

CARDINAL CUSHING CENTERS CONNECTOR



All ages. All abilities. All together.

Vol. 5 No. 1

A PUBLICATION OF CARDINAL CUSHING CENTERS

SPRING 2018

Paddle power



The first Paddle for a Purpose fundraiser for the Cardinal Cushing Centers Capital Campaign was held on March 3. The paddle tennis tournament raised \$14,000 for Cushing and a good time was had by all. Story, more photos, pages 4-5.

PHOTO: SEAN BROWNE

Dedicated duo to be honored at Springtime

BY PAUL HALLORAN

Cardinal Cushing Centers will honor two dedicated supporters at the annual Springtime gala this year, while featuring the Tommy Hilfiger Adaptive Collection in the fashion show at the event.

The honorees are Jody Nash, parent of a Cushing graduate and current adult resident, and chair of the capital campaign; and George Montilio, owner of Montilio's Baking Company, which provides employment opportunities for Cushing students.



Jody Nash



George Montilio

Springtime will be held June 7 at the Seaport Hotel in Boston.

"There are so many people who do an incredible job to make this organization run day in and day out," said Nash, whose daughter, Sophie, 22, came to Cushing as a student when she was 14. "The true heroes are the staff, teachers and people in adult services who do the work every day to make the organization as great as it is."

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MARATHON MISSION ACCOMPLISHED



CARDINAL CUSHING CENTERS
CONNECTOR

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Good reasons to spring forward



PETER O'MEARA

With the relentless winter finally in the rear-view mirror, our thoughts turn to spring and the opportunity to get outside and enjoy the sunshine and fresh air. At Cushing, we look forward to the arrival of spring with great anticipation, because it means our annual Springtime gala is quickly approaching.

As you will read in this edition of the Cardinal Cushing Connector, this year's Springtime will

be held June 7 at the Seaport Hotel. We are very pleased to be honoring Jody Nash and George Montilio, who have committed their time and talent to our organization. Like so many of our dedicated volunteers, Jody first experienced Cushing as a parent, when her daughter, Sophie, enrolled here eight years ago. Jody has answered the call to help time and time again, including chairing an extremely successful – and critical – capital campaign.

George recalls his father – who founded the extraordinary bakery business that George now owns – being involved with Cushing 50 years ago, so when he saw the opportunity to engage with Cushing he jumped at it. Montilio's is now

one of our top employment sites for students.

The Boston Marathon is another treasured rite of spring in this area, and we are grateful for the six runners who made Cushing the beneficiary of their fundraising efforts.

Spring also provides the chance for us non-marathoners to get outside and exercise. In this edition you will learn that health and fitness are a year-round priority at Cushing, with a myriad of programs available at both our Hanover and Braintree communities.

Spring has indeed sprung. Hope you enjoy it.

Peter O'Meara is president and CEO of Cardinal Cushing Centers.

Dedicated duo to be honored at Springtime

SPRINGTIME from Page 1

Nash went to Springtime for the first time about six years ago. "It was truly one of the happiest nights," she said. "I loved the enthusiasm, the fashion show. It is a way to show the mission of Cushing in a fun way."

Nash has spearheaded a campaign that has raised almost \$9 million for the new MarketPlace building on Route 53.

Montilio, whose father was

involved with Cushing in the 1960s, became affiliated with the organization after taking a tour and attending Springtime. He has served on the committee for the event for the last several years.

"You see what a great job Cushing does helping these kids continue with their life," he said. "I wanted to get involved and help students in a hands-on way."

There are six Cushing students working at Montilio's bakery and

pizzeria in Braintree and its retail baking and manufacturing facility in Brockton. Montilio said they are assets to the company.

"They do a great job with whatever we give them," he said. "They are very nice to everyone and people are nice to them."

Montilio called the Springtime recognition "humbling."

"It's nice to be recognized for what we do, but it's all about helping the students and the school to grow," he said.

Some of the models in the fashion show will be wearing clothes from the Hilfiger Adaptive line that was started in 2016. According to the clothing company, the line makes fashion more accessible to people with disabilities and empowers people of all abilities to express themselves through fashion.

Last year's Springtime gala attracted 420 guests and raised \$430,000 to support Cushing students and programs.

Brodericks' gift to Cushing will endure

By PAUL HALLORAN

As longtime residents of Quincy, Susan and Mark Broderick were somewhat aware of Cardinal Cushing Centers, but admittedly had no idea of the breadth of work being done there until getting a closer look. Thankfully, they liked what they saw.

Susan Broderick was a BNY Mellon co-worker and friend of Joanne Jaxtimer, whose son, Michael, graduated from Cushing in 2016 and works in food service there.

"I got to know Michael; his story is very inspirational," Broderick said, noting Michael now works at both Cushing and Davio's. "That was my introduction (to Cushing)."

Another BNY Mellon executive, from New York, sent his son to Cushing and Broderick

served as an in-state contact for the family. She started going to Cushing events, such as Springtime, and spending some time at the Hanover community.

"My eyes were opened," Broderick said. "I never knew the details of what it was all about. It seemed like a place where everyone enjoyed being."

After taking a tour, Broderick said she and her husband decided to support Cushing's mission.

"We knew this was something we wanted to give to," she said. "To walk the halls and see what is being done at the day school in Braintree and in Hanover is an eye-opening experience. It's amazing. I marvel at the dedication of the people who work there."

Vice President of Development Jansi



Susan and Mark Broderick

Chandler said it is especially gratifying when people decide to support Cushing after taking the time to gain an understanding of how the community works.

"We are honored the Brodericks have decided to name Cardinal Cushing Centers as a beneficiary of their estate," she said. "It is because of their generosity that the Cushing success story continues to be written."



Cardinal Cushing Centers
Opportunity Fund

You can help us open more doors by giving to **The Opportunity Fund** today.

Donate online at
www.CushingCenters.org or
use the enclosed reply envelope.

Fit to succeed

Cushing makes health and wellness a priority

By MEAGHAN CASEY

Exercise. It's just one of those words we love to hate. We all want the benefits, but few of us — no matter what age or ability — truly love the process.

Kym Doherty, a physical therapist at Cushing, is trying to change that. She wants Cushing's adaptive physical education and recreational programs to be a fun experience.

"We all have heard that exercise is good for you, but it can be hard incorporating it into our daily lives," said Doherty. "It's even more challenging for people with physical and learning difficulties, who have to work even harder to complete physical activities. Our programs are exceptional in helping our students have a variety of recreational opportunities. We explore a variety of ways students can maintain strength, flexibility and motor control even if they don't like sports or traditional workouts at the gym. We lead fitness groups and yoga groups to explore different ways to fit exercises into their repertoires for a healthy lifestyle."

Doherty is on hand to help students who need the extra assistance to learn safe exercise habits. In some cases, a student might have hypermobile joints and need to know how to protect his or her body to exercise with good form. She has also organized posture and body mechanics groups to help students learn more about good posture and movement and why it's important. The posture groups are targeted at middle school students, while the body mechanics groups are for vocational students.

"Students tend to have slouchy posture when they hit the middle school and teenager

years," Doherty said. "This is because of their growing bodies. Bones grow faster than muscles. As a result, their muscles get stretched during growth spurts, which causes them to get a little tight and weakened. It's hard to have good posture with weakened and tight muscles. We teach them how to have good posture in different positions — standing, sitting and sleeping. We also incorporate social thinking concepts. For example, if someone is standing with good posture — think Superman — they look alert, helpful and capable. If someone is slouching over, they may give other people the message that they're tired, weak, feeling sad or unapproachable."

The goals for the body mechanics group are similar, but also include learning how to complete vocational activities that are require gross motor skills, such as sweeping, vacuuming, lifting, carrying, pushing, pulling and cleaning.

"We want to teach our vocational students how to take care of their bodies so they can remain injury-free in the workplace," said Doherty.

After school, Cushing offers a variety of recreational opportunities for students and adults, including an active Special Olympics program. There is also a program for young athletes ages 2-7 to get an early introduction to sports and the world of Special Olympics.

In January, Cushing hosted the Future Celtics program, a six-week program that challenges students in grades 3-5 to develop their basketball game through skills, drills and leadership training.

Another program, called "Fun on Wheels," helps students to learn and practice safely riding adapted bikes, while "Water Workout" helps students to strengthen their muscles through activities in the pool. Cushing students and adult residents have attained a

number of fitness achievements as a group, including a 5K race at Castle Island in South Boston.

"Every one of these things helps to incorporate physical activities into our student's lives," said Doherty.



Cushing students and adults enjoy a game of volleyball.



Tommy Sylvia enjoys the adaptive bike program.



Connor McLaughlin, a Braintree day student, has some fun during physical therapy.



Shea Frost, Jack George and Danny Wilson celebrate their achievements as part of the posture club.



Ari Tannenbaum, Blake MacKenzie and Michael Thompson cool down after completing a 5K in South Boston.

New fundraiser serves up an ace for Cushing

Paddle tennis tournament is a big success

By PAUL HALLORAN

The idea was to come up with a new type of fundraising event, while capitalizing on the burgeoning popularity of paddle tennis on the South Shore.

Mission accomplished.

The inaugural Paddle for a Purpose was held on March 3 and, despite the area still feeling the effects of a powerful nor'easter, it surpassed all expectations, attracting 70 players and raising \$14,000 for the Cardinal Cushing Centers Capital Campaign, according to event co-chair Jody Nash.

“We took advantage of the growing interest in paddle tennis to bring the Cushing Cushing story to a larger population,” Nash said. “We were hoping to raise \$5,000-\$10,000, so we were thrilled with the results.”

The tournament was scheduled for four clubs: Black Rock Country Club in Hingham, Cohasset Golf Club, Duxbury Yacht Club, and Scituate Racquet Club. The matches scheduled for Duxbury were moved to Black Rock due to a power outage in Duxbury. (Parts of Cohasset and Scituate were also still in the dark.) The finals were held at Black Rock, along with dinner and a silent auction.

Charlie Hayes and Alex Boyd were the men’s winners, while Karyn Packard and Kathleen Thomson were the top women players.

Paddle tennis was adapted from tennis and has been played for more than a century, though its popularity in this area is much more recent. There are 11 courts combined at the four clubs in the Paddle for a Purpose event. The court is smaller than a tennis court and the net is lower. Paddle tennis is played with a solid paddle as opposed to a strung racquet, and a depressurized tennis ball is used.

“We were able to bring a lot of people into the Cushing

fold, which is wonderful,” said co-chair Mary McGoldrick, who owns Black Rock along with her husband, George.

“There really hasn’t been an event like this before. We had a small event last year, with about 15 women. We thought it would be fun to expand.”

Nash, chair of Cushing’s capital campaign that has raised almost \$9 million for the MarketPlace building on Route 53, has been affiliated with Cushing since her daughter, Sophie, started attending the school eight years ago. Her good friend, McGoldrick, is a more recent devotee, but equally enthusiastic.

“I wandered over to Cushing one day and they never let me go,” said McGoldrick, who sits on the capital campaign committee and the board of directors. “I started working in the garden with students, and I help out in Randy Wiskow’s (art) classroom. They’ve got me. It’s pretty hard to leave. I’m overwhelmed with the dedication of the staff. It’s a very special place.”

Nash and McGoldrick attributed the success of the Paddle for a Purpose event to a hard-working committee, which started planning last fall, and a group of generous sponsors.



The finals were played at Black Rock Country Club in Hingham.



From left, Stod Rowley, Bill Williams and Donald St. Sauveur



Jeff Carter returns a serve.



Kate Macpherson, Samantha Anderson and Alissa Ford



From left, Jody Nash, Dania Matheos and Aileen Eley



Chris Ward, left, and Jordan Berns attack the net.



From left, Blake Doyle, Kathleen Thompson, Karyn Packard and Heather Hawes

Paddle for a Purpose Sponsors

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- Black Rock Country Club
- Boston Tennis Court Construction Co., Inc.
- Brian McLaughlin, Sea Bird Coffee
- Buttonwood Books
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Going the extra mile for Cushing

By MEAGHAN CASEY

This year, it wasn’t just the Boston Marathon runners who were pushing themselves to raise funds for Cardinal Cushing Centers.

Whether they walk, run, bike, swim, lift, spin or dance, members of the Cush Fit Crew have trained for voluntary fitness activities with all funds going directly back to Cushing. The program was set up through CrowdRise, making it easy for supporters to contribute online.

David Yoshida, whose son Brent is a Cushing resident, has been one of the program’s biggest fundraisers. In the past, Yoshida has captained a team for the annual Rodman Ride for Kids. Brent’s Team members would ride 50 miles to raise money for Special Olympics Massachusetts and Cushing’s Special Olympics programs. Last year, with Yoshida unable to participate in the Rodman Ride, he had another thought:

Why not create his own event?

On Thanksgiving Day, while in Naples, Fla., Yoshida rode 50 miles, while his wife rode 25 and Brent rode 10. They have been able to raise more than \$13,000 as a result of that ride, with \$3,000 going to Special Olympics Massachusetts and \$10,000 going to Cushing.

“We’ve had friends and clients who have supported us for years, and we didn’t want to lose momentum by sitting this year out,” said Yoshida. “It was nice because we made it a little more of a family thing. Hopefully my other children will be able to join next year and we can make it an annul family fundraiser.”

Brent, who has fragile X syndrome, came to Cushing as a student at age 14 and is now a 30-year-old in the residential program. He has an active work and social life and participates in a number of Cushing’s Special Olympics teams.

“The Cushing staff is just tremendous,”



David, Kim and Brent Yoshida celebrated with a Thanksgiving meal after completing their respective 50-, 25- and 10-mile bike rides to raise funds for Cushing.

said Yoshida. “We couldn’t be happier. It’s been a godsend for us and for Brent.”

In addition to the Yoshida family, a number of other individuals have created their own fundraising pages through the Cush Fit Crew.

Incoming Cushing board member Hadley Harris, whose brother Traves is a Cushing resident, ran 100 miles last summer in support of Cushing. He raised more than \$10,000 and matched those donations to give Cushing more than \$20,000.

“Growing up with Traves has helped me see the importance of supporting the hopes and dreams of the intellectually and

developmentally disabled community,” said Harris. “I can’t begin to explain how great of an impact Cushing Centers has had on the life of Traves and thousands of other special individuals over the last 70 years.”

Cushing employees have also stepped up to support the cause, with Carolyn Cooke walking 15,000 to 20,000 steps a day, Heather Weikel walking 100,000 steps in September and Jen Dougherty running 10 miles a week. Even Cushing President and CEO Peter O’Meara committed to biking 50 miles a week to raise funds.

For more information or to donate, visit crowdrise.com/cushfitcrew.



Calling All Athletes: Count Your Miles for Cushing

Join the Cush Fit Crew before your next big race or fitness endeavor. [#cushfitcrew](https://www.cushfitcrew.com)

What is the Cush Fit Crew?

The Cush Fit Crew will be made up of athletes from all different backgrounds who want the opportunity to train for a cause and help raise funds for students and adults with intellectual disabilities supported by the Cardinal Cushing Centers.

Anyone can join, whether you walk, run, bike, swim, lift, spin, dance, etc.!

St. Coletta students go for the ride of their lives

By MEAGHAN CASEY

Animals, inherently, have a lot to give — and students at St. Coletta Day School are benefitting from their gentleness, strength and caregiving qualities.

On a weekly basis, students visit the Pappas Rehabilitation Hospital for Children in Canton for therapeutic horseback riding. Led by St. Coletta staff members Dave Kelly and Ken Lane, a group of 15 to 20 students participate regularly. They can choose between riding or grooming the horses.

“For some of them, it provides sensory opportunities and helps them to build balance and body awareness; for others, it builds confidence,” said Leah Salloway, Director of St. Coletta Day School. “It’s also just a wonderful chance to get outdoors and interact with the animals.”

Because of the rhythm of horseback riding, riders with physical disabilities often show improvement in flexibility, posture and muscle strength. And the bond between the horse and its rider is invaluable in terms of strengthening social skills. Behaviorally, the activity has also been seen to have a calming effect.

“It offers something for everyone,” said Salloway.



Elizabeth Lambert enjoys riding.



Elise Taylor helps to feed one of the horses.

MARATHON RUNNERS CONQUER THE ELEMENTS

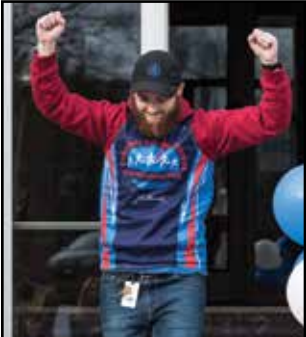


Cushing occupational therapist Julian Concannon gets some motivation and support.



Cushing students, residents and staff rallied in support of our marathon runners.

PHOTOS: SPENSER HASAK



Julian Concannon



Brittany Parnell



Elissa Montillo



Jake Schwan



Brian Brownell



Brian Lawlor

MARATHON from Page 8

His connection with Cushing dates back to the days when he would volunteer with his youth group at Cushing proms.

“I’ve always been drawn to working with folks with different abilities and when a position for an occupational therapist opened up, I knew it would be a great opportunity,” he said.

Eight months into the job and he still cannot pinpoint just one thing that makes the environment at Cushing so special.

“It’s knowing that each staff member truly wants what is best for each student,” said Concannon. “It’s seeing the smiles and joy at every victory and the hugs and support during the tough times. It’s the feeling of knowing everyone is welcome and anything can be adapted to make a student feel comfortable and be successful.”

He’s been thrilled to share his experiences at Cushing with his network of friends and family.

“In terms of the importance of the Marathon team, I know just in my personal life I have been able to spread the message of the incredible work Cushing does,” said Concannon. “I’ve had over 100 individual donations to my page – that’s 100 more folks who now know about Cushing and feel some sense of personal investment in our mission. The only way to push for inclusion is to provide education and awareness. That’s what having a Marathon team does. It opens the communities’ eyes to folks of all abilities

and the endless possibilities that can occur when we work together to create an open and safe space to include all people. It’s in our motto – ‘changing lives one mile at a time.’”

Brownell, a compliance manager at Voya Financial, had a similar early introduction to Cushing during his high school days. A Quincy native, he attended Archbishop Williams High School and would volunteer at Cushing’s St. Coletta Day School. He has since reintroduced himself as a volunteer at St. Coletta Day School as part of Voya’s service program.

“I understand the need and importance of providing the best quality of life possible for the individuals who are served by Cushing, and I was glad to get involved,” said Brownell, a first-time marathoner. “This opportunity to run seemed like the best fit.”

This was the third marathon for Schwan, whose sister-in-law is a resident at Cushing, and he wasn’t fazed by the elements. He has also completed the Salt Lake City Marathon and the Marine Corps Marathon.

“Negative temperatures, sideways rain, sleet, ice... They are all part of the fun,” he said. “I wanted to run for Cushing because it was a perfect connection of fundraising for an amazing organization, building and growing awareness about Cushing to anyone not familiar with their mission and impact, as well as the opportunity to run an iconic marathon on their behalf. It’s an opportunity I’m truly honored to have.”

To donate, visit crowdrise.com/o/en/campaign/cccboston2018.

MARATHON RUNNERS CONQUER THE ELEMENTS FOR CUSHING

BY MEAGHAN CASEY

The rain may have dampened the course at the 122nd Boston Marathon, but it didn't dampen the spirits of runners Brian Brownell, Julian Concannon, Brian Lawlor, Elissa Montilio, Brittany Parnell and Jake Schwan — all of whom made up the fundraising team for Cardinal Cushing Centers.

This marked the fifth year that Cushing was given official numbers from event sponsor John Hancock. Since year one, the number of Cushing bibs has doubled from three to six. This year's team has raised more than \$72,000.

Unfortunately, to do so, they had to brave 35 mph winds, pouring rain and a below-freezing wind chill. But their attitudes never wavered.

"My students bravely face obstacles every day that can be compared to training in a New England winter, so if they can get out of bed every day and hit the ground running, so could I," said Concannon, an occupational therapist at Cushing. "Sure, the training was brutal at times and I didn't really love all those sub-zero temps, but I did it. Not because it was fun — although there is something beautiful about an early morning run in the fresh fallen snow — but because I was doing it for someone else."

Concannon had made a promise to himself that if he got the job at Cushing, he'd try to secure a spot on the Marathon team. He was hired in September and began training shortly after.

"I had been toying with the idea of running the Boston Marathon for a few years and it all just seemed to work out with the Cushing team," said Concannon, a Rockland native.

See **MARATHON** Page 7



Cushing students, residents and staff celebrated our Boston Marathon fundraising team with a pep rally on April 12. PHOTOS: SPENSER HASAK



Malcolm Saunders offers his support.



Runners take a victory lap with students.



Sophie Savage shows her appreciation.