



Sory Mingo

EVERYONE-Counts

Founder & CEO

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Sory Mingo is the Founder and CEO of EVERYONE-Counts, a Houston-based organization dedicated to providing compassionate support and services to the senior community. With six years of leadership at the helm and three years of active involvement in Serving Houston Seniors, Sory has built a reputation for combining vision, passion, and purpose to make a lasting impact.

Her background includes a degree in Human Services, equipping her with the knowledge and skills to develop meaningful programs that prioritize dignity, care, and connection. Under her leadership, EVERYONE-Counts has grown into a trusted resource for seniors and their families, partnering with other non-profit organizations to expand its reach and impact within the community.

In addition to her leadership role, Sory is also a Senior Fitness Instructor, promoting health, wellness, and active living among older adults. Her hands-on approach reflects her deep commitment to helping seniors maintain independence and vitality.

Outside of her professional work, Sory enjoys CrossFit, embracing the discipline, strength, and balance it brings to her personal and professional life.