneurship can be a tool for leadership and community impact. Through self-reflective questions and interactive activities, they developed confidence in their abilities to create and lead. We also reinforced the YQIA affirmation:

"I am a Young Queen. I am worthy, powerful, and destined for greatness."

- As we continue this journey, we remain committed to shaping confident, compassionate, and purpose-driven leaders.

Stay tuned for next month's lessons and activities!



Mending Fences also participated in Richmond Public Schools Career Exploration Fair on Tuesday, February 4th



MANAGEMENT SHOUTOUTS, EMPLOYEE SUPERSTARS AND PERFECT ATTENDANTS



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JANUARY'S PERFECT ATTENDANTS

Shaquana Jenkins	Dayrimar De La Rosa
Promise Hayes	Kelvin Douglas
Lashawnda Newbill	Olivia Harrison
Carolyn Barner	Jameice Harvey
Schronda Brooks	Robert Norris
Kalen Carver	Skylar Rosenbalm
Katrina Cover	Sherkeisha Wyatt
Timothy Davis	Tiffany Wyatt
Tavar Jarrett	Genesis Langley
Katenia Jenkins	Timera Logan
Kenneth Johnson	Jhnee Nelson
Shadia Moseley	Franshelle Marshall



JANUARY'S EMPLOYEE SUPERSTARS

The following Behavior aides excelled at performing their job duties

Ashley Shands	Kalen Carver
Shenekka Williams	Lindesha Carney
LaTasha Thomas	Veronica Brice
Shaquana Jenkins	Tracy Gilbert Jr.
Hassan Washington	Khalil Johnson
Milissa Harris	Shadia Moseley
Natural Green	Timera Logan

February

Management Shoutout

Special thanks goes out to Ms. Carter. She encouraged D Smiley greatly during the retreat, and she is always willing to assist when during office visits.



February's Employee Superstars and Perfect Attendants are:

- Sharkeisha Wyatt (Holton)
- Jannie Thomas (Holton)
- Chanel Brown (Henderson)

Not only do they have perfect attendance, they have the ability to push their kids to achieve academic and behavioral breakthroughs. They take the time to get to know their students and give them a voice when they are sometimes silenced. They not only transform their students' life, but they also have an impact on the entire class.

Kudos to you all! ★ ●



GOOD JOB!



Monthly Awareness Corner



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February Birthdays:

- 2/1 Teair Robertson
- 2/2 Duwana Freeman Damon
- 2/2 Sheren Joseph
- 2/6 Sabrina Williams
- 2/7 Shannita Y Harrington
- 2/10 Na'Quan Elijah-Deshaun Spencer
- 2/12 Clemencia Hernandez
- 2/12 Tashawna Janae Cook
- 2/14 Essence Zhane Dennis
- 2/16 Madeline Jones
- 2/20 Rushyah J Wilson

2 year work anniversaries

The following persons have been with Mending Fences for three (3) years:

- Atira Alston
- Federal Branch
- Aponi Liggins
- Shaquan D Nelson
- Steven R Washington
- Shadia Moseley
- Milissa Victoria Harris

Monthly Awareness Dates

FEB

2

Groundhog
Day

FEB

14

Valentines
Day

FEB

17

Presidents'
Day

FEB

22

National Flag
Day

Welcome To The Team



- Isher Settles – Richmond Public Schools
- Dayrimar De La Rosa – Richmond Public Schools
- Dyani Beamon – Richmond public Schools
- Janeqia Moore – Richmond public schools
- Kevin Morton – Chesterfield County Public Schools
- Jakina Lattimore – Richmond Public Schools
- Arthur Turner – Richmond Public Schools
- JaNyah Whitaker – Richmond Public Schools
- LaQuetta Bridges – Richmond Public Schools
- Donique Pearsall – Colonial Heights Public Schools