

Parmenter Monthly

Inspiring Hope & Healing in MetroWest

January 2023

In this month's newsletter:

- A message from Angela Crocker, Executive Director
- Grantee Spotlight: Mass General for Children
- Comfort in Commerce
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Happy New Year! I hope this letter finds you enjoying a healthy and joyous start to 2023. My last letter to you at the end of 2022 reflected upon all that Parmenter had been able to accomplish with the outstanding support from you, our donors, staff, board members, volunteers, grantees and stakeholder partners. I am grateful for each of you who participated in this ongoing

journey to inspire hope and healing in MetroWest.

As we look upon the new year and make plans to further our mission to support compassionate end-of-life care and bereavement for all ages, we continue to help our neighbors directly. Having The Parmenter Foundation to turn to when facing end-of-life care and/or bereavement challenges has provided comfort and hope for so many.

Some highlights of our goals for the upcoming months include:

- Award more than \$400,000 of grant funding in our first single-cycle grant year 2023 to 15 impactful nonprofit programs serving our community within our mission area
- Engage with Center for Social Research to better measure community impact of grants, improve grant application/reports and uncover gaps in service within our mission area
- Incubate new program ideas with grantee partners to fill these gaps in service
- Host engaging educational events (virtual and in-person)
- Provide no-cost education for care providers
- Develop and distribute educational materials to our community
- Monitor and support our *Pathways of Change* social-emotional learning curriculum in partnership with The Children's Room
- Curate and provide NEW video series to help you to better support loved ones who are grieving and children/teens who have experienced the loss

of a peer

We are seeking volunteers to help us accomplish these goals. If you would like to work with us, please contact me. As always, please stay up to date with our latest education offerings and resources by visiting our [website](#) and sharing it with those whom it might also assist.

In grateful appreciation for your support,

Angela Crocker
Executive Director

Grantee Spotlight: Mass General for Children



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 Bonnie's Bootcamp, a longstanding fitness program offered throughout MetroWest. Owner Bonnie Morrissey is a loyal and motivating certified personal trainer, nutrition expert and life coach. She empowers clients of all ages to find balance in their lives, to be their personal bests, both mentally and

physically, and to commit to reaching goals they never thought attainable. With a master's degree in physical therapy, Bonnie was an amateur body building competitor, a judge for the World National Bodybuilding Federation, and represented Vermont in the Miss USA Pageant.

Bonnie offers 1-on-1 personal training in clients' homes or her personal training studio, as well as nutrition coaching programs to teach clients a flexible eating plan for permanent weight loss, using a cognitive mindset approach. These programs are terrific gifts to yourself for the new year or for your friends who have been navigating challenges in their lives.

Follow us on social media to take advantage of a special Comfort in Commerce offer from Bonnie's Bootcamp



Congratulations to Rebecca Soffer of [Modern Loss](#) for her "The Modern Loss Handbook" being chosen by Gayle King as a [top 2 book to help those who are coping with difficult times](#).

[Advocates Music Jam](#): Free and open to the public, third Tuesday every month.

[Taking the Mystery out of Hospice and Palliative Care](#): This program will feature a discussion of the common myths and misconceptions of hospice care along with an overview of the benefits of hospice services and how to access this help.



Contact Us



Donate Now!

www.parmenterfoundation.org

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