Dear Friends,

Grief doesn't follow a straight line, and it doesn't stay in one place. It begins the day a family learns that someone they love is dying. It takes over the first days after a death, when everything feels unreal. It lingers in the quiet months after the funeral, and it returns, repeatedly, for years to come. At The Parmenter Foundation, we are there every step of the way.

Parmenter strengthens the web of compassionate care so that individuals and families can find the guidance, resources, and support they need, whenever they need it. Through 23 trusted grant partners providing services ranging from hospice care to children's bereavement camps, and our own programs - including our One-on-One Social Worker Support, our Resource Hub, community education, and UGrieve - we connect people to care at every stage of their journey. We fill gaps, build connections, and help ensure that no one must face life's most difficult moments alone. **We can't do it without your support.**

This year, your support will go twice as far. A generous anonymous partner will match every gift received by December 31, up to $30,000.

Please join us. Together, we can make sure no one in our community walks through grief alone.

Sincerely,

Angela Crocker
Executive Director,
The Parmenter Foundation

THE PARMENTER FOUNDATION

GUIDING OUR COMMUNITY THROUGH END-OF-LIFE AND BEREAVEMENT

THE PARMENTER FOUNDATION SUPPORTS OUR COMMUNITY EVERY STEP OF THE WAY

BEFORE THE LOSS: WHEN A FAMILY IS FACING THE END, THEY DON'T FACE IT ALONE

As a mother's cancer progressed, Christine, a 48-year-old wife, mother, and devoted teacher of more than 25 years, worried about the toll her illness was taking on her 17-year-old daughter. Through Parmenter's Hospice Bed Subsidy program, Christine received compassionate care at no cost at the Miriam Boyd Parlin Hospice Residence in Wayland. This support eased the burden on her family and helped bring greater stability to their lives at home. Just days before Christine died, she and her daughter shared a special birthday visit, a precious moment of connection and togetherness amid an incredibly difficult time.

**Names have been changed to respect confidentiality*

Your gift helps provide local residential hospice care for a family who couldn't afford one and gives them precious time together at the end.

AS THE LOSS UNFOLDS: IN THE HARDEST DAYS, THERE'S SOMEONE TO CALL

Meet Niki!

Need someone to talk to? ***Niki Pugach***, our clinical social worker, provides guidance to those navigating end of life, loss, or grief at no cost.

"When my husband could no longer speak for himself, Niki gave me the confidence to advocate for his wishes, even when the hospital pushed for something different. She empowered me to make the decisions he would have wanted during one of the hardest times of my life."
— Donna Maxwell

Your gift allows us to continue providing free compassionate support to those navigating the complicated logistics and feelings associated with a loved one who is ailing or who has died.

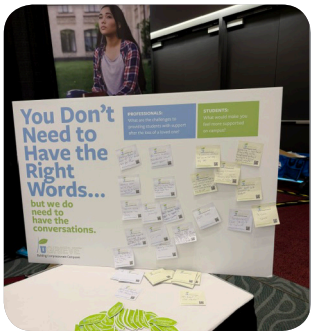
GRIEF FOLLOWS STUDENTS TO CAMPUS, SO WE BUILT A WAY TO MEET THEM THERE

"I have students who are having losses in their families, and I don't know how to support them," an associate dean at Tufts' Cummings School of Veterinary Medicine told us. One in three college students will lose someone they love during school, and most colleges don't have enough resources to help them all.

So, we built UGrieve, a self-led video series that teaches the campus community how to show up and support one another: one track for students, hosted by Rebecca Soffer of Modern Loss, and one for faculty, hosted by author and professor Colin Campbell. This fall, we welcomed Chrissy Beluk as our first UGrieve Director.

"I lost my dad while I was in grad school, so I know firsthand how hard it is to keep up with the demands of being a student while navigating grief. I'm excited to work with colleges to build systems that support students through difficult times and create a real culture of support on campus." — *Chrissy Beluk*

UGRIEVE℠
Building Compassionate Campuses



Your gift makes sure a student who is grieving away from home is met with understanding, not silence. Watch at parmenterfoundation.org/ugrieve

WHEREVER GRIEF SHOWS UP, WE SHOW UP TOO

When Massachusetts communities faced a series of losses among students this year, we shared videos to help families talk with children about the death of a classmate. They reached more than 1,000 viewers and were used by schools and featured in the news, extending the reach and support from The Parmenter Foundation.

Your gift helps teachers, students and neighbors know what to say and what to do.

AND SO DO OUR GRANTEES

Behavioral Health Partners of MetroWest
Ben Speaks
Boston Children's Hospital
Camp Casco
Camp Erin® Boston
Care Dimensions
The Children's Room
Compassionate Care ALS
Cummings School of Veterinary Medicine
E-Motion
Empowering Grieving Children
Empty Arms Bereavement Support
Experience Camps
Good Shepherd Community
HEART*play*
Jeff's Place
JFS of Metrowest
MCM Memorial Foundation
Robert's Program at BCH
Runway for Recovery
Safe Coalition
Samaritans
Wildflower

THE MONTHS THAT FOLLOW: WHEN EVERYONE ELSE HAS MOVED ON, WE'RE STILL HERE

This year, Parmenter funded **23 PROGRAMS** so each family can find help that fits their loss, and our Resource Hub helps them find it: Between January and October 2026, **more than 1,700 people** have visited the Resource Hub. **partmenterfoundation.org/resource-hub**

With Parmenter's funding, **Jeff's Place** created a program that didn't exist anywhere else in our community: a safe, supportive space only for children and young adults grieving the loss of a loved one to drugs or alcohol, where they can process their grief without the added burden of stigma. One high school girl chose green to paint her sadness, because it was the color of the grass where she used to play with her brother. The exercise helped her begin to heal.

Your gift connects a parent, child, young adult or spouse who is grieving to people who understand their kind of loss.

THE YEARS AHEAD: GRIEF HAS NO END DATE, AND NEITHER DOES OUR SUPPORT

Grief comes back at graduations, weddings and anniversaries. Through Wildflower, children who have lost a parent spend summers at camp among peers who understand. After several summers, one camper shared "***The camps provided the perfect escape from home during the summer, they let me meet people I otherwise never would have met, and most definitely changed the way I view the world having the experiences that I was given."***

Your gift helps a child who lost a parent hold on to good memories, years after the loss.

MAKE YOUR GIFT TODAY!

Grief doesn't follow a straight line, but your gift to The Parmenter Foundation can follow families every step of the way. Every dollar goes directly to programs, and gifts made by December 31 will be matched, up to $30,000. Give at parmenterfoundation.org or return the enclosed reply card.