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The Challenge To Change



A year of changes...

Most of us react differently to the changes we create versus the changes that are imposed upon us. The differences of 2020 have tested even the most resilient. None of us selected the social, professional, and health modifications imposed by this pandemic, and as the grand finale of the current year, we know our deeply entrenched holiday traditions will be different.

Although many of our traditional celebrations have changed, we wonder if some of the old traditions will be permanently tweaked to establish new experiences we actually *want* to keep. Great things are created by doing something in a different way, but sometimes we need additional time to reflect and appreciate the transitions.

We are watching for better days with a fragile balance between fatigue and optimism, but we hope that 2021 will allow us to reclaim what we appreciated in our old normal, and perhaps, we can integrate some of the positive changes we have found in our new normal.

With every challenge comes an opportunity, and we have certainly been challenged to use the disruption of COVID-19 to engage the power of community collaboration. We have seen amazing support, positivity, and innovation in the midst of the pandemic, but like many of you, I am looking forward to the opportunities of a new year. As we reflect on the changes of 2020, we have gained a special appreciation for each of our supporters, our partners, and most of all, our families and friends.

I wish for each of you a season of health, happiness, and peace!
 Paula Benson

Strengthening Resources for Mental Health

The Wilson Wellness Collaborative (WWC) represents a cross-sector collaboration of community stakeholders committed to the improvement of health and wellness in Wilson. Recently, collaborating WWC partners prioritized an urgent focus on the mental health challenges imposed by COVID-19.

Fear, anxiety, and social isolation have increased stress for many people in the Wilson community. As noted by local, state, and national public health professionals, the stress of the pandemic has impacted many aspects of wellness, including financial stability, chronic health problems, and access to resources.



Pictured Above: The WWC Mental Health Awareness Campaign Logo

Over the next few months, the WWC will implement a comprehensive campaign to increase awareness for resources and to strengthen the understanding of the connection between mental and physical health. The strong relationships between local partners connected through the WWC provide an easy pathway for dialogue and action. The WWC will connect the community with information and resources for supporting mental health using a multi-prong approach. We are grateful for all of the partnerships that have made the Wilson Wellness Collaborative possible, and we appreciate the tireless efforts of our local agencies to respond in times of crisis.

[Read More Here](#)

A Special Thank You to Our Board of Directors

On December 10th, the board members of Wilson Forward met virtually for our last meeting of the calendar year. Leaders from Wilson Community College, the City of Wilson, Wilson County Schools, and Wilson Medical Center shared some of the immediate opportunities and challenges in Wilson.



Pictured Above: Some of the Wilson Forward Board Members and guests who attended the December 14th virtual meeting

As our community has navigated the circumstances of this year, we have never been more appreciative for the exemplary and compassionate leadership in Wilson.

We value each and every member of our board and benefit from their expertise, leadership, compassion, and generosity.

There is Still Time to Give in 2020!

RECONNECT DIFFERENTLY

Every donor, every dollar, and every act of generosity makes a difference!



CONTRIBUTE TODAY!

Wilson Forward has served the Wilson community since 2007, and our work has never been more important. Even in this challenging environment, we are building and supporting connections between people, organizations, opportunities, and resources to improve education, health and wellness, and workforce development. We stand united as a community of partners who always demonstrate resilience and support for each other.

Every single contribution can have an impact on the future of our work. *As you consider your philanthropic priorities for 2020, we hope you will make Wilson Forward one of those priorities with a personal and meaningful gift as a part of our Annual Campaign.*

Couldn't Join the Wilson Forward Virtual Annual Meeting? Watch it Here!



Please contact us with any questions or inquiries

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Connect with us through the links below!

