

FROM THE CEO

Dear Friends,

It's been a busy spring here at Bridgewell – and we're excited about summer! This year's Gala was a success and while not exactly planned, but more of a happy coincidence, it was held on National Superheroes Day.

It was an opportunity for all of us to reflect on the people in the Bridgewell community – our everyday heroes. Your connection to Bridgewell – as a donor, as someone in our services or a loved one of someone we care for, as an employee or a supporter – makes you a Bridgewell hero. Your support helps Bridgewell deliver on our vital mission each and every day. Thank you.

In this issue, you'll read about fun recent events that took place at Bridgewell's Lotus House Family Supportive Housing Program, at Bridgewell's Employment Support Program and Family Support Center. Our programming is busy as we look to take advantage of all the great activities Massachusetts has to offer in warmer weather. Be sure to follow us on our social



media accounts and visit the Bridgewell website often for updates and to sign up for the Bridgewell eNews.

And lastly, if you haven't already, please take a moment to scan the QR code below and watch our latest video, "Everyday Heroes," produced by GraVoc. Featuring a handful of people in our community, this video encapsulates how each and every person at Bridgewell is truly heroic.

Warmly,

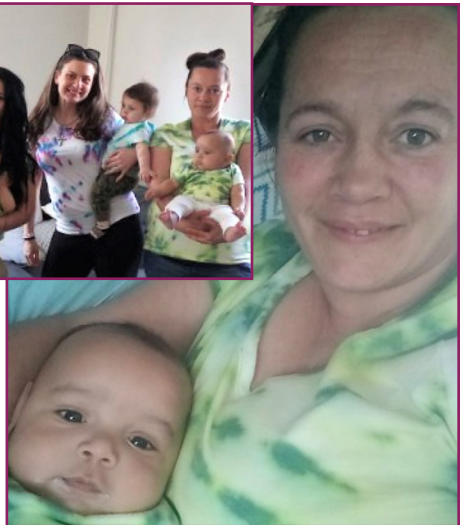
Christopher Tuttle
President & CEO

First Mother's Day at Bridgewell's Lotus House

Residents at Bridgewell's Lotus House Family Supportive Housing celebrated the program's first Mother's Day with a brunch and tie-dye project.

This program enables mothers in recovery to develop independent living skills and fosters bonding and attachment between mothers and children. Please join us in applauding these incredible women for their dedication to recovery and parenting.

Thank you to all women who have been our teachers, mentors, friends, and our biggest supporters.



New Video Alert: "Everyday Heroes"

Watch Bridgewell's newest video, produced by GraVoc, titled "Everyday Heroes," the people in our services who are working hard to overcome challenges and become engaged members of their communities, the staff who empower and support them in reaching their goals each day, and our supporters, who help make this work possible. **Watch it today!**



Employment Support and ServSafe® Certifications

Two Bridgewell employees and 10 people from Bridgewell’s Employment Support Program recently participated in a ServSafe® certification course with ServSafe® instructor Grace LePage. Having this certification opens up more employment opportunities for those in our services.

“This is a great example of how Bridgewell’s Employment Support Program opens up doors for people with disabilities in the workforce,” said Milena Sarrette, Employment Supports Manager. “Earning a ServSafe® certificate gives people in our programming an added advantage when seeking employment and volunteer opportunities. It is also a benefit to our employment partners to know that they are hiring people who have this valuable experience and education.”

The ServSafe® program is developed by the National Restaurant Association with the help of food service industry experts and is focused on sanitation, food handling and safety.



Thank you, Grace, for donating your time and expertise to help facilitate this ServSafe® certification course!

2023 Gala Recap: Sponsors

Bridgewell’s Gala was sponsored by dozens of local businesses. The Gala’s Advocate-level sponsors were Citizens Bank, Lancelot Janitorial & Paper Products, and one generous donor who wished to remain anonymous. Wellness-level sponsors included AA Maintenance Solutions, Blue Cross Blue Shield of Massachusetts, DAVCO Systems, Fisher & George Electrical Co., MacDonald & Vaccaro Insurance Agency Inc, OneDigital Health & Benefits, Savens Home Care Services, and SharkNinja. Visit the Bridgewell website to see all of the Gala sponsors.



Thank you!

To Our Sponsors

2023 Imagine the Possibilities Gala

Advocate Sponsors



Wellness Sponsors



"Outstanding Value... Practical Solutions"



Recent Foundation News

Bridgewell has received corporate and foundation support from several partners over the last several months. We received funding for classes for our individuals with autism from the Doug Flutie Jr. Foundation for Autism, funding from Nutter, McClennan and Fish for basic needs for our programs,

and several regional grants from the Walmart Foundation for our programs across the area. Bridgewell also received general operating funding from the Apple Lane Foundation and the Mastronardi Foundation. **Thank you all for the continued support!**

Family Support Center: Building Connections in Lynn

Bridgewell's Family Support Center hosted a Latino Social Fiesta at Centerboard in Lynn in May. The event included an evening of music, dancing, and food catered by Estefani's Restaurant. It was a fun evening of connecting the Latino community and learning more about local resources.

The Family Support Center provides services to people and their families from diverse cultural, ethnic and linguistic backgrounds, including those who are supporting an individual with autism.

The purpose of the Family Support Center is to support families when they need it most, providing resources and



trainings for people with autism and developmental disabilities, and their family members or guardians helping them to attain services, to positively impact their lives.

Visit the Bridgewell website for more information about Bridgewell's Family Support Center.

Directly benefit those we serve - please give today!

What do donations support here at Bridgewell? In short, **empowerment, growth – and fuller, happier lives.**

Your donation today will support enrichment activities, technology, wellness initiatives, and so much more for people in our services who are striving to live healthier, happier, more independent lives.

Your gift will truly help connect people with possibilities.



Technology

Technology devices are important aids for many people with autism and other disabilities. We have a need for adaptive equipment, sensory tools, laptops and software to help build communication and life skills to help those we serve make connections and be more independent.

Life Enrichment

People in our services have dreams, aspirations and goals. Enrichment at Bridgewell could be tickets to a show or a game; a party with friends and family to celebrate a milestone; pottery, music or art sessions.

Wellness

Taking care of the body, mind and spirit is a priority at Bridgewell. This can take many forms, such as art, animal or music therapy; exercise equipment, fitness classes and gym memberships; and therapy tools such as sketch books, yoga and meditation classes.

Please consider making a donation to Bridgewell today!.

Use the enclosed envelope to make a donation and support the vital services provided to our community. Or give online: **bridgewell.org/donate**

RECENT EVENTS



1. Officer Henry Breckenridge poses with Teddy at the Special Olympics Essex County Track & Field Qualifiers. **2.** Bridgewell's Independent Living programs visited the New England Aquarium earlier this month for a fun-filled day exploring the underwater world and learning about ocean creatures. **3.** Bridgewell's most recent group of managers, supervisors, and directors at a Leadership Skills Training. **4.** Jason at Rosewood Day Program celebrated Autism Acceptance Month with a tie-dye t-shirt project. **5.** Rachelle, who works at Captain Pizza in Middleton, is interviewed about her experience for Bridgewell's Everyday Heroes video. Check it out on the Bridgewell YouTube page. **6.** Rep. Dan Cahill, Lynn Mayor Jared Nicholson, pose with Vice President of Recovery, Housing, and Community Supports Joanna Huntington, Luis Garcia-Robles from Senator Brendan Crighton's office and Bridgewell President and CEO Christopher Tuttle, at the open house for Bridgewell's new Lotus House Family Supportive Housing Program in Lynn. **7.** Saint Patrick's Day celebrations at the Kelly J. Martin Day Habilitation Program included arts and crafts, Irish step dancing music and green refreshments! **8.** Lina Abdalla, Bridgewell's Clinical Director for Johnson Street Women's Program and Lotus House, spoke at the 2023 *Imagine the Possibilities* Gala about her journey to long-term recovery at Bridgewell. Scan the QR code above to listen to her words and learn more about her personal experience.

MORE PHOTOS AND DETAILS: bridgewell.org/news



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INSIDE THIS ISSUE

- 2023 Gala Update
- Lotus House Mother's Day
- Family Support Center Events





News

SPRING/SUMMER 2023

Imagine the Possibilities Gala: Everyday Heroes!



Bridgewell hosted its 2023 *Imagine the Possibilities* Gala at the Renaissance Boston Waterfront Hotel on Friday, April 28. The Gala helped the organization raise nearly \$320,000, surpassing its goal of \$300,000.

"Everyone in this room is an important part of Bridgewell's team of everyday heroes," said Bridgewell President and CEO Chris Tuttle. "Without you and countless other supporters of our vital mission, the people we serve would not be able to accomplish all they do."

During the event, Bridgewell honored former Essex County District Attorney Jonathan W. Blodgett with the organization's 2023 *Visionary Leadership* Award, which recognizes an outstanding individual for excellence to a community, social cause, or to Bridgewell. Mr. Blodgett was honored for the innovative and progressive approaches he spearheaded to fight crime in Essex County over his 20 years as DA, especially the Drug Diversion Program he created and expanded during his tenure. Bridgewell partners with the Essex County DA's office on this program providing clinical services and case management.

"For more than 15 years, you've partnered with Bridgewell to address

substance use and recovery challenges," Governor Maura Healey said in a prerecorded video shared at the Gala. "I know the work you have done and the lives that you have touched, and I appreciate your service...you are somebody who cares so much about community and others and you have made and will continue to make a huge impact."

The event also featured several other speakers, including Bridgewell COO Elaine White, Bridgewell Board Chair Kerry Ann Hayon, and Lina Abdalla, who shared her personal story about her engagement with Bridgewell. Lina, who is now in long-term recovery, was supported by Bridgewell's recovery case management and housing services. Lina now serves as Bridgewell's Clinical Director of Recovery Services, overseeing the Women's Program, Johnson Street and Lotus House.



To read more about the *Imagine the Possibilities* Gala and see the full photo gallery: bridgewell.org/gala

