



A Path in The Woods Foundation, Inc.

124 Washington St. Wellesley, MA 02481

Helping Kids Find Their Own Path in Life

2022 ANNUAL REPORT TO DONORS

ANNUAL GOLF TOURNAMENT

This year we hosted our 14th Annual Wellesley High Alumni & Friends Golf Championship outing and fundraiser on July 22nd at Sandy Burr Country Club in Wayland. We entered the tournament again planning with cautions due to the continued impact of the Covid-19 pandemic and we were again, overwhelmed with the turnout and support. We had 102 golfers, and 18 tee-box sign sponsors. As a gift to our players, we again included a sleeve of Titleist Path Foundation golf balls and awarded several prize for low team scores, including low mixed-foursome, and high team score. We had a new low team score of 57 brought in by a new generation of golfers lead by Jeff Kline and his brother-in-law Joe Cataldo.

Next year's tournament promises to be a lot of fun for every team. It will be held on Friday July 21, 2023, at Sandy Burr Country Club. Because of the larger turnout we will again need to start earlier at 9:00AM. We appreciate the continued support for this fundraising event, and we are grateful for the love and friendship it provides. 2023 will also represent the 50th year reunion of the WHS class of 1973!



! Photo from 2019 Tournament

FINANCES

In 2020 Wellesley Bank merged with Cambridge Trust, where we continue to maintain our checking account. Our balance at 12/31/2022 was \$30,075. All of our bills are paid, and we have no accounts receivable. A Path in the Woods Fund, our donor-advised field of interest fund at The Foundation for MetroWest (FMW) had a balance at 12/31/2022 of \$67,361, lower than our 2021 balance due to the downward trend in investment markets.

GRANTS & OTHER DISTRIBUTIONS

Our financial support for the Work-study Internship Program at Wellesley High School has been suspended since 2020 due to the limitations of school-work programs caused by the coronavirus. We are focusing our efforts on 2023 to provide students who are interested in working and want an opportunity to gain hands-on work experience in a supporting environment during after-school

hours. Since our first grant in 2010 we have dispersed over \$60,500 to the Wellesley Youth Commission to manage the work-study internship program. All of the grant money goes to the student interns based on a minimum hourly wage. In total, students have worked for approximately 6,000 hours. The work assignments are at various Town Departments and coordinated by the Town's Youth Director. We have funded approximately 60 students at an average of 100 hours per student, typically within a semester. The program also exposes students to the work of local government and the potential for career choices. Once the program can be restarted, we expect to see an increase in the hourly wages based on state and town guidelines.

Our financial support for the Work-study Internship Program is directed through our donor advised, field of interest fund, A Path in the Woods Fund, at the Foundation for MetroWest, a community foundation. We are very appreciative of Foundation's support and guidance in managing our fund. Distributions from our Fund are made at our direction but are approved by the Foundation's board of directors as well. Donations to A Path in the Woods Fund can also be made directly to the Foundation for MetroWest. <https://www.foundationmw.org/>

OTHER PARTNERSHIP OPPORTUNITIES

Wellesley Media Corporation Internship

We have continued our partnership with the Wellesley Media Corporation, a private non-profit organization that operates out of a studio and offices in rented space above Green's Hardware on Washington Street in Wellesley Hills. Wellesley Media is formerly known as Wellesley Community Access Cable Television. They broadcast Wellesley High School sporting events and Wellesley town government meetings on local cable TV. They produce other programs of public interest as well as public service announcements (PSA's). They are funded in part by the license fee that local cable TV providers pay the Town of Wellesley. Their funding continues to be reduced based on changes in the FCC regulations controlling local CATV licensing agreements and the market trend away from conventional cable TV. We have worked previously with Wellesley Media when we filmed a PSA for a program, we called Thrive Wellesley a few years ago. In 2019, Wellesley Media produced three videos for us as a community public service. The first one helps us tell our story and talk about our mission. The second video is an interview with the people that oversee the Center for Psychiatric Rehabilitation at Boston University and the NITEO Program that we support (see below for more information). The third video is filmed at our 2019 annual golf tournament and barbeque lunch following the tournament. The video links are in the Thrive Talk page of our Web-site at: <https://apathinthewoods.org/thrive-talk>

Using our \$5,000 internship grant Wellesley Media's Executive Director, James Joyce, has designed a work-study schedule that works for him and for our student intern. I have a great deal of confidence in James' ability to make the internship opportunity fruitful for his organization and the student we support through our grant. Wellesley Public Media is a non-profit, digital mass-media access center serving the town of Wellesley, Massachusetts. Their mission is to support the education and informing of Wellesley citizens with regards to Town civic, educational, cultural,

and community matters, and to enable them to use the latest tools and technologies for producing, managing, and distributing video and digital media. <http://www.wellesleymedia.org/>

Providing a Scholarship to the NITEO Program at Boston University

We also have a partnership with the NITEO Program at the Center for Psychiatric Rehabilitation at Boston University's Sargent College. Their relatively small facility is located at 940 Commonwealth Ave. West on the Brookline/Boston line.

NITEO is an intensive; one-semester program supporting young adults who live with a mental health condition develop wellness tools, academic skills, resilience, and work-readiness. NITEO was established in 2014, and over 150 students have graduated from the program and moved on to valued roles in their communities.

The NITEO curriculum provides students with opportunities to:

- Practice and develop resiliency skills to help them live well at school and work,
- Examine their educational, vocational, and social strengths and values, and,
- Develop an individualized path to choose, get and keep the valued roles of their choice.

All classes are held at the Center for Psychiatric Rehabilitation at Boston University; Sargent College, and enrolled students (not exclusively from BU) have access to various other University resources including the Fitness and Recreation Center. See their website for more information. <https://cpr.bu.edu/about/>

Each fall (September-December) and spring (January-May) semester, 15-19 students are invited to participate in NITEO. The semester-long program is a simulation of the college experience where students have opportunities to:

1. attend wellness and academic classes to build skills for work, and personal success;
2. build lasting relationships with same-age peers and support staff;
3. work one-on-one with an assigned College Coach for individualized support around a host of academic, vocational, social, and wellness areas.

The fee for the fall or spring semester of NITEO – classes and coaching – is \$8,500. Students need not be from BU. NITEO operates under the umbrella of the Trustees of Boston University as a 501(c)(3) so we can provide a scholarship/grant directly to the Center under IRS rules.

Courtney Joly-Lowdermilk, who manages the NITEO program at the Center, where the program is housed, said that the challenge of the NITEO program is to connect with students who are silently suffering from depression or anxiety and even psychotic behaviors. “There are any number of underlying reasons ranging from academic stress to gender identity or sexual identity,” she said. “The challenge for them, and for us, is how to engage them and keep them

engaged. “Sometimes it is as easy as getting these kids to sit around the table with other students who are experiencing similar anxiety or depression to talk about it in a safe environment. The truth is that we have to be very actively engaged and on our toes. Those good days and conversations may not last long.”

The affiliation with the NITEO program connects the Path Foundation with a professional college-based program that is focused on the 18 to 24-year-old demographic that is at a higher risk of failing to thrive.

There is no formula, says Joly-Lowdermilk. It is young adult to young adult, day to day, crisis to crisis. NITEO is engaging more directly with families of these young adults in the course of their approach, understanding that the family role is potentially critical. Her ‘boiled down’ tenets:

- Self-care is not selfish. The process requires exploring routine, resources, recovery, and a respite for personal wellbeing.
- We all need the right tools in our toolkit – kids, parents, counselors – to have these difficult conversations if we are going to make a difference and pull these kids out of their trajectories. The tools we have used in the past may not work anymore.
- Shift away from ‘shame and blame.’ It hasn’t worked in the past and it is unlikely to work in the future.
- Listen, don’t talk, when you can be in a conversation with someone who is struggling.

“Give them the space to feel and say what they are thinking,” she says. “They are not looking to us to fix them as much as they are looking to us to listen to them. We can help fix them along the way, but what they want at first is trust and a safe place to say things they have never said to another adult before.”

In 2022 we provided a grant to Center for Psychiatric Rehabilitation at Boston University of \$5,000 to help them engage their programming more directly with families through their Flourishing Families Program, and help them learn what’s needed to support their teen who is struggling with mental health challenges. Since our partnership with the Center began in 2018, we have donated \$23,500 to the NITEO program.

OUR MISSION AND OUR HISTORY

A Path in The Woods Foundation, Inc. is a non-profit, charitable organization was created in 2009 in memory of Daniel McCabe of Wellesley, MA. The foundation is dedicated to opening new doors of opportunity and exploration for the young men and women in our community and beyond who are searching for their path in life and need assistance, financial or otherwise in beginning their journey. The foundation raises funds through community-based events and through direct contributions. The funds are used to provide grants for young adults for training and education related to developing job skills and building self-confidence.

The foundation is organized exclusively for charitable and educational purposes, including, for such purposes, the making of distributions to organizations that qualify as exempt organizations under section 501(c) (3) of the Internal Revenue Code, or corresponding section of any future federal tax code. Each year A Path in The Woods Foundation continues to advance its mission through programs such as providing work-study internship grants for Wellesley High School students through a grant to the Wellesley Youth Commission dispersed by A Path in the Woods Fund, a fund of the Foundation for MetroWest, a community foundation.

OTHER SPECIAL EVENTS

In August 2022, we were chosen by the International Association of Assessing Officers (IAAO) to be the local charity for their annual conference, which was held in Boston. We were honored and overwhelmed to be chosen. IAAO, based on the recommendation of the local chapter, selects a local charity to support each year. In 2021, when the annual conference was in Chicago, they selected Gilda's Club, founded in memory of Gilda Radner to help families dealing with cancer. We held a raffle at the conference golf tournament, and we were given a booth in the Exhibition Hall. We received a tremendous amount of support from individuals, groups, associations, and corporations. In all, we received nearly \$15,000 in donations. As long-time members of IAAO, both Donna & Gary McCabe were recognized for their leadership and for the work that they are doing for young people through A Path in the Woods Foundation.



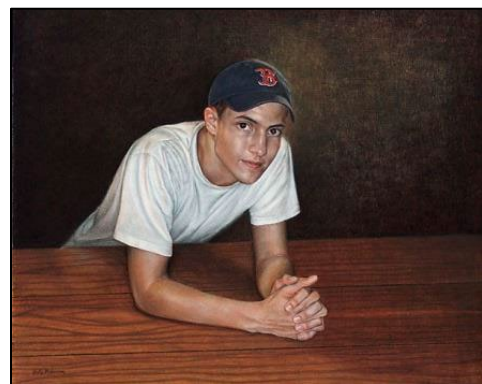
Thanks for all your support these last 14 years.

In 2021 we launched our new website. Check it out.
Website: <http://apathinthewoods.org/>

A Path in the Woods Foundation was featured in the December 2021 issue of **Wellesley Living Well** magazine, with an article co-written by Ernie Corrigan and Gary McCabe. A copy of the article can be found on our website on the Thrive Talk page.

Please let me know if you have any questions or would like to talk about our internship grant program.

Gary J. McCabe, President Email: thepathfoundation@comcast.net



|| Dan McCabe by Holly Bedrosian