



## A Path in The Woods Foundation, Inc.

124 Washington St. Wellesley, MA 02481

*Helping Kids Find Their Own Path in Life*

### 2024 ANNUAL REPORT TO DONORS

#### ANNUAL GOLF TOURNAMENT

This year we hosted our 16<sup>th</sup> Annual Wellesley High Alumni & Friends Golf Championship outing and fundraiser on July 19<sup>th</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 124 golfers, 24 tee-box sign sponsors, and a number of raffle item donations. As a gift to our players, we included a sleeve of Titleist Path Foundation golf balls. We awarded prizes for low team scores; first, second & third place, plus low mixed-foursome, high team score and a new “legends” category for a team of 70+ year-old players, and 5 hole specific prizes. We had 21 teams shoot under par, but they couldn’t overcome the outstanding play of the seasoned team of Rick Copland, Dennis Donahue, Amy Heseltine & Chris Angino, who came in first with a 10 under par score of 62. Next year’s tournament promises to be a lot of fun for every team. It will be held on Friday July 18, 2025, 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.



*Photo from 2019 Tournament*

#### FINANCES

In 2020 Wellesley Bank merged with Cambridge Trust, where we maintained our checking and savings accounts. In July 2024, Cambridge Trust merged with Eastern Bank, who now holds our accounts. Our balances at 12/31/2024 were \$20,156 (checking account) and \$10,468 (Certificate of Deposit). 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 12/31/2024 of \$83,547, an increase over the 12/31/2023 balance of \$7,543, including donor contributions and investment increases of approximately 7.8%, and less FMW management fees. A special thank you to our 2024 fund donors.

#### GRANTS & OTHER DISTRIBUTIONS

Our financial support for the Work-study Internship Program at Wellesley High School through our annual grants to the Wellesley Youth Commission has been suspended since 2020 due to the limitations of school-work programs caused by the coronavirus and the related state & federal and local (Community Fund for Wellesley) financial support programs made available to the

commission for student jobs. Between 2010 and 2019 we donated, through our grants, \$63,500 toward the work-study program for 60 plus student interns, who worked over 6,000 hours within various Town of Wellesley departments. We continue to stay in communication with the Youth Commission and should they decide to re-start the program, we will be available to provide financial support. We also continue to promote the idea of exposing students to the work of local government and its potential for career choices. Because we are a private foundation within the IRS 501(c)(3) designation, our direct support can be made to other 501(c)(3) non-profits only. Our financial support for the Work-study Internship Program was 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 the 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 be made directly to the Community Foundation for MetroWest. <https://www.communityfoundationmw.org/>

In an effort to continue our work and follow through in our mission, we are now focusing our attention on providing grants directly to local non-profit organizations interested in hiring student interns who are seeking a work experience after school and/or during the summer. We are looking for opportunities where students can gain hands-on experience in a supporting environment. One of our current partners in this program is the non-profit Wellesley Media Corporation, who have hired Wellesley High School students to work with their staff and learn TV & video production and media communications. Our contacts at WHS are the staff of the Bridge Program within the Counseling Department and the TV/Video Director in the Visual Arts Department. Our grant and our work with Wellesley Media Corporation is outlined below.

## OTHER PATH FOUNDATION PARTNERSHIPS

### **Wellesley Media Corporation Student Internship**

We began our work-study internship partnership with the Wellesley Media Corporation in 2018. They are 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 channels. 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 worked with Wellesley Media when we filmed a PSA for a program we called Thrive Wellesley over 10 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 student internship grant funds Wellesley Media's Executive Director, James Joyce, has designed a work-study schedule that works for him and for our student interns. 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's Sargent College**

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 hundreds of 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: attend wellness and academic classes to build skills for work, and personal success; build lasting relationships with same-age peers and support staff; 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 – has risen and is now \$15,000. 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.

In 2024 we provided a grant to the Center for Psychiatric Rehabilitation at Boston University of \$5,000 to support a NITEO student and to continue to develop 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 \$34,500 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 is 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 were held at the Wellesley Free Library Wakelin Room on 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. A third Thrive Wellesley session was scheduled for January 23, 2025. We also worked with the Wellesley Kiwanis Club & the Youth Commission to host mental health advocate & author, Dayna Altman, for a workshop that she calls Bake It Till You Make It, also at the Wellesley Free Library, held on November 6<sup>th</sup>, 2024.



A Path in the Woods Foundation also continues to sponsor an annual Day of Giving, American Red Cross Blood drive on the Wednesday before Thanksgiving in memory of Dan McCabe, who as a 17-year-old donated blood three times and encourage his friends to donate. The drive is hosted by the Wellesley Hills Congregational Church.

### **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.

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 16 years.

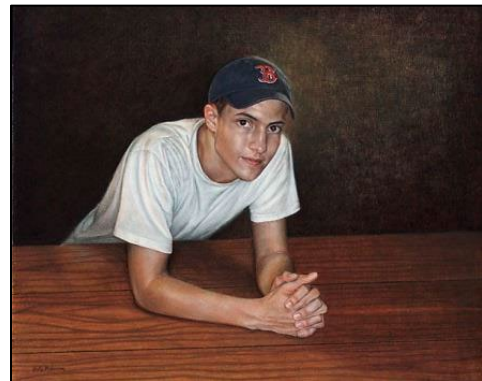
For more information see our website.

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*