

Wellspring connection



The Newsletter of Wellspring House, Inc., Gloucester, Massachusetts
VOL. 31, NO. 1 SUMMER 2012

One of Us - The Wellspring Way and You

GET READY for a soul inspired benefit concert for Wellspring on October 4th at the Shalin Liu with Grammy award winner Paula Cole and Joan Osborne, Grammy nominated for her song, One of Us. This song asks a simple question – What if God were one of us?

How you answer that question determines whether you go about your day with compassion, purpose and life affirming choices, or with negativity, judgment and choices that are destructive and guarantee unhappiness.

When you have an awareness that all life is a gift, some questions about basic needs become very clear. The basics of shelter, food, education and medical care become a given. Would we really tell a person or a family that there is no room at the inn? Or refuse to feed children and the elderly? The glory of education is the sheer satisfaction and delight of seeing a person blossom and grow. Who would deny a human being their birthright?

Public discourse today is polarized by the extremes of what can be described as gender politics. The masculine principle expresses personal responsibility, hard work, self-discipline and reward for effort and results. The feminine principle recognizes that all are equal by virtue of existence, and requires that needs be provided for because of that reality.

The way forward is to find that balance place between these two principles. We work together to find practical solutions whose moral implications affirm the value of life and encourage positive change and growth. It is not always easy. Life is messy. Sometimes the truth of the matter is not always obvious. But that is our work. Wellspring is moving forward, and I am grateful that you are one of us. Thank you for your help and support.

–Kay O'Rourke, *President & Executive Director*

THE POWER OF ONE – PERSON, GESTURE, COMMUNITY

This email came from Carlos, who was 16 when he was a guest in our family shelter for five months in 1999-2000. It is really a love note to everyone in the Wellspring community. Here are some excerpts:

"The reason I write this email to you is to let you know that there was a very special event that took place at your facility that has changed my life, helped me in very dark times, helped me grow as a man. I'm writing this to give you the **BIGGEST THANKS** in the world **not only for what you do, but how you do it.** I would have never been able to make it where I'm at if you wouldn't have given my mother a safe, stable, suburban place to live. I would have never been able to learn, adapt, change and understand how to function in society if it wasn't for the help you provided my family.

I'll never forget what Joe Sullivan, the Gloucester High School Principle told me before entering his school for the first time. He pointed to a plaque on his wall that said "Irish Not Allowed". It was a reminder to him and others that despite what others say, you still have a chance to move forward and make a difference. You don't have to live by other's standards.

I'm now 28 years old. I'm engaged, I own my first home, I'm a partner in a business and have a happy, comfortable life where I can help my family out when need be. My next journey will be writing a book on my life and I will be sure to include your facility in it. I can't thank Nancy and the staff enough for the love you give to your residents. I hope that you understand what you do. I hope that you know that not everyone is a success story and not everyone has

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Kimberly McGovern

Ruth Pino

Andrea B. Schaut

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...

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Rosemary Haughton
Emerita

Mary Jane Veronese
Emerita

WELLSPRING WELCOMES NEW BOARD MEMBERS

At their June board meeting, Wellspring's board of directors elected six new directors. Louisa Attenborough, Peter Canny, Lawrence Crimmins, Kim McGovern, Andrea Schaut, and Matthew Whitlock will begin their three-year term on July 1, 2012. "We are so pleased to welcome these six amazing new members," says board chair, Caroline Hovey. "Each one comes with such diverse experiences which will help to enrich our board and make a huge impact on the work we do," she adds.

...

Louisa Attenborough, an alumna of St. Lawrence University, resides in Manchester with her husband, Neale, and three children. Prior to being a "stay at home mom", Louisa spent several years in the public relations/communications field holding positions at Trinity Communications, Very Fine Juices, and Mullen, Inc. An avid volunteer, Ms. Attenborough is a past board member of Montserrat College of Art (Beverly, MA) and Crittenton Services (Nashville, TN). Most recently, she has spent endless hours volunteering for Brookwood School and Pingree School.

A registered architect, **Peter Canny** is principal of Real Estate Perspectives, LLC. Mr. Canny's professional career has been dedicated to real estate development, project management, and asset repositioning. He received a degree in architecture from the Boston Architectural College and a BA in urban studies from the University of Maryland. Peter lives in Manchester with his three sons.

Lawrence Crimmins III of Essex, comes to Wellspring with an extensive background in fundraising and development management. He is currently a senior leadership gifts officer at Boston University's School of Medicine. Mr. Crimmins has held senior development positions at Children's Hospital and Brigham & Women's Hospital. A graduate of Denison University, Crimmins received a MS in fundraising and management/nonprofit administration from Columbia University. Lawrence and his wife, Amelia Cushing Crimmins, a North Shore native, are the proud parents of a one-year old daughter.

Kim McGovern and her husband, Frank Scherkenbach, have called Gloucester home for the past twelve years. They are parents of three young boys. Ms. McGovern is a graduate of Georgetown University and Harvard Law School. After 12 years as partner at the law firm of Gibson Dunn & Crutcher, Kim gave up her law career to devote her time to raising her family. Thrilled to become more involved at Wellspring, Kim has indelible memories from overnight shifts at a Washington DC women's homeless shelter and from doing legal aid work in Jamaica Plain.

Andrea Schaut, who resides in Essex with her husband, Paul, and two children, has 25+ years of marketing experience. Focusing on hospitality and destination marketing, Andrea has been affiliated with ISM Travel and Leisure for a significant portion of her career, currently in the role of senior marketing strategist. Ms. Schaut has devoted her time to the Massachusetts chapters of national organizations including; the National Multiple Sclerosis Society, Susan G. Komen, the Cystic Fibrosis Foundation and the American Cancer Society. She has volunteered for Brookwood School, Governor's Academy, Montserrat College of Art and the Cape Ann Food Pantry and, is a former board member of The Educational Foundation for Rockport. Andrea is a graduate of the University of Massachusetts at Amherst and for the past several years has been a guest lecturer at Boston University's School of Hospitality Management and Suffolk University School of Management.

A senior vice president with the CB Richard Ellis Housing Group, **Matthew Whitlock** specializes in the sale and orientation of mortgage financing on senior housing throughout the United States and Canada. Matt, a graduate of Emory University, lives in Annisquam with his wife, Penny Neal. He has served on the City of Gloucester's Planning Board, Zoning Board of Appeals and Landings Committee. He is currently on the board of the Mt. Adnah Cemetery and the Annisquam Yacht Club where he is Governor of the Junior Sailing Program. Matt also is the first director of the AYCSTP, a non-profit organization centered around teaching children how to sail. He is a former board member of the Salem Athenaeum and Salem Sound Coast Watch.

Kids Enjoy New Play Space



Ethan trims the hedges.

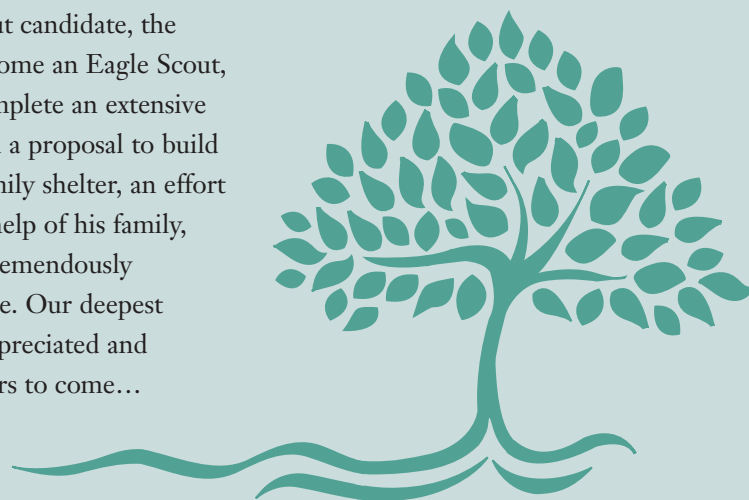


Top trim is added to the privacy fence.



Prepping for the playspace.

Ethan Wheeler, a resident of Gloucester, is an Eagle Scout candidate, the highest rank attainable in the Boy Scout program. To become an Eagle Scout, Ethan is required to earn at least 21 merit badges and complete an extensive service project. Ethan approached Wellspring House with a proposal to build a children's play space in the back yard at Wellspring's family shelter, an effort that he creatively designed and raised funds for with the help of his family, friends and troop. Ethan oversaw the project which has tremendously improved the yard by making it beautiful and more private. Our deepest thanks to Ethan and all who helped. Your work will be appreciated and enjoyed by the families who call Wellspring home for years to come...



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the same results. Not everyone will be appreciative and not everyone does the right thing with what you give them.

But rest assured that the lives you change not only impact that family, it literally changes the direction and growth of a family tree... I can have kids, raise them right, help them grow and learn properly in a good environment, and in return they can do the same for theirs all due to that one place my family visited and stayed at in late 1999. May my email not be taken as a brash or arrogant attempt to boast or bore about my life. I only mean this to be a reminder to you and all of your staff of the work you do and help you give, and the chronological chain of life events that take place once a stable suburban home is provided to a good family who needs it... ■

May God Always Bless the Wellspring Home and may this email serve as a token of me and my family's appreciation."

CARLOS

Wellspring's 14th Annual Women Honoring Women Luncheon



Chef Lynch signing books



2012 Luncheon Committee



Board Member Jackie Littlefield and honoree Betsy Brown



Keynote speaker and honoree Chef Lynch, Executive Director Kay O'Rourke, and Board Chair Caroline Hovey

On Monday May 7th, Wellspring House held its 14th Annual Women Honoring Women Luncheon at the CoCo Key Hotel in Danvers, MA. Over 670 guests gathered together to honor Chef Barbara Lynch, Betsy Brown and Julie LaFontaine for the leadership roles each play and their deep commitment to community. The Luncheon also featured Wellspring program participants, Angelique Rodriguez, Korynne Rigolizzo and Samara Pereira who spoke of their experiences with Wellspring. Their stories were accompanied by local songwriter, Chelsea Berry, who performed Tom Petty's "Don't Back Down".



Luncheon guests



Executive Director Kay O'Rourke addresses the guests



Luncheon participant speakers Samara Pereira, Angelique Rodriguez and Korynne Rigolizzo, Singer-songwriter Chelsea Berry, and Board Member Christine Lundberg



Executive Director Kay O'Rourke, honorees Betsy Brown and Julie LaFontaine, and Board Chair, Caroline Hovey



Congressman, John Tierney, presents Kay O'Rourke and Caroline Hovey with a 30th Anniversary Citation



Board Member Laurel Deery (left) and Committee Member Debbie Ebeling (second from right) with some luncheon guests



Keynote speaker Chef Barbara Lynch



Singer-songwriter Chelsea Berry performs



Event co-chairs, Board Member Rebecca Booma and Jen Sanford



Guests pose for a photo



Chef Barbara Lynch delivers her keynote address



Table hostesses Heather Robb (second from left), Jen Sanford (third from right) and Leslie Murphy (far right) with luncheon guests, Kerri Kinch, Pam Mehlman, and Lisa Lemoult



Luncheon guests, Alice Gosselin and Leona Nickerson

A Community Comes Together

YOGIS FOR WELLSPRING

Wellspring friend and supporter, Willa Worsfold, hosts weekly yoga sessions in the attic of her Wenham home, which is affectionately called the ZenDen by her students. During the sessions the group practices the physical postures, meditates, and shares stories and tips on life as well as yoga. There is no set fee for Willa's yoga classes but students are asked to make a free-will donation. Willa then donates 50% of the proceeds to a local, well-deserving nonprofit.

In the last six months Willa and her group have donated over \$1,000.

Wellspring is "on deck" to receive the next gift. "After all," Willa says "it takes a village....". We hope Willa and the ladies of the Zen Den will inspire others! ■

If you are interested in pursuing an initiative on behalf of Wellspring House please contact Romy Gardner at 978-281-3558 ext. 302



The ladies of the ZenDen in action.

GREEN THUMBS IN THE WELLSPRING GARDEN

RIGHT: Students from the Christian Covenant Academy in West Peabody spent the day weeding, mulching, and landscaping in Wellspring's garden. Their work at Wellspring was part of the Covenant Cares Serve-A-Thon Day which took place on May 11th.



BELOW: On May 23rd Brookwood's first graders came to Wellspring to plant annuals and vegetables in the garden. The children's work does so much to beautify the grounds. Thank you Brookwood.



Making It – And What It Takes

GRADUATES OF WELLSPRING'S EDUCATION PROGRAMS OFTEN PURSUE DEGREES IN HIGHER EDUCATION. Enrolling in college courses is exciting, but also comes with a brand-new set of challenges. Recognizing this Wellspring has taken steps to stay involved with our students and to help see them through the difficulties and barriers that come up along the way.

There are two opportunities available to qualifying Wellspring graduates: the One Family Scholars Program, and Wellspring's Robert Clark Rogers Educational Opportunity Fund. One Family Scholars is dedicated to ending the cycle of poverty and places a strong emphasis on higher education as the surest pathway to family self-sufficiency. Scholars receive tuition assistance and a living stipend, professional financial planning assistance and leadership training. Applicants must be a single parent enrolled full or part time in college courses, have a GPA of 3.0 or higher, and have been recommended by Wellspring House. Wellspring is currently sponsoring five One Family Scholars. Congratulations to new scholars Kelly Clough and Samara Pereira. They join Xaiomara Leon, Katie O'Leary, and Korynne Rigolizzo.

The Bob Rogers Fund is available to graduates of our programs who are in need of financial assistance once they are enrolled in college. These grants provide funds for things that would be financially crippling for our students – computers and car repairs are frequent requests. Thirty individuals have received assistance since the Fund's inception in 2006. This year \$7,000 was awarded to: Jessica Ireland, Korynne Rigolizzo, Katie O'Leary, Nicole Tucker, Taney MacLeod and Anita LaVigne. The Bob Rogers Fund will also help a student pay for their GED test fee if they are financially challenged.

Korynne Rigolizzo, a recipient of both awards, reflects on what these resources have done for her:

"After graduating from MediClerk, Wellspring encouraged me to apply to North Shore Community College to pursue a career in healthcare. I was accepted, but the reality was that I needed to find a way to financially support my studies. I applied for the Bob Rogers Scholarship and am grateful to have been a recipient for the past two years. This grant made it possible for me to put decent tires on my car and pay application fees for Salem State University and UMASS. Without this assistance it would have been very difficult for me to finance these expenses without skimping on bills and other necessities.

Wellspring also introduced me to the One Family Scholars Program. Wellspring submitted my name and I received the financial support I needed to attend North Shore Community College. The support of Wellspring, the Bob Rogers Scholarship Fund, and One Family Scholars has made all the difference for me.

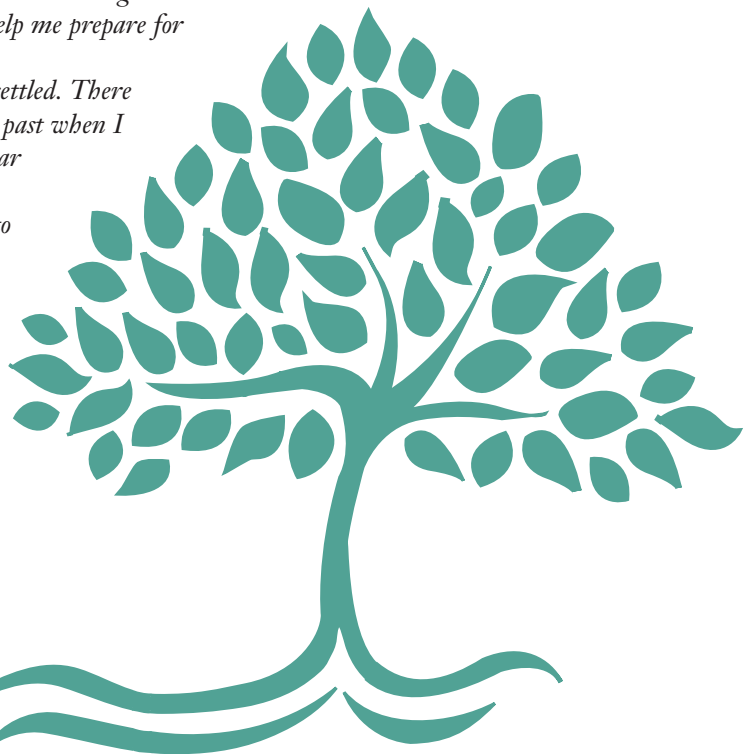
I am now a proud graduate of North Shore Community College. I have my Associates Degree and in the fall I will begin the Nursing Program at NSCC. In the meantime, I am taking classes at North Shore to help me prepare for Nursing School.

At last I feel settled. There were times in the past when I could not see a clear path ahead but I knew that I had to keep moving forward for my children. Wellspring helped me to do that, and I am here now because I did not back down."

Samara Pereira, a participant in Wellspring's English Language program and the Adult Learning Initiative, received a grant from the Bob Rogers Fund and was recently named a One Family Scholar:

"When I graduated from ALI I received grants from the Bob Rogers Fund and became a student at North Shore Community College. I will graduate in the fall with an associate degree in liberal arts. After I graduate from North Shore I hope to go to either Salem State or Gordon College with the support from the One Family Scholarship program."

Wellspring is committed to helping students successfully pursue their educational journey. We help them develop the skills, knowledge and confidence to go forward and pursue their dreams. The practical support of the Bob Rogers Fund and the One Family Scholars program can make a critical difference to adult students being able to pursue and complete educational opportunities. ■



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UPCOMING EVENTS

Mark your calendars for Wellspring's upcoming events!

Thursday, October 4, 2012 Paula Cole and Joan Osborne BENEFIT CONCERT

Shalin Liu Performance Center
Rockport, MA

Saturday, December 8 and Sunday, December 9 HOLIDAY STORE



Monday, May 6, 2013 15th Annual Women Honoring Women Luncheon



Visit Wellspringhouse.org to find out more
about these events

WE GATHERED 'ROUND – AND GLORIED IN FOOD AND BEAUTY

On May 27th Chive Events hosted its spring Sustainable Sunday Supper at the Cox Reservation for the benefit of Wellspring House and raised \$5,000! The event, dubbed "Gather 'Round", brought folks together around a dinner table to partake in a locally grown and prepared meal. The lucky attendees immersed themselves in the company of family and friends, delicious food, as well as the lush natural setting of the reservation.

As with each and every event produced by Chive, all of the food that was prepared for Gather 'Round was sourced from local farms, artisans and fisheries. In fact, the rhubarb that was served as part of the dessert course came directly from Wellspring's very own garden.

Wellspring salutes the women of Chive: Lindsey, Julia, Jennifer – for putting on a fabulous event, their sustainable values, and commitment to the community in which they work.



Photographs by Kindra Clineff Photography

