

# Parmenter Monthly

Inspiring Hope & Healing in MetroWest

## In this month's newsletter:

- 25K Summer Match
- Golf Success
- Join Our Development Committee
- Comfort in Commerce
- Shareworthy

## 25K Summer Match



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

**Help bring sunshine to children who are grieving!**  
Donate today and your gift will be **doubled** to support children's bereavement programs.

### **The Parmenter Foundation has received a new fundraising match challenge!**

A very generous donor will match up to \$25,000 in contributions, to help raise funds for children who are grieving. Every gift to Parmenter will be matched dollar for dollar, from now through August 31 or until \$25K in donations has been achieved. If successful, we will be able to grant a total of \$50,000 to local, quality children's bereavement programs, including summer camps and year-round support groups.

**Donate today:** [www.parmenterfoundation.org/donate](http://www.parmenterfoundation.org/donate)

# THANK YOU

TO ALL THE PLAYERS, DONORS, AND SPONSORS FOR MAKING THIS YEAR'S FRIENDS OF THE PARMENTER FOUNDATION GOLF TOURNAMENT A GREAT SUCCESS.

We would like to extend a very special thank you to the Rokes family for their generosity, time, talent, and organization of the 5th Annual Friends of The Parmenter Foundation Golf Tournament! It was a spectacular day with 77 golfers, 17 tee sponsors, bright sunshine, and a spirit of giving. We are thrilled to announce that the net proceeds reached almost ten thousand dollars which will go directly to supporting summer camp opportunities for children who are bereaved. We are already looking forward to next year's golf event that will be held on Monday, June 19, 2023. We hope you can join us!

## Please Join Our Dynamic Development Committee!

JOIN OUR  
DEVELOPMENT  
COMMITTEE

THE  
PARMENTER  
FOUNDATION

Contact [info@parmenterfoundation.org](mailto:info@parmenterfoundation.org)

The Parmenter Foundation is seeking volunteers to join our active Development Committee, to help us to communicate, expand our reach and raise funds to further our mission to support compassionate end-of-life care and bereavement programs for all ages. Committee members also serve as ambassadors to help raise awareness for Parmenter in our community. Ideally, new members will have a passion for and/or experience in communications, marketing, fundraising and/or be recognized as an "influencer" on social media platforms. The Committee meets remotely, once per month.

To learn more, please contact Amy at: [info@parmenterfoundation.org](mailto:info@parmenterfoundation.org)

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

house  
OF  
dance

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 provides the best sound and visual experience. Its superior team of highly trained dance instructors have been professional performers, dancers 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.



**[The Modern Loss Handbook:](#)** A new book about eradicating the stigma and awkwardness around grief while also focusing on our capacity for resilience and finding meaning. In this interactive guide, author Rebecca Soffer offers candid, practical, and witty advice for confronting a future without your person, honoring their memory, and dealing with trigger days.

**[What it Means to Just Show Up](#)** - Showing up for a family caring for a child with a serious illness can make all the difference. At this event offered in September by our grantee organization, Courageous Parents Network, you will hear from a panel of parents and some of their people about ways – big and small – to “show up” and the impact it can have.

**[On the sunnyside column: grieving a loss:](#)** Local blogger Sam Greenfield provides valuable advice, based on personal experience, regarding how to best help friends and loved ones following a loss.

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Contact Us



Donate Now!

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