

# The CONNECTOR

FOCUSING ON NONPROFITS AND THEIR CONTRIBUTIONS TO THE COMMUNITY

Summer 2010  
Vol. 2, No. 4

## Graduation Day



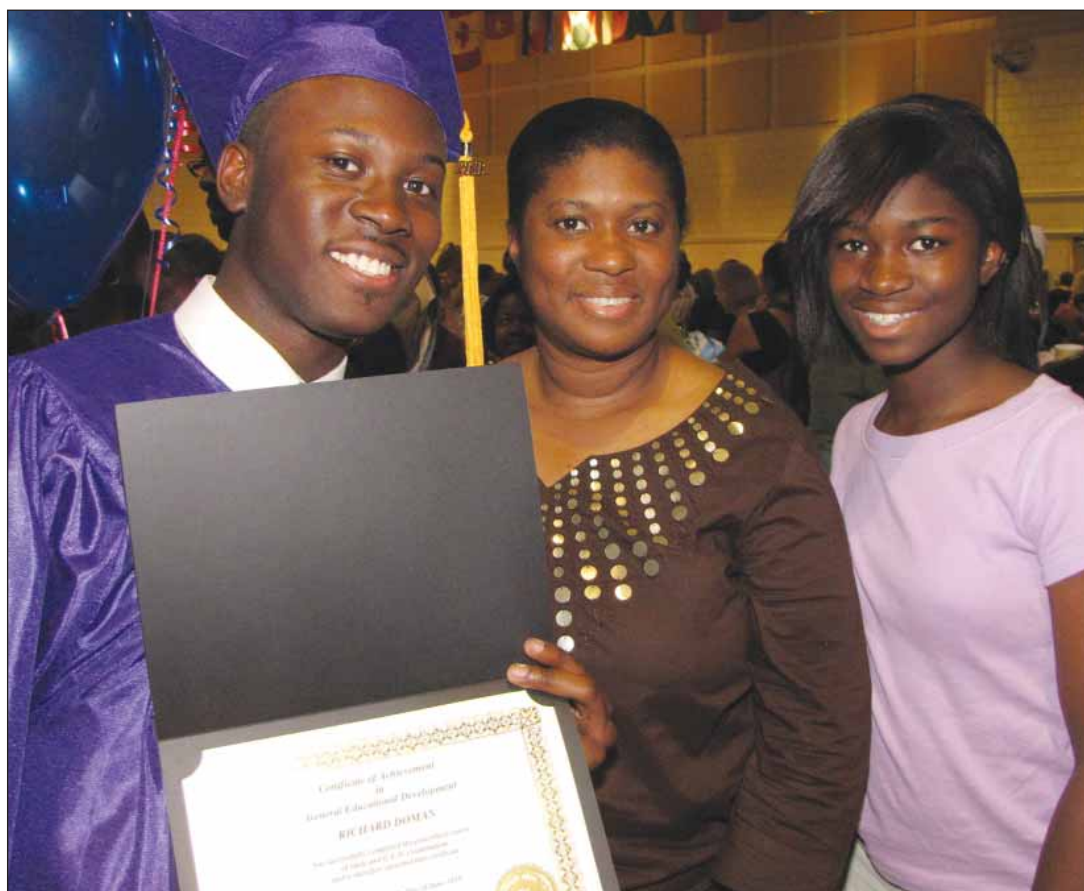
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Richard Doman, joined by his mother Holly Doman and sister, Sherrece, proudly displays his diploma.



### Education Center graduates 55 GED students

BY MEAGHAN CASEY

It may simply be a sheet of paper, but a diploma signifies so much more – a goal achieved, a door opening and a step towards economic self-sufficiency.

Through the Education Center at Catholic Charities North, more and more out-of-school youth are now graduating with their high school equivalency diplomas. In 2009, Catholic Charities North helped 40 participants, ages 16-24, graduate from the program. This year, the

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# Home run for COPE



The staff at Project COPE's Women's Residential Program includes, from bottom right, director Ashley Brooks, Alyse Couture, Fatima Doyle, Christine Leavitt, Karina Levesque, Terry Palardy, volunteer Joyce Breault and Chiqita Velma.

PHOTO: RICH YEARWOOD

## Women's program to get new facility on Johnson Street

BY PAUL HALLORAN

Many women who participate in Project COPE's women's residential treatment program are pregnant, but it was those who staff the program who felt like expectant mothers during a tour of the new facility that is under construction.

Project COPE is in the process of completely renovating a building at 66 Johnson St. that formerly housed a nursing home. When completed this fall, the building will be home to the women's residential program, something that excites program director Ashley Brooks and her staff.

"This will have much more of a home feel to it," said Brooks, who has been directing the program since February. "It will be a significant upgrade to the space we currently have."

The women's residential substance-abuse treatment program is currently located on North Common Street in a building that also houses COPE's administrative offices. Most of the beds are located in the basement in a dormitory-style arrangement that offers little privacy and creates more of an institutional feel. That is about to change.

"We've always been able to provide the tools, now we will have great space to work in," said counselor Christine Leavitt. "We will be able to do more work on an individual basis, and help women to start to reconnect and bond with their family."

The new building will feature a kitchen with an island-style set-up, allowing for conversation and bonding among the women in the program. There will be a library and meeting space on each of the three floors, with computers available. Most importantly, there will be private bedrooms with no more than four to a room.

The new space will also offer private interim placement housing on the third floor for women phasing out of the program. The overall capacity will be 24.

"A lot of our clients didn't grow up in families," Brooks said. "Some were homeless, or had addicted parents. They

never had the opportunity to live and work as a family unit. That is something we try to provide, and the new facility will be very conducive to that."

The residential treatment program for women in recovery from drug and alcohol abuse 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.

Services offered as part of the program include counseling, alcohol and

drug education, job training and planning, Alcoholics Anonymous and Narcotics Anonymous meetings and recreational activities to provide structure and encourage individual responsibility.

The staff includes five full-time case managers, three overnight counselors and two volunteers.

"The new facility will allow us to provide women with the tools they need to increase the likelihood they will maintain a drug-free lifestyle after completing the program," said Project COPE Executive Director Mark Kennard.

Project COPE was established in 1970 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.

The renovation project is being led by Olde Towne Construction of Lynn, with financing from St. Jean's Credit Union.

For more information about Project COPE visit [www.projectcope.com](http://www.projectcope.com) or call 781-593-5333.

“

This will have much more of a home feel to it. It will be a significant upgrade to the space we have.

**Ashley Brooks**  
Program director





# FIGHTING CHANCE

## YMCA kids learn “Sweet Science” from a real pro

BY MEAGHAN CASEY

For Lynn YMCA member Kennedy Boyd, an incoming eighth-grader at St. Mary’s in Lynn, a boxing workout isn’t just a sport – it’s a life-changer.

Boyd participates in the YMCA’s weekly Boxing Fitness class, taught by Alex Rivera. Rivera is well known in the community as one of the founders of Rivera Brothers Boxing Club, a nonprofit boxing club in Lynn. He has trained countless boxers, a two-time golden glove champion and the first WBA Latino Heavyweight Champion of the World. His mission is to keep youth off the streets and to promote self-esteem and self-respect. Rivera’s Boxing Fitness class at the Lynn YMCA moves through the interval training that actual boxers use.

“I love the class,” said Boyd. “You have to be passionate about what it takes to be a boxer and what they do in the ring.”

“The Boxing Fitness class has been a vehicle for Kennedy to really turn things around to a path of healthy living,” said Lynn YMCA Branch Executive Director Audrey Jimenez.

Boyd has since made a regular habit of other fitness classes offered at the YMCA, including Zumba, Spin, Fit N’ Fabulous – an eight-week motivational exercise and nutrition program and Drums Alive.

A lifelong Lynn resident, Boyd has been active at the YMCA since she was a young child. Her mother, Ericka Battles, worked at the Lynn branch in the late 1990s.

“I’m here every day,” she said. “It’s like my second home.”

She participates in the Core, a daily program for youth in grades K-8 and regularly contributes to the Core Newspaper, written by the program participants. She also serves as one of the leaders of My Time, a program for girls age 10-14 that stresses the importance of physical fitness, with a focus on life skills.

“She’s an up and coming leader here, guiding the other children” said Jimenez. “Sometimes I have to remind myself that she’s not on staff!”

Boyd is spending the summer at the Saugus YMCA as a participant in the Teen Leaders Program – run by Lynn YMCA Youth and Teen Director Gregg Ellenberg. The Teen Leaders participate in leadership training, basic job training, team building, youth service and introductory childcare training. They also have the opportunity to assist with the younger campers.

Outside of the YMCA, Boyd is a member of the St. Mary’s basketball, softball and dance teams. She hopes to one day become a lawyer – transferring her new sparring skills from the gym to the courtroom.

*For more information about the Lynn YMCA and its youth programs, visit [www.lynnymca.org](http://www.lynnymca.org) or call 781-581-3105.*



Boxing coach Alex Rivera gives some tips to YMCA member Kennedy Boyd. PHOTO: RICH YEARWOOD



## Q & A

**How does the team approach at Elder Service Plan of the North Shore improve your mission as a doctor?**

### DR. ELISABETH BRODERICK



"PACE is the finest system of care for people with chronic diseases who require help daily. There is a team of skilled providers that work very closely with all my patients. PACE allows my patients and their families peace of mind, knowing that there is the very best available to them in every aspect of their care."

### DR. DRAGANA DORAN



"Our team is like a circle of trust. We depend on the input of the social workers, physical therapists and dieticians to provide essential information about our patients."

### DR. JOANNA DUBY



"Being part of a team means that the patients — especially geriatric clients who have problems in multiple areas — get the best care to ensure that they can stay in their own home at the highest level of function possible."

### DR. DORINA OMARI



"Since the beginning of my training as an internal medicine physician, I have loved working with the elderly, which is why I chose to specialize in geriatric medicine. Working at PACE with a multidisciplinary team makes it much easier for me to care for my patients and help them live at home as long as possible."

# Always on call

**Six full-time doctors keep up the PACE with 750 elders**

BY MEAGHAN CASEY

The six full-time geriatric physicians and psychiatrists at Elder Service Plan of the North Shore (ESPNS) are truly the lifeblood of the community they serve.

Together with a team of social workers, nurses, therapists and nurse practitioners, the doctors are able to offer integrated care and cost-effective services to seniors who need personal attention and support to remain independent.

"People who see us are usually requiring assistance to make it through the day," said Medical Director Dr. Elisabeth Broderick. "Often, they have incontinence, change in memory, difficulty walking, depression or concerns about their mental health. They may struggle with daily activities such as balancing checkbooks, paying bills and shopping. A physician in a private practice can be poorly equipped to handle all these needs, but a team of specially trained professionals can help in non-medical areas in a quick and effective way."

The multi-disciplinary team approach was easily observed while shadowing Broderick at the School Street site for a day. With the help of her staff, she managed various issues — from lining up home health aides to consulting with physical therapists about walkers — all while catering to her patients' medical needs.

The attention she can afford to give to her patients is what attracted Broderick to ESPNS 10 years ago. While the average medical practice has more than 2,000 patients per doctor, ESPNS supports a model of 150 patients to one full-time medical doctor. Doctors are stationed at one of the ESPNS adult day center sites, but also make home visits and manage care in and out of the hospital. They regularly



Dr. Elisabeth Broderick works with Roslyn Penn, a PACE participant.

round at Union Hospital and follow patients at Salem, Beverly and Addison Gilbert hospitals.

"Traditionally, you wait for a patient to come to you," said Broderick. "Here, we can go out and see them in their own environment or ask them to come in."

Her colleagues agree that ESPNS fosters a unique doctor-patient relationship.

"I see many of my patients every single day — not every six months," said Dr. Dorina Omari. "They become my other family. I love them. And with a limited number of patients, you don't have to be rushed."

As part of the national organization, Program of All-inclusive Care for the Elderly (PACE), ESPNS is able to offer a range of services — at no cost to the patient — including primary and specialty

medical care; hospitalization and emergency care; social work; prescriptions; adult day centers; transportation; meals; in-home support and care; and physical and occupational therapies.

When eligible participants enroll, they receive a complete evaluation by the professional team to determine what services they or their families need.

And because the physicians receive a fixed payment, regardless of the number or nature of services provided, patients can be assured all services are in their best interest.

*If you would like to learn more about maintaining your health and independence with the geriatric specialists at Elder Service Plan of the North Shore, visit [www.pacenorthshore.org](http://www.pacenorthshore.org) or call 1-877-803-5564.*

### DR. ERIC REINES



"Our multidisciplinary team meets twice a day to discuss our participants. I depend on the observations of the nurses, activities professionals, personal care attendants, social workers, psychotherapists, nurse practitioner and rehab professionals, as well as my own, to make accurate diagnoses and effective treatment recommendations."

### DR. TOM ZARGAJ



"The team approach implies everybody is on the same page, literally and figuratively, guaranteeing optimal communication and familiarity with the care plan."





# Lynn's legacies



Honorees and guests — including Mayor Judith Flanagan Kennedy, second from left, and Lynn Museum Director Kate Luchini, second from right — enjoyed a May 14 reception to unveil the Lynn Legacies exhibit.

## Museum celebrates those who have made impact in the city

BY MEAGHAN CASEY

On May 14 – Lynn's 381st birthday – the Lynn Museum & Historical Society celebrated Lynn Legacies, an exhibit honoring 38 individuals, businesses and institutions that have made a significant contribution to Lynn's history.

The opening reception drew more than 250 relatives, donors and friends. Attendees reminisced, swapping stories from childhood days and sharing their hopes for the city's future. The exhibit, which will later be converted into an accessible electronic form, will be incorporated into the museum's permanent collection.

The project is part of an ongoing fundraising campaign by the Lynn Museum, which continues to make progress towards a matching grant goal of \$283,000. Funds raised will be matched dollar for dollar by the Massachusetts Cultural Council. The funding will help bring the museum into the 21st century with new technology, improved lighting and interactive exhibits.

"It's such a game changer," said Kate Luchini, the Lynn

Museum's director and curator. "With the funding, we'll be able to utilize the space to the fullest, adding new exhibits, programs and events. We definitely want to make it more interactive. The way people engage with things has changed so much. We have to bring the exhibits to life and make them more relevant to every generation."

Luchini, who last served as senior programs specialist at the Peabody Essex Museum, accepted the Lynn Museum's new position in April.

"I want to raise awareness for the museum and turn it into a cultural center for the community," said Luchini. "It has so much to offer in terms of promoting pride within the city."

*The Lynn Museum & Historical Society is proud to honor individuals and businesses that have made a significant impact in the community, and the list has just begun. To submit a Lynn Legacy nomination for consideration, contact Kate Luchini at [director@lynnmuseum.org](mailto:director@lynnmuseum.org) or 781-581-6200.*

## CAMP FIRE TURNS 100!

On view at the Lynn Museum this summer is a Camp Fire USA exhibit that tells the story of this 100-year-old organization through its literature, costumes, artifacts, memorabilia and photographs. Camp Fire is a coeducational youth development program that has provided services to assist working families with helping children grow as caring, confident adults and future leaders.

## VICTORIAN QUILTS

In the seasonal tradition of airing out quilts, the Lynn Museum has brought a selection of Victorian-era quilts from its collection out of storage for the summer. Come and see how the 1876 Centennial Exhibition in Philadelphia introduced the arts and culture of Japan to the country and inspired the ladies of Lynn to incorporate Japanese motifs and asymmetry into their intricately-adorned silk, brocade and velvet crazy quilts.

Do you have a contemporary or heirloom quilt that you would like to have considered for display at the Museum? Please contact Kate Luchini at [director@lynnmuseum.org](mailto:director@lynnmuseum.org) for more information.





Caleb Isabella and Dan Enberg in front of the bucket garden at SPIN.

## Innovation works here

### SPIN finds new ways to service clients

By PAUL HALLORAN

While studying and playing soccer at Gordon College, neither Dan Enberg nor Caleb Isabella envisioned himself working in the nonprofit sector. Enberg earned a degree in finance and accounting, while Isabella majored in biblical studies and youth ministry.

Yet, here they are working at Serving People in Need (SPIN), helping to come up with innovative ways for the agency to function more efficiently and provide enhanced services to its clients.

Enberg and Isabella are members of SPIN's new Innovation Incubation Team, a group that meets monthly to discuss progressive ways to address the needs of the people SPIN serves.

"It gets us to think outside the box," said Isabella, who works along with Enberg as family advocates in SPIN's scattered sites family homeless shelters. In their positions they connect families with necessary services such as GED programs, child care, financial education, employment and housing.

One of the ideas coming out of the Innovation Incubation Team was Project Green Thumb. Led by Oriana De La Rosa and Lanna Walsh, the scattered sites staff has created a bucket garden inside the lobby of SPIN's Financial Stability Center on Union Street. About 15 families are participating in the garden, growing tomatoes, peppers and other vegetables in five-gallon buckets.

"It's a great way to get educate families about different gardening techniques," Enberg said, noting that De La Rosa and Walsh solicited donations from Home Depot and other businesses

to get the materials needed for the garden.

Another innovation being used at SPIN these days is Yammer, a Facebook-like networking tool that is open to SPIN employees only, allowing for greatly enhanced internal communications.

"Yammer is one of the biggest things that has changed the way we work at SPIN," said Isabella. "We have about eight different programs. Yammer helps us to communicate better so that we know what each other is working on."

SPIN started using Yammer in April and about 45 employees have signed on. One of the ideas that came out of Yammer was the formation of a grant-writing committee consisting of about 10 SPIN employees who will be trained in the grant-writing process.

"It's a way for us to involve more people and make the grant-writing process more efficient," Isabella said. "It will allow us to be innovative and creative about how to access new funds."

With SPIN offering a wide variety of financial education classes through the United Way Financial Stability Center, the next step is workforce development. The goal is to start a for-profit company which would employ SPIN clients.

"It would allow us to hire individuals who are having a hard time finding a job," Isabella said. "It would help them understand what is expected of them in a work environment. The idea is career development – to give them a start in a job so they can progress and make a career for themselves."

A Minnesota native, Enberg first got the notion of working for a nonprofit during his senior year at Gordon in 2009. Realizing nonprofits have a need for people with business skills, he has never left.

"This is a way to provide meaningful work," Enberg said. "You can go anywhere and get a high-paying job, but you won't necessarily fulfill a perceived need in the community around you. Working at SPIN gives me the chance to do that."

Isabella, a Delaware native, studied social and environmental justice in New Zealand in his junior year at Gordon. "That changed my perspective on a lot of things,"

he said. "It got me passionate about nonprofits and working with the homeless. That's one of the reasons working at SPIN has been very gratifying."

After graduating from Gordon in 2008, Isabella was working as a personal trainer at the Beverly Athletic Club, where he met SPIN Chief Operating Officer Heather Hildebrand, a fellow Gordon alumnus and fitness instructor at the health club. She told him of an opening at SPIN and he got the job.

"Dan and Caleb have been great additions to our staff," said SPIN Executive Director Mark DeJoie. "They bring a youthful enthusiasm, solid work ethic and unyielding dedication to the people they advocate for. We are lucky to have them."

For more information about SPIN visit [www.spinlynn.org](http://www.spinlynn.org) or call 781-598-9417.



# Building for the future

## KIPP Academy to expand in new facility in the Highlands

By PAUL HALLORAN

Groundbreaking has often been used to describe the outstanding results achieved by the middle school students of KIPP Academy Lynn (KAL). This fall, groundbreaking will describe the biggest development at KAL since its inception in 2004 – the building of a new 68,000-

square-foot middle and high school campus. The new school will be built on a 5.5 acre site on High Rock Street in the Highlands neighborhood of Lynn.

More important than the structure itself will be what it represents: an integrated community, an exceptional education for students in grades 5-12, and increased educational resources for the children and

families of Lynn.

"We believe our kids and our community deserve a first-class building," KAL Principal Josh Zoia said. "And we want to become active in the neighborhood where many of our kids live so that everyone can benefit."

The new facility will give KIPP more than three times as much space as it

currently has on the grounds of Holy Family Church on Bessom Street. It will enable the school to expand from grades 5-8 to grades 5-12.

KIPP now has 352 students and 47 staff, including teachers. A ninth grade will be added in 2011 and one grade per year after that. The new building is expected to open in August 2012. When it reaches full

capacity in the fall of 2014 it will have 750 students and 80 staff.

The new "green" building will have two separate wings – one for the 450 middle school students and one for the 300 high school students, joined by an administration building. It will house 32 classrooms as compared to KAL's current 12. It will also have all the necessary elements (many of

which the current facility lacks) to better support the proven KIPP education model. These include: five science labs, a media center, computer labs, and break-out rooms for tutoring and parent-teacher meetings. A full size gymnasium will enable KAL to welcome visiting teams to play against the school's championship boys and girls basketball teams and will also provide ample space for school assemblies and community gatherings.

"This building will allow us to enhance and expand the work we have been doing," Zoia said. "The building will be a great improvement, but will remain modest, focusing on education and efficiencies, not bells and whistles."

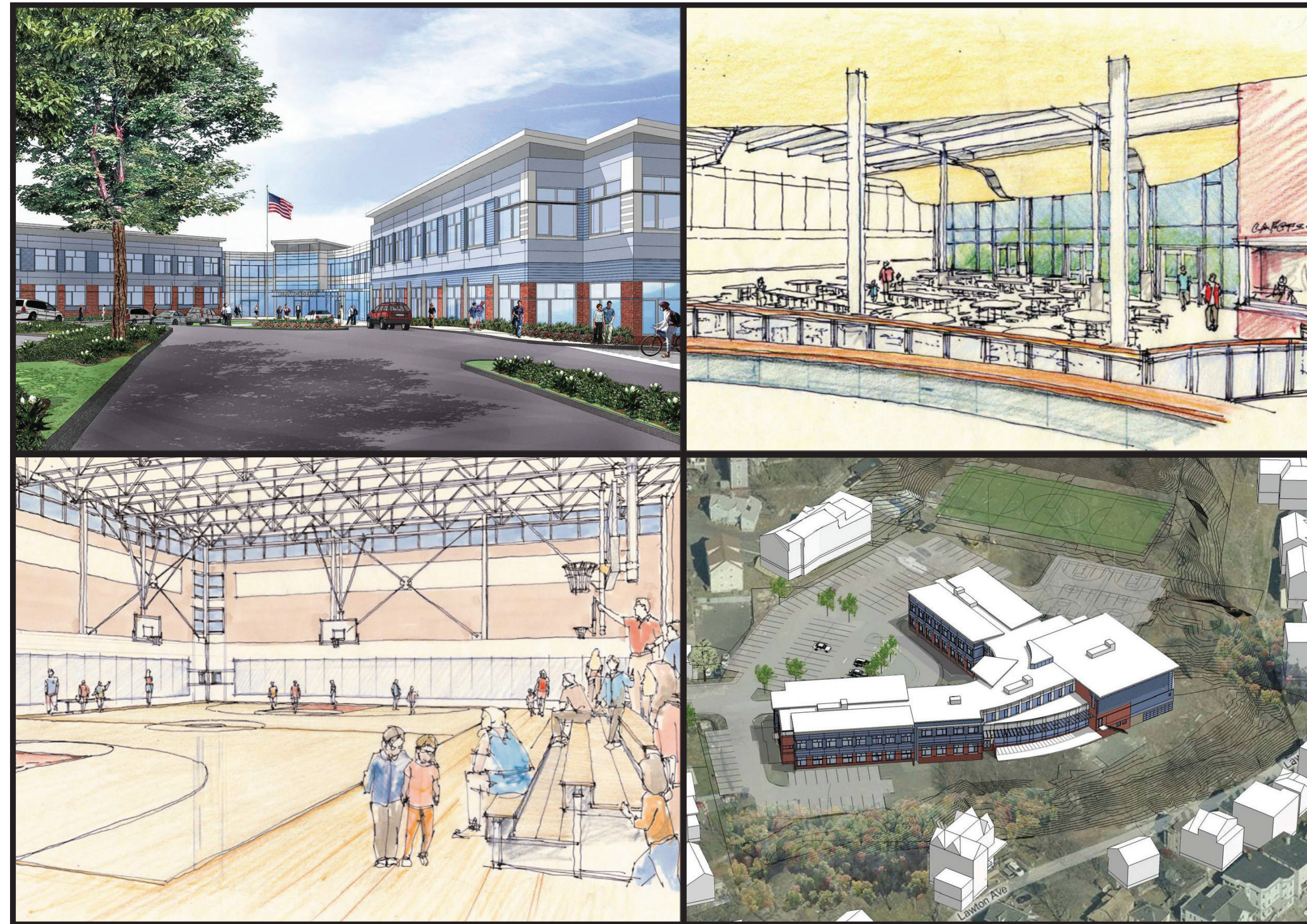
Since opening in 2004 with 72 students, KIPP Academy Lynn has posted impressive results. When students arrive at KAL as fifth-graders, only 33 percent of them are reading at or above grade level. After three years at KAL, that number jumps to 85 percent. The school also ranked 12th out of 465 Mass. middle schools in 2009 seventh-grade math MCAS scores.

Nationally, 92 percent of KIPP students graduate from high school and 85 percent attend college. In comparison, 66 percent of low-income students in urban communities in Massachusetts graduate from high school and only 22 percent of ninth-graders go on to college. By expanding to include a high school, KAL can provide its students with increased opportunities to attend and graduate from college.

While financing and potential new market tax credits will partially fund the building, a portion of the \$26 million project will be funded by private donations from an ongoing capital campaign. Substantial initial seed investments to kick off the campaign have been made by the Lynch Foundation, and the Amelia Peabody Foundation, as well as local philanthropists, including the Demakes Family of Old Neighborhood Foods, Barbara Goldman of Marblehead (KAL board member and capital campaign committee member), John Kane (KAL volunteer) and Joel Abramson of Swampscott (capital campaign committee member).

Other capital campaign committee members include: Danielle Boudreau of Newton, Frances McLaughlin of Amesbury, Rick Settelmeyer of Marblehead, KIPP Lynn Director of Development Jennifer Parkos and Zoia.

For more information about KIPP Academy visit [www.kipplynn.org](http://www.kipplynn.org) or call 781-592-1937.



Artist's rendering of the new KIPP Academy middle and high school campus in the Highlands neighborhood of Lynn.



# Nonprofits make Lynn a better place to be



Judith Flanagan  
Kennedy

I was pleased to have the opportunity to attend the June meeting of the Lynn Nonprofit Business Association. I am continually impressed by the quality of the nonprofit organizations in our city and the people who lead them.

The two dozen agencies that comprise the Lynn Nonprofit Business Association (LNPBA) play a leadership role in the delivery of critical services to an underserved population.

In fulfilling their primary role as

service providers, nonprofits improve the quality of life in the City, not only for those who receive the services, but also everyone who lives and works here. From health care to after-school programs to legal services, nonprofits annually deliver thousands of hours of services.

One initiative my staff and I are working on is setting up a network of volunteers who would be available to both the City and nonprofit organizations. We hope to have something in place by

the fall.

Nonprofit organizations also contribute to the local economy, through operating budgets, salaries to employees, contracting with local vendors, and real estate costs.

Members of the LNPBA provide more than 3,500 jobs in the City. In addition to that, collectively they have more than 4,000 volunteers who help them carry out their mission.

*The Connector* is one vehicle by

which a group of these nonprofits is spreading the word about the great work that they do every day.

I firmly believe that the work undertaken by the nonprofits in the City enhances our reputation as a desirable place to live and work. I look forward to an ongoing productive relationship with these agencies.

*Judith Flanagan Kennedy is mayor of Lynn.*

## THE CONNECTOR

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Grant Communications  
Consulting Group  
85 Exchange St., Suite 218  
Lynn, MA 01901  
781-598-8200  
www.grantgroup.com  
For information contact:  
Jansi Chandler  
jansi@grantgroup.com

## Nonprofit mergers: Is bigger better?



Mark S. Kennard

One of the interesting byproducts of the current fiscal recession is the increase in nonprofit mergers. Many organizations have decided that for a variety of reasons it would be in their best interests to partner with or join another organization. Often a merger is thought of as last-ditch resort for a struggling nonprofit, that fearing it will not be able to survive independently, looks for safety in a larger combined entity.

In his new book "Nonprofit Mergers and Alliances," author Tom McLaughlin strongly refutes the "rescue" merger as a strong reason to consider creating a larger organization. Instead, he suggests that the ideal merger is founded on the premise of "strength seeking strength" where two organizations create a joint synergy that surpasses their individual capacity.

There are many executives, staff and board members

in the nonprofit world who view the concept of mergers with suspicion and dread. They fear a loss of autonomy and control and, perhaps most importantly, are concerned that the identity of their organization will become compromised or even lost. The passion, so necessary as a driving force in creating and operating a nonprofit, is most evident in these kinds of discussions. That same passion which often fuels a nonprofit "birth" may become an obstacle in being able to thoughtfully examine the positive impact of a merger on an organization's future. Emotional fear can undermine clear, strategic thinking when one is considering the future direction of a vital and successful organization.

There are certain realities that all nonprofits face today including a shrinking base of funding, decreasing philanthropy, an increasing demand for services and more extensive and expensive regulatory and financial constraints. Any of these pressures would seemingly be a good reason to look at a merger to relieve the costs and stresses that these variables have imposed on the nonprofit world. Yet, McLaughlin is adamant that "The

primary purpose of integrating services is not for the internal benefits it brings but because users of the services will benefit from service integration." He stresses that any merger should be viewed within the context of the shared "higher purpose" of all nonprofit organizations-serving clients.

A merger does not suggest that "bigger is better" or even that by combining two organizations you will produce greater efficiencies leading to immediate cost savings. It must be viewed as a vehicle to enhance the delivery of services and to ultimately improve client outcomes. The thoughtful consideration of a merger is not a sign of weakness; instead it is a sign of strength that an organization is clearly examining its strategic opportunities for the future delivery of services within the important context of what is best for the people that they serve. We would expect nothing less from our nonprofit sector.

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

## GED graduates take first step towards future

### CATHOLIC CHARITIES: from Page 1

organization graduated 55 – the largest class to date.

"The diploma is just the first step," said Fran Troutman, Director of Education and Training Services. "These students are prepping for community college or training programs. They're planning for their futures."

Troutman, approaching her 23rd year at Catholic Charities North, has always been an advocate for providing youth with educational opportunities and career counseling.

"I believe strongly that a job can change your life," she continued. "In our society, work defines you in so many ways. We want to help these participants reach their maximum potential."

The Education Center offers preparation for the GED test, job training and job-readiness workshops, basic education skills improvement, academic counseling and career exploration, job-placement services, life-skills courses and counseling and support services. It is comprised of three main programs – Youthworks, Teenstart and the Education and Parenting Skills Center.

Youthworks offers individualized classroom instruction during the day for youth ages 16-21. Teenstart is an evening GED and pre-GED program that offers academic and career counseling



Richard Doman receives his diploma from Tom Burke, a teacher in the Catholic Charities Education Center.

to young adults ages 16-24. The Education and Parenting Skills Center offers general education, job-readiness and life-skills classes to young parents and pregnant mothers.

For 19-year-old Richard Doman, Youthworks provided the ideal learning environment. Doman, whose parents moved from Jamaica to Somerville to Lynn, attended Lynn English High School for two years. Last fall, he enrolled at the Education Center, opting for an alternative education program.

"I needed to move forward," said Doman. "This

seemed to be the best choice for me. I was able to work at my own pace, and there's a lot of one-on-one between the teacher and student."

Doman attended classes at the Education Center four days a week in preparation for the GED test. He also had the opportunity to attend a six-week program at Harvard Law School, attending classes and shadowing law students.

In June, Doman was presented with his high school equivalency diploma at a ceremony at North Shore Community College and served as the graduation speaker. He will enroll at NSCC in the fall and, in two years, hopes to be admitted to

Berklee College of Music. Passionate about music, Doman has played piano for seven years and has an interest in the Hammond organ. He was a member of the Lynn English Gospel Choir and the Lynn Public Schools Jazz Band. Ultimately, he hopes to teach music.

*To learn more about the Education Center at Catholic Charities North, visit [www.ccab.org](http://www.ccab.org) or call 781-581-3350. For other inquiries about the organization, call 781-593-2312.*

## Make a difference, give a scholarship

Catholic Charities North recently announced a scholarship campaign that raises funds for the Education Center to award to GED candidates, through personal, one-to-one donations to help them graduate.

A donation of just \$65 creates a brighter future for local youth, by covering the costs for one student to take the GED exam. Although \$65 may seem like a small amount, it can be a barrier to students who are working limited hours while in school. Many have families to care for, rent to pay and hope to enter college. It is an enormous help to have the GED test paid for.

The scholarships are a unique way that members of the community can stand behind local youth. Students report being encouraged when told that someone believes in them and is willing to invest in their future. For students, this may not be a common occurrence. There is power in knowing someone is behind you.

To learn more and to meet a recent scholarship recipient, visit [www.ccab.org/north\\_scholarship](http://www.ccab.org/north_scholarship).





# Bridgewell sets 'gold' standard

## Sovner Center team provides comprehensive care

BY PAUL HALLORAN

Connie Simon's son Todd, a 37-year old man diagnosed as mentally challenged/autistic, has participated in a myriad of programs over the years. Like most parents in her situation, Simon was always in search of the perfect fit for Todd as patient, and for her as caregiver.

About eight years ago, she found it.

"After all these years, I truly found my pot of gold," said Simon, referring to Bridgewell's Sovner Center in Danvers, a facility that provides a wide range of services to people with developmental disabilities who are also suffering from some form of mental illness.

Simon is so effusive in her praise of the Sovner Center, led by Licensed Mental Health Counselor Kimberley Haley and her staff – Medical Director Dr. Sherman Fox and Clinical Nurse Specialists Lana Doughty and Liz Hunt – not only for the high quality of care afforded her son, but also the consideration given to her.

"This is truly the first place that has been able to work with me as a parent, as opposed to us walking into a room and having the doctor already writing a prescription before talking with us," she said. "When I came upon the Sovner Center, I was ecstatic."

Sovner is somewhat unique in that it provides specialty services to a typically under-served population, offering psychiatric care to people who have cognitive disabilities, according to Dr. Fox.

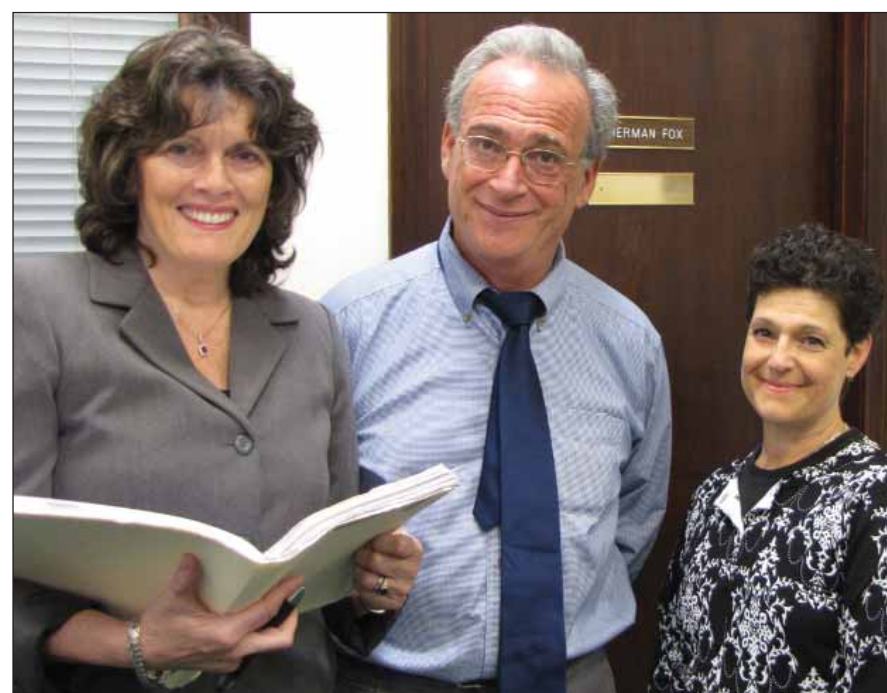
"This place is what Bridgewell is really all about," he said. "We open a bridge to services for the most disenfranchised population in society. Bridgewell helps advocate for those who cannot advocate for themselves."

Services provided at the Sovner Center include diagnostic assessments, medication management, and individual, group, and family psychotherapy. Patients include those diagnosed with autism, Down Syndrome, cognitive impairment, or head injury. In addition to Dr. Fox, Doughty and Hunt, there is a team of therapists who provide treatment for patients.

"It requires a different skill set, because patients are not typically able to communicate their symptoms," Hunt said. That's why there is a concerted effort to



Above, Clinical Nurse Specialist Lana Doughty confers with Todd Simon and his mother, Connie.



At left, Sovner Center medical director Dr. Sherman Fox, with Clinical Nurse Specialists Liz Hunt, right, and Doughty.

not grouped," Simon said. "That's very important."

"I don't think we would be as well respected as we are without that," Doughty added. "Sometimes we have 10 people at an appointment for one patient, and everyone has something to say. Everyone works together to achieve the best possible result for each patient."

Beyond all the treatments, medications and therapies, the staff at the Sovner Center help patients maintain the highest level of independence possible.

"It's not that long ago that the majority of these people would be institutionalized for life," Hunt said. "We help them maintain independence and be successful in the community."

That, perhaps, is the best medicine they can prescribe.

*For more information on the Sovner Center please visit our website at [www.bridgewell.org](http://www.bridgewell.org) or call 978-750-6828.*

include the caregivers in the treatment planning.

"We depend on the caregivers to give us an assessment," Doughty said. "We talk to people who work with the patients at their residential and day programs."

Dr. Fox, Doughty and Hunt agree that the single most important ingredient in the success of the Sovner Center is the team

approach embraced by all who work there.

"It really does take a village, and we provide the treatment in the village," Hunt said.

"Bridgewell supports us in allowing us to take the proper amount of time to serve our patients," Dr. Fox said, echoing the sentiments of Connie Simon.

"My son is treated as an individual, he's



# WORDS TO LIVE BY



**girls  
inc.**®

Above, Anilza Arias,  
center, mentors  
An Duing, left, and  
Ivanna Solano.

At right, mentor Jillian  
Middleton works with  
Estaphania Villar.



## Mentors offer girls guidance on college and career

BY MEAGHAN CASEY

Behind every college-bound teen should be a caring and motivating adult.

That's the premise of the mentoring program at Girls Inc. of Lynn, which pairs high school juniors and seniors with adult mentors. The mentors volunteer to meet with the girls weekly from September through May, helping them to explore colleges, identify personal goals and take action to achieve those goals. They also assist them in navigating the college application and scholarship process and preparing their college essays.

"The more caring individuals we have in our lives, the better," said mentor Susan Brown. "We all benefit from spending time with someone who not only cares, but who will challenge and encourage us."

A former educator, Brown now works as a nurse at Greater Lynn Senior Services. She has mentored for three years, working with two juniors this past year.

"[The mentors] only have one or two girls — not 800 students — so their main focus is on you," said Brown's mentee, Estaphania Villar. "You can e-mail them or talk on the phone. My mentor was on me at all times; I loved it. She taught me to keep going, keep working and keep

applying."

Villar, a senior at Lynn English High School this fall, has been involved with Girls Inc. since middle school. She has emerged as a leader in a number of the organization's teen programs, including La Verdad, a peer leadership group that works with the Lynn community to prevent substance abuse and help youth make healthy decisions, and Sister 2 Sister, a 12-week program for high school girls to come together to talk freely and ask questions about teen health issues, try new activities and get homework help. Villar is also one of 28 members of the Governor's Statewide Youth Council and class secretary at Lynn English.

Brown has helped Villar, who aspires to be a lawyer, stay on track to accomplish her goals. Her top choice in schools is American University, but she was also nominated to be a Posse Foundation Scholar. If she is awarded the scholarship, she will attend one of the 10 Posse Foundation partner colleges and universities.

Fellow mentee Ivanna Solano, a 2010 graduate of Lynn Classical High School, will begin her college journey at Villar's dream school — American University — in the fall. She too hopes to earn a law degree, and eventually work for the FBI. Solano, who moved to the U.S. from the Dominican Republic at age 7, participated in

Girls Inc. for three years and was presented with one of the annual \$1,500 Girl Hero Award scholarships at the 2010 Celebration luncheon. She has served as a Teen Health Ambassador and has also participated in the Career Path program and Part of the Solution youth council. She participated in the college mentoring program during her junior and senior years.

"The mentor/mentee relationship is important because the mentors have gone through the process we are going through," said Solano. "Just knowing that they are willing to give up their time to work with you gives you a sense of admiration. This is someone who's pushing you, sitting you down and asking, 'What's your ultimate goal and how are you going to get there?'"

"Every day, Ivanna knew what she was there for," said her mentor, Anilza Arias. "She's so motivated and self-driven. As a mentor, that's something I valued. I thought, 'Wow, this girl really wants this.'"

Arias, a 2003 graduate of Lynn Classical, is a former Girls Inc. member and a 2001 Girl Hero Award recipient. She went on to attend Salem State College and is employed as a social worker for the state's Department of Children and Families.

"We had some of the same struggles," said

Solano. "She's from the Dominican Republic, her mom doesn't speak English and her field — social work — ties in with criminal justice, which has been my passion since I was in the eighth grade."

For mentor Jillian Middleton, a West Coast native, the experience at Girls Inc. has been completely new and eye-opening. Three years ago, Middleton moved to Nahant and was looking for ways to become more involved in the community. She began mentoring last year.

"It's a wonderful gift," said Middleton. "You come here to give, and you leave completely energized and inspired. What these girls know at their young age, I didn't encounter until I was in my 30s, if then. They've stood on adult, emotional feet for a long time. Their determination and strength is amazing."

This past year, 26 teens participated in the mentoring program — up from 17 the year before. The program is structured and coordinated by Sabra Dow, Director of Teen Programming. All mentors receive training, relevant materials and ongoing support from Girls Inc. staff.

*For more information about Girls Inc. of Lynn or to become involved as a mentor, please contact Sabra Dow at 781-592-9744 x214 or [sdow@girlsinclynn.org](mailto:sdow@girlsinclynn.org).*



# Lending a HAND on Fayette

## New development will feature five new homes

By PAUL HALLORAN

In keeping with its mission of creating better neighborhoods through redevelopment and revitalization, Neighborhood Development Associates (NDA) has turned its attention to Fayette Street.

NDA, in partnership with the Lynn Housing Authority & Neighborhood Development (LHAND), has purchased the property at 145 Fayette St. that formerly housed the Gautreau VFW post. The post has been demolished and NDA plans to build five single-family homes on the 27,000 square-foot lot.

"We have worked closely with the ward councilor (William Trahant) and he insisted that single-family homes go there, and the NDA Board readily agreed," said LHAND Executive Director Charles Gaeta. "This project will provide home ownership opportunities in the neighborhood along with other neighborhood improvements."

NDA kicked off the project with a comprehensive neighborhood cleanup June 12. The area covered included Fayette Street from Essex to Marianna and Jackson to Chestnut streets.

The cleanup was hugely successful, with 24 tons of trash and other debris taken



Norm Cole of LHAND, Ward 2 Councilor Bill Trahant and Lt. Israel Gonzalez of the Lynn Fire Dept. participate in the Fayette Street cleanup.

away. Contractor McGrath Enterprise donated equipment and labor. Forgione Landscaping provided materials and lunch. Jim Wilson of the Lynn Health Dept. and Lt. Israel Gonzalez of the Lynn Fire Prevention Division worked to educate

neighbors about the dangers of letting waste accumulate along with 25 LHAND employees and their family members assisting with the clean-up.

"This is one of the densest neighborhoods in the city, so it's important

to eliminate any health or public safety hazards," said LHAND Neighborhood Development Manager Peggy Phelps. "We have gotten great cooperation from a number of people."

NDA is also working with Trahant, Ingalls School Principal Kimberlee Powers and her staff on improving traffic flow in the neighborhood.

The foundations for the five new homes will be poured by September. The two-story homes will include six rooms and 1½ bathrooms in 1,500 square feet of living space. Each lot will be approximately 5,000 square feet.

In addition to building the new homes, NDA and LHAND along with the City of Lynn will be offering loan and grant programs for other residents in the area to make renovations and improvements to their homes.

"This project fits in with our philosophy of working closely with Mayor Kennedy, the Lynn City Council and the residents trying to improve the quality of life in the city one neighborhood at a time," said NDA Chair Christine Newhall.

For more information about NDA, visit [www.lhand.org](http://www.lhand.org) or call 781-477-2800.



An artist's rendering of the new development NDA is building on Fayette Street.





## Donations to All Care provide patients with needed services

BY MEAGHAN CASEY

As the saying goes, it's better to give than to receive. But at All Care VNA & Hospice, it's often necessary to receive in order to give.

Each year, All Care provides more than \$250,000 in support of services and community programs. This includes the cost of home health care and hospice care for those without adequate insurance or means, patient and family education, community health clinics, volunteer training, holiday outreach and bereavement support programs.

As a not-for-profit community agency, All Care relies on the generosity of the 53 communities it serves. The organization is able to offset its costs through a combination of monetary and stock donations, memorial gifts, bequests and the funds raised at its two major events – an annual golf tournament in the spring and wine tasting and auction in the fall. In the past year, the All Care Charity Golf Open raised more than \$65,000 and A Matter of Taste wine tasting and auction raised a record-breaking \$90,000.

"As much as we try to give back, we're always humbled by the generosity of those who give to us," said All Care Director of Development Justine Chamberlin. "We couldn't do what we do without their support."

Lynn residents Gary and Ann Robinson understand what the All Care community support for hospice means. The couple's son, Matt, was diagnosed with stage IV melanoma in the spring of 2009. He had been living in San Diego for nine years and returned home to his family last summer. In late September, following a visit to Massachusetts General Hospital, the family knew his final days were approaching.



Top photo, Mariah Dooley, Kate Dooley, Ann Robinson, Gary Robinson, Joe Robinson and Winnie Robinson participate in All Care's Cherish the Children Walk of Remembrance. Above, Nurse Maria Primiterra with All Care patient William Adario.

"They doctors told us to go home and contact hospice," said Ann. "He only had weeks or maybe days to live. It was a shock to us, but I think Matt had come to terms with it. He had lived his last six months the way he wanted to and was pretty accepting of the process. We had to catch up."

Turning to All Care Hospice, the Robinsons found solace in the services that the team of nurses, aides, social workers, volunteers and medical director were able to provide.

"They put us at ease and made it more comfortable to talk about what was going on," said Ann. "It's a real gift to do what they do – to walk into homes that are in chaos and calm things down."

The hospice team was able to optimize Matt's time with family and friends, while managing his pain.

Because he was uninsured, all costs were covered by All Care.

"Having come from California, Matt was still applying for MassHealth when all this was going on," said Gary. "All Care told us that wasn't an issue, the care would be there. It was a burden we didn't even have to think about."

Matt was in the care of hospice for nine days. He died at home on October 3, at age 32, on the morning of his sister's wedding. He was the oldest of the Robinsons' five children. In lieu of flowers, the family requested all donations in memory of Matt be made to All Care Hospice.

Following Matt's death, the Robinsons remained involved with All Care and visited the organization's Center for Grief and Loss, which provides a comfortable environment for one-on-one counseling and support groups, as well as an extensive library of grief-related books, brochures, magazines and handouts. They also participated in All Care's Cherish the Children Walk of Remembrance, a Mother's Day walk for families and friends to remember the children they have loved and lost.

In addition to the walk, All Care annually hosts a Lights of Remembrance ceremony, at which friends and families are invited to help illuminate the holiday tree in memory of loved ones. All Care staff also delivers Thanksgiving dinners and holiday gifts to hospice families to create a semblance of normalcy during an emotional time. All of these programs are made possible through gifts of time, talent and financial support.

*For information on giving opportunities or to make a donation to All Care, please visit [www.allcare.org](http://www.allcare.org) or call 781-246-8988 x119.*



### SAVE the DATES

**Community Night**  
at the Tides Restaurant  
Thurs., Sept. 9, 6-9 p.m.  
10 percent of all sales  
benefit All Care

**All Care VNA & Hospice 9th annual A Matter of Taste**  
wine tasting and auction  
Thurs., Nov. 18, 6-9:30 p.m.  
Danversport Yacht Club.  
Sponsors and auction  
donations are welcome.  
"Getaway of a Lifetime"  
raffle tickets available  
(to win a one-week stay at  
luxurious Trinity Villa  
resort in Jamaica).  
Details at [www.allcare.org](http://www.allcare.org)