Join Us for The 8th Annual Elsie Frank Walk

One of Bay Cove’s most popular annual fundraising events returns to Pope John Paul II Park on Gallivan Boulevard in Dorchester on Saturday, September 28, when walkers of all ages unite to raise money and awareness for Kit Clark Senior Services.

The Elsie Frank Walk for Kit Clark Senior Services offers participants the option of walking a 2K, 4K or 6K route, or simply joining in the festivities at the start/finish area. The walk is light on competition and heavy on fun. Seniors are encouraged to participate in the walk with family and friends, while they honor the spirit of the late Elsie Frank, a lifelong champion of elder causes.

Mrs. Frank served as the president of the Massachusetts Association of Older Americans and as a delegate to President Bill Clinton’s White House Council on Aging. She was the mother of longtime U.S. Representative Barney Frank, and an avid walker well into her later years.

“The Elsie Frank Walk is an event I look forward to every year,” says Mark Belluardo-Crosby, vice president of Kit Clark Senior Services. “It’s a fun event with a very positive vibe that has grown every year and promotes healthy aging for our senior population.

“The nice thing is that it’s a truly multi-generational event,” Mark adds. “Because it’s a walk, anyone can be included, from young children to seniors—you don’t have to be an athlete to come out, get moving and have fun!”

All proceeds from the Elsie Frank Walk benefit the various programs offered by Kit Clark Senior Services. These include Meals on Wheels delivery; the nutrition training and exercise classes of Fit-4-Life; mental and physical health programs, including day programs for seniors with memory loss; socialization programs at the Madden Senior Center in Dorchester; and much more.

The event will also feature exhibitors and live entertainment.

For more information about the 8th annual Elsie Frank Walk, please visit www.baycove.org/walk.
At our annual gala fundraiser, The Pearl 2013 (which you’ll read more about on p. 4), we premiered the latest film by Janet Boynton, which told the story of two of the people Bay Cove serves and the impact that our services have made in their lives.

This latest film shared the experiences of a man and a woman who are participants in the Bay Cove Treatment Center, where individualized counseling and the administration of the medication Methadone help people addicted to heroin begin their recovery from drug addiction. Theirs are powerful stories, and I hope those of you who haven’t yet seen the video will visit our website and take the time to watch it. As we say (repeatedly), “Bay Cove helps thousands of people – one at a time.” The many stories of growth and recovery for people battling addictions, mental illness, developmental disabilities or the struggles that come with aging that we’ve recorded or written about over the years document both the importance of the work our staff does, and the quality with which they do it.

We have a mantra at Bay Cove: we strive to treat every person we serve the way we’d want one of our loved ones treated if they needed the kinds of services that Bay Cove provides. That’s a standard to which everyone can relate and one that, when followed, ensures the treatment that each of our clients deserves. When you watch this film (or last year’s, or the one before that) you have the opportunity to get to know—in some small way—the individual(s) profiled. That reminds us to see each one as a person first and foremost—not a client or a patient—and through that lens we see that s/he could be our sister or brother, son or daughter, mother or father.

Mental illness, addictions and developmental disabilities can occur in any family, regardless of where we live, our economic status, or how much we care for each other. Getting older is something we all aspire to, but we know the many challenges that come with advanced age. We serve people who face tremendous challenges but also have great potential. While we can’t save everyone, the thousands of people whose lives are better because of the work we do, certainly make all that hard, demanding work well worth it.

At Bay Cove, our services are built around ability, hope and recovery. We work with each person to identify their strengths and their goals and help them plot a course to “get where they want to go”. We provide the support, supervision and treatment to maximize success, but all the while we encourage each person to be as independent as is practical and we accept the “dignity of risk” that accompanies greater independence.

Those of us who work at Bay Cove and the people we serve are part of a bigger community, a community that includes all of you reading this. Working together we can all make a positive difference for the individuals we serve, their families and our community.

Bill Sprague
President & CEO
As the parent of a 32-year-old woman with developmental disabilities, Mike Lento knows the importance of a strong support system—people he and his wife can trust to offer the very best care of his daughter, Eileen.

It’s no wonder, then, that he and his family were thrown for a loop last summer, when they learned that the program Eileen had attended in Charlestown for nine years had lost its DDS accreditation and was being replaced with a new program operated by Bay Cove Human Services, a company Mike was utterly unfamiliar with.

“The parents of children in the program were very shocked and distraught,” Mike recalls. “There was a lot of hysteria that the children would be left high and dry, and then, when we learned Bay Cove was coming in, about how this very large organization would run what had always been a very family-oriented program.”

In short order, though, Mike says that his concerns were alleviated through his interactions with Bay Cove Developmental Disabilities Services senior management and program staff. “They set up a series of meetings with parents to explain how the transition would go, and I was very quickly impressed by how organized, straightforward and forthright everyone was with us,” he says.

Mike joined a volunteer group for parents that wanted to assist with the transition to Bay Cove, and the experience only reinforced his first impressions of the agency and fostered an interest in getting more personally involved. “Initially, my thought was that the more educated I could make myself about Bay Cove, the better equipped I’d be to have a say in how things went for Eileen.”

A few months later, Mike joined the Board of Advocates and, in December, Mike attended Bay Cove’s annual joint meeting of the Board of Advocates and Board of Directors. “It was an excellent opportunity to meet Board members and more Bay Cove leaders, and I had a chance to hear more about how the company operated,” Mike says. “It was there that my desire to be involved with Bay Cove really started to evolve from a matter of self-interest to an appreciation of a very well-run business that’s in the business of helping people.”

Since joining the Board of Advocates, Mike has taken his role as an involved parent and expanded it as a Bay Cove supporter. His company, Mac-Gray Services (where he holds the position of Vice President of Corporate Operations), was a sponsor at the recent Pearl gala, and Mike has used some of his professional contacts to suggest some beneficial partnerships between Bay Cove and other businesses. Additionally, Mike has gotten involved with the newly-formed Bay Cove Speakers’ Bureau, and looks forward to having opportunities to get out and share his story—and Bay Cove’s—with others.

A year removed from the difficult and unexpected transition of service providers, Mike is very pleased with the work Bay Cove has done in Charlestown. “Beginning with a very, very good job done during a demanding two-month turnaround, I’ve been continually impressed with what Bay Cove has done,” he says. “The agency made a really good strong effort to interest the very best of the old staff into staying on, which has helped maintain the ‘family’ feel and comfort level that existed.

“In the end,” Mike says, “the stress and the worry about things changing had a real silver lining. I think the program is absolutely better today since Bay Cove took over.”

Most importantly, Mike’s not the only member of his family that’s embraced the change. “Eileen has adapted very well. All her friends are still there. Sheena, the program manager that she’s known for nine years, is still there. And, when we put her to bed at night, Eileen asks us if she’s going to Bay Cove the next day, and she’s happy to know that she is.”
On Wednesday, June 12, Bay Cove hosted The Pearl 2013 at the Seaport World Trade Center’s Harborview Ballroom. The agency’s annual gala, and largest fundraising event, was a tremendous success, raising more than $275,000 to support Bay Cove programs.

All of us at Bay Cove want to thank everyone who attended the event, and all those who donated and/or bid on the spectacular items featured in the live and silent auctions. Great appreciation and thanks also go to event co-chairs Eric Wetlaufer and Bob Thomas, and all the members of The Pearl 2013 planning committee, including Joe Ailinger, Laura Connors, Jane Donnelly, Phillip Edwards, Taylor Edwards, Danielle Gollenberg, Gopal Kalluri, Bill Maffie, Heather Maffie, Liz Page, Susan Pease, Tucker Smith and Bob Walters. Thanks, too, to all the Bay Cove staff who volunteered at The Pearl, without whom the evening never could have run so smoothly!

The Pearl 2013 wouldn’t have been possible without the support of our event sponsors. Special thanks go to Liberty Mutual Insurance, the presenting sponsor of The Pearl 2013, as well as Adage Capital Management, Cambridge Savings Bank, Eaton Vance, State Street, Robert and Suzanne Walters, and Eric Wetlaufer; Appleton Partners Inc., Blue Cross-Blue Shield of Massachusetts, BNY Mellon, Citizens Bank, Commonwealth Care Alliance, Karen and Andy Hirschberg, USI Insurance, Steven and Sydna Weinstein, Williams & Spade Companies Inc.; John Hancock Financial Services, Janney Capital Markets, Eastern Bank, Mac-Gray Services Inc., Massachusetts State Council Knights of Columbus, Network Health, Shepherd Kaplan LLC, Jane Donnelly & Christopher Stirling, Tucker & R.L. Smith and our many other sponsors.

“We were delighted to see so many friends, old and new, at The Pearl 2013,” said Vice President of Development David Hirschberg, “and we hope everyone will join us again at next year’s event, when we’ll be celebrating Bay Cove’s 40th anniversary.”
Volunteers Plant Seeds of Generosity at Bay Cove Program

This spring, a group of volunteers from the Boston Sai Center in Somerville—a congregation whose members count service to the community as a key way of showing their faith—gave the residents of Bay Cove’s Freeland Street house the opportunity to get their hands in the soil and plant their own garden.

The group of volunteers—Krishnajee Pucha, Vijay Gantyla, Rahul Gantyala, Balaji Gourishetti and Raju Ramakoti—was led by Board of Advocates member Gopal Kalluri and Manager of Development Operations Alcurtis Clark. They worked together to build special gardening boxes for the ladies at Freeland Street, one of Bay Cove’s Developmental Disabilities Services programs. The wooden boxes are of a sufficient height that the wheelchair-bound residents are able to fill them with soil, plant seeds, as well as water and tend to the plants as they grow.

Program Director Melissa Egan expressed gratitude on behalf of the residents, saying, “This is their home, the place they feel safest, and anything someone can do to contribute to the happiness of this environment means so much to them and their families.”

Melissa adds that residents have planted tomatoes, squash, zucchini, broccoli, peppers, cucumbers, radishes and peas in their new boxes, and look forward to a summer of eating fresh, nutritious vegetables.

Academy Boasts 3 New Grads

Bay Cove Academy in Brookline hosted its 32nd annual graduation ceremony on June 13, and saw three of its students—(pictured, l-to-r) Kane Two Feathers, Keaton Stacks and Darren Lee—matriculate in front of family, teachers and friends.

“This day, we celebrate three young men filled with courage,” said Academy Principal Judy Gelfand of the graduates. “They had the will to persevere against difficulties... the courage to fail and try again. They ran the race set before them, crossed the finish line and earned their high school diplomas.”
George C. Cutler Golf Tournament Tees Off for 18th Year

Tuesday, October 15 has been set as the date for the 18th Annual George C. Cutler Memorial Golf Tournament presented by Liberty Mutual. The tournament—which once again takes place at the Myopia Hunt Club in South Hamilton—is played in memory of George Cutler, a founding member of Center House and one of its most ardent supporters, who served on its Board of Directors for more than 30 years. All proceeds from the Cutler Tournament benefit Bay Cove’s Center House programs for adults facing challenges presented by mental illness and/or developmental disabilities.

For the second consecutive year, the Cutler will be part of the Liberty Mutual Invitational Series, and the winning foursome will have the opportunity to play in the Liberty Mutual Insurance Invitational National Finals at Pinehurst Resort in North Carolina, site of the 2014 U.S. Open.

To register for the tournament, call Meg Hoffman at 617-619-5930, e-mail mhoffman@baycove.org, or visit www.baycove.org/golf to learn more.

Success Story: George Zamora

When George Zamora first started coming to Kit Clark Senior Services in October 2011, he was struggling with mobility issues and other health problems stemming from his weight—at his heaviest, he weighed 450 pounds and spent months hospitalized, unable to get out of bed.

At Kit Clark, George was introduced to Fit-4-Life, a program that combines exercises specially designed for an aging population with nutritional education and dietary planning, in an attempt to foster healthy life choices and increased longevity among the Kit Clark population.

“I usually come five days a week,” says George, who formerly worked at Brigham and Women’s Hospital as a radiology escort. “I lift weights and do movement exercises, and I’ve changed my diet significantly. Before, I just ate the bad stuff—hamburgers, french fries—but now I like salads, fresh fruits and vegetables. The staff here helps me keep track of what I’m eating, and they give us good, healthy snacks.”

The result has been stunning: in the last 20 months, George has lost 132 pounds, weighing in today at 318. His mobility issues remain, as he’s currently confined to a wheelchair. But thanks to physical therapy, he’s now standing and plans to soon lose the chair along with even more weight.

“In addition to all the success George has had with his weight loss, he’s also been really great socially here at the Senior Center,” says Debbie Block, Activity Director for the Adult Day Health program at 1500 Dorchester Ave. “He’s really taken an active role in the community here, getting people involved and researching and suggesting some excellent daytrips for the group.”

George, whose favorite social activity with his Kit Clark friends is dominoes, still has a ways to go to achieve his target weight of “200-some-odd pounds.” However, he also has a powerful motivation to hit that goal: his recent engagement to a woman he’s known for more than 20 years.

“‘We’ve been friends for a long time, and now we’re going to get married—but not until I get myself back up and walking, so that I can enjoy our life more,” says George. “She’s an amazing, sweet woman who’s willing to wait for me.”

On July 4, George celebrated his 60th birthday with a barbecue attended by family, friends and his housemates. It’s a milestone he admits he didn’t always think he would reach. “My father died when he was 59,” George says, “and I never thought I would outlive him. But with all the help I’ve had here, I’ve been able to make big changes. I’m not afraid of hard work, and I’m getting stronger every day.”
“Serve with Liberty” Volunteers Give Bay Cove Programs a Fresh Face for Spring

Home improvements like a fresh coat of paint, new spring plantings and a freshly-weeded front yard can tangibly improve the quality of our lives.

The same holds true for the students who attend Bay Cove Academy and even the littlest Bay Cove clients, the children who receive Early Intervention services at the Daniel J. Boynton Child Development Center. When the schools these youngsters attend look well-kept and physically welcoming, it helps them feel more comfortable and aids in learning.

Which is why Bay Cove is so grateful to the more than 100 employees of Liberty Mutual who chose to help at the Academy and EI as part of the company’s annual “Serve with Liberty” campaign. From June 18-20, volunteers from Liberty Mutual—Bay Cove’s longest-standing and largest corporate sponsor—offered their help to improve and beautify our programs.

A group of staff did yardwork and cleanup at the EI program on Victory Road, and large crews spent three days painting the Academy from top to bottom—with Liberty’s President and CEO David Long (below) even getting in on the action, paint roller in hand.

Bay Cove thanks all the Liberty volunteers for their hard work, and we’re honored to have been chosen as a recipient of their generosity.

Bay Cove Celebrates Dorchester Day

Bay Cove Human Services was proud to be among the organizations and individuals that celebrated Dorchester by marching in the 109th Dorchester Day Parade on June 3.

The agency was represented by a Duck Tour boat, filled with elders who attend programs at Dorchester’s Kit Clark Senior Services and men and women who live in some of the Bay Cove’s Dorchester residences, as well as a number of Bay Cove staff who marched down Dorchester Avenue waving signs and distributing gifts like whistles and frisbees.

Despite hot and steamy temperatures, the parade was well-attended and a fun day for all!
Bay Cove Wish List

Often, one very simple item can make a real difference in someone’s life. Would you or someone you know be able to donate new (or, in some cases, gently used) items like:

- An air conditioner for a person living in supported housing
- An iPad for a person with developmental disabilities
- Furniture for a formerly homeless person’s apartment
- Business apparel for a job interview
- Books for our Family Support and Parent Support Resource Rooms
- Arts and crafts supplies for Occupational Therapy and Art Therapy programs

If you’re able to help, please contact the Bay Cove Development Department at 617-619-5930, and thank you!

MISSION Improving the quality of the lives of individuals and their families who face the challenges of developmental disabilities, aging, mental illness, and drug and alcohol addiction. We will accomplish this mission by providing effective and compassionate services and through advocacy and leadership.