



NEWS AND UPDATES

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OAR

New possibilities, renewed connections, and fair chances

Dear Reader,

Fall reminds us that change does not have to happen all at once. A new season arrives little by little, with cooler mornings, shifting light, and leaves beginning to turn. Our lives can change that way too.

We see renewal differently at OAR. Sometimes it is a participant setting a new goal. Sometimes it is someone returning after a difficult month or asking for help with something they have been trying to manage alone. The next step looks different for every person.

Every one of those steps matters. They are how people begin to build the lives they want for themselves. When a community is willing to journey beside them, those individual steps move all of us closer to justice, joy, and liberation.

In this issue, Laura's story shows what renewal can look like when someone keeps showing up and does not have to do it alone. We also share an important voting rights update and opportunities to visit OAR and join us at the Arlington Turkey Trot. We are also getting an early start on celebrating a very special member of the OAR Collective as Charlie prepares to turn 10.

Gracias, and wishing you lots of moments of joy,

Elizabeth



Laura Showing Up, Month After Month





When Laura* began journeying with OAR, she was managing schizophrenia and substance use disorder. She knew she wanted support with her mental health, but keeping up with treatment on her own was not always easy.

Laura worked with OAR Collective members to begin receiving a long-acting injectable medication for schizophrenia. Once a month, she came to the OAR

Welcome Center. An OAR Collective member went with her to receive her injection. Afterward, they shared lunch and spent time together in the community.

The lunch mattered too. It gave Laura time to connect with someone who knew her, enjoy a meal outside of an appointment, and spend time in a comfortable, pro-social setting.

Some months were more difficult than others. Laura kept coming back, and OAR Collective members continued to follow her lead. She did not have to manage every appointment or every next step alone.

*At OAR, we use people-first and strength-based language and see participants as experts on themselves and leaders in their own lives and plans. We seek feedback and guidance from participants and tell their stories in ways that protect each person's dignity and privacy. We do not use OAR participants' actual names, photos, or videos.

Renew Your Support for OAR

If you have donated to OAR before, you have already been part of this journey. Your support may have helped provide a ride home, an identification document, a phone, a meal, a safe place to stay, or time with an OAR Collective member who kept showing up.

Maybe it has been a while since your last gift. We are grateful for the difference your support made, and if you are in a position to give again, we would be grateful to welcome you back.

As Laura's story shows, meaningful support does not always happen in a single moment. It happens over time, through monthly appointments, shared meals, and the comfort of knowing someone will be there.

Please consider renewing your support today. Your gift helps OAR continue journeying with participants as they work toward the goals they set for themselves.

Renew your support for OAR

Important Voting Rights Update for Virginia

VOTING IN VIRGINIA

From Registration to Representation

VOTE!

UPCOMING ELECTION

IMPORTANT VOTING RIGHTS UPDATE FOR VIRGINIA



If you have a felony conviction and are no longer physically incarcerated, you may now register to vote unless you were convicted of one of these three offenses:

- 18.2-32: Murder

- 18.2-35: Voluntary manslaughter
- 18.2-36: Involuntary manslaughter

If you have one of these convictions, visit (link) restore.virginia.gov to check your status or apply to have your rights restored.

For any other felony conviction, you do not need to apply for restoration before registering. Visit (link) vote.virginia.gov to register to vote.

When completing the voter registration application, answer “yes” to the question asking whether you have been convicted of a felony. Answer “no” to the question asking whether your right to vote has been restored, unless the Governor previously restored your rights. This will not invalidate your application.

[Learn more about felony convictions and voter eligibility](#)

Key Voting Dates

VOTING IN VIRGINIA

From Registration to Representation



GENERAL AND SPECIAL ELECTIONS

NOVEMBER 3, 2026

VOTER DEADLINES	DATES
APPLY FOR BALLOT TO BE MAILED TO YOU	DEADLINE: 10/23/2026
EARLY IN-PERSON VOTING	9/18/2026 - 10/31/2026
REGISTER TO VOTE/UPDATE REGISTRATION	DEADLINE: 10/23/2026
ELECTION DAY	NOVEMBER 3, 2026



Find early-voting locations and official election information

Vote YES on Question 3

VOTING IN VIRGINIA

From Registration to Representation

VOTE!

UPCOMING ELECTION

VOTE **YES** ON QUESTION 3

QUESTION 3 IS A PROPOSED AMENDMENT TO
VIRGINIA'S CONSTITUTION.



Question 3 proposes an amendment to Virginia's Constitution.

If approved, Question 3 would:

- Recognize voting as a fundamental right for qualified Virginians.
- Automatically restore political rights, including the right to vote, after a person is released from incarceration for a felony conviction. No application to the Governor would be required.
- Allow voting rights to be restricted because of a disability only when a court finds that the person cannot understand the act of voting.

Why Is This Needed?

A recent federal court ruling allows many Virginians with felony convictions to register now, but a court ruling can be appealed or overturned.

Question 3 would place these protections directly in Virginia's Constitution.

OAR supports fair chances and equal civil rights. Vote YES on Question 3 during early voting or on November 3.

[Learn more about Question 3 and read the proposed amendment](#)

Step Inside OAR This October



You're Invited
INSIDE OAR TOUR

WELCOME CENTER | THURSDAY, OCTOBER 29



Come see the OAR Welcome Center and learn what happens here each day.

Thursday, October 29

5:00–6:00 pm

OAR Welcome Center

1400 N. Uhle Street, Arlington

During this free, one-hour tour, you will see where participants meet with OAR Collective members, make plans, and work through barriers. You will also learn about OAR's work in the community and meet OAR Collective members.

Charlie, OAR's Ambassador of Happiness, will also be here to welcome you.

The tour is free, but space is limited, and registration is required.

[Register for the October Inside OAR Tour](#)

OAR Is a 2026 Arlington Turkey Trot Beneficiary!



21ST ANNUAL ARLINGTON TURKEY TROT 5K WALK & RUN



Proceeds benefit
OAR and 9 other nonprofits in
Arlington County



THANKSGIVING DAY
THURSDAY, NOVEMBER 26TH

DONATE | REGISTER | SPONSOR | VOLUNTEER www.arlingtonvaturkeytrot.org

We have good news to share. OAR has been selected as one of the beneficiaries of the 2026 Arlington Turkey Trot.

Each Thanksgiving morning, runners, walkers, volunteers, and neighbors come together for this community 5K. Funds raised support OAR and other local nonprofits serving Arlington.

Thursday, November 26

8:00 am

Lyon Park Community Center

You can run, walk, volunteer, cheer from the sidelines, or help us spread the word. However you participate, you will be helping fund fair chances for individuals and families impacted by the criminal legal system.

We are grateful to Arlington Bridge Builders and everyone who makes the Turkey Trot possible.

[Register for the 2026 Arlington Turkey Trot](#)

Charlie is Turning 10!



Charlie turns 10 in October, and we think that deserves a celebration.

At the OAR Welcome Center, Charlie greets visitors, spends time with participants, and reminds busy Collective members when it is time to pause for a little love. He also joins OAR Collective members for programs inside the

Arlington County Detention Facility, bringing moments of calm and joy to individuals experiencing incarceration.

Please help us wish Charlie an early happy birthday and many more years of treats, belly rubs, and joyful moments.

Charlie's Barks of Wisdom



Getting older just means you have had more time to spread joy. And to learn exactly where the treats are kept.

[Click Here to Follow Us on Instagram](#)

Give With Confidence



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