

The CONNECTOR

FOCUSING ON NONPROFITS AND THEIR CONTRIBUTIONS TO THE COMMUNITY

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Not your average Joe



Joey Cintron, back, has some enthusiastic helpers with his gardening at the YMCA: from left, Isaac Smith, Nikolas Bray and Janaysia Copeland.

Cintron turned his life around at Lynn YMCA

BY PAUL HALLORAN

Joey Cintron has done a lot of growing at the Lynn YMCA, in more ways than one.

By his own admission, Cintron was anything but the ideal member of The Core, the Lynn YMCA's youth drop-in program, when he first joined in June 2008.

"I was kind of aggravated," he said. "I was looking for attention and I didn't like being told what to do."

Audrey Jimenez, executive director of the Lynn branch, recalls speaking with the director of the program at the time, shortly after Cintron started attending the Y. The message was clear: "This kind of behavior is unacceptable."

Fortunately for Cintron, he managed to keep his head above water until last November, when Gregg Ellenberg took over as the director of

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Mary Vaughan, above, is an OB/GYN patient at LCHC; at right, clinical assistant Virginia Diaz demonstrates relaxation techniques on Dr. Kristen Cotter.



Motherhood, sisterhood

OB/GYN patients share experiences at LCHC

BY MEAGHAN CASEY

At Lynn Community Health Center, the road to motherhood is being reinforced by the bond of sisterhood.

The health center is offering a new Centering Pregnancy program through its Obstetrics and Gynecology Department. The program offers group visits to mothers-to-be with similar due dates and provides a setting for them to discuss their shared experiences. Participants receive regular prenatal care and are taught to take their own blood pressure, check their weight, protein and glucose levels and chart their personal progress.

"It's a beautiful thing to go through together," said Dr. Kristen Cotter, one of the center's four OB/GYN physicians.

"They're able to share very personal stories with each other and develop friendships," said Leanne McDermott, obstetrics nurse manager. "They gain a very important social support system."

A growing movement throughout the nation, Centering Pregnancy has been found to empower women throughout the gestational process, including labor and delivery. There is also evidence that links it to lower rates of premature births and higher birth weight among babies.

LCHC midwife Reagan Crowley advocated for the program in Lynn. Thanks to her efforts and grant funding from the March of Dimes Foundation, the Marblehead Junior Aid Society, and the Unitarian Universalist Church of Greater Lynn, LCHC was able to adopt the model in June. The center has since formed three groups - for English- and Spanish-speaking patients - and hopes to introduce a fourth group to serve the Somali population. Crowley, who earned her master's degree in Nurse Midwifery from Yale University, leads most of the sessions at the Union Street location, and Dr. Anna Rabkina, a physician specializing in Family Medicine, leads the sessions at the health center's Market Square practice.

Lynn resident Mabely Cepeda, who has three children ranging in age from 11 months to six years, is expecting her fourth child. She

was excited to join the Centering Pregnancy program and find common ground with the other women. "Even though I've had three children, there's always more to learn," she said.

Mary Vaughan of Lynn is expecting her first child in December. She, too, has had a positive experience with the program. "Reagan was phenomenal and made us feel at ease," she said. "We had the medical check-ups, but we also learned yoga and talked about our excitement and our fears. I wasn't afraid to ask questions. It was a very comfortable and friendly atmosphere."

The Centering Pregnancy program is one indication of the LCHC obstetrics department's growth in the last decade. McDermott, who is in her ninth year at the center, remembers a time when the department had only one obstetrician. There are now four OB/GYNs, two midwives, a nurse practitioner, four nurses and three family medicine physicians. The team now delivers about 500 babies a year at the Salem Hospital.

"I believe in what we're doing," said McDermott. "Every day, we're helping people in this community and connecting them to much needed services. Our staff is able to collaborate with other organizations to provide them with the social services and support that they need, long after they've delivered."

Dr. Alexy Kochowiec, LCHC's chief of OB/GYN and vice chair of the OB/GYN department at North Shore Medical Center, is in his eighth year at the center. Kochowiec, who speaks English, Spanish and Russian, earned his degree at Vanderbilt University's School of Medicine and completed a residency in OB/GYN at Brown University Women and Infants Hospital.

"It's a privilege to work here," he said. "Your day is never boring; you might have a patient who last gave birth at home in Guatemala, and then she comes to us. Through our patients, we gain an insight into different worlds and cultures."

"I feel incredibly lucky," said Cotter, who earned both her medical degree and her master's in international public health at the University of Pittsburgh and completed her residency in OB/GYN at Brown University. She spent time in Indonesia before coming to Lynn a year ago. "There's satisfaction in being able to provide care to people who might not otherwise have had access and to work with a team of evidence-based, smart and caring providers."

LYNN COMMUNITY HEALTH CENTER

Lynn Community Health Center has a history of providing accessible, comprehensive health care to all members of the greater Lynn community regardless of ability to pay, and is the largest provider of outpatient care in Lynn, caring for more than one in three residents.

Its health care providers have advanced credentials in their fields of practice and provide services in more than 20 languages.

The center is committed to providing the highest quality primary care, behavioral health, and, in collaboration with North Shore Medical Center, specialty services including: endocrinology, cardiology, pulmonology, ophthalmology, general surgery, and podiatry.

LCHC opened Market Square Family Health Services and a nearby Western Avenue site in 2002-03. They offer primary care, prenatal care, adolescent health, behavioral health and social services. In addition, LCHC's six school-based health centers within Lynn Public Schools provide students with access to physical and mental health care. The health center operates a dental clinic on Union Street and recently opened a new eye care service in collaboration with the New England College of Optometry, and a new clinical pharmacy program in conjunction with Northeastern University School of Pharmacy.

The LCHC has been accredited in Ambulatory Health Care and Behavioral Health Care by the Joint Commission on the Accreditation of Health Care organizations since 2000.

Technology lives at Girls Inc.

New building offers girls new possibilities

BY MEGHAN WEBER

Investing in girls recently gained international prominence as a crucial cause during this year's meeting of the Clinton Global Initiative (CGI), a results-oriented conference attended by world leaders to devise practical solutions to the world's most pressing issues.

One practical means of taking action is to invest in successful organizations that benefit girls at the local level — organizations such as Girls Incorporated of Lynn (Girls Inc.), an affiliate of the national non-profit dedicated to inspiring girls to be strong, smart and bold. Girls Inc. has been making headlines for its work benefiting generations of girls since 1942.

Girls Inc. provides vital, educational after-school and summer programs to high-risk girls age 6-18 from an underserved area. The organization seeks to level life's playing field for the more than 1,500 young people served annually by exposing them to special learning opportunities, better technology and tools to ensure a brighter future. Many girls involved with Girls Inc. come from disadvantaged single-parent homes supported by incomes below \$25,000 a year, do not have computers at home and rely on Girls Inc. for its unique educational opportunities.

Girls Inc. has taken a giant step forward by drastically improving its technology and upgrading its facilities through an \$11 million



Sarah Fox of Girls Inc. works in a computer lab with, from left, Erica Doeun, Adama Kuyateh and Katherine Diaz.

capital campaign led by Thomas L. Demakes, president of Old Neighborhood Foods, and campaign chair Jansi Chandler. Although actual construction of a new facility was completed in June, Girls Inc. has until Dec. 31 to raise the last \$1.5 million necessary for funding the project and meeting requirements to retain an \$850,000 Kresge Foundation grant. Girls Inc. is striving to reach its goal and is seeking cash donations and pledges (up

to five years) from existing and new donors to meet the deadline.

Formerly housed in a dilapidated building on Broad Street, Girls Inc. is now located on High Street in a new 28,000-square-foot, state-of-the-art facility. The new space includes a renovation and restoration of the Shoe School building, a historic landmark circa 1858; a modern gymnasium; spacious lobby; PC computer labs, with a total of 45 laptops; a Macintosh editing suite; multi-purpose rooms and dedicated rooms for science and art programs; a commercial-grade kitchen; administrative offices; a professional conference room for 40; and an outside play space.

Technology and architectural upgrades to the building have enhanced and expanded the programming offered by Girls Inc. and were designed with girls and the local community in mind. The gymnasium now provides Girls Inc. with improved means to encourage and support girls' physical activity, an increasingly important part of a healthy lifestyle with childhood obesity on the rise nationally. Community organizations are encouraged to utilize the new building's gym and conference room. A local adult female basketball league, among other groups, uses the gym during some off-hours.

"Digital technology has increased the level of integrated programming and experiential

**girls
inc.**

Autumn Rhapsody

Hawthorne Hotel, Salem
Thurs., Nov. 5 — 6:30 p.m.

*An evening of fine food, wine,
music, live auction and raffles.*

Tickets: \$75

Proceeds benefit Girls Inc. programs.

*For more information, contact Joan
Lawrence at 781-592-9744, ext. 262
or jlawrence@girlsinclynn.org*



Joelli Rodriguez takes advantage of one of the 45 laptops at Girls Inc.

learning possible in Girls Inc. programs," said Pat Driscoll, Girls Inc. executive director. "From laptops in the kitchen for hands-on learning about nutrition, to designing business cards for a mock business, to creating a public-service announcement about pregnancy prevention in the editing suite, to working up a sweat with Dance, Dance Revolution on a Wii, learning opportunities at Girls Inc. are increasingly interactive thanks to our donors and the new facility."



Sue Ann MacLean, center, loves the care and attention she receives at the PACE program from dedicated staff such as Joe Stanley and Jacqui Trainor.

Keeping mom at home

PACE program helps elders maintain their independence

Ask any daughter of an aging relative, navigating the options for long-term care can be a complicated process of patching together resources and family members to help keep mom at home.

“There are many organizations out there that provide care for elders, but no one has the complete service package like we do with our PACE program,” says Robert Wakefield, executive director of Elder Service Plan of the North Shore (ESPNS).

PACE – or the Program of All Inclusive Care for the Elderly – provides nearly everything to help an elder remain independent at home. The strength in their approach stems from a multi-disciplinary team of medical and social service professionals coordinating a care plan that moves seamlessly from the PACE center, the home, hospital or long-term care facility.

By definition, all PACE clients are eligible for placement in a nursing home. Allowing them to stay either in their homes, assisted living or with a family member not only adds to their quality of life, it also costs significantly less than

other long-term care options.

Breaking out of the fee-for-service model, PACE pays for coverage as an HMO would, with a fixed annual cost per person, paid through Medicare and Medicaid. But unlike an insurance company, coverage is decided by the medical team that actually knows the participant.

“We refer to our clients as participants, rather than patients,” says Joe Stanley, site coordinator, “because we really see them as having a say in their care. To us, they are part of the team.”

Sue Ann MacLean couldn’t be happier to be a part of this team. A graduate of the nursing school at the former Lynn Hospital, she worked as an obstetrics nurse for 25 years. After suffering two detached retinas and undergoing five eye surgeries in one year, she was left legally blind. After a stint in a rehabilitation facility, she came to PACE in

July 2007.

“PACE provides me with comprehensive medical care,” said MacLean, who lives on her own, with assistance from a personal care assistant 3-4 times a week and a companion

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PACE provides me with comprehensive medical care. They have a plan for your care and you’re involved in that plan.”

Sue Ann MacLean
PACE participant and retired nurse

once a week who takes her out to do shopping and errands.

“They have a plan for your care and you’re involved in that plan,” MacLean added. “Your medication gets delivered to you, and I got to keep all my specialists. All the information is documented and my doctors know exactly what is happening.”

Each PACE site is limited to about 150 total participants, of which 60-75 visit the site every weekday. “When your doctor is a geriatric specialist that only has 100-150 clients and is supported by a team of other professionals in geriatrics, you are going to have better care than with a provider who has several hundred patients,” Wakefield notes.

“Each site has its own personality, based on the staff and participants,” says Stanley. “It’s meant to give participants everything they need under one roof.”

And now there is one more roof in the PACE program. This month Elder Service Plan of the North Shore will open a new day center at 20 School St., Lynn. The organization formerly leased the space, before recently purchasing it and completing an extensive renovation.

This will be the seventh PACE center for ESPNS; four are located in Lynn, two at the Cummings Center in Beverly and one in Gloucester.

NDA

Neighborhood Development Associates, Inc.

Waterworks project creates new neighborhood

BY PAUL HALLORAN

For 30 years, Neighborhood Development Associates – formerly known as the Lynn Community Development Housing Corporation – has been revitalizing neighborhoods and creating home-ownership opportunities.

Perhaps no project better illuminates the positive impact NDA can have on a neighborhood than the redevelopment of the Waterworks site in West Lynn.

NDA took a property with a 120-year-old building that had been vacant since 1991 and created a mini-neighborhood, building 10 single-family homes on Childs and Flint streets and two 2-family rental units on Walnut Street, where the former pumping station had stood.

“This project reflects our commitment to create housing opportunities in neighborhoods throughout the city,” said Charles Gaeta, executive director of the Lynn Housing Authority & Neighborhood Development, the administrative agency for NDA. “There are now 14 units of quality housing on a site that had been abandoned for almost 20 years.”

The project began in June 2004 when NDA received the support of Mayor Edward J. “Chip” Clancy Jr. and the Lynn City Council,

Positive development



Residents of the new housing units at the former Waterworks site as well as the surrounding neighborhood participated in the ribbon cutting for the new development: front from left: Beatrice Chipouras, Aliya Rock, Mark Tobin, Kyle Candillieri, Mike Desantis; back, Kathy Reed, Ward 7 Councilor Rick Ford, Mayor Edward J. “Chip” Clancy Jr., Kathy Byrne, Cyrus Rock, Tracy Rock, Jeff Rock and Meghan Nickola.

led by Council President Tim Phelan and Ward 7 Councilor Rick Ford, and the property was turned over to NDA by the city. Phase 1 consisted of the construction of five single-family homes on the back part of the property – three on Flint Street and two on Childs.

Phase 2 commenced with a neighborhood meeting in July 2007 at which the approximately 50 neighbors in attendance unanimously agreed the Waterworks building needed to be demolished.

Because the property was deemed “architecturally significant” by the

Massachusetts Historical Commission, the NDA had to agree to some conditions in order to get approval for demolition of the building. One was that it contract with a professional photographer to document for posterity the historic value of the site.

Once NDA received permission from the Mass. Historical Commission and the city to demolish the building and permission from the Board of Appeals to construct the new homes, the redevelopment began. Working with the Lynn Historical Commission it salvaged some components of the building, such as the

archway, which has been used in a commemorative garden on the property.

After the Waterworks building was taken down, the second group of five single-family homes was built – two on Flint Street and three on Childs – and the land where the building had stood was cleared. The final piece of the puzzle was the construction of the two 2-family units on Walnut Street.

The project has been a financial benefit to the city, as a parcel that had been vacant for almost 20 years is now producing \$50,000 in annual property taxes.

YMCA helped Joey Cintron turn his life around

YMCA: from Page 1

The Core. And that, by all accounts, is what turned him around.

“Gregg understood what I was going through,” said Cintron, who had been dealing with mental-health, anger-management and respect issues. “He talked to me about the way I talked to others.”

“Joey is a very bright kid,” Ellenberg said. “He was aware of his actions and he was clever enough to rationalize what he was doing.”

Less than a year later, Cintron’s turnaround has been drastic. Not only is he now considered one of the leaders in The Core, he is the de facto junior mayor of the YMCA, able to hold court with adults

and youth alike. And he will not turn 15 until December.

When the Food Project – a nonprofit group that engages young people in personal and social change through sustainable agriculture – built a couple of gardens outside of the YMCA and donated some seeds, there was a need for someone to oversee the gardening efforts. Jimenez approached Cintron who, although not that interested at first, agreed to take on the project.

“I learned how to garden from my grandmother. She taught me how to plant, water and weed,” he said. “I got eight Core kids to help me. We planted the seeds and watered every day.”

The results were impressive: snap peas, string beans, collard greens, romaine lettuce, eggplant, cucumbers, tomatoes, broccoli, carrots, peppers, scallions. Cintron harvested the crop and set up a mini-farmer’s market in the Y lobby, raising about \$30 for The Core youth program.

“Joey was used to people telling him when he did something wrong,” Ellenberg said. “We gave him opportunities to do things right. We put him in a leadership role and gave him the chance to

AUCTION!

The fourth annual online auction to support the Greater Lynn YMCA runs from Oct. 12-Nov. 6. There are more than 100 items, from sports tickets to getaway packages to spa treatments to a Boston Harbor cruise for two with lunch and drinks.

The auction will raise funds for youth and teen programs at each of the branch locations located in Lynn, Saugus, and Peabody.

Visit www.greateryllynymca.cmarket.com to see the online auction.

be successful.”

The attitudinal change in Cintron has been evident in settings other than the Y, namely school. While he was a regular visitor to the

principal’s office in middle school, he will proudly tell you he “hasn’t gotten into any trouble” for almost a year. As a freshman at Lynn Tech this year he plays on the freshman football team and enjoys his shop classes, especially electrical.

He said his church – East Coast International Church – has also been a factor in his turnaround. At the Y, he is a frequent MVP, an award presented daily to The Core participants who best demonstrate the YMCA core values – Respect, Honesty, Responsibility, Caring. A core value of the day is discussed at the beginning of the program. He has gone from the boy constantly in trouble to the leader who counsels peers.

“I tell kids that if you do something bad, everybody knows about it, but if you do good, not everybody necessarily pays attention to it. I did bad things because people didn’t always pay attention to the good things I did,” he said.

It’s safe to say those days are gone.

The Core is the youth drop-in program based at the Lynn YMCA youth center. The program is for youth ages 5-14. There are about 500 members and 120 regulars, including 80-100 who come every day.



Joey Cintron



Matt Eddy is happy in his newly renovated home, thanks to the efforts of, from left, Norm Cole of the LHAND, Danielle Steenbruggen and Ron Steenbruggen.

HOME-MAKING

Affordable Housing helps Matt Eddy in his quest to live independently

After driving his wheelchair 3,335 miles cross-country in 2008, Matt Eddy returned home, questioning if the homecoming would be literal or just figurative.

Faced with foreclosure at the onset of his four-month voyage, Eddy, a 32-year-old with a severe form of muscular dystrophy, was forced to try to find either a new handicap-accessible apartment or financing to purchase the current home he had been renting at 155 Lawton Ave.

"When we left here, he thought he had no place to come back to," said Eddy's caretaker, Ron Steenbruggen, a respiratory rehabilitation therapist at the Shaughnessy-Kaplan Rehabilitation Center in Salem.

Thanks to the efforts of Affordable Housing Associates, Inc. and the Lynn Housing Authority & Neighborhood Development, Eddy is adjusting comfortably to his newly renovated quarters. Affordable Housing Associates funded the renovations, including converting the upstairs unit into another handicap-accessible apartment.

"This is a win-win for all involved," said Charles Gaeta, LHAND executive director. "We are happy to be able to help someone like Matt. We can all be inspired by his courage and the dedication of those who care for him."

Nine years ago, Steenbruggen had the same sentiment, when he took matters into his own hands, helping to raise \$30,000 to retrofit and renovate the first-floor Lawton Avenue apartment to meet Eddy's disability needs.

Steenbruggen, who is married and has three grown children, has evolved from Eddy's respiratory therapist at Spaulding to his primary caregiver, financial provider, life coach and friend.

"He just has a spark about him," said Steenbruggen. "He wants to live. I couldn't bear the thought of him living the rest of his life in an institution."

Eddy was four years old when he was diagnosed with Duchenne muscular dystrophy, a severe form of the genetic disorder that involves rapidly worsening muscle weakness. By age 10, he stopped walking. By age 20, he was hooked up to a tracheotomy tube and ventilator, which he will forever be dependent upon.

Prior to living independently in his own apartment, Eddy was hospitalized several times. Since his move, he has had no medical issues or infections requiring a visit to the hospital.

"It just goes to show you that people are happier and stay healthier in their own homes," said Steenbruggen.

That's the philosophy behind Matt's Place, a nonprofit organization that aims to improve the lives of individuals such as Eddy living with disabilities. The mission of the organization, initiated by Steenbruggen in 2006, is to build accessible housing, broaden community awareness and education, and provide personal care staff assistance and help with the transition from health care facility to home.

For Eddy, self-sufficiency has been the key to his success and happiness. "I try to do as much as possible on my own," he said.



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We are happy to be able to help someone like Matt. We can all be inspired by his courage and the dedication of those who care for him.

Charles Gaeta
LHAND Executive Director



Case manager Marisol Ferrer works on English literacy with Gladys Lorenzo at the United Way Financial Stability Center powered by SPIN.



Myra Kraft, right, chats with Heather Hildebrand, left, and June Blair of SPIN



Paula Chaput and Wolde Woldesadik attend a financial education class at the United Way Financial Stability Center.

Serving People in Need of financial stability

SPIN partners with United Way to help people become self-sufficient

By PAUL HALLORAN

Serving People in Need has joined forces with the United Way to put people on the road to financial stability. A key step on that journey is the new United Way Financial Stability Center, powered by SPIN, which had its grand opening Sept. 22 in the former Eastern Bank building on Union Street in Lynn.

The United Way of Massachusetts Bay and Merrimack Valley has pledged \$1 million to the center over the next five years. In addition to SPIN, the center brings together a network of more than a dozen organizations in order to offer a wide range of programs and services designed to help people make better choices and become financially self-sufficient.

Among the most important programs are Voluntary Income Tax Assistance (VITA), promoting the Earned Income Tax Credit (EITC).

The VITA program provides volunteers who assist people in preparing their tax returns at no charge. The returns can be filed online directly from the financial stability center, so those who file will receive refunds more quickly.

EITC is a federal credit based on income that is designed to assist lower-income workers by returning to them a percentage of what they earned over the course of the year. The IRS estimates that \$3.2 million in EITC money is not claimed by eligible workers in Lynn each year. The Financial Stability Center will raise EITC awareness.

Financial education classes at the center meet once a week for 10 weeks. Participants will be counseled on VITA, matched savings accounts, credit repair, computer and job-related skills,



From left, Mayor Edward J. "Chip" Clancy Jr., Jeff Hayward of United Way, Myra Kraft, United Way CEO Michael Durkin, Victor Campusano, Marques Benton of Federal Reserve Bank of Boston, Dr. Brian Strasnick of Willow Labs and Mark DeJoie of SPIN at the grand opening of the United Way Financial Stability Center powered by SPIN.

housing services referral, foreclosure prevention, and basic banking information.

"What we know, from both national research and from working with the best health and human service agencies in our region, is that safety nets and benefits alone aren't going to be enough to empower families to climb out of poverty," said Michael K. Durkin, president and CEO of United Way of Massachusetts Bay and Merrimack Valley. "They need skills, jobs, savings and assets to build brighter futures. Bringing together organizations from across the community around this important issue is the most effective way of building lasting financial

stability in Lynn."

"Our goal at the center is to break the cycle of intergenerational poverty," said SPIN Executive Director Mark DeJoie. "We want to get people ready for the next step, and give them the skills and support to succeed."

Lynn Mayor Edward J. "Chip" Clancy Jr. said the Financial Stability Center provides "a tremendous opportunity to allow people to get back on solid financial footing, especially in these difficult economic times. This is a great example of the impact that can be achieved when the community comes together."

Victor Campusano of Lynn was one of the

first clients of the Financial Stability Center. The single father said he is grateful for the assistance.

"I'm finally in a program that's family-oriented. We feel we are not alone, not abandoned," Campusano said. "I'm trying to put everything in order for my future and my children's future."

That's exactly what United Way had in mind when deciding to get behind this project, according to its Senior Vice President of Community Impact, Jeff Hayward, a Lynn native.

"When parents look into the eyes of their children, they see oceans of opportunity, hopes and dreams. That's what we're trying to deliver with this partnership," Hayward said. "United Way is so proud to be a part of this. This is step one. If we work together, we can only imagine what's possible."

The organizations partnering with SPIN in the United Way Financial Stability Center include: Affordable Housing Associates of Lynn, Catholic Charities, Community Credit Union, Compass Working Capital, Internal Revenue Service, Lynn Housing Authority & Neighborhood Development, Neighborhood Legal Services, North Shore Career Center of Lynn, North Shore Community College, Project COPE, Project Safe and Willow Labs and Medical Center.

The center is operating in 13,000 square feet of space in a building owned by Willow Labs. DeJoie said SPIN and the United Way are grateful to Willow Labs President and CEO Dr. Brian Strasnick for providing the space virtually rent-free.



From left: Jeff Hayward United Way Senior VP, Jeff Hayward, translator, Amantina Payano and Victor Campusano and United Way CEO Michael Durkin.

Service is a community business



Mark S. Kennard

It is my pleasure to welcome you to the first of four editions of *The Connector*. Great things are happening in the nonprofit sector of our community, and we are delighted to highlight our services, programs and successes.

The nonprofit sector is the essence of democracy in our country — citizens committing time and resources for causes they believe are important and add value.

The nonprofit phenomenon is unique and empowering. In the U.S., the nonprofit sector grew out of pioneers settling in North America

from Europe. These individuals utilized their resources and skills to come together to create places and opportunities which served the “public good” rather than individual need. With their early efforts as our foundation, there are more than 1.3 million nonprofit organizations in the U.S. today. These agencies provide an astounding range of cultural, recreational, educational, medical and social services.

Whereas for-profit corporations exist to earn and distribute taxable business earnings to shareholders, the nonprofit corporation exists solely to provide programs and services that are of public benefit. Often these programs and services are not otherwise provided by local, state or federal entities.

While they are able to earn a profit — more

accurately called a surplus — such earnings must be retained by the organization for its future provision of programs and services, and earnings may not benefit individuals or stakeholders.

Underlying many effective nonprofit endeavors is a commitment to good administrative and fiscal management. Years ago, the term “management” was distasteful to many in nonprofit organizations because of its connotations of “business.” Nonprofits prided themselves on being free of the taint of commercialism and undue consideration of the bottom line. Now, a consensus has developed within the nonprofit sector that nonprofits need good management as much as for-profit enterprises. The nonprofits are, of course, still dedicated to “doing good,” but they also realize that good intentions are no substitute

for organization and leadership, accountability, performance and results.

To that end, the nonprofit sector represents a wide variety of successful long-term local businesses which collectively fuel a substantial economic engine in our community, providing thousands of jobs to local citizens, pouring millions of dollars into the local and state economy through salaries and wages and the purchase of goods and services from local vendors. The nonprofit sector is a solid and dependable contributor to the community not only making the quality of life better for every resident, but also supporting the economic growth and development of our community.

Mark S. Kennard is president of the Lynn Nonprofit Business Association.

Nonprofits are valuable to the business community



Gordon R. Hall

There can be no debate that nonprofit agencies contribute to the betterment of the local community and society as a whole. Nonprofits may differ from other businesses in mission and/or structure, but they are very much valuable assets to the local business community.

From a financial perspective, nonprofits fuel the local economy by: purchasing goods and services from local vendors; employing workers who spend money in the city and pay income taxes; and renting space from landlords who pay property taxes. Much of their revenue is derived from grants and other funding emanating outside the city, with the money being spent in the city.

A nonprofit may have a significant positive impact on economic development, as evidenced by Girls Inc. revitalizing an entire neighborhood

with its multi-million-dollar rehabilitation of the former Shoe School in the Highlands. Projects such as that, or Neighborhood Development Associates' redeveloping the Waterworks site on Walnut Street, would have little chance of being undertaken in the private sector due to the economic realities involved.

More important than any economic stimulation they offer, our nonprofits provide a significant social benefit by the very nature of the work they do and for whom it is done. Whether it is the YMCA offering valuable programs for youth, PACE and All-Care VNA taking care of the elderly, SPIN opening the door to financial stability, Project COPE treating those plagued by substance abuse, the Lynn Community Health Center and Bridgewell providing quality care, or Catholic Charities delivering basic services to those most in need, the nonprofits give direct assistance to those in the economic margins.

Gordon R. Hall is chairman of the Lynn Business Partnership.

Teamwork helps nonprofits maximize service



Steven M. Walsh

I was proud to be a founding member of the Lynn Nonprofit Business Association. This partnership of nonprofits was created eight years ago to maximize opportunities for agencies to collaborate and serve. As the then-executive director of

LynnArts, Inc., I and my fellow nonprofit directors realized that we could do even more if we worked together. Since then, the association has grown to 25 member organizations representing more than 3,500 paid and 4,000 volunteer jobs in and around Greater Lynn.

In these tough economic times people are in need of help. The diverse members of the Lynn Nonprofit Business Association provide services ranging from job training, education and workforce development to shelter, food, and clothing. All ages and populations are served.

Nonprofits contribute to Lynn beyond the area of their direct services by promoting economic development, partnering with government and other businesses, and creating innovative responses to community needs.

As a state representative serving the 11th Essex district, I see firsthand the services provided to my constituents. When people call my office for assistance, I am grateful to be able to refer them to an agency in the Greater Lynn area, confident that no matter how serious or complicated the problem, they will be treated with dignity, competence and respect.

The valuable work nonprofit agencies provide strengthens our community and our economy. The economic development statistics alone are staggering, but the work to help human kind is immeasurable. Nonprofits are people helping people, and the contributions these organizations make deserve our appreciation and support.

State Rep. Steven M. Walsh was a founding member of the Lynn Nonprofit Business Association.

DIRECTORY

All Care Visiting Nurse Association and Hospice

16 City Hall Square
Lynn, MA 01901
(781) 598-2454
www.allcare.org

Boys and Girls Club of Lynn

25 North Common St.
Lynn, MA 01902
(781) 593-1772
www.bgcl.org

Bridgewell

471 Broadway
Lynnfield, MA 01940
(781) 593-1088
www.bridgewell.org

Catholic Charities North

55 Lynn Shore Drive
Lynn, MA 01902
(781) 593-2312
www.ccab.org

Cerebral Palsy of Eastern Mass

103 Johnson St
Lynn, MA 01902-4001
(781) 593-2094
www.cerebral-palsy-help.com

Children's Law Center of Mass.

298 Union St.
Lynn, MA 01901
781-581-1977
www.clcm.org

Community Minority Cultural Center

298 Union St.
Lynn, MA 01901
781-598-5761

Elder Service Plan of the North Shore

37 Friend St.
Lynn, MA 01901
781-715-6608
www.pacenorthshore.org

Family and Children's Services of Greater Lynn

111 North Common St.
Lynn, MA 01902
781-598-5517
www.fcsllynn.org

Girls Inc. of Lynn

50 High St.
Lynn, MA 01902
781-592-9744
www.girlsinlynn.org

Greater Lynn YMCA

20 Neptune Blvd.
Lynn, MA 01902
781-581-3105
www.lynnymca.org

LynnArts Inc.

25 Exchange St.
Lynn, MA 01901
781-598-5244
www.lynnarts.org

Lynn Community Health Center

269 Union St.
Lynn, MA 01901
(781) 581-3900
www.lchcnet.org

Lynn Economic Opportunity & Head Start Program

156 Broad St.
Lynn, MA 01901
781-581-7220
www.leoinc.org

Lynn Home for Women

144 Broad St.
Lynn, MA 01901
781-592-2037
www.lynnhome.org

Lynn Housing Authority & Neighborhood Development

10 Church St.
Lynn, MA 01902
781-477-2800
www.lhand.org

Lynn Museum & Historical Society

Lynn Heritage State Park
590 Washington St.
Lynn, MA 01901
781-581-6200
www.lynnmuseum.org

Lynn Shelter Association

91 Liberty St.
Lynn, MA 01901
781-581-0739
www.lsahome.org

My Brother's Table

98 Willow St.
Lynn MA 01901
781-595-3224
www.mybrotherstable.org

Neighborhood Legal Services

37 Friend St.
Lynn, MA 01902
781-599-7730
www.neighborhoodlaw.org

Operation Bootstrap

156 Broad St.
Lynn, MA 01902
781-599-8543
www.operationbootstrap-lynn.org

Project COPE

117 North Common St.
Lynn, MA 01902
781-593-5333
www.projectcope.com

Raw Art Works

37 Central Square
Lynn, MA 01901
(781) 593-5515
www.rawart.org

Serving People in Need

270 Union St.
Lynn, MA 01901
(781) 598-9467
www.spinlynn.org

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David Weinburgh, with his niece, Ruthi Wurth, went to a Red Sox game and met Kevin Youkilis.

All Care hits a home run for hospice patients

BY MEAGHAN CASEY

David Weinburgh is a double amputee battling cancer and diabetes. Despite his adversities, he is living each day to the fullest with the help of All Care Hospice.

"I was originally afraid of the idea of hospice, thinking, 'Do I have to be bedridden?'" Weinburgh said. "The answer is no. They encourage me to continue to do what I can and want to do, and they've helped me to relax and have more confidence in myself."

That support has been a welcome relief for Weinburgh, a Lynn resident who can be seen driving his power wheelchair to Lynn Beach, cheering on his beloved Red Sox or collecting tickets at a North Shore Navigators game. A U.S. Army veteran, Weinburgh, 68, worked for 30 years at General Electric. He retired in 1999 to care for his younger brother, who was recuperating from a stroke. During that time, Weinburgh was also fighting his own battle with diabetes. After suffering a heart attack, he underwent bypass surgery and had both legs amputated. Four months later, he was managing to care for himself again.

In 2005, Weinburgh faced another challenge when he was diagnosed with kidney cancer. He again accessed the



services of All Care Visiting Nurse Association (VNA), while maintaining his independence at the Louis Barrett Residence, located on Washington Street.

"I told the physical therapist I wanted to do everything necessary to be independent, and I accomplished that," he said.

The cancer has since spread to his spine and lymph nodes. Within the last year, Weinburgh entered All Care's Bridge to Hospice program, which provides a continuum of care between VNA and Hospice. He entered All Care Hospice two months ago. The goal of hospice care is to enhance the quality of a person's life, while optimizing the time spent with family and friends. Hospice support empowers patients to live with dignity, grace and fulfillment. With a focus on caring, not curing, people receive services in their home, nursing

home, hospital or residential facility

"I didn't want to go to the hospital," Weinburgh said. "I preferred to stay at home. I feel very fortunate. I know hospice is just a phone call away and they'll come to me any time, 24 hours a day. It takes away all the stress."

As a result, Weinburgh has continued to do the things he loves. In September, he and his niece, Ruthi Wurth, traveled to Fenway Park to watch the Red Sox triumph over the Tampa Bay Rays. Thanks to the efforts of the All Care Hospice team, Weinburgh also had the opportunity to go onto the field before the game and meet first baseman Kevin Youkilis.

"He was awesome," said Weinburgh. "I was chatting and joking with him about his batting style. The whole experience was a dream come true."

To help patients such as Weinburgh stay in the community, All Care raises funds through special events and memorial gifts to provide much-needed home care and hospice services.

For nearly a century, All Care has remained dedicated to improving the quality of its patients' lives. The organization specializes in rehabilitation services, support for elders to maintain health and independence and compassionate end-of-life

care. All Care Hospice's interdisciplinary team of nurses, aides, social workers, chaplain and volunteers work with patients to provide physical, emotional and spiritual support. Hospice care is available 24 hours a day, and includes regular nursing and home health aide visits; medication; medical equipment and supplies; licensed social workers; spiritual care; bereavement support; and volunteer companionship.

A Matter of Taste

8th annual Charity Wine Tasting and Auction to benefit All Care Hospice

Sponsored by
Salem Five Charitable Foundation

Nov. 12, 2009 — 6-9:30 p.m.
Danversport Yacht Club, Danvers
Tickets: \$50 per person

Special guest auctioneer:

Billy Costa of *TV Diner* & KISS 108

Getaway of a Lifetime Raffle

Week's stay at Tryall Club's Trinity Village,
Montego Bay, Jamaica
\$13,000 value

Tickets: \$100 — only 175 will be sold

For tickets and information: 800-246-2449
x119 or jchamberlin@allcarehospice.org

Catholic Charities:

On a mission to feed families

FOOD FACTS

- 6,729** Number of individuals requesting food assistance in September 2008
- 116** Number of individuals whose needs were unmet that month
- 364** Requests for heat/utility assistance in September 2008
- 124** Unmet requests for heat/utility assistance in September 2008
- 512** Requests for rent/mortgage assistance
- 134** Unmet requests for rent/mortgage assistance
- 976** Households served in the first 7 working days of September 2008 in Eastern Mass.
- 950+** People turned away in those same 7 days due to lack of funds.

BY MEAGHAN CASEY

Nine thousand six hundred and sixty. That's the number of requests for food, utility, mortgage, and rental assistance that went unmet this time last year in Eastern Massachusetts. In only the first seven days of September last year, Catholic Charities fulfilled 976 requests for food assistance, but could not meet another 950 requests.

In the past three months this year, just at the Lynn-based Catholic Charities North office, 123 requests for food, 191 requests for utility assistance and 200 requests for mortgage assistance went unmet due to lack of resources.

According to Virginia Doocy, director of Catholic Charities North, the number requests will only continue to grow. "We've had more calls than ever from middle-class families," said Doocy. "And I expect all needs to increase with winter approaching."

These unmet needs led to the creation of the Friends Feeding Families Brown Bag Campaign, designed to raise both funds and awareness of the growing need of families in the communities the agency serves. By simply filling a brown paper bag with non perishable

foods, a family in need will not have to choose between a meal and paying rent.

Last year, the campaign raised \$324,000 agency wide and more than 1,000 pounds of food, helping the organization to fulfill 143,399 requests for Basic Needs Services.

This year's Friends Feeding Families campaign goal is to raise \$350,000 and 50,000 bags of food by Dec. 31. Supporters are encouraged to become a brown bag sponsor, buy grocery store gift cards, host a brown bag party, or bring a bag of food to a local Catholic Charities food pantry.

"Last year, hundreds of brown paper bags were returned to our pantries filled with foodstuffs," said Tiziana Dearing, president of Catholic Charities of Boston. "Whether it's a corporate party, a holiday party or an afternoon of football, it's really very easy for anyone to help us feed those in need. Everyone has a brown paper bag at home, and if they fill it and bring it to the pantry, that can feed a family for several days."

The Bostonian Group has been a key supporter of the brown bag campaign. Last year, the company held a party at which it collected 60 bags of food — enough to fill the empty shelves at the

Yawkey Center food pantry in Dorchester. The company will sponsor a brown bag party again this year. Other 2009 sponsors include McCusker-Gill, Bay Point Capital, Century Bank and several individual donors.

"It was an incredibly rewarding experience and we had a lot of fun doing it," said Bostonian Group Senior Vice President Peter Pedro Jr. of Lynn, a longtime supporter of Catholic Charities North. "We can only do better this year."

For 90 years, Catholic Charities North has demonstrated leadership in providing essential services to those in need on the North Shore, including programs for young parents, Basic Needs Services, homeless prevention, counseling, child care, and education and training for youth and adults.

As a community service center of Catholic Charities, Archdiocese of Boston, Catholic Charities North serves individuals and strengthens families in more than 13 communities in Essex and Middlesex counties through its main offices in Lynn, Salem, and Gloucester. To discover the work of Catholic Charities, visit www.ccab.org.

For information about hosting a brown bag party, visit www.50000bags.org.



We need 50,000 bags of food by December 31st.

www.50000bags.org



Friends Feeding Families

A society can be measured by how it takes care of its poor.



A place to call home



Women's residential treatment program moving to 66 Johnson St.

Project COPE was established in 1970 in response to grassroots efforts by local citizens to provide accessible services to individuals coping with substance-abuse issues. Over time, the types of services provided have expanded in response to the changing needs of the community.

Among the services, a residential substance-abuse treatment program for women was opened in 1985 and, eight years later, beds for pregnant and postpartum women were included to decrease risks resulting from substance abuse during pregnancy and to support women in the early stages of recovery while bonding with their newborns.

Women can enter the program while pregnant or with children up to three months of age. These women and their babies may remain in the program for up to a year – twice as long as the normal stay – receiving a range of services including access to proper pre- and post-natal care, parenting skills, vocational training, and family reunification.

Since 1993, the women's residential program has been located at 117 North Common St., Lynn, in a building that also houses the agency's administrative offices. Most of the beds are located in the basement in a dormitory-style arrangement that offers little privacy and creates an institutional feel. That is about to change.

Project COPE has purchased a building on Johnson Street that previously housed a nursing home that had been vacant for four years. The agency plans to renovate the facility and move the women's residential treatment program there. The building will be designed to better meet the needs of the women and babies who will live there, many of whom lacked a safe and

stable living environment before entering the program.

"The new facility will provide a significant upgrade to the space this program currently has," said Project COPE Executive Director Mark Kennard. "It will have much more of a home-like feel to it."

The new facility will have a large living and dining area, spacious kitchen, multiple bedrooms that will each house only 2-4 residents, a library with computers, office space on each floor to increase access to staff, and private space for meetings with visitors.



Project COPE will make significant renovations to the building at 66 Johnson St.

"By diversifying the space, we will be able to increase opportunities for multiple service needs to be met in the facility," Kennard said, noting that the women entering the program are presenting with an array of issues in addition to substance abuse, including mental-health issues, unemployment, homelessness and a history of being victims of domestic violence.

"The early stages of the process of recovery from substance abuse and life traumas require providing a safe and stable living environment," Kennard said. "This new facility will allow us to provide clients with the tools needed to increase the likelihood they will achieve success and maintain a drug-free lifestyle after completing the program."

If a woman is not emotionally or financially ready to live independently, the new facility will offer an interim placement on the third floor that is less structured than the residential program she has just completed, but more structured than other housing, providing her the additional time and support she needs to ensure a successful reintegration into the community while maintaining her recovery.

In addition to providing a better living environment for its clients, Project COPE will be upgrading the neighborhood by rehabilitating an abandoned building that had become a haven for illicit activity.

"This will improve the quality of the neighborhood, increase property values and lower crime rates," Kennard said. "This is a positive development for COPE, the neighborhood and the city."



Excellence in Service

Bridgewell recognizes Vitali's commitment

By PAUL HALLORAN

As Bridgewell heads into its next 50 years as a leading provider of comprehensive services for individuals with disabilities and other life challenges, it is fitting that it recognize someone who has played a key role in the organization for most of its existence.

Lynn attorney Samuel A. Vitali will be presented the Excellence in Service Award at Bridgewell's annual Imagine the Possibilities gala, to be held Nov. 6 at the Seaport Hotel in Boston. The award goes to someone who has shown great commitment to Bridgewell and exemplified its values.

Bridgewell opened in 1958 as the Child Guidance Center, providing consulting services to schools with students who had varying degrees of mental illness. Over time the agency shifted its focus to adults and became known as Greater Lynn Mental Health. In the early 1970s, when Massachusetts started deinstitutionalizing individuals with mental retardation, Greater Lynn Mental Health began to develop community-based housing.

Deinstitutionalization provoked serious opposition to group homes for the developmentally disabled. Vitali, serving on the board of the Greater Lynn Special Needs

Housing Corporation, worked to change people's

attitudes. Through community meetings and educational outreach, he helped residents and political leaders gradually become more responsive, and succeeded in getting group homes sited in Lynn and other communities.

Imagine the Possibilities

Bridgewell's annual Imagine the Possibilities fundraising gala will be held Nov. 6 from 5:30-9:30 p.m. at the Seaport Hotel in Boston. The event includes a cocktail reception, silent and live auctions, dinner and program.

Two major awards will be presented: Lynn attorney Samuel A. Vitali will receive the Excellence in Service award, while Dr. Donald C. Goff will receive the Visionary Leadership award.

Tickets and sponsorships are available. For information, contact Carol McKean at 781-925-3459 carol@carolmckeanevents.com.

Over the last 30 years, Bridgewell – which took its current name in 2005 – has expanded its scope, both in the type of services it provides and its geographical reach. The agency offers more than 80 programs in 18 communities in Essex and Middlesex counties, providing residential care, day habilitation, housing, employment training and transportation for individuals with a wide range of developmental, psychiatric and physical disabilities.

As Bridgewell has expanded into communities outside Lynn, Vitali has often represented it before municipal boards as part of the permitting process. He has seen resistance decrease somewhat over the years, but educating the public on what Bridgewell does and why its role is so important remains critical.

"We identify people's concerns and address them," Vitali said. "Society has a more enlightened point of view now about who has the right to reside in communities, but we still do a lot of community intervention and outreach."

A lifelong Lynn resident and graduate of Lynn English, Boston College and Georgetown University Law School,

Vitali has been practicing law since 1967. He started his career working for the state legislature on a



Attorney Samuel Vitali visits with Bridgewell clients at the Boston Street facility.

Ford Foundation Fellowship. His first experience in the area of mental health came when he worked as counsel to a special investigation of Foxboro State Hospital.

Bridgewell CEO Robert Stearns said Vitali has been an effective and valuable advocate for the agency. "Sam has been there for Bridgewell time and again over the last 35 years," he said. "He has provided us with his expertise, leadership and, most importantly, his passion for our mission. It would be hard to find a more deserving recipient of this award."

Also to be honored at the event is Dr. Donald C. Goff, who will receive the Visionary Leadership Award. He is the director of the schizophrenia program at Mass. General Hospital and a professor of psychiatry at Harvard Medical School. He is also medical director of the Freedom Trail Clinic at the Erich Lindemann Mental Health Center in Boston.

