

LIVE IMMEASURABLY MORE

SEPTEMBER 2025



DONATE
TO THE
CAUSE

Welcome to our Fall
2025 Newsletter!



We're happy
you're here.



THANK YOU

Each year, the East Lake Neighborhood Community Association's Giving Committee provides grants to local 501c(3) nonprofit organizations.

Live Immeasurably More wants to extend a huge THANK YOU for being chosen as one of this year's recipients.

Donations, grants and continued community generosity are what make it possible for us to continue to GIVE immeasurably more to those who need it most!

As the seasons shift, we're embracing the cooler weather and chances to move at a slower, more intentional pace.

With the holidays approaching, we're reminded of the many opportunities to serve, support, and grow our community.

Keep reading for a look at what we've been up to since June. We're excited to share resources and reflection, LIM updates, ways you can get involved AND MORE!

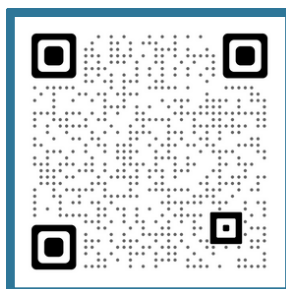
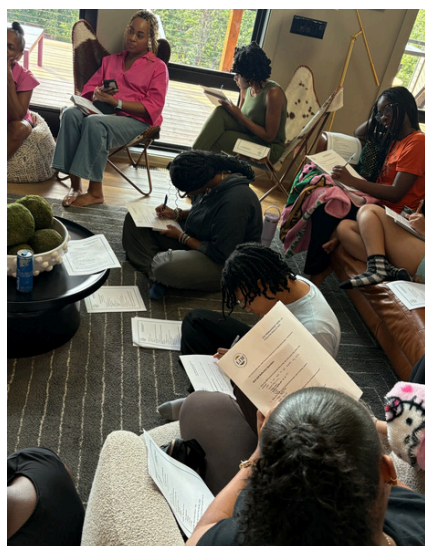
Your continued support makes it possible for us to extend immeasurable care and impact to those who need it most.

Thank you for standing with us in this mission. Together, we are building a stronger, healthier community.



LIM 2025 NEXT LEVEL WOMEN'S RETREAT

THE POWER OF CHOICE



 **DONATE TO THE CAUSE**

LIM 2025 Next Level Retreat

THE POWER OF CHOICE



July was an unforgettable month at Live Immeasurably More as we hosted our annual Women's Empowerment Retreat, centered on this year's theme: The Power of Choice.



We gathered in a beautiful cabin in Dahlonega, GA with 13 incredible young women. Over the weekend, our six dynamic presenters led sessions on choosing to be well in finances, relationships, mental health, community service, and more.



Together we journaled, practiced yoga, reflected, and held open conversations about the daily decision to prioritize wellness. The women walked away with tools to set intentions, embrace their power, and support one another with confidence and strength. But our impact extended beyond the retreat. In partnership with a local youth shelter, we provided motivational gifts and handwritten words of encouragement, reminding young women in tough seasons that they are seen, valued, and loved.



The connection doesn't end at the retreat. Our team continues walking alongside these women throughout the year, providing community and encouragement as they put what they've learned into practice. We're already planning our next gathering to see how "the power of choice" is shaping their lives beyond the cabin.

At Live Immeasurably More, we believe women's empowerment creates ripples—when one woman grows in confidence, she uplifts others on their journey too.

You can be part of the ripple.

Your donation helps cover housing, meals, and retreat costs so more women can access this life-changing experience. Together, we can keep building a stronger, more confident community of women who choose to live immeasurably more.



DONATE TO SUPPORT OUR VETERANS

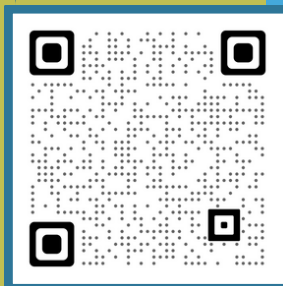


We are honored to invite you to join us in preparing for our annual Veteran's Thanksgiving Event. In partnership with NCMA, TJFACT, and our very own LIVE team, we will be serving the men and women who have served us so faithfully.

Together, we aim to provide veterans with the supplies they need to enjoy a joyful, abundant, and healthy Thanksgiving with their families and communities.

Not sure how much to give?

A gift of \$75 covers the full cost for one veteran household to celebrate Thanksgiving with dignity and gratitude.



MENTAL HEALTH & WELLNESS



DID YOU KNOW?

September is Suicide Prevention Awareness Month.

At Live Immeasurably More, we believe that hope is where the heart is—and that hope grows when we take action together. Suicide is complex, but it is also preventable. This year's theme, Together in Strength, Dignity, Hope, and Purpose, reminds us that each of us has a role to play in supporting mental health and creating safe spaces for healing.

Simple steps—like starting open conversations, checking in on loved ones, recognizing warning signs, and connecting people to resources—can truly save lives.

With the right support, people can heal, build resilience, and thrive after crisis. Mental health is a core initiative of ours, and we know from experience that care, compassion, and community make a lasting impact. Together, we can help others find strength even in their darkest moments and remind them that healing is always possible.

To support you this month, we've gathered several online resources below. These organizations can help you learn more, start conversations, share hope with others or find the support you need.

- **National 988 Suicide & Crisis Lifeline:** A free, confidential, 24/7 hotline and texting service available nationwide. For communities in crisis, dialing 988 connects you with trained counselors.
- **Suicide Prevention Resource Center:** Provides evidence-based programs, best practices, and guidance for prevention efforts across communities.
- **AFSP Georgia Chapter:** Engages in community education, support groups (e.g., Healing Conversations), and volunteer-led prevention initiatives across Georgia.
- **NAMI Georgia:** Offers crisis lines, peer support, and resource navigation. Crisis Line: 1-800-715-4225.





**Cagatay Dilek,
Administrative
Assistant**

LIVE EMPLOYEE SPOTLIGHT

This month, we're excited to shine the spotlight on Cagatay Dilek, our amazing Administrative Assistant here at LIVE.

Cagatay keeps everything running smoothly—handling emails, calendars, inventory, event support, and even recruitment (basically, he's one of our behind-the-scenes superheroes).

Cagatay's journey began when he moved to Georgia at the age of 14. In high school, his creativity shined—he competed in the GA Tech Fair for Graphic Design every year, proudly taking home 3rd place, 2nd place, and 1st place twice!

When asked what he loves most about his role, Cagatay says it's working with his coworkers and supporting LIM.

Cagatay's heart for service truly shows as he helps underserved students and those in financial need pursue their college dreams.

"Helping people in any way is the most fulfilling thing for me," he says—and we couldn't agree more.

We're so grateful to have Cagatay on our team!

Our strength continues to come from the incredible people that make up our teams.

We're grateful for your hard work and commitment to driving LIVE to continued success and greatness.

Our customers are grateful for your decision to give your best every day.

Thank you for everything you do!



Our CEO, Crystal Fleming, makes it a priority to spend time with our team on site. The value and appreciation she shows are just a few of the many qualities that make LIVE truly stand out.

CEO, Crystal Fleming, enjoying an on-site visit with team members Tanya and Larissa.



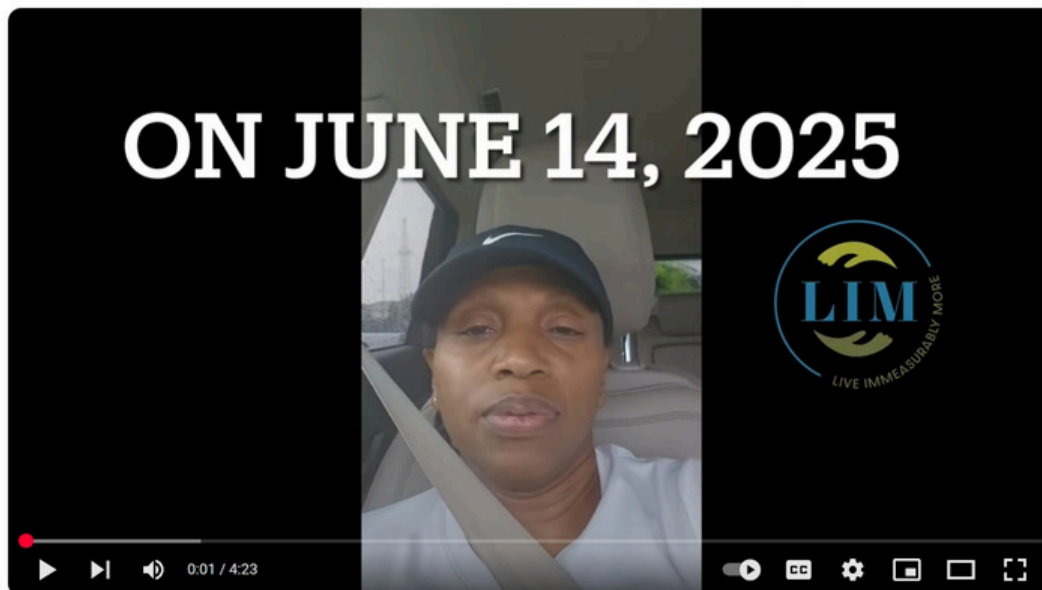


CRYSTAL FLEMING

A JOURNEY OF FAITH, RESILIENCE AND TRANSFORMATION

On June 14, our CEO, Crystal Fleming, prepared for what she expected to be an ordinary walk along the Atlanta Beltline with a friend. Instead, that day became a life-altering moment when she was suddenly attacked by an unhoused woman, clearly in the midst of a mental health crisis.

Terrified but instinctive and equipped, Crystal immediately drew upon her police training and self-defense experience from her years as an Atlanta Police Officer. She describes the encounter as a moment where she felt she had to fight for her life. Outwardly, Crystal did not appear to be going home with any severe injuries beyond minor scratches and bruises. But as time would reveal, the impact was far deeper—physically, emotionally, and spiritually.



AN EMOTIONAL FIRST UPDATE

Shortly after the incident, Crystal shared a unfiltered, honest video with her women's group, S.U.R.R.E.N.D.E.R. In it, she opened up about the attack and her initial emotions. She encouraged her community to remain faithful in God and committed to prayer. She reminded them to stay alert in a world where dangers can appear without warning. The video reflects not only her vulnerability but also her courage in turning pain into testimony to help others ahead.

Since the attack, Crystal has lived with constant pain caused by nerve damage. The attack has left her without the use of her dominant right hand. Tasks that once came naturally now require new approaches, research and reliance on others. Daily life, leadership, and even the most basic activities have been transformed. She continues to endure various medical appointments, tests, and treatment attempts—all while continuing to lead two flourishing companies with unwavering commitment.

This experience has tested Crystal in ways she never imagined, but it has also revealed her extraordinary resilience and the strength of her faith.



ALMOST 3 MONTHS LATER

Nearly three months later, Crystal returned with another update. Though still in intense pain and working closely with medical professionals toward recovery, she expressed deep gratitude for her community, which has stepped up to support her in profound ways. Law enforcement also sought her perspective to use in court, and in true Crystal fashion, she voiced compassion for the woman who attacked her—emphasizing her hope that this individual receives the help she needs. As Crystal continues to learn new ways of navigating the world with one hand, her heart remains set on using this experience to learn and grow.

A STORY STILL BEING WRITTEN

Crystal's journey since June 14 has been one of endurance, transformation, and faith. It is a story of a leader who, even in the midst of personal struggle, continues to inspire those around her. Her resilience reminds us that strength is not defined by the absence of hardship but by the courage to keep moving forward, no matter how heavy the burden.



LIM Wellness Club

To continuing shedding light on the connection between well-being and overall quality of life we collaborated with Haven Yoga to host a Fundraising Yoga Class in July.

Attendees participated in a restorative deep stretch yoga class and reflective letter writing exercise to encourage their future self to be well.



LIM AROUND THE WORLD

Todos somos uno – “WE are all one.”

Our Founder and Director of Strategic Impact had the privilege of joining thousands of participants in support of more than 630 children and adolescents impacted by cancer—beneficiaries of the aid programs of the Friends of Children with Leukemia and Cancer Foundation (Fanlyc).

During a recent trip to Panama- , we united with others in the “Relevo por la Vida” (Relay for Life)—a powerful 24-hour event dedicated to hope, solidarity, and strength.

It was a remarkable experience to walk alongside survivors, families, and supporters, all driven by a shared commitment to make a difference.



Jeni's Ice Cream Social



LIM Wellness Club



S.U.R.R.E.N.D.E.R.



LIM Wellness Club



Jeni's Ice Cream Social



Serving The Underserved



S.U.R.R.E.N.D.E.R.



TEAM MEETINGS



Serving The Underserved



Serving The Underserved



Serving The Underserved



Serving The Underserved

Do you have an inspiring story, valuable insight, or exciting news to share? We'd love to feature your voice in our next newsletter! Whether it's a personal serving experience, a lesson learned on your wellness journey, or something that can uplift and empower others, your story matters. Send your submission to cterrell@invigorateliving.com



@limnp17



immeasurableliving.org



678.772.5155