

Sunday,
March 8, 2026

HER STORY

Issue #3

Sustaining Life Homecare – Compassionate Care Where It Matters Most

Helping seniors live safely and independently at home.

Sustaining Life Homecare, founded by Jen Thomas, provides compassionate in-home care services designed to help seniors remain safe, comfortable, and independent in the place they call home. Established about two years ago, the business was created with a heart for serving older adults who wish to maintain their quality of life without the need to transition into a care facility.

Through personalized support and attentive care, Sustaining Life Homecare assists seniors with daily living needs while offering companionship and reassurance to families. Jen Thomas is committed to ensuring that every client receives respectful, dependable care that promotes dignity, independence, and peace of mind.

Sustaining Life Homecare continues to serve the community by helping families find trusted support for their loved ones while allowing seniors to age with comfort and confidence in their own homes.

Sustaining Life Homecare
Owner: Jen Thomas

Phone: (910) 208-1577

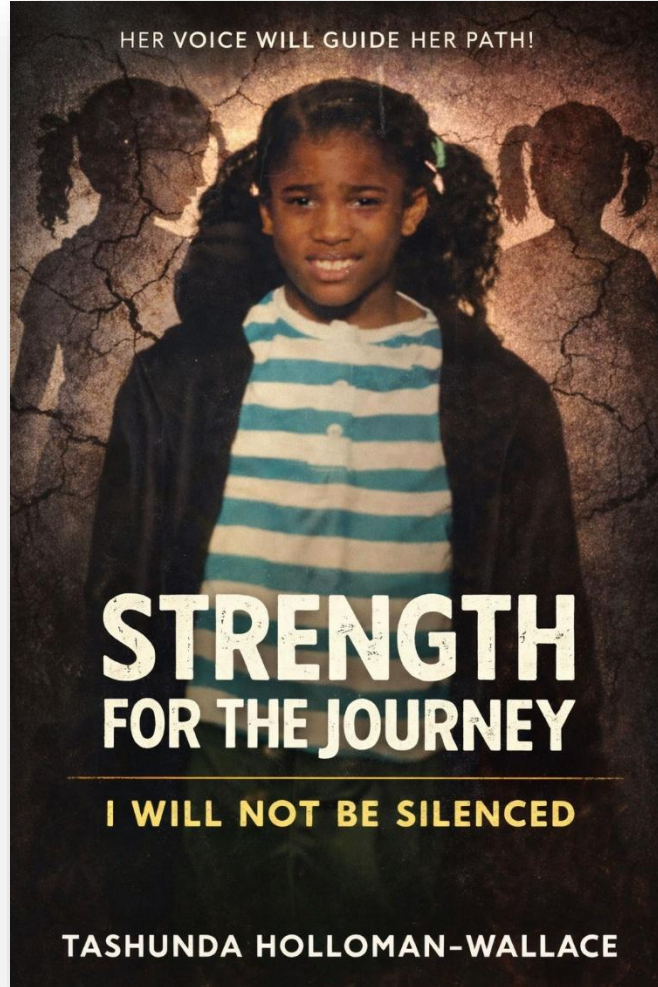
Email: contact@sustaininglifehomecare.com

Service Area: Raleigh, North Carolina

Facebook: [Sustaining Life Homecare](#)



“Where Compassion Meets Quality Homecare.”



Strength For The Journey

Life has a way of taking us through seasons we never expected. Some days feel light and hopeful, while others feel heavy with challenges that test our faith, patience, and endurance. Yet through every high and every valley, there is one truth that remains—strength is not always something we start with, but something we discover along the way.

Strength for the journey means learning to keep moving forward even when the road feels uncertain. It means trusting that every trial, every setback, and every moment of doubt is shaping us into something stronger than we were before. Sometimes the greatest strength we have is simply choosing not to give up.

There are moments when we feel weary, when the weight of responsibilities, disappointments, or past hurts tries to slow our steps.

But it is often in those very moments that we learn how powerful resilience can be. Strength grows when we lean on faith, surround ourselves with supportive community, and remind ourselves that our story is still being written.

Each step forward—no matter how small—is progress. Each lesson learned becomes a tool that prepares us for what lies ahead. The journey may not always be easy, but it is meaningful, and it is shaping the person we are becoming.

No matter where you find yourself today, remember this: you have the strength you need for the journey ahead.

Keep walking, keep believing, and trust that every step is leading you toward purpose, growth, and renewed hope.

By Tashunda Wallace

Spirit In Motion
A FIFM Ministry Team

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Their ministry is more than dance—it is a form of worship that communicates God’s love and message through movement.

Unplug and Play
Sharese N. Bowen-Parker

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Travel is more than a getaway—it’s an opportunity to recharge, reconnect, and create unforgettable memories.

A Personal Reflection
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You don’t see the mother who wakes up every day knowing one child cannot be kissed.

Rebuilding with Courage

Jennifer Fitzgerald of Jennifer Anderson Coaching and Empowerment

Every powerful journey begins with a story—and for Jennifer Fitzgerald, that story is one of resilience, healing, and rebuilding.

Jennifer Fitzgerald is the founder of Jennifer Anderson Coaching and Empowerment, a trauma-informed coaching practice dedicated to helping individuals reclaim their lives after experiencing trauma, domestic violence, divorce, and other major life disruptions.

What began as personal healing has now grown into a mission-driven platform designed to guide others toward strength, clarity, and confidence.

As a domestic violence survivor, Jennifer understands firsthand the emotional, mental, and practical challenges that often follow traumatic experiences. Rather than allowing those experiences to define her future, she chose to transform them into a source of empowerment for others. Today, through her trauma-informed coaching work,

Jennifer helps women and men identify unhealthy patterns, rediscover their inner strength, and take intentional steps toward building a peaceful and purposeful life.

Her approach centers on rebuilding from the inside out—helping individuals regain their sense of identity, restore their confidence, and create a path forward that is grounded in healing and personal growth.

In addition to her coaching services, Jennifer is currently writing a rebuilding-focused book that will guide readers through recognizing harmful patterns, reclaiming their voice, and developing practical strategies for rebuilding their lives after trauma. The book will serve as both a reflective and action-oriented resource for individuals ready to move beyond survival and step fully into restoration.

Jennifer is also preparing for future speaking opportunities, where she plans to share her story and insights on resilience, healing, and reclaiming one's life after difficult experiences. Her goal is to create

spaces where people feel seen, supported, and reminded that their past does not determine their future.

At the heart of Jennifer's work is a powerful yet simple belief:

No matter what someone has been through, they have the power and ability to rebuild their life with courage and strength.

 **Facebook (Personal):**
<https://www.facebook.com/share/1C6zHp5GfM/?mibextid=wwXlfr>

 **Facebook (Coaching & Empowerment Page):**
<https://www.facebook.com/share/14VdY4Fepks/?mibextid=wwXlfr>



Jennifer Anderson Coaching and Empowerment



Spirit In Motion Praise Dance Ministry

Anointed movement that allows worship to be seen, felt, and experienced

The **Spirit In Motion Praise Dance Ministry** of Faith International Fellowship Ministries is a powerful team devoted to ministering through movement and worship. Through expressive praise dance set to music, this ministry seeks to touch hearts, uplift spirits, and create an atmosphere where the message of faith can be felt as well as heard.

Serving throughout the Triad area,

Spirit In Motion ministers with passion, anointing, and conviction.

Their ministry is more than dance—it is a form of worship that communicates God's love and message through movement.

The team is now available for ministry engagements and special events throughout the community.

Contact this Team: fifm@outlok.com

Her Story, The Gathering Inc.

The Amazing Movement Conference

Hosted by Her Story: The Gathering Inc., The Amazing Movement Conference is a faith-centered gathering designed to inspire healing, empowerment, and personal growth through powerful speakers, worship, and community connection.

 **Saturday, March 21, 2026**

 **1:00 PM – 4:00 PM**

 **203 Old Lexington Road, Thomasville NC 27360**

Host

Katrina Staggers Harvin
Founder & Visionary
Her Story, The Gathering Inc.

Keynote Speaker

Sr. Pastor Sarah Middleton

Words of Empowerment

Minister Tashunda Wallace

Join us for an uplifting experience focused on faith, restoration, and moving forward with purpose. *Registration Open*



Her Story, The Gathering Inc.

Beasley’s Creations – Creativity that Educates, Heals, and Empowers



Founded in 2024, **Beasley’s Creations** is a creative publishing brand dedicated to producing educational, culturally affirming, and healing-focused coloring books for children and families. Built on a passion for storytelling,

representation, and meaningful learning, the brand designs thoughtfully crafted books that encourage creativity, emotional wellness, and self-expression.

Through themes such as Black history, autism awareness, grief healing, and empowerment for both children and adults, Beasley’s Creations creates resources that spark important conversations while nurturing confidence and understanding. Each product is intentionally developed to support families, educators, and communities with tools that combine creativity and education in a powerful way.

Beyond the pages of its books, Beasley’s Creations actively partners with schools, daycares, families, and community organizations to make these impactful resources accessible both locally and online. Since its launch, the brand has been featured in **Vision Made Magazine**, participated in community vendor markets, and successfully introduced multiple themed coloring book collections.

With a growing presence and mission-driven focus, Beasley’s Creations continues to inspire learning, healing, and cultural awareness across generations.

Business Details

Beasley’s Creations

Creative Publishing | Educational Products
| Children & Family Books
Established: 2024

Focus Areas

- Educational Coloring Books
- Black History Resources
- Autism Awareness Materials
- Grief & Healing Support Tools
- Empowerment Resources for Children & Adults

Community Engagement

- Partnerships with schools and educators
- Vendor markets and community events
- Educational and wellness-focused creative resources for families

Recognition

- Featured in Vision Made Magazine
- Multiple themed coloring book collections launched

Quote:

“Creativity opens doors to learning, healing, and confidence—one page at a time.”

Facebook: [Beasley’s Creations](#)



Meet the Clinical Director

Danielle Oates, LCMHC, M.Ed.
Clinical Director / Therapist

Contact & Connect

Advocacy & Consulting Solutions, LLC.

Website: www.AdvocacyConsultingSolutions.com

Email: advocacyconsultingsolutions@gmail.com

Phone: (919) 670-0304

Fax: (919) 591-0034

Established in 2020, the practice offers personal counseling, workshops, and both in-person and virtual support designed to promote emotional wellness and personal growth. With a mission to advocate, educate, and empower, the team provides culturally sensitive, evidence-based care while fostering respect, professionalism, and integrity to help strengthen the overall well-being of the community.

Advocacy & Consulting Solutions, LLC.

Amplifying Voices with Choices

Advocacy & Consulting Solutions is a group mental health practice dedicated to providing compassionate, accessible therapeutic services for individuals and families. Established in 2020, the practice offers personal counseling, advocacy services, and impactful workshops designed to support emotional wellness and personal growth.

With both in-person and virtual services, Advocacy & Consulting Solutions works to ensure clients can receive care in the most convenient and supportive way possible. Their team is committed to championing mental wellness by serving as a trusted resource and guiding light for those seeking support within the community.

The mission of Advocacy & Consulting Solutions is to advocate, educate, and empower individuals to achieve mental wellness and live fulfilling lives through accessible, compassionate, and evidence-based mental health services. By fostering culturally sensitive and integrated care, the practice strives to strengthen the community and promote resilience across all socioeconomic populations.

At its core, Advocacy & Consulting Solutions values respect for every individual, professionalism, and integrity while working to create an environment where healing and growth can flourish.



Unplug and Play Travel - Where Your Journey Begins

Unplug from routine. Play in the world. ✈️ 🌍

Travel is more than a getaway—it’s an opportunity to recharge, reconnect, and create unforgettable memories. **Unplug and Play Travel, LLC**, founded by **Sharese N. Bowen-Parker, CTA**, was created to help travelers step away from the demands of everyday life and experience the world in a meaningful way.

As a **Certified Travel Advisor**, Sharese brings both expertise and passion to the travel planning process. Through Unplug and Play Travel, she works closely with individuals, couples, families, and groups to design personalized travel experiences that match each client’s vision, interests, and lifestyle. Whether it’s a relaxing tropical escape, an exciting cruise adventure, a destination celebration, or a carefully curated group trip, every itinerary is thoughtfully crafted to remove the stress of planning and allow travelers to simply enjoy the journey.

Unplug and Play Travel focuses on providing professional guidance, trusted travel partnerships, and attentive customer care from the moment a trip begins to the moment travelers return home. Sharese understands that travel is not just about the destination—it’s about the experience, the memories created, and the moments shared with loved ones along the way.

“Travel allows us to step away from the noise of everyday life and reconnect with what truly matters—new experiences, meaningful moments, and lasting memories.”

With a commitment to exceptional service and personalized planning, **Unplug and Play Travel** continues to help clients explore new places, discover new cultures, and embrace the joy of travel. Through her work, Sharese encourages people to take the time to unplug from their routines and play in the beauty of the world around them.

Contact Information

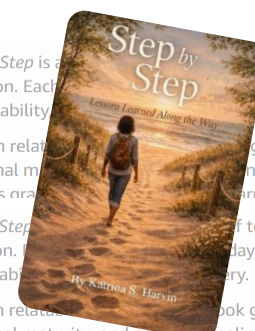
Sharese N. Bowen-Parker, CTA – Travel Advisor/Owner
Unplug and Play Travel, LLC

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🌐 www.unplugandplaytravel.com

Introducing the newest book release by **Katrina Stagers Harvin**
Step by Step: Lessons Along the Way



**Community Spotlight:
Nastashia Nicole of
WhippMeCream**



Her Story Community is proud to spotlight a beautiful creative spirit from right here in Thomasville, North Carolina — Nastashia Nicole, founder of WhippMeCream.

Nastashia is a gifted artist whose handcrafted creations reflect both passion and creativity. Each piece is thoughtfully designed with vibrant color, detail, and care, turning simple materials into works of art that truly capture attention and speak to the heart. Her work reflects not only artistic talent, but the courage it takes to share your gifts with the world.

At Her Story, we believe in celebrating individuals who step out in faith and creativity to build something meaningful within their community. Nastashia embodies that spirit beautifully. Through WhippMeCream, she continues to grow her brand while inspiring others to embrace their creativity and pursue what they love.

Her stunning designs and unique style are quickly capturing the attention of those who appreciate handmade artistry and bold expression. From the vibrant colors to the careful detail in every creation, it is clear that Nastashia pours genuine love into her work.

We are incredibly proud to highlight her journey and encourage the community to support this rising creative entrepreneur.

Connect with WhippMeCream:

Facebook:
<https://www.facebook.com/WHIPPMECREAM>
Take a moment to visit her page, explore her beautiful creations, and show some love to this talented local artist.

Her Story Message:

We see you, Nastashia. Keep shining your light and creating beauty. Your community is cheering you on. ✨



Turning Pain Into Purpose

Suzanne Bell

The Her Story community is built on courageous voices, and this month we are honored to spotlight **Suzanne Bell**, a woman whose story shines a light on the importance of compassion within healthcare.

Suzanne recently joined the **Her Story Podcast** to share her personal experience navigating trauma treatment within the medical system. While healthcare professionals are trained to treat injuries and illness, Suzanne’s journey revealed something that many patients experience but often struggle to articulate—the profound impact that empathy, patience, and genuine human care can have during vulnerable moments.

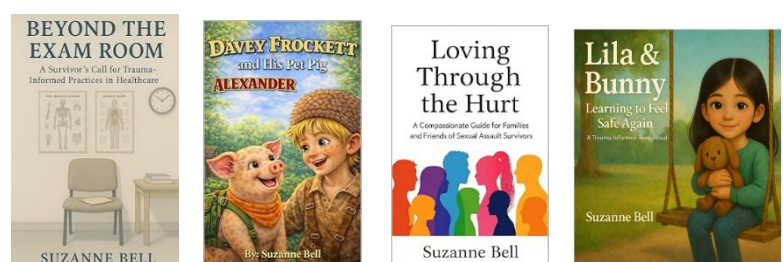
During our conversation, Suzanne spoke openly about the emotional challenges she faced when her trauma was addressed clinically but without the level of compassion she needed during such a critical time. Her story highlights an important truth: healing is not only physical—it is emotional and human.

Suzanne’s willingness to share her experience is both courageous and meaningful. By speaking up, she brings awareness to the need for trauma-informed care, reminding healthcare professionals and communities alike that patients deserve to be treated with dignity, understanding, and respect.

Through her voice, Suzanne is helping encourage conversations about how care can become more compassionate, more patient-centered, and more mindful of the emotional realities people carry when they enter medical spaces.

At Her Story, we believe every story holds power—and Suzanne Bell’s story is one that invites awareness, reflection, and change.

Beyond the Exam Room by Suzanne Bell shares her powerful personal experience navigating trauma and the healthcare system, highlighting the emotional impact of medical treatment when compassion is absent. Through her story, Suzanne advocates for greater empathy, patient-centered care, and awareness of the human side of healing beyond clinical procedures. Suzanne Bell is also the author of several other books that further share insight toward healing journeys. A few are highlighted below.



A Personal Reflection

Community Newsletter Guest: Kirstie Ferrell

Posted on FB February 22 at 9:00 PM

I'm reposting this picture so you can see what people call "beautiful" or "pretty" — and understand you have no idea what happened five minutes before it was taken.

I had just cried my eyes out.

Not a single tear.
Not a moment.
I mean cried.

The red nose... it's not blush. It's the remnants of deeply felt emotions.

If you look closely at my black scrubs, you can see the tiny white pieces of tissue still on me from patting my face. I didn't even notice them. I was just trying to steady myself.

There is so much a picture can say.
And so much it never shows.

You see composure.
You see a professional.
You see strength.

You don't see the prayer right before.
You don't see me asking God, "Why?"
You don't see the follow-up, "But I trust You."

You don't see the mother who wakes up every day knowing one child cannot be kissed.

You don't see the way grief can hit out of nowhere and sit heavy in my chest.

You don't see me washing my face before walking into a patient room and choosing to give them my full presence anyway.

People say I'm strong.

The truth is, I cry almost daily.
I pray constantly.
And I choose not to let pain make me hard.

I am not strong because I don't feel.
I am sustained because I do.

Some people still get to touch every child they carried.

Some of us wake up and remember one is no longer there.

And we still get up.
We still show up.
We still trust God.

So when you look at this picture and see beauty, understand something deeper is happening.

This is what surrender looks like.
This is what faith looks like in real time.

This is what a woman looks like when she refuses to let a broken heart become a bitter one.

There is more behind a photo than you think.

And if you look closely into my eyes, you'll see it...

But God. 🙏🏾🙏🏾🙏🏾

#Transparency #Raw #EyesDontLie #LookAgain

[FaceBook Post by Kirstie Ferrell](#)



Heavenly Hands Wax & Esthetics

Genesis Middleton

Heavenly Hands Wax & Esthetics, founded by Genesis Middleton, is dedicated to helping clients look and feel their absolute best through professional skincare and beauty services. With a passion for healthy skin and self-care, Genesis provides a welcoming space where every client can relax, refresh, and leave feeling confident.

Her services include deep cleansing treatments, professional waxing, rejuvenating facials, and nourishing moisture masks designed to restore balance and hydration to the skin. Each service is performed with careful attention to detail, focusing on both results and a calming, personalized experience.

At Heavenly Hands Wax & Esthetics, beauty is more than appearance—it's about self-care, confidence, and taking time to care for yourself from the inside out. Genesis is proud to serve the community by providing high-quality esthetic services that help clients glow with confidence.