

Wellspring connection

The Newsletter of Wellspring House, Inc., Gloucester, Massachusetts
VOL. 30, NO.2 FALL 2011



We Are the 100%

FOR THIRTY YEARS we have been hearing the same stories. There are two dominant stories dueling it out to explain or blame the ongoing crisis that has engulfed our families, community, nation and world. There is the story of the individual who has failed to pull herself up by her bootstraps, and is a sorry mess because of character failings and poor choices. Or, there is the story of failed 'systems' (e.g. government, Wall Street regulators, corporations, schools, healthcare). Whichever story you're listening to, it's about failure and blame, and a sense of separation and division. Both stories lead to feelings of anger, grief, unhappiness and disempowerment.

Most folks are hoping to get a job, feed their families, be housed with



Kay O'Rourke

dignity. Most folks are hoping to find a way forward and live a more balanced, happy life.

In reality, individuals and communities are intimately intertwined. The solutions to our problems lie in the space where we recognize that we are all in it together, 100%, and as individuals we accept

responsibility for being part of the whole.

In the shared space of 100% we find the way forward without the painful divisions and separations that characterize the dominant stories of our culture. Our birthright is love, compassion, gratitude. That is the source of our true wealth and security – and available to all of us, no matter what our circumstance is in the moment.

As a member of the Wellspring

community, this note from a recent graduate of our adult education program was addressed to you:

To All Staff & Volunteers (& Supporters),

I would like to send you all a Thank You for your time and patience that each one of you have given to me. The ALI program is a great class and it helps so many people change their lives and helps them to gain inner respect that sometimes gets lost in our day to day lives. I look forward to using my new skills and I hope to come back and pass the Excel part of the computer class. God Bless all during this holiday season. All the best...LR

We stand together – all of us. 30 years strong. Thank you for being a part of the solution.

In Love, we are the 100%,

Kay O'Rourke
President & Executive Director

WHERE ARE THEY NOW? Update from ALI Graduate, Katie O'Leary

"When I attended ALI, it reignited a drive in me. It made me believe I was not stuck in poverty. I could use education as a means to redefine my financial situation while modeling the importance of hard work and education for my own children. ALI changed my life; it gave me self-esteem, courage, and the support I needed to apply and be accepted at NSCC."

- KATIE O'LEARY

Wellspring congratulates Katie O'Leary for her outstanding educational achievement. Katie, an ALI graduate and mother of four children, is the 2011 recipient of the Robert Clark Rogers Educational Opportunity Fund. Katie is currently attending the Women in Transition Program at North Shore Community College and upon graduation will receive a Radiology Technician degree. Katie hopes to purchase a computer with the scholarship award and pursue her career goal to become a radiology technician.

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WELLSPRING WELCOMES NEW BOARD MEMBERS

Vicki DeSimone, Paula Cole and Julie Bishop were elected at the June board meeting to serve a three year term on the Board of Directors.

(Photo of Paula Cole was not available)



Vicki DeSimone



Julie Bishop

Worth the "Waite"

Wellspring Welcomes Holly Waite, ALI's New Career and Education Advisor

In September, Holly Waite joined Wellspring as the Career and Education Advisor for the Adult Learning Initiative program. Holly has previous experience working with adults preparing for the workplace and it was then that she noticed a lack of overall preparedness. "During my work with employment agencies as an interviewer, I saw the need for readying people for the workforce. This was the main reason I went back for my master's degree in community counseling at Salem State University." After starting her position at Wellspring, Holly "sees that the job will be one of constant learning: learning from the students, staff, and community how to best help those who come to Wellspring for direction and assistance." Holly teaches the Career Development Class. "The class involves students in self-inventories which brings about lively discussion. I enjoy seeing how the group dynamics bring about self-awareness in the class. This is a place for creative problem-solving," added Holly.

Her dedication to her job and passion for the people she helps has enabled Holly to empower her students to become successful in their careers as well as their personal life. Holly believes, "The self acceptance which students experience should bear fruit in some wonderful resumes and confident job searches and interviews." ■

Quick Facts

- Married for 26 years and has two children in college
- Writes, directs, and performs plays for her church and community
- Has been a soloist and chorus member for most of her life

Four Young People Work Their First Jobs at Wellspring

"I met a lot of great people there and I am thankful for them.

The women there made a big difference in my life and

I was proud to help and work with them."

— SHERRI, RECIPIENT OF BANK OF AMERICA'S YOUTH EMPLOYMENT GRANT.

There are many memorable, sometimes exciting, sometimes awkward milestone firsts in one's life: first birthday, first day of school, first kiss and the list seems endless. However, one of the most important and coming-of-age firsts: the first job. Four young Gloucester residents, Kyle, Marissa, Wanza and Sherri earned their first summer job experience at Wellspring House. The summer employment was made possible by grants from the F1rstJobs program and Bank of America. These youth employment grants help independence-seeking young adults obtain an important work experience.

Eighteen year-old Kyle knew he wanted to work for a nonprofit. Finding it tough to obtain a job with no prior work experience, Wellspring provided Kyle with an opportunity. Throughout the summer, Kyle was the general go-to guy for work around Wellspring. Some of his responsibilities included babysitting shelter children when needed, preparing lunch, tending the garden, and general upkeep of the house. "Working at Wellspring was the best possible thing that I could have done. Because of Wellspring I have enough money to pay for my apartment. They were willing to work with my schedule and I really appreciate the friendly environment and helpful staff." After his Wellspring experience, Kyle went on to successfully land a permanent job in the Fall.

As a recipient of the F1rst Jobs grant, Marissa spent her summer working in the Wellspring kitchen as the Hospitality Assistant. Marissa said of the experience, "I learned a lot at Wellspring. I learned a lot more about their programs and I had no idea how much Wellspring does for the community." Marissa's responsibilities included the preparation of the daily lunch and assisting the Hospitality Manager when needed. "Everyone at Wellspring was so friendly and very patient and understanding that I was just learning about everything and I didn't have experience. It made working here enjoyable. Working at Wellspring made a huge difference in my life and it is something I will never forget, not only because it was my first job, but because it made me open my eyes to a lot of things that I had been unaware of until now," said Marissa. Upon graduation from North Shore Technical High School in Middleton, Marissa hopes to utilize the skills she learned at Wellspring and school to find employment in the culinary arts field.

MediClerk graduate, Ellen Weyman introduced her daughters, Sherri and Wanza, to the staff of Wellspring House. Both sisters were intrigued and decided to apply for the summer employment grant and thankfully steering clear of sibling strife, both were awarded the grant. Wanza, a sophomore at



Lesley University, worked with the administrative office and compiled a volume-sized resource guide of social services available in the local community. As an Art Therapy and Psychology major, Wanza hopes to work in a non-profit specializing in affordable art/expressive therapy for families and appreciates the opportunity to work at Wellspring."

Sherri, 16, attends Essex Agricultural Technical High School in Danvers and will receive her vet technician certificate upon graduation. During her employment at Wellspring, Sherri helped the Hospitality Manager in the kitchen ("even though she doesn't like to cook," said her sister, Wanza). Cooking abilities aside, Sherri learned what it was like to work a job during her summer at Wellspring. Sherri has said of the experience, "Wellspring was my first real job and working there has shown me what it is like to be out working everyday. It is no longer a deep dark hole that I can never picture myself doing. Now, it is 'When can I get my next job?'" Not only did Sherri work her first job at Wellspring but she also prepared her first actual meal during her time here. Of her experience, Sherri credited the staff and the welcoming sense of community as her favorite parts of working at Wellspring. She went on to say, "My favorite part of Wellspring was the sense of community and pride in the work they do. On the last day of my first week we sat down for tea, which to me was the greatest thing ever. When do you ever get to have a cup of tea and eat little treats and chat with your boss and people you look up to?" One of the many appeals of working at Wellspring House! ■

WELLSPRING LAUNCHES STUDENT INTERNSHIP PROGRAM

THE COST OF A COLLEGE EDUCATION IS STAGGERINGLY HIGH. In today's economy, many college students struggle with these high costs. Recognizing this stress, Wellspring launched a student internship program this fall with the idea that students will be able to gain valuable work experience by helping out in our programs and in turn, strengthen Wellspring's efforts. There are two internship options — a live-in internship and a departmental internship. The live-in interns reside in the "old house" at 302 Essex Avenue and work ten hours per week in Wellspring's programs in exchange for their rooms. These interns are contracted for one year. The departmental internships are designed for college students seeking semester-long positions in exchange for college credit. These students are assigned to work in a specific department in Wellspring. Currently, two department interns, Kaitlin and Kyra and three live-in interns, Lee, John, and Jeanée, comprise the students in Wellspring's first internship program.

Kaitlin, a senior at Endicott College, learned of Wellspring after seeing an application for a Communications and PR intern assisting the development office. As a communication major, Kaitlin did not hesitate to apply. "After

applying and interviewing for the position, I knew Wellspring would be a great internship experience. As a small non-profit, I would be getting lots of experience with the different facets of working in the development field. The internship is great because it allows me to combine my love for helping those less fortunate with my writing abilities in a relaxed, welcoming working environment— it really is the perfect fit," said Kaitlin.

"What doesn't she do? Kyra has a strong commitment to help people feel better about themselves to build confidence," said Sandy Sabo, Coordinator of the MediClerk program. Sandy is talking about MediClerk intern and Endicott College senior, Kyra. As an intern, Kyra's job duties range from interviewing applicants, assisting MediClerk teachers, and helping graduates search for jobs. "I have had the opportunity to meet and work with real and interesting people. Each person here comes from a different background and has had a whole slew of their own experiences, whether they are extraordinarily difficult or irreplaceably beautiful. It is very cool to watch them work collectively to reach their goals," said Kyra. After graduation, Kyra plans to attend graduate school and continue to work the within health and wellness field.

Lee, a student at North Shore Community College in the occupational therapy program saw a flyer indicating the internship positions at Wellspring and thought, "I would love to work at a place like this." After researching Wellspring, Lee particularly took interest in the mission statement. "I got teary eyed when I read the mission statement. I want a place like Wellspring in my life," said Lee. At Wellspring, Lee provides help with the maintenance and upkeep of our properties utilizing his construction background.

Finishing at Gordon College and in need of an alternative to the expensive on-campus housing, John sought a live-in internship position. John works in Wellspring's English for Speakers of Other Languages (ESOL) program and enjoys helping people learn English.

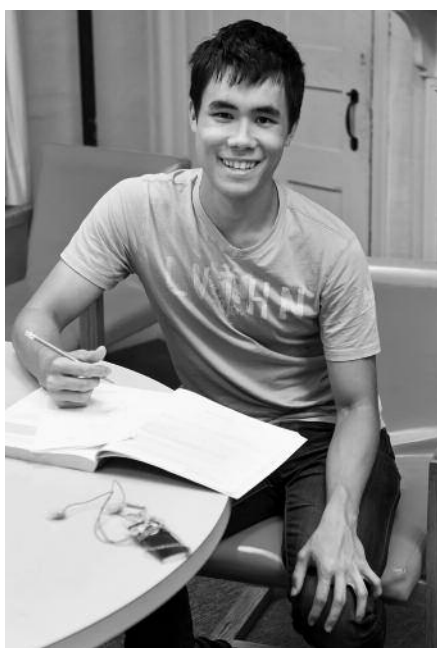


Kaitlin, a senior at Endicott College, interned in the Development Office this past fall.

"It is fun to help people as I know where they are coming from," said John who speaks both Chinese and English.

Citing helping people and the idea of a community as her reasons for wanting to become a live-in intern, Jeanée loves to do things for other people. "Working at Wellspring allows me to give back and it fits with what I needed in life at the moment," said Jeanée. She provides administrative support to the ALI program and works with the gymnastics team at the local YMCA. Working at Wellspring has made it possible for Jeanée to save money to finish her college education.

Wellspring appreciates the interns' dedication and commitment to our programs. The internships allow Wellspring to increase our impact in the community while also giving valuable work experience to those involved in the program. Thank you Kaitlin, Kyra, Lee, John, and Jeanée for all that you do to make Wellspring a welcoming place. ■



House Intern, John, in the ESOL classroom

**For more information
about our programs,
please visit our website:
www.wellspringhouse.org**

Volunteering at Wellspring



Passports volunteers pictured above.

Passports, a nonprofit group of volunteers that travels from site to site providing assistance to nonprofits in need, spent several weeks at Wellspring this past summer. The group did a great deal to improve the physical condition of the house, including painting parts of both the interior and exterior and helping to tend to the garden.



Students from Passports help weed the garden.



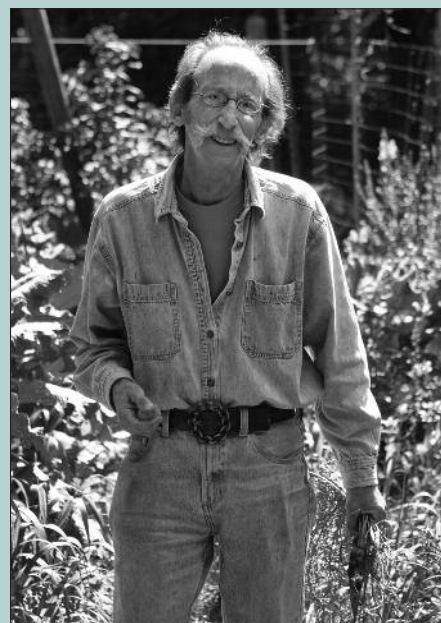
First graders from Brookwood School in Manchester, MA made their annual trip to Wellspring on November 8th. The children spent the afternoon planting bulbs in Wellspring's garden. First grade volunteers are pictured above.



CELEBRATING THE LIFE OF MITCHELL SMITH

Family, friends and colleagues gathered in Wellspring's gardens on November 9th to celebrate the life of Mitchell Smith. Through Project Able, Mitchell tended our vegetable garden in the summer, our fires in the winter, and joined us for lunch everyday for three years before he passed on October 15th after a brief illness. In the guise of a master gardener, Mitchell was really an artist with a passion for music, beauty and caring for the earth. We remember Mitchell's gentleness and reliable willingness to step up and help out. As you walk through Wellspring today his green thumb is on display with the many houseplants that were bequeathed to us, and they remind us of Mitchell's bright, evergreen spirit. We are grateful for the life that we shared. Peace be with you.

With a grateful heart,
Kay O'Rourke



Mitch at work tending to the Wellspring garden.

Wellspring Celebrates 30 Years



Amanda and Natalie Whelan, Lee Simonds Brown, and Wellspring Trustee Polly Knowles.



Jennifer Kelly and Jay Horgen of Affiliated Managers Group. AMG was the event's Gold Sponsor.



Long-time Wellspring supporter, Barbara Wilson (L) of Magnolia, chats with Trustee Jackie Littlefield and her husband Paul of Annisquam.



Barbara Sienkiewicz, Frank Robinson and Executive Director, Kay O'Rourke at the Open House.

On October 13th, Wellspring kicked off its 30th Anniversary Celebration with a benefit concert at Rockport's Shalin Liu Performance Center. Over 325 guests enjoyed an amazing show by Grammy-award winning artists, Paula Cole and Shawn Colvin. Wellspring's Annual Meeting and Open House took place on Tuesday, November 8th at 302 Essex Avenue. Old and new friends gathered. Enjoy pictures from both events and thank you for your support.



Frank Robinson, Christiane Alsop and Martha Sperry



Concert Silver Sponsor, Jon and Vicki DeSimone. Vicki has recently joined Wellspring's Board of Directors.



Performing artists, Shawn Colvin and Paula Cole. Paula has recently joined Wellspring's Board of Directors.



Mike English with co-founder Rosemary Haughton at the Open House



Enjoying the pre-concert reception are Didi Hughes, Therese Melden, Robin Swayze, Stacey DiCroce, and Kate Bullen.



Michael DiGuiseppe, Kate Horgen, Barbara DiGuiseppe and Jay Horgen.



Paula Cole, Shawn Colvin, Kay O'Rourke and Board Chair, Caroline Hovey.



Wellspring supporters, Ginny and Dana Cohen and Paula Kilcoyne.



Lisa Cancelli of Viola Lovely and Walter Simpson.



Trustee Jeannie Leibovitz, Diane Kaneb, and Trustee Ellen Shain.



Wellspring House
30TH Anniversary

HOMES • JOBS • EDUCATION



Trustees Rebecca Booma and Trisha Castraberti with Wellspring co-founder, Nancy Schwoyer.



Trustees, John Bell, Dave Pearce, and Ruth Pino.



Bruce Shain, Andrea and Paul Schaut.



Benefit Concert Committee Members: (L-R) Cristie Carter, Andrea Schaut, Caroline Hovey, Trisha Castraberti, Jeannie Leibovitz, Leslee Shlopak, Judy Klein, Polly Knowles, Rebecca Booma, Louisa Attenborough, Jackie Littlefield, Ellen Shain Robin Swayze, and Kate Horgen. Missing are: Sylvie Bell, Lisa Cancelli, Paula Cole, Marge Cregg and Christine Lundberg.



Shawn Colvin and Paula Cole rock out.

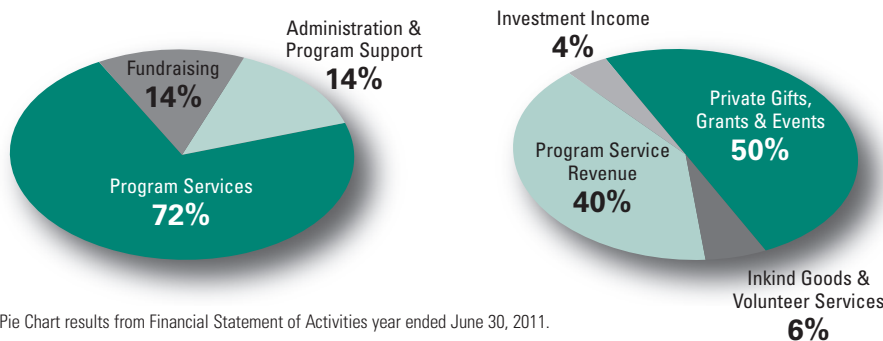
Hope Made Real

Since 1981, Wellspring House has been helping families and individuals on Cape Ann and the North Shore move out of poverty and live more fulfilling lives through transformative adult education programs, homeless prevention and advocacy services, emergency shelter for homeless families and the provision of affordable housing.

Thanks to you this past year the Wellspring community helped over 1400 families and individuals take steps to becoming financially self-sufficient and meet their basic needs.

- 151 students participated in one of our three education programs; Adult Learning Initiative (ALI), MediClerk, English Language Program,
- 85% of our MediClerk graduates were placed in permanent jobs after completing the program.
- The number of students in our English Language Program has nearly doubled in the last two years. This past year we served 73 students.
- 73% of our students in our Adult Education Program took concrete steps toward their goals of passing the GED, enrolling in college courses or securing a job.
- 350 families were supported through our homeless prevention work.
- 42 people called Wellspring's shelter "home" this year, including 22 children.
- 934 people were served through our Holiday Store and Holiday Meals Program. 406 children benefited from our Holiday Store.
- 100% of families we transitioned from our shelter have remained in stable housing over 18 months.

ON BEHALF OF OUR FAMILIES WHOSE LIVES HAVE BEEN TRANSFORMED, WE THANK YOU



*Pie Chart results from Financial Statement of Activities year ended June 30, 2011.



"I will forever be grateful to you all for my new career. I'm now doing Insurance Authorizations along with scheduling, which involves much more. I never say no when asked if I want to learn something new. The Mediclerk program and this job was the best thing that could have happened to me. My Best to All."

—SUZANNE, MEDICLERK GRADUATE



"The journey out of poverty includes homes, jobs, education. Love is an action word."

—KAY O'ROURKE, EXECUTIVE DIRECTOR

WELLSPRING DONORS

Below is a list of the individuals, corporations, foundations, and community groups who generously supported Wellspring House during FY 2011 (7/1/2010 – 6/30/2011). We are indeed grateful to these donors as this continued support makes our work possible. Our sincere thanks for the significant impact you have made in the lives of our families and neighbors.

We have worked hard to make this list accurate. Please inform us of any omissions or mistakes by calling 978-281-3558 x 302.

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Wellspring House, Inc.
302 Essex Avenue
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www.wellspringhouse.org



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UPCOMING EVENTS

Mark your calendars for Wellspring's upcoming events!

Thursday, January 19

3rd Annual Giggles for Wellspring

6:00 p.m. – 9:00 p.m.

Prince Pizzeria

517 Broadway, Saugus, MA
(Route 1 South)



Monday, May 7, 2012

14th Annual Women Honoring Women Luncheon

11:30 a.m. – 2:00 p.m.

The Crowne Plaza North Shore
50 Ferncroft Road, Danvers, MA

Key note speaker: *Chef Barbara
Lynch, of No. 9 Park, the Butcher
Shop, and Barbara Lynch Gruppo*



Visit Wellspringhouse.org for more information about these events

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With your help we can make hope real. Please consider making a gift. Your donation is needed to help support homes, jobs and education for struggling families.

To make a gift visit

www.wellspringhouse.org

Or send your donation to:

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302 Essex Avenue
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Thank you to the Cotreau Family

Our sincere thanks and gratitude to Dyane and Andrew Cotreau for hosting their Annual Holiday Celebration which benefits Wellspring's Holiday Store. The Cotreau Family has graciously opened their home for more than a decade in an effort to help brighten the holidays for hundreds of families on Cape Ann.

