

2022 Annual Report

A **LOTTA** LOVE 

2022 A LOTTA LOVE BOARD

EXECUTIVE BOARD

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Darliene Woolner, President Olivia Nichols, Vice President
Tina Lepage, Secretary Stephanie Cain, Treasurer
Tasha Melvin, Shelter Liaison Dawn Milgrom, Charlotte Lead

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Jennifer Galloway, FMF Project Lead Heloisa Bickmore, Raleigh Lead
Caroline Hewett, Wake Forest Lead Leslie May, Project Lead
Mira Brancu, Research & Grants Elizabeth Arias, Legal Counsel
Tiffany Solomon, Community Liaison Margaret Conrad, Fundraising & Grants

A NOTE FROM OUR EXECUTIVE DIRECTOR

Behind every social media post of a beautiful new room renovation by A Lotta Love, there are many unseen hands that make it possible. Volunteer Teams show up for a hard day's work to clean, paint, decorate and organize. Team Leads will have spent hours shopping and organizing supplies in advance. Local businesses, school groups and families will have raised funds and spent time making toiletry kits or writing welcome notes. Our ALL Board will have found donations and raised awareness through speaking events, press, community gatherings, coworkers, friends, etc. And all that effort supports the shelter staff working tirelessly for the people seeking help with mental health, domestic violence, and loss of housing. We're all connected, working together for a stronger community.

It's a joy working in the shelters and learning how we can provide more resources, support and love for and with our whole community.

In 2022, we welcomed over 110 new shelter residents with warm bedding, towels & toiletries, and bright decor. We renovated 7 large shared spaces serving hundreds of clients and staff to be more comfortable and useful for work, play, and rest. A Lotta Love is now supporting 17 shelters, 3 crisis centers, and 4 facilities for domestic abuse survivors, including another whole-home renovation in Durham to be ready for new residents in early 2023. Last but not least, we saw the publication of a multi-year research project illustrating the impact of our work reducing trauma and encouraging healing.

As our shelter partners face wear & tear from long-term lockdowns, aging buildings in need of TLC, and a growing homeless population, A Lotta Love will continue to harness the power of communities working together to effect change.

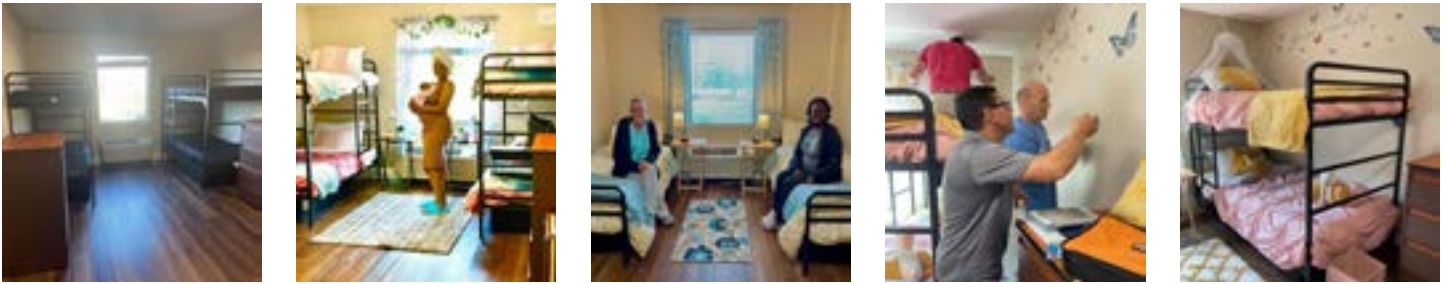


Rooms & Deliveries



Since our earliest days in 2014, the core of our work has been bedroom renovations that welcome new shelter residents with fresh paint, new linens, toiletries, and decor. We've since added holiday decorating and deliveries for situations when we're not allowed in person. In 2022, we remade 35+ bedrooms and delivered dozens of rooms kits and toiletry kits. We also added Durham Rescue Mission to our regular, in-person room makeover program. There is so much love to share!

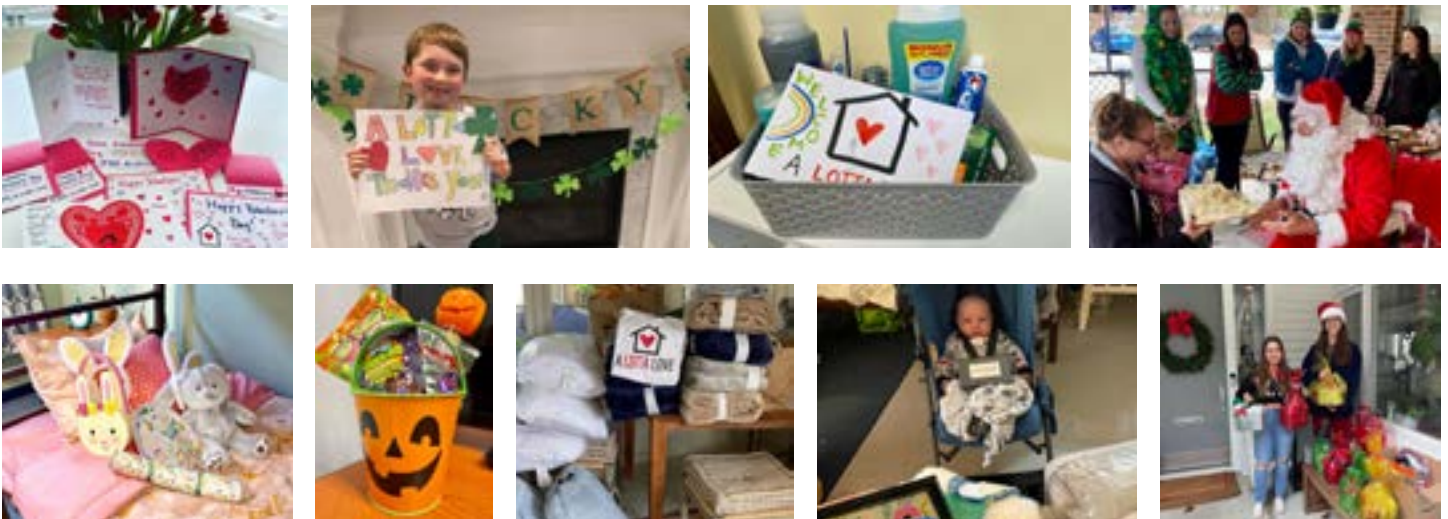
Durham Rescue Mission



Families Moving Forward



Holidays & Room Kits



Shared Spaces



While we've been addressing worn-out living rooms and play areas for a few years now, shared space renovations have become a higher priority for A Lotta Love in the last two years with pandemic shutdowns causing longer resident stays and higher intake rates. This year, we renovated one large work/study center for unhoused college students, one high school teachers lounge, a "tranquility room", 3 facility kitchens and two shared living/sleeping spaces. We also started a full-shelter renovation to be completed in 2023.

Families Moving Forward - Durham



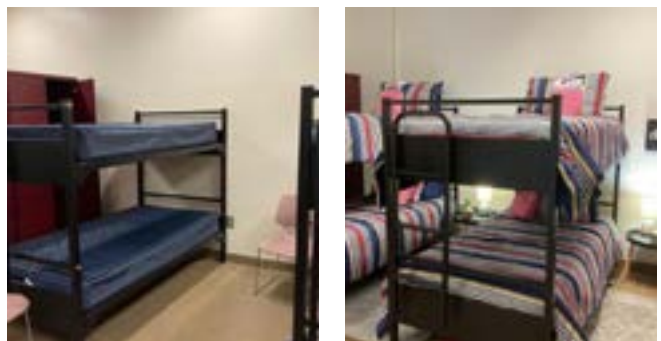
HomeStart Kitchens - Chapel Hill



HOST Work Room - Raleigh



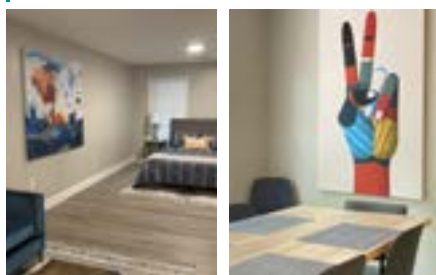
My Sisters House - Charlotte



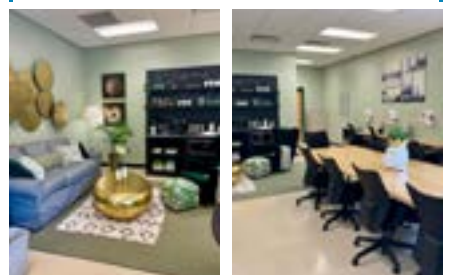
Interact - Wake County



The Relatives - Charlotte



East Chapel Hill HS Teachers Lounge



Research Published



For many years, design experts in fields like architecture and healthcare have known that the impact of environment – a building’s physical space – strongly influences a person’s mental well-being. Rarely, however, is this thinking applied to social service facilities such as homeless shelters and crisis centers.

A Lotta Love has always known that our work makes people feel more comforted and dignified as they receive care in shelters. New research proves our effectiveness. In 2022, a 2-year study led by Durham psychologists Mira Brancu and Tina Lepage was published in the Psychologist Services Journal illustrating the effectiveness of using critical principles of interior design in shelter spaces.

The results were incredible – the study showed a 12% increase in hopefulness, a 26% increase in feeling prepared, and a 63% increase in feelings of safety. 96% of participants felt more respected and dignified as a result of A Lotta Love's work. These shifts in the psychology of clients receiving care can make a critical difference in facilitating positive outcomes for moving on to transitional housing, getting a job, or returning to school.

Studies like these remind us that interior design is not about “making things pretty” for well off, high income people. Thoughtful consideration of our physical space can create change at the societal, organizational, and individual levels for people facing some of the most dire circumstances.



+12%
Hopefulness



+26%
Feeling prepared



+63%
Feeling safe



96%
of participants felt more respected and dignified as a result of the design work



Knowing that my daughter and I have a safe place to come home to eat, sleep, and just be able to relax makes my life a lot less stressful. I am grateful for all the spaces my daughter has to play and learn.



I was so down about coming into a shelter and I was ready to give up. The room looked so nice and I was like “Wow!”, like “Somebody cares about me”... There’s a sign in my room that says, “You’ve got this!” And it made me cry. I realized that even though I’m in a shelter, “I got this!”.



With over 260 volunteers remaking 35+ bedrooms, 7 large group spaces, 2 storage units and countless welcome kits, 2022 was a banner year!

School clubs throughout the Triangle did an incredible amount of work in 2022. Dozens of students from East Chapel Hill High School, Jordan High School and St. Thomas More School all pitched in with fundraising, assembling toiletry kits and welcome baskets, painting walls and decorating, and tackling the ever-challenging furniture assembly. PTAs at ECHHS and Jordan HS lent their support as well.

AXO of UNC continued their energetic support with multiple volunteer teams in shelters and assembling room kits. Families and local businesses throughout Central NC got to work cleaning out old spaces, moving in furniture and painting in precarious places.

NAPO - NC Organizing Professionals took on the daunting task of reorganizing our storage unit with great success. The Durham Bulls baseball organization lent their support with online and in-the-ballpark fundraising promotions. We are especially indebted to our generous furnishing suppliers -- Alfred Williams & Company, Clark Nexus, Office Revolution, Eatman Carpets & Interiors, and Spoonflower.

A Lotta love is grateful for such a hardworking, dedicated, loving group of supporters. We're incredibly proud to provide opportunities to bring people together in helping one another.



HERO AWARD WINNERS

A hero is someone who has given her life to something bigger than herself



Mira Brancu and Tina Lepage

For their impactful research study proving the effectiveness of A Lotta Love's work, and their dedicated efforts to get it published.



Leslie May

For the rehabilitation of the Durham Crisis Response Center's emergency shelter for families escaping domestic violence.

2022 NON-BOARD VOLUNTEERS

- | | | |
|------------------------------------|--|-----------------------------------|
| Activate Good | Melissa and David Gilmore | St Thomas Moore A Lotta Love Club |
| Alpha Chi Omega - UNC, Chapel Hill | Grace Church | SAS Institute |
| Ambrozik Family | Sari Green | Carolyn and Michael Schwartz |
| Addison Ayer | Jacob Greene | Emily, Walker, and Courtney Sito |
| Lindsey Bacon | Jennifer Grooters | Sjoelin Family |
| Jonathan Baddour | Brenda Skelly Hare | Kristin Smith |
| Rob Beatty, BMC Software | Sally Hare | Society Real Estate |
| Alec Bickmore and friends | HB Lines | Soroptimist Raleigh |
| Cort Boylan | Alison Hudson | Spoonflower |
| Buchholtz Family | Lynda Hull | Luellen Stine |
| Amber and Lila Byrd | Shannon Jones | Sweet Pease Art |
| Suzanne Chaney | Jordan High School ALL Club | Sweet William Designs |
| CH/Carrboro Sunrise Rotary Club | Christian Kavanagh | Dawn Taylor |
| Chapel Hill Service League | Julie Kavanagh | Mary Beth Townley |
| Cisco | Labcorp VERG | Steve Townley |
| Alex Cochran | Pattie Lenzen | Triangle AXO |
| Sharon Crotts Carter | Lisa Ellis & Co/ Real Estate by Design | Triangle Day School |
| Kieran Cudahy | May Family | United Therapeutics |
| Colleen Cunningham | Sally McKinley | Kay Valaoras |
| DA High School ALL Club | Lauren Montgomery | Virkler Family |
| Duke Fuqua School of Business | NAPO | August Walls |
| Mike Derby | Office Revolution | Nell Watts |
| East Chapel Hill HS Student Group | OS Institute | Marge West |
| Sarah Evangelista | Facundo Pagani | Charlie White |
| Kristi Foster | Pease Family | Lauren and Caleb Zedek |
| Freedman Family | Phelan Family | Zico Cantu Painting Company |
| Charlotte and Michael Gage | Megan and JJ Piccini | |
| Galloway Family | RED Collective + Compass | |
| William Galloway and friends | Rodrigo Espinosa Painting | |

DONORS

THE INSULATION 5000 - 9999

Acts of Kindness Chapel Hill
Hunter Family
Michael Kavanagh
Forrest Lee and Jaime Shanklin
Sjoelin Family
Society Real Estate
Mary Beth Townley
Darliene Woolner

THE WINDOWS 2500-4999

Alpha Chi Omega - UNC
Charter Communications
East Chapel Hill High School PTSA
Nexen Pruet
Strowd Roses

THE UTILITIES 1000 - 2499

Alexander Youth Network • Alice Horton
Drayton and Laura Virkler • Jordan HS ALL Club
Pamela Fielding • Lindsey Nicole Bacon
McEntee Family Charitable Fund • LEREC, LLC
Olivia Nichols • Red Collective + Compass
Sarah Kazdan Isaacs
The Benevity Community Impact Fund
The Prentice Foundation
Totoro Family Charitable Trust

THE BRIDGING 500-999

Becker & Chaney, LLC • Christopher Road Realty
Heather Garrett • Stella and Jim Greer
Una Kelley • Brian & Moira Kilef • Valaoras Family



THE FRAMEWORK 250-499

A & D Zinn Family Charitable Trust, Richard Hall,
Vicki D. Huggins, Susan Newton, Original Strength
Institute, St. Thomas More ALL Club
UNC Panhellenic Council,

THE FOUNDATION up to 250

Diane Bianchini, Eva Borntreger, Stephanie Cain,
Sharon Carter, Caamlla Cedergrund, George
Clavijo, Conrad, Lisa Copeland, John DeFigueiredo,
Molly Dempsey, Neal Donohue, Jan Ekblom,
Lotta Ehlin, Theresa Eriksson Mallernee, Mary Flieller,
Bart Gaskey, Philip Gilchris, Marie Hakansson, Carl
Hanke, Christopher Holley, Tina Idhammar, Monica
Isaksson, Pat Jenkins, Joanie, Yvette Jones, Jordan
High School PTA, Joyce Kelly, Caroline Kristoffersson,
Piia Kruger, Veronica Ledin, Laraine Levine, Michelle
Makrucki, Jennifer McCoy Aubrey, Kristina Natt Och
Dag, Marilyn Navish Santacana, Network for Good,
Anita Palm Vecchi, Satyen Patel, Maria Peters,
Michael R. And Arlene Pike, Rob Mitchell, Christina
Schonberg Messick, Sylvia Ramer, Jacqueline Ridley
Key, James Rosen, Sue Sept, Ron Shillinglaw, Adam
Sjoelin, Leigha Sottile, Wendy Stein Alfieri, Linda
Thodal-Ness, Louis Tortora, Lawson Travers, Annika
Valdiserri, Elisabeth von Kantzow, Dave and
Margaret Wannemacher, Nell Watts, Ylva Westin,
Beverly Buchman Williams, Steven Asher and
Gladys Williams

SPECIAL THANKS TO



\$10,000

Donation towards the restoration of the HomeStart Living Room. Chapel Hill, NC



\$25,750

Helping the Compass Center with design and purchases for their safe apartment program. Orange County, NC

**BRENT MILGROM
FAMILY FOUNDATION**

\$13,500

2022-23 Grant for multiple Charlotte, NC projects

IN-KIND DONATIONS

Alfred Williams & Company | Alfred Williams & Co. - Charlotte
Alpha Chi Omega UNC - Chapel Hill | Clark Nexsen | Durham Bulls
Eatman Carpets & Interiors | Frazee Carpet & Flooring | GreenView Partners
John Leachman | Jordan High School ALL Club | Leslie May Designs
Lowe's Hardware | NAPO NC Chapter | Office Revolution | Spoonflower
Steven English Construction | Sweet Pease Art | Vicky Barone Design
Visual Comfort Lighting | WoodPlay NC | Zico Cantu Painting Company

CLOSING THOUGHTS FROM LOTTA...



I have the best job in the whole world! I fill my days supporting the home-less community, spreading love and kindness by creating beautiful room makeovers. It's a privilege meeting so many deserving families and I get to experience their joy and gratitude through the work that we do. I also have the pleasure of spending time with our wonderful volunteers as we build community and awareness.

The real truth is that my work fills my heart with such joy and a sense of fulfillment -- I get more than I give. Every day I do a makeover is a good day! If you haven't had the experience of volunteering for a good cause, I highly recommend it! There's true happiness in giving back, especially to families and children who've lost so much. A simple act of kindness can truly change the world for the better.



Thank you - life is good!