

NEWS FROM



Uplift

November 2024

This month is all about action! Uplift was recently honored with the prestigious GSK IMPACT Award, a distinction recognizing non-profits for their outstanding contributions to improving health in the Greater Philadelphia region. Additionally, Uplift has been busy creating opportunities for the community, including a recent hygiene distribution event, a UAA-led coat drive, and a record expungement clinic. We'd also like to give a special shoutout to Uplift's Healthy Living program, which offers free drop-in fitness classes.

Uplift Honored with Prestigious GSK Impact Award

Uplift was among one of just twenty nonprofits to be awarded the coveted GSK Impact Award on November 21. The award is presented to non-profits who offer outstanding contributions to improving health in the Greater Philadelphia regions. Uplift received \$50,000 in unrestricted funding which will be utilized to support its existing programs. "I am humbled and honored receive this award which will allow us to continue our work in removing barriers for justice-impacted individuals and youth," says Atif Bostic, Uplift President and CEO.

To date, GSK has awarded more than \$16 million in unrestricted funding to local nonprofits across the two regions (Greater Philadelphia and the North Carolina Triangle,) which are home to the company's US corporate hubs. "At GSK, we are committed to investing in opportunities that impact health at scale, and our commitment extends beyond the innovative vaccines and medicines we develop to help prevent and treat disease. By rewarding nonprofit organizations in the communities of the Greater Philadelphia regions where we live and work, we're helping those on the front lines improve health outcomes and provide support to those who need it the most. Each year, the winners are selected by a panel of GSK and community leaders through a competitive process. The winning nonprofits have demonstrated that they improve community health through innovative ideas, measured outcomes, collaborative partnerships, accountability and supporting racial equity," says Maya Martinez-Davis, President, US, GSK.

In the Philadelphia region, the GSK IMPACT Awards are presented in collaboration with Philadelphia Foundation. "As the region's community foundation, we are inspired by the thoughtful and consistent approach GSK takes to recognize and support nonprofits making measurable impact on community health factors. The flexible, general operating dollars these GSK IMPACT Awards provide are precious to the organizations that receive them and impactful to the people they serve," says Pedro A. Ramos, President and CEO, Philadelphia Foundation.

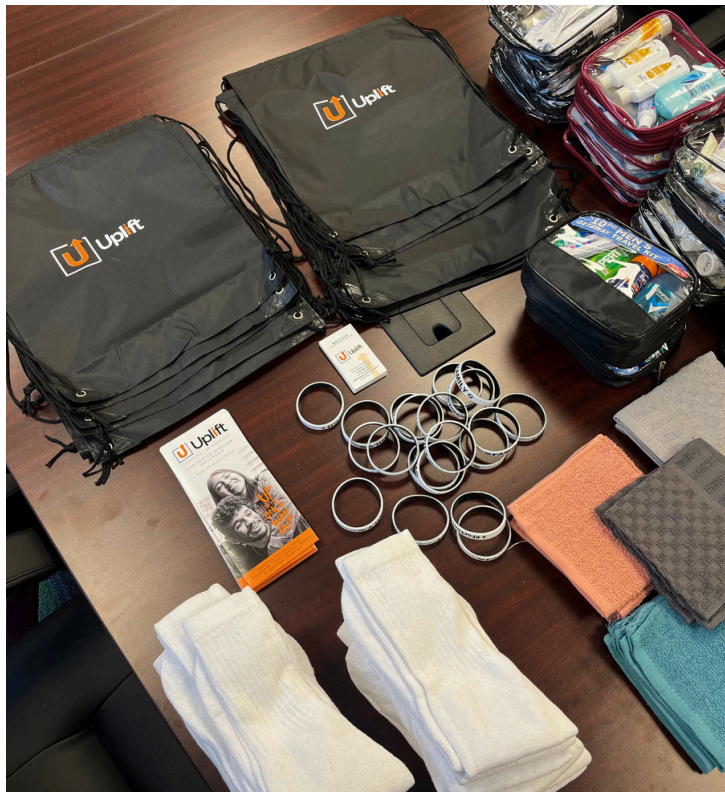
Uplift is most grateful to be chosen for this award, and for the video GSK's production team put together. The video features CEO & President, Atif Bostic and Community Engagement Specialist, Randall Overton. Click [HERE](#) to enjoy!

Hygiene Kits Distributed To Local High School Students

The Uplift community engagement team recently distributed personal hygiene kits to students at Ligouri Academy. Ligouri Academy is inside the 26th Police District, an area where some of our poorest city residents live. Personal hygiene is crucial for maintaining good health, fostering self-esteem, and promoting a conducive learning environment. However, many students face challenges in accessing basic hygiene items essential for their daily routine. Uplift is always looking for ways to remove barriers and this new heartwarming initiative is just one of the many ways Uplift uplifts our community.

The kits included toothpaste, toothbrushes, soap, new socks, towels and other essentials to ensure every student has the tools they need to adopt healthy habits. By addressing this fundamental need, Uplift Solutions not only supports physical health but also empowers students to focus on their education with confidence and dignity. "Together, we can help every student start their day feeling fresh, healthy, and ready to succeed," says Abdur Scott, Uplift's Violence Prevention Specialist.

Scott also made and presented a two-minute video on the importance of hygiene and how the topic relates to students. Students were extremely thankful and look forward to using their kits.



Healthy Living

Uplift is bringing health and wellness to the community with its free fitness classes at three local locations. These sessions focus on functional fitness, a type of exercise that strengthens the muscles we use in everyday activities like bending, lifting, and carrying. The goal? To help participants feel stronger, more capable, and ready to take on daily tasks with ease.

Here's the weekly schedule:

Mi Salud: Mondays, 5:30-6:30 PM
8th and Diamond Street Rec Center: Tuesdays, 5-6 PM
Nelson Playground: Wednesdays and Fridays, 6-7 PM

Functional fitness is truly for everyone—children, adults, and even seniors. A recent class at Mi Salud welcomed a 90-year-old woman who, though unable to lift weights, found joy and benefit in movements designed for her abilities. By focusing on exercises that accommodate participants at every level, these classes empower individuals to build strength and confidence from where they are.

The classes also cater to those already in shape but looking to improve. For them, the focus is on proper technique, emphasizing safe practices for exercises like push-ups and bench presses to prevent injury and maximize results.

The best part? No registration is required. All classes are drop-in, open to everyone, and completely free of charge—even if you're not from the neighborhood. While 8th and Diamond and Nelson primarily host kids from afterschool programs, everyone is open to all!

Whether you're a senior looking to stay active, a fitness enthusiast refining your form, or someone simply looking to feel better and stronger, Uplift's classes offer a welcoming space for all.

UAA Coat Drive

The Uplift Alumni Association's (UAA) first ever coat drive was a huge success distributing 50 coats and 20 pairs of sneakers to our Hunting Park neighbors. Held on Saturday November 23, just before the frosty days start coming, Moms and tots were thrilled to receive the donated coats and sneakers.

The Uplift Alumni Association is led by Lamar Hunter and Tamara Oritz, former graduates of Uplift. The UAA is comprised of Uplift graduates who want to give back to their communities through hands on events such as hosting food/clothing drives and coordinating neighborhood beautification and cleans up projects. If you are an alum and would like to get involved, please email: communications@upliftsolutions.com.



Cohort Ambassador Lamar Hunter stands with Community Outreach Coordinator, Tamara Oritz, sky kids and Uplift's Community Engagement Specialist and UAA member, Randall Overton.

November 16th Record Clearing Clinic

The November 16th Record Expungement Clinic hosted new opportunities, as Uplift hosted a food distribution event that brought fresh produce to the community. Tables brimming with watermelons, scallions, potatoes, mangoes, and other fruits and vegetables were set up outside, drawing families and cars eager to partake. By the end of the day, food for over 200 people had been distributed.

Among the attendees was Mary Carson, an older woman who approached Uplift's Community Engagement Specialist, Randall Overton, with questions about future opportunities. Randall shared details about the Record-Clearing Clinic happening the next day.

"I'll be there," she promised.

Mary attended the clinic, where she met Jeff, Atif, and Randall in person. Her gratitude was evident as she engaged with lawyers from the Philadelphia Lawyers for Social Equity (PLSE), who helped her take the first steps toward expunging records that had previously held her back.

"Her energy was beautiful," noted Overton.

This event not only provided families with fresh food but also provided a path for individuals like Mary to reclaim their futures and begin the process to expunge some of the records preventing them from exploring opportunities.

A huge thanks to State Representative Anthony Bellmon, The Promise, and PLSE for all of their contributions and efforts that make these events possible.

Uplift would not be what it is today without your help! Please continue to make our work possible by clicking the donate button below. THANK YOU!

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