



THE
PARMENTER
FOUNDATION

2022 ANNUAL REPORT

INSPIRING HOPE AND HEALING IN METROWEST



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Dear Friends,

I hope this letter finds you well. This *2022 Annual Report* is an opportunity to share with you, our generous donors and stakeholders, The Parmenter Foundation's growth in the past year. In 2022, we increased our fundraising efforts, number of donors and total donations, allowing us to expand our educational content and programmatic resources. For example, in collaboration with expert partners, we created new educational videos in areas such as *Grief in the Workplace*, *How to Support Someone Who is Grieving and Pet End-of-Life*. Additionally, we expanded our funding to organizations that are helping our community members facing the most difficult end-of-life and bereavement experiences. This is well illustrated by a story on page four from one of our new grantees, Lucy's Love Bus. This amazing organization is bringing new caregiver respite services to MetroWest as a result of our funding. This program, conceived by remarkable eight-year-old Lucy, helps bring relief to families caring for a child with cancer.



Angela Crocker

As always, filling gaps in service with the creation and expansion of high-quality grantee programs is a priority. In addition to our support for Lucy's Love Bus, our growth in grant funding last year generated assistance for several other new grantee organizations and programs within our mission area. We awarded a large grant to our new partner Good Shepherd Community Care to ensure the reopening of the Miriam Boyd Parlin Hospice Residence last fall. The hospice residence is already thriving, with a larger than expected census of patients, indicative of the great need for quality hospice care in our community. We also provided funding to The Children's Room (TCR) to help create *Pathways of Change*, a social-emotional learning curriculum for elementary school students that focuses on normalizing change, transition, and grief. With their extensive experience aiding children and families who are grieving, TCR began piloting the program at the Loring School in Sudbury, MA and will complete and evaluate the program by this summer. We are optimistic that the pilot will prove successful, and we hope to help to proliferate the program throughout MetroWest school districts.

We are so grateful for your trust and financial support as we continue to help our MetroWest neighbors better cope with grief and loss and to compassionately support one another during difficult times. As you peruse this report, you will see Parmenter's impact measured in a number of ways, made possible by your ongoing partnership!

Sincerely,



Angela Crocker
Executive Director

OUR MISSION

The Parmenter Foundation provides hope and support for MetroWest community members of all ages in need of compassionate end-of-life care or bereavement support. We award grant funding to nonprofit organizations that deliver high-quality programs within our focus areas, and we develop and offer inspirational and educational resources to help our neighbors navigate through the challenging grief process. The Parmenter Foundation is committed to helping families cope, heal and build resilience.

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A Message from Our Board of Trustees

As we reflect on the work and growth of The Parmenter Foundation described in Angela's letter, we are excited and proud of the organization's progress and ongoing commitment to help build a more resilient MetroWest community. Every year, we strive to improve and expand our support for quality, innovative end-of-life care and bereavement programs, as well as developing new resources to educate and inspire those who are in need. At the same time, we are broadening our partnerships with community members, local businesses, grantee organizations and our trustees. These commitments are vital to sustaining the breadth and depth of our work, and we hope to further widen our impact both within MetroWest and beyond. As such, we enthusiastically invite you to join in our mission! We are actively welcoming new members to our Board and committees in order to bring valuable new voices and ideas to the table. Of course, we thank you for your charitable contributions, and we look forward to your continuing financial support. This is crucial to our program and resource development. Please join us in inspiring hope and healing in MetroWest!

Martha Ragonas and Tom Travers, Co-Presidents, Board of Trustees

FISCAL YEAR 2022

In 2022, we raised **\$592,036*** from individuals, foundations and corporations. The Parmenter Foundation awarded **\$449,692** in grants and **\$250,000** in special funding for re-opening the Miriam Boyd Parlin Hospice Residence for a total of **\$699,692** in support to nonprofit organizations working within our mission and in our MetroWest community.

Children's Bereavement Programs: \$207,803

Camp Erin® Boston – providing a children's bereavement summer camp at no cost to their families

Charlie's Guys – providing support, through special experiences for children 18 years and younger who have lost a sibling or loved one

HEARTplay – providing an award-winning creative arts grief program for children, teens, and young adults

Jeff's Place – providing 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

The Children's Room's Pathways of Change Curriculum Program: \$61,587

Adult Bereavement Programs: \$113,400

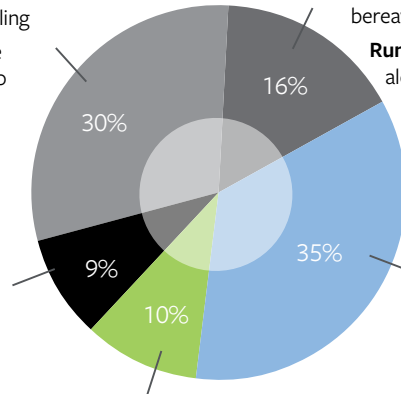
Behavioral Health Partners of MetroWest – providing a referral line for coordination of services for families coping with grief and mental health issues

Courageous Parents Network – providing a platform that orients, empowers and accompanies families and providers caring for children with serious illness

Good Shepherd Community Care – providing high quality hospice and palliative care, support and education for those experiencing or anticipating serious illness and loss

Mass General Hospital for Children – providing a hospital-wide bereavement program to support grieving families and staff

Runway for Recovery – providing families with a continuum of support along their journeys with breast cancer



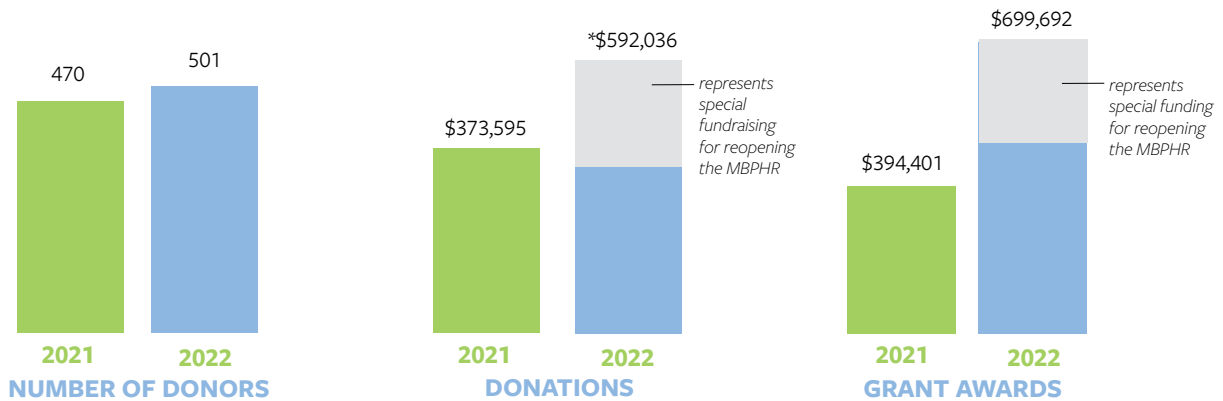
Good Shepherd's Miriam Boyd Parlin Hospice Residence (MBPHR) Reopening: \$250,000

Hospice Services: \$66,902

Care Dimensions – providing comprehensive hospice, palliative care and grief support for patients wherever they reside or at its local inpatient hospice facility

Good Shepherd's Miriam Boyd Parlin Hospice Residence – providing terminally ill patients a home-like private residence where they can live and receive high quality, compassionate end-of-life care from expertly trained staff

Lucy's Love Bus – providing free integrative therapies for children with cancer



Our Commitment to the Miriam Boyd Parlin Hospice Residence

The Parmenter Foundation is proud to have provided a substantial amount of funding – as illustrated above – to our new partner Good Shepherd Community Care to ensure the re-opening of the Miriam Boyd Parlin Hospice Residence in the fall of 2022. With a complete renovation and new furniture, the hospice residence is once again a comforting place for our neighbors to receive quality, compassionate end-of-life care. The Parmenter Foundation continues to support the Parlin Residence with a grant to subsidize room and board fees for those in need. This provides local families with the opportunity to keep their loved ones in hospice care close to home. With all but one MetroWest hospice residence closing during the pandemic, there has been a great need for this re-opening, and the new Parlin Residence has already welcomed many patients in its first few months.

OUR IMPACT 2022

105

Number of children for whom Wildflower provided summer camp support



118

Number of families that participated in virtual peer support groups at The Children's Room

98

Percentage of hospice patient issues resolved through Care Dimensions' SmartCare program, without requiring emergency transport or re-hospitalization

58

Number of total campers and family members who attended Camp Erin Boston



I'd love to record a video for my family to remember me when I'm at my best, and not at my worst. I'm sure I would cry through the entire thing, but leaving something like that when I go would be the best gift I could ever give.

- Sandy, who is living with stage four breast cancer, speaking about taking part in Runway for Recovery's Legacy Video Project

It is a safe place for me to open up my grief box that seems to be clamped shut throughout the days and weeks interfacing with the world and the brave front we carry forward.

- Caregiver describing his experience as part of Jeff's Place grief support groups

When Paula's adult son suddenly passed away, she felt depressed and lost. She distanced herself from the people she cared about and found it hard to get out of bed. I was able to connect Paula with individual and group therapy. We also attended the "Modern Loss" event provided by The Parmenter Foundation where Paula talked to people that were in similar situations to her. Now Paula still struggles but reports feeling lighter and better able to cope. I am glad I was able to provide helpful bereavement resources during such a difficult time of her life.

- Genilce, Care Navigator for Behavioral Health Partners of MetroWest

IMPACT INSPIRED STORIES

The Gift of Summer Camp Helps a Family Move Forward

In August of 2017, Tom lost his 37-year-old wife Jenny, just 47 days after she was diagnosed with a brain tumor. Jenny was the mother of their three daughters, ages 2, 6 and 8. On his application to Wildflower, a Parmenter grantee organization, Tom wrote, "If I can muster up my courage (to raise these 3 girls alone), they will still have a chance at a great childhood."

Wildflower provides sustained, long-term support for children who have lost a parent, as well as their families, for as many years as they need help. This includes the gifts of camp and other enriching experiences, to help families strengthen their resilience and create positive opportunities for the future.

With the help of Parmenter's funding, Wildflower provided a scholarship for Tom's family that enabled all three girls to attend Charles River Creative Arts Program (CRCAP) in Dover every year since their acceptance, except for one year during the pandemic. The camp has been a wonderful fit for the girls, as they have been involved in activities they enjoy, such as drama and music.

Summertime can be particularly hard for a solo parent, especially after the death of a spouse, and the engagement this camp program afforded Tom's children allowed Tom to be able to work consistently, and with peace of mind. Tom said, "The gravity of the commitment Wildflower has made to us brings me to tears."

Last summer, the girls all returned to CRCAP. In addition, two of them went to overnight camp for two weeks at Pleasant Valley Camp for Girls on Lake Winnepesaukee. It was their first overnight camp experience, and they loved it. They gained confidence, independence, and made wonderful new friends. Both girls will be returning this summer.

"These enriching experiences are possible thanks to the generous support from The Parmenter Foundation," said Audrey Loria, Executive Director, Wildflower.



Lucy's Light

The Story Behind the Cover Photo and our Partnership with Parmenter

By Beecher Grogan, Co-Founder and Caregiver Program Manager, Lucy's Love Bus



“Twenty years after this photo of Lucy was taken, Parmenter granted Lucy's Love Bus the ability to channel our founder's love and support directly to the women and men who are perhaps most critical to the survival of our childhood cancer patients: their parents and caregivers, who will stop at nothing to save the lives of their children.”

I took this photo in the summer of 2002, when Lucy was 8 years old. I know it was taken within two weeks of Lucy's cancer diagnosis, because she still had some hair. It all fell out on day 13, as we were told it would. The baby in the photo is Nathan. He was 6 months old when he was diagnosed, on the same day as Lucy. He had beautiful, deep blue eyes, and Lucy nicknamed him Blueberry Eyes. Our two families became very close, and Lucy spent every waking moment with Nathan, in the playroom or pushing him around the halls in a little red car for hours on end.

Lucy's cancer protocol kept us in the hospital for months at a time, which meant that she met and befriended every single child who came and went. When each newly-diagnosed family arrived on the floor, while the parents were still walking around with stunned expressions, Lucy would scoop their child under her wing and tell them all the important things they needed to know. I would hear her instructing them, “You can use your medical pole like a skateboard like this... but don't do it when chemo is hanging or you will get in serious trouble.” She knew all the rules, and she knew just how far one could bend them.

Lucy became a mascot for the floor and a beloved caregiver to all of the younger children. The nurses told us that when children were being admitted through the ER with a fever, their parents would call up to 7-West to see if Lucy was there; to know the comfort of a familiar face would be there waiting for them. And she always was.

The name Lucy is from the Latin “Lux,” meaning “Light,” and Lucy knew that the secret to survival was to shine her light and love on the younger children instead of focusing on her own pain and suffering. She learned how to distract herself and her young charges with love, laughter, and play. Lucy was a true caregiver to her core and was happiest when she was with “her” children. Tending to the babies made her happy and allowed her to thrive through an incredibly challenging, experimental treatment protocol.

Our newest program, funded in large part by The Parmenter Foundation, honors Lucy's caregiving nature by focusing much-needed attention and support on caregivers of children with cancer. In the first six months of our pilot caregiver program, called Ilene's Caregivers, I have witnessed firsthand the overwhelming impact of Parmenter's generosity on the parents living in MetroWest communities who are eligible for this new program.

When I tell parents that they have \$1,000 to spend on self-care and respite, they cannot believe that someone out there is aware of and cares about their exhaustion, fear, and stressful life of endless crises. Our families, especially our caregivers, live in fight or flight mode for years on end.



Beecher Grogan and her daughter Lucy



Lucy brightening the day of a fellow patient

The path the caregivers walk is still grueling, but now they can stop for a moment to come up for air. They can take little breaks to restore their endurance. They can go away for a night or two and actually sleep or take an hour off for a massage. They can join a weekly support group, go to counseling, or hire an independent healthcare advocate. They have a number to call any time they need support. Thanks to Parmenter's funding, they are no longer alone.

“Parmenter's support is helping caregivers - these unsung heroes - find the strength to keep putting one foot in front of the other. For far too long, our caregivers have soldiered on silently, without complaint. They have no choice but to keep moving forward, sometimes in hope and faith, and sometimes in fear and despair.”

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EVENTS, PROGRAMS AND RESOURCES

Visit our website and sign up for our monthly newsletter for updates, including events.

We host in-person and virtual educational programs that explore various approaches and provide expert advice for addressing end-of-life challenges and finding comfort when grieving. Scan the QR code above or visit parmenterfoundation.org to learn more and subscribe.



**Building Community while
Inspiring Hope and Healing for
our Neighbors who are Grieving**

Each month, we partner with a local business to share a special discount offer with our Parmenter friends that can inspire gift ideas or facilitate healing for friends and loved ones who are grieving. **"Follow" or "Like" The Parmenter Foundation, on Facebook and/or Instagram**, to take advantage of these deals and make sure not to miss them!

A Growing Library of Resources

In 2022, we further expanded our resource offerings, including educational, inspirational, and informative videos, guides and overviews of local support groups. For example, we launched a new video series based on our conversation with Rebecca Soffer, author and co-founder of the Modern Loss community. In these six short videos, Rebecca candidly speaks about what to say and what NOT to say to someone who has experienced a loss, and she provides practical advice for helping those who are grieving, at all different stages in their journeys.

To view the complete array of our resources, visit:
parmenterfoundation.org/resources

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