INSPIRING HOPE AND HEALING IN METROWEST

2021 ANNUAL REPORT
Dear Friends,

As always, I hope this letter finds you well. This Parmenter 2021 Annual Report is an opportunity to share the impact of our hard work together supporting those who are experiencing end-of-life and/or grief challenges in our MetroWest community. Within these pages, I am so proud to share with you Parmenter’s outcomes, measured in a variety of ways, and made possible with the tremendous support of donors, the hard work of committed staff, the leadership provided by our dedicated board of trustees and the innovation of our grantees and collaborators.

The following pages share our financials, grantee impact statistics, beautiful recipient stories and testimonials that help to paint a comprehensive picture of Parmenter’s progress. In addition to these illustrations, three distinct opportunities helped us to meet our goals. Five new trustees joined our board, bringing their energy, experience, and skills to further the reach of our mission. Please learn more about all of our trustees on our website! Second, we benefitted from an incredibly generous donor match program that garnered $50,000 for additional funding of children’s bereavement programs, filling gaps and expanding accessibility to MetroWest families. Finally, we partnered with several new organizations that provide innovative programs in our mission area. We awarded more grant funds than we raised in donations this year and 12% more than we did in 2020!

Looking forward during this Month of Hope, and after a year of hard work and perseverance, we are excited to be on the verge of supporting a well-respected, high-quality hospice provider to re-open the Miriam Boyd Parlin Hospice Residence in Wayland, MA. As soon as we are able to make an official announcement, we will give you all of the details!

We are steadfastly Inspiring Hope and Healing in MetroWest, as we continue to help our community to better cope with grief and loss and to compassionately support one another during difficult times. Thank you for continuing to be with us on this journey. Our work is not possible without your support. We are always seeking additional talent for our committees and board. Please contact me if you would like to become more involved. We also aim to serve you better, so we encourage you to complete the short survey below to let us know your thoughts. We look forward to your engagement.

Sincerely,

Angela Crocker
Executive Director

Please Complete Our Survey!
We’d love to know more about you! Please take a few minutes to share your thoughts regarding your interest in our organization. Your feedback will help us to better serve you. Either scan the QR code or go to www.parmenterfoundation.org to participate in this brief survey.

Cover Artwork by Amanda Kosko, Donor Database Manager, The Parmenter Foundation

“After nearly eight fulfilling years working for this organization, the word Parmenter has become synonymous with “Hope,” in my mind. Every project I am involved with leads towards an end result of providing hope to people in our community who are suffering, so I was inspired to embellish the word “hope” with photos of people who have been touched by Parmenter’s work.” - Amanda Kosko
The Parmenter Foundation, a 501(c)(3) nonprofit, relies solely on private support and does not receive any city, state or federal funding. In 2021, we raised $373,595 from individuals, foundations and corporations. The Parmenter Foundation awarded $394,041 in grants to nonprofit organizations working within our mission area and in our MetroWest community.

**FISCAL YEAR 2021**

**CORPORATIONS:** 2%

**FOUNDATIONS:** 31%

**INDIVIDUALS:** 67%

**Children’s Grief Programs: $281,092 (71%)**

- **Camp Erin® Boston** – providing a children’s bereavement summer camp at no cost to their families
- **HEARTplay™** – providing an award-winning creative arts grief program for children, teens, and young adults
- **Jeff’s Place** – providing free grief support groups for families who have experienced the death of a parent or sibling
- **The Children’s Room** – providing safe, supportive communities so that no child, teen, or family has to grieve alone
- **Wildflower** – providing sustained, long-term support for children who have lost a parent, as well as their families

**Adult Grief Programs: $74,898 (19%)**

- **Behavioral Health Partners of MetroWest** – providing a referral line for coordination of services for families coping with grief and mental health issues
- **Samaritans** – providing a 24/7 suicide prevention line, public education about suicide and ongoing grief support for those who have lost a loved one to suicide
- **Wildflower** – providing sustained, long-term support for adults in families that have lost a parent

**Hospice Services: $18,051 (5%)**

- **Care Dimensions** – providing comprehensive hospice, palliative care and grief support for patients wherever they reside or at its two inpatient hospice facilities
- **Dora Efthim Healing Garden** – providing a beautiful, natural and serene garden for patients and their families

**Other: $20,000 (5%)**

- **Camp Casco** – providing a camp experience for childhood cancer patients and survivors at no cost to their families
- **Family Promise Metrowest** – providing services for families to overcome homelessness

**IMPACT BY THE NUMBERS**

- **76** Number of campers, caregivers and volunteers that attended Camp Erin® Boston
- **450** Number of calls received by The Children’s Room seeking information and referrals
- **250%** Increase in the number of individual grief support visits provided by HEARTplay™ clinicians
- **340** Combined SAT score point increase by 2 students in Wildflower’s Camp to College program
- **76** Number of children and teens who received clinical grief support at Jeff’s Place
- **60%** Percentage of calls to the Behavioral Health Partners of MetroWest for help for children
- **19** Number of family fund grants Care Dimensions made to at-home hospice patients to ensure their comfort
- **847** Number of requests for mental health services from Behavioral Health Partners of MetroWest – a 68% increase from 2020
- **161** Number of children diagnosed with cancer that were able to receive presents from Camp Casco’s Camp Santa program – a 20% increase from last year
- **174** Number of participants in the HEARTplay™ support groups and Camp HEARTplay™ programs for children who are bereaved
- **373** Number of times MetroWest participants attended Samaritans SafePlace meetings
- **59%** Percentage of families at risk for homelessness that were provided assistance from Family Promise Metrowest, preventing them from experiencing the trauma of homelessness
17-year-old camper Ryan had been a member of The Camp Casco family for several years, attending multiple overnight camps and family socials. At camp, he was well-known as the reigning Jenga champion and for his witty sense of humor. In the winter of 2021, Ryan was bravely fighting his third battle with brain cancer, something no teenager should have to endure. To brighten his holiday season, Camp Casco matched Ryan with a “Camp Santa” who generously presented Ryan with a gift card to The Seacoast Repertory Theater, a nonprofit community theater in Portsmouth, NH, where Ryan loves to attend plays. His mom Melissa’s words best depict the impact of this gift to her son:

Thank you just doesn’t seem like enough! You will never truly know the impact that the generous gift card to The Seacoast Repertory Theater meant to Ryan. He is currently fighting a third pediatric brain tumor, the first of which robbed him of his sight at the age of 22 months, but not his spirit. Ryan loves the arts and with Covid the world changed, limiting our ability to see friends and family, and music or theater events were put on hold. We will never be able to completely communicate the impact of the past two years of isolation and to have such a special gift to look forward to has brought so much joy and happiness to Ryan! I am so grateful to the Camp Casco Santa and hope that [the Camp Santa program] will be able to continue to bring joy and happiness to other children’s lives in the future.

Erin Fletcher Stern, President and CEO of Camp Casco added, “The Parmenter Foundation’s generous support allowed us to bring more light and joy to families who have truly been through so much, at a time of year that can feel especially dark for those who are struggling.”

Camp Casco creates a space for kids who have been affected by cancer to reclaim their childhoods- to laugh and play. At Camp Casco, cancer instantly becomes the least remarkable thing about the campers; a welcome relief for those who have felt defined by this label in everyday life.

Samaritans SafePlace attendee, Robert, shares his experience after losing his wife, Pam, to suicide. Robert is now a Samaritans Council member and Grief Support Services volunteer.

When my wife, Pam, died in 2011, it was the absolute worst thing to happen in my life. We were supposed to be that old couple dressed alike walking down the beach. From our high school graduation to choosing our careers and everything that followed, it was just her and me for 40 years. After Pam’s death, I felt so alone in my grief. My friends didn’t want to talk about Pam because they didn’t want to remind me of the pain. I always thought it can’t possibly hurt any worse than it already does.

In my career in law enforcement, I had to be tough. I had to carry that macho attitude. When Pam died, none of my colleagues even asked me how I was doing. And I get it, it’s not comfortable for us – it’s not the culture. They knew me as a stoic, solid, unemotional person. But I didn’t want that anymore. Within a year of Pam’s death, I retired.

The first time I mustered up the courage to go to a Samaritans SafePlace meeting, I sat in the car for half an hour before going inside. I was terrified. Me – the tough guy! I was angry, and I didn’t want to talk to strangers. What was the use? Just like everyone else, they wouldn’t understand my pain. I finally worked up the nerve to go in, though I didn’t say a lot. When I finally did start to talk, I also started to cry. On the way home, I thought about how cathartic that felt. I decided “I have to do this again.”

I went back to SafePlace, and I haven’t ever stopped going. The other attendees just get it. They’ve walked in my shoes, and they walk next to me now. When I get to go to a meeting and talk to other survivors, I’m validated that what I’m feeling is normal. That shared understanding is beyond helpful.

Samaritans is that place that I still get to go and say things that I struggle to say in day-to-day life. It is where I belong. Samaritans has grounded me, has allowed me to grow in my grief journey, and given me opportunities to give back. It has been more than therapeutic – it has been lifesaving.
When my husband’s father was admitted to hospice at 90 years of age, one of his most subtle, yet vital challenges, was his continued hearing loss. We often struggled with basic questions, like what he wanted for dinner or explaining his health issues to him or introducing the people coming in to help him. Then, his social worker at Care Dimensions brought us a [Pocket Talker] device that boosted his hearing aids just enough to bring him, and so us all, much needed relief in our communication struggle. This was a game changer. He felt much more free to express himself. He could hear his wife say that she loved him, and his great-grandchildren tell him their stories about their lives, about school, and explain the pictures they drew for him.

— Daughter of a Care Dimensions patient from Acton on the impact the Pocket Talker had on her father-in-law who was in hospice care at Care Dimensions.

The college process was challenging to navigate with not just one, but two kids. It could have been a really contentious situation. [Wildflower’s Camp to College program] eliminated the need for me to get involved in the day-to-day. I was kept informed of every step but did not need to hold the kids accountable in the end. It was a HUGE relief for me.

— Mom of twin students who received nine hours of support paid for in full by Wildflower, as part of their college transition support program for teens who are grieving.

The Children’s Room knows how to use tools like movement, appropriate language, arts, and expressive activities to support children’s and teens’ grief. Finally, I had a place where I could just let go; I did not have to pretend. It was a wonderful feeling that I was with a group that got it, and I felt blessed.

— Mom, Jackie, looked to The Children’s Room after her 12-year-old daughter, Brittany, died of an aggressive form of brain cancer. TCR welcomed Jackie’s family, including her four living children, into its peer support program, as well as Family Nights with extended family members impacted by Brittany’s death.

It feels so nice to speak with someone who knows my language and understands my culture. I felt so comfortable speaking with them and trying the supports they suggested.

— “Evelyn,” a 68-year-old Spanish-speaking woman who was struggling with feelings of sadness, loneliness, and difficulty sleeping. Her mother recently passed away in the Dominican Republic, and she was not able to attend the funeral due to the pandemic. Evelyn was connected with Behavioral Health Partners MetroWest where one of their Spanish speaking Care Navigators worked with her on counseling options.
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The Parmenter Foundation

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2021 ANNUAL REPORT

Please help us to provide programs that strengthen our community. Make donations online or mail to: The Parmenter Foundation, 260 Boston Post Road, Suite 5, Wayland, MA 01778.

Thank you for your continued support!

The Parmenter Foundation is a nonprofit organization exempt from taxes under Section 501(c)(3) of the IRS Code.

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EVENTS, PROGRAMS AND RESOURCES

SAVE THE DATE!
Friends of The Parmenter Foundation Annual Golf Tournament
To support summer camp opportunities for grieving children

Monday, June 20, 2022
Wayland Country Club
7:15 am Registration and Breakfast
http://parmenterfoundation.org/events

RESOURCES AND EVENTS
In 2021, we continued to expand our library of resources, including educational and inspirational videos, printable guides, and overviews of local bereavement support groups. A highlight of our new materials is our pet loss grief video series and resource page. We worked with experts to create tools to support those who are grieving the loss of a beloved animal and may feel uncertain or embarrassed about seeking help. Please continue to visit our website to find these and other resources for children and adults who are struggling with end-of-life challenges and grief.
http://parmenterfoundation.org/resources

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The Parmenter Foundation acknowledges that Mother’s Day and Father’s Day can be particularly difficult times for people who have lost a parent or child. That’s why, in 2021, we launched the Empathy in eCommerce campaign, to ask retailers to show sensitivity to their customers who do not wish to be contacted with advertising or product promotions around these holidays.
Visit http://parmenterfoundation.org/empathyinecommerce to learn how you can easily participate in the solution to unwanted emails around these upcoming holidays.

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The Parmenter Foundation

260 Boston Post Road, Suite 5, Wayland, MA 01778
508-358-3001
www.parmenterfoundation.org