

# Parmenter Monthly

Inspiring Hope & Healing in MetroWest

## In this month's newsletter:

- 25K Summer Match Challenge Update
- Seeds of Hope: Teen Grief
- Welcome Amy Dooley
- Jeff's Place Volunteers Needed
- Amazon Smile
- Comfort in Commerce
- Shareworthy

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## 25K Summer Match Challenge Update

**\$25K SUMMER**  
*Match Challenge*



Donate today and your gift will be **doubled** to support children's bereavement programs.

**Help bring sunshine to children who are grieving!**

Thank you to everyone who has already contributed to our \$25K Summer Match Challenge! We are making progress but we still need your help to bring sunshine to children who are grieving!

All donations, until Aug. 31 or \$25K is reached, will be matched by a generous donor family in our community for a total of up to \$50,000 towards children's bereavement programs. **[Donate today!](#)**

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## Teen Grief: Navigating Loss During an Already Challenging Time of Life

Our new resource: "Teen Grief: Navigating Loss During an Already Challenging Time of Life" is available on our website. This guide to adolescent grief was developed by our grantee, [The Children's Room](#), a children's bereavement center in Arlington, MA, that creates safe, supportive communities so that no child, teen, or family has to grieve alone. For this and other bereavement resources for teens: <https://parmenterfoundation.org/teen-bereavement-resources/>

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## Welcome Amy Dooley

We are excited to introduce our new Executive Assistant, Amy Dooley, who has recently joined our Parmenter team. Amy provides support in all areas of our operations and, most importantly, is the first point of contact for our office. Amy graduated from

## WELCOME TO THE TEAM

**Amy Dooley**  
Executive Assistant

Especially now, it is so important for our community to feel supported through difficult times in their lives.



Boston College and has worked in the fields of human resources and education, most recently as a teacher at Sunny Hill Preschool for seven years. She grew up in Wayland and currently lives in Sudbury with her husband and four teenage boys. Amy has strong connections to MetroWest and is looking forward to working with our Foundation and making a difference in our community.

### Jeff's Place Volunteers Needed



One of our amazing grantees Jeff's Place is looking for volunteers!

[Jeff's Place](https://www.jeffsplace.org) provides free grief support groups for families who have experienced the death of a parent or sibling. This fall, they will have open positions for volunteers and clinicians. Apply here: <https://www.jeffsplace.org/volunteer/>

### Giving is easy with AmazonSmile

#### Support The Parmenter Foundation.

When you shop at [smile.amazon.com](https://smile.amazon.com), Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)



#### Enable AmazonSmile from your mobile Amazon Shopping App:

1. *Open the Amazon Shopping app on your device*
2. *Go into the main menu of the Amazon Shopping app and tap into 'Settings'*
3. *Tap 'AmazonSmile' and follow the on-screen instructions to complete the process*

#### AmazonSmile Shopping from your browser:

<https://smile.amazon.com>



BUILDING COMMUNITY WHILE INSPIRING HOPE AND HEALING FOR OUR NEIGHBORS WHO ARE GRIEVING.



Each month, we partner with a business to share a special offer with our Parmenter friends. **You must "Follow" or "Like" The Parmenter Foundation, on [Facebook](#) or [Instagram](#), to take advantage of these deals and make sure not to miss them as they come up.**

This month's business partner is [House of Dance](#) in Sudbury.

House of Dance brings the city to its suburban studio, offering an array of cutting-edge classes from hip hop and break dance to ballet, jazz and contemporary. The studios' state-of-the-art technology is unmatched in the area and its superior team of highly trained dance instructors have been professional performers and members of the entertainment industry.

Movement and physical activity, such as dance, provide outlets for the heavy emotions of children who are grieving and improves their physical and emotional well-being. Give the gift of dance to a child who is struggling.

Follow us on social media to take advantage of a special Comfort in Commerce offer from House of Dance.



[Don't Say Nothing - Modern Loss](#): This article provides advice for supporting a friend or loved one with a serious illness.

[Our daughter had a year left to live. We had to do something wonderful with the time she had left](#): Poignant article written by local mom, Myra Sack, about celebrating the last year of her daughter Havi's life, following Havi's diagnosis with Tay-Sachs disease.

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Contact Us



Donate Now!

[www.parmenterfoundation.org](http://www.parmenterfoundation.org)

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