



## A Path in The Woods Foundation, Inc.

124 Washington St. Wellesley, MA 02481

*Helping Kids Find Their Own Path in Life*

### 2023 ANNUAL REPORT TO DONORS

#### ANNUAL GOLF TOURNAMENT

This year we hosted our 15<sup>th</sup> Annual Wellesley High Alumni & Friends Golf Championship outing and fundraiser on July 21<sup>st</sup> at Sandy Burr Country Club in Wayland. We entered the tournament planning again with both heartache and heartfelt appreciation for the continued support of many friends. We had a record 124 golfers, and 22 tee-box sign sponsors. As a gift to our players, we included a sleeve of Titleist Path Foundation golf balls, a small thermos/tumbler, and a cooling towel. We awarded several prizes for low team scores, including low mixed-foursome, and high team score. We had another strong showing by a new generation of golfers led by Jeff Kline and his cousin Brendan Crowley and the team of Rick, Andrew, Jeff & Matt Pini.

Next year's tournament promises to be a lot of fun for every team. It will be held on Friday July 19, 2024, at Sandy Burr Country Club. We appreciate the continued support for this fundraising event, and we are grateful for the love and friendship it provides. 2023 also marked the 50<sup>th</sup> year reunion of the WHS class of 1973. The gatherings and events surrounding the reunion resulted in even more support for our work ...thank you.



*Photo from 2019 Tournament*

#### FINANCES

In 2020 Wellesley Bank merged with Cambridge Trust, where we continue to maintain our checking account. Our balances at 12/31/2023 were \$15,647 (checking account) and \$10,100 (Certificate of Deposit). In early 2024 Cambridge Trust will merge with Eastern Bank. 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 Community Foundation for MetroWest (FMW) had a balance at 12/31/2023 of \$76,004, an increase over the 12/31/2022 balance of \$8,643, including donor contributions and investment increases of approximately 12%, and less FMW management fees.

#### 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 and related state and federal financial support programs in 2023. We are focusing our efforts on 2024 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 Community Foundation for MetroWest, a community foundation located in South Natick. 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 Community Foundation for MetroWest. <https://www.communityfoundationmw.org/>

#### OTHER PATH FOUNDATION PARTNERSHIPS

##### **Wellesley Media Corporation Student 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 student 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 students 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 (CPR) 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 170 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 \$9,500. 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.

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. Former Director of the NITEO program, Courtney Joly-Lowdermilk told us that, “there is no formula; it is young adult to young adult, day to day, crisis to crisis”.

Through the NITEO program the BU Center team has seen that through engaging more directly with families of these young adults in the course of their approach, has brought greater 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 \$28,500 to the NITEO and Flourishing Families programs.

**The Resilience Project at Newton Wellesley Hospital**, a Community Health Initiative from the Division of Child and Adolescent Psychiatry at Newton-Wellesley Hospital (NWH).



A Path in the Woods Foundation has partnered with the Kiwanis Club of Wellesley, the Wellesley Youth Commission, the Wellesley Health Department, with a grant from the Community Fund for Wellesley, to produce a series of workshops for families in Wellesley interested in learning about teen and family mental health and wellness. The name of the initiative is **Thrive Wellesley** and the workshop series is titled, **Building Resilience: Supporting Youth Mental Health**. The programming will be provided by The Resilience Project at NWH. The Resilience Project is an innovative school and community-based program that promotes the emotional health and well-being of children, teens and those who support them. Their team of mental health specialists’ partner with parents, caregivers, and schools in the greater Newton-Wellesley Hospital community.

We are excited to be part of this initiative. The workshops will be held at the Wellesley Free Library Wakelin Room on April 11<sup>th</sup> May 8<sup>th</sup> and May 22<sup>nd</sup>, 2024, from 7:00pm to 9:00pm including a welcome reception from 6:15pm-6:45pm. Information about the Thrive Wellesley workshops can be found on the Path Website and the Wellesley Free Library events calendar.

## 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 Community Foundation for MetroWest, a community foundation.

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

Thanks for all your support these last 15 years.

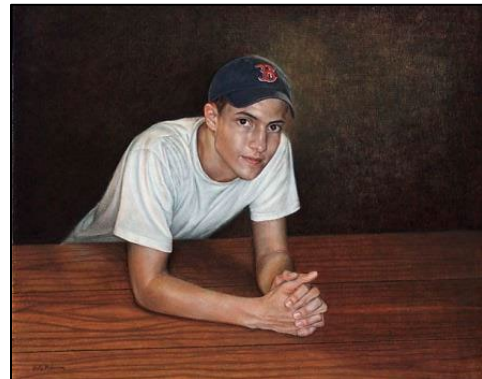
For more information see our website.

Website: <http://apathinthewoods.org/>

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

Gary J. McCabe, President

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*|| Dan McCabe by Holly Bedrosian*