



Parmenter Monthly

Inspiring Hope & Healing in MetroWest

JUNE 2023

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- E-motion Pilot Program
- Expert Guidance for a Hospice Visit
- Board of Trustees Annual Retreat
- WCVB Features Mass General for Children's Bereavement Program
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Empowering Communities to Move Together Through Hardships

This video depicts the powerful healing impact of the [E-motion](#) program in helping our community members who are grieving. E-motion, a program that exists in partnership with the [Center for Healing and Justice Through Sport](#), combines physical movement, community-building, reflection and shared vulnerability to strengthen resilience and the capacity to cope after a loss. With grant funding from Parmenter, program founder [Myra Sack](#) hopes to provide the E-motion program to sports teams in MetroWest that have suffered a team loss or to help support a team member who has experienced a death in their family.

We are hoping to connect with sports teams in the MetroWest area that could benefit from learning about the E-motion program. Please email info@parmenterfoundation.org to send us team info!



Preparing to Visit a Loved One in Hospice Care

We worked with local grantee experts to create two new videos to help adults and children prepare to visit a friend/family member receiving hospice care in a hospice residence, medical facility or at home. Niki Pugach, Parmenter Trustee and hospice social worker at [Good Shepherd Community Care](#), and Jennifer Wiles, director of Good Shepherd's [HEARTplay](#) children's bereavement program, cover such topics as what you can expect to see during your visit, what you can say to the patient, and what you may wish to bring. They help to allay your fears and make suggestions for making these visits as smooth and meaningful as possible.



Board of Trustees Annual Retreat

This month, our executive director and trustees gathered with Amy Cahners and Susan Donahue of C&D Consulting at The Wayside Inn for Parmenter's annual board retreat. At this historic venue in Sudbury, the group discussed expanding opportunities for community members to join Parmenter's committees and board to

help us further our mission to inspire hope and healing in MetroWest. If you are interested in volunteering with us, please learn more here: <https://parmenterfoundation.org/board-of-trustees/> and/or contact us for more information!



Mass General for Children's Bereavement Program

Parmenter is a proud supporter of this new grief support initiative recently featured on WCVB Channel Five's "[5 for Good.](#)"





In dedication to our mission of providing hope and support for community members who are grieving, The Parmenter Foundation understands that Father's Day can be particularly difficult times for people who have lost a parent or child.

That's why we launched the [E is for Empathy in E is for Empathy in eCommerce](#) campaign in 2021, to ask retailers to show sensitivity to their customers who do not wish to be contacted about one or both of these holidays.

If Father's Day is a difficult time for you, we encourage you to contact retailers and let them know you would like to opt out of their email promotions for the holiday. You can find a suggested letter and more information here: <https://parmenterfoundation.org/empathyinecommerce/>



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 EveryBody in Mind Wellness Center, located in Sudbury, MA. The center merges innovative technology and tried and tested alternative, holistic wellness practices to help reduce stress and anxiety and increase mindfulness and overall mental, physical and spiritual health.

Follow us on social media to take advantage of a special Comfort in Commerce offer from EveryBody in Mind Wellness Center.



Inspired by the generosity their family received after the sudden loss of their vibrant 23 month-old son Charlie, our grantee partner [Charlie's Guys](#) provides support through special gifts, experiences and care packages for children 18 years and

younger who have lost a sibling or parent in the MetroWest area. If you or someone you know could benefit from this organization, please email us at info@parmenterfoundation.org!

Writers and comedians are now more than ever incorporating their stories of grief and loss into their shows. [New York Times article "That's the Funny Thing About Grief"](#)

Trauma therapist and writer Meghan Riordan Jarvis hosts a weekly discussion with guests who carry personal loss, professional expertise, and a belief that talking about grief and loss helps provide needed support. ["Grief is My Side Hustle" Podcast](#)

Get to know Camp Casco - Join the program director and parents of current campers, **on June 21 at 7:00 pm**, to learn more about the free camps in MA for childhood cancer patients, survivors, and siblings ages 6-17. [Camp Casco Programs](#)



Contact Us



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www.parmenterfoundation.org

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