

Annual Report

2011



*“Happy Children, Strong Families,
Better Communities.”*



Pernet
Family Health Service

Pernet Early Intervention Services

What is Pernet's Early Intervention Program?

Pernet Early Intervention Program is part of a statewide, integrated, developmental service available to families of children between birth and three years of age. Children may be eligible for EI if they have developmental difficulties due to identified disabilities, or if typical development is at risk due to certain birth or environmental circumstances.

EI provides family-centered services that facilitate the developmental progress of eligible children. EI helps children acquire the skills they will need to continue to grow into happy and healthy members of the community. For more information please call **(508) 755-1228** or email ei@pernetfamilyhealth.org

Who is Eligible for Pernet's Early Intervention Program?

Any child up to three years of age who lives in the Worcester area may be eligible for EI. The child's family may be eligible for EI services if the child:

- **Is not reaching age-appropriate milestones in one or more areas of development.**
- **Is diagnosed with a physical, emotional, or cognitive condition that may result in a developmental delay.**
- **Is at risk for developmental delay due to various biological and/or environmental factors.**

How can a child and family become involved with Pernet's Early Intervention Program?

Anyone (a parent, doctor, caregiver, teacher, or friend) can make a referral by calling Pernet Family Health Service's Early Intervention Program. Referrals are made directly to Pernet's certified Early Intervention Program.

What happens after a referral is made to Pernet's EI?

A Pernet Early Intervention team will conduct a developmental assessment with the child and family to determine eligibility. This assessment will focus on specific areas of child development, including areas related to cognitive, language, motor, social, emotional, behavioral, and self-help skills. If the child is eligible, an Individualized Family Service Plan is written based on the individual needs of the child and family. EI begins working with the child and family within 45 days of referral.

Who provides EI services?

Services are provided by Pernet's professional and dedicated EI team, which includes the child's family. Depending on the child's needs, an EI team may also include an educator, physical therapist, speech-language pathologist, psychologist, occupational therapist, social worker, nurse, and other specialty service providers. The child's medical provider is considered a valuable member of this team.

Where and how are services provided?

A Pernet Early Intervention team serves the child and family in what are called "natural environments," for example, in family homes, childcare centers, community play groups, or libraries. Serving children in "natural environments" helps them to participate more easily in their everyday activities and with their peers.

How are services paid for?

- **There is an annual fee for some families based on family size and income.**
- **Families do not bear the cost of insurance co-payments and deductibles.**
- **The Massachusetts Department of Public Health, Medicaid, Massachusetts health insurance and health maintenance organizations (HMOs) pay for services.**

Does my child meet the Developmental Milestones for his/her age?

When thinking about normal development, think about the developing skills like: **Gross Motor–Fine Motor–Language–Cognitive–Social**. Every child is unique and your pediatrician uses milestones to help check how your child is developing. If your child is delayed, you should start intervention as soon as possible.

What should I do next?

Call and speak with Pernet Family Health Service's Early Intervention Program to make a referral. Email ei@pernetfamilyhealth.org or call **508-755-1228 ext. 242**.





Pernet Family Health Services

Mission

In the tradition of The Little Sisters of the Assumption, Pernet Family Health Service supports the physical, social, psychological and spiritual development of individuals and families by providing home-based health and social services that lead to long-term strengthening and enhancement of family and community life.

Vision

Pernet Family Health Service is a vibrant, family-centered and resource-rich partner in the development of strong, healthy and self-sufficient families and individuals who participate actively in community life.

Values

Belief in the dignity and worth of each individual

Empowerment so that families have the tools to reach their full potential

Dedication and commitment to supporting families in attaining their goals

Recognition of each family's strengths and positive attributes

Empathy for families facing challenges

Teamwork to reach our Mission and Vision

Mutuality in relationships: we both give and receive

Respect for Diversity and the richness of our differences

Our History

The Little Sisters of the Assumption came to Worcester in 1955 to work with families. The essential Mission of the Sisters is to provide health care and support to disadvantaged families and to revitalize the spirit of those degraded by poverty. In 1968, the Sisters incorporated under the title Pernet [per-nay] Family Health Service, named after the Order's founder. The agency became a home health agency certified by the Department of Public Health and is currently a major provider of home health care and early intervention services to families in the Worcester area.

The Little Sisters of the Assumption began as a community of religious women. Responding to social needs in the wake of the Industrial Revolution, Antoinette Fage and Father Etienne Pernet founded the congregation in Paris, France, in 1865. In 1891, Little Sisters of the Assumption followed the call from the United States to improve the lives of the poor with their social and spiritual services. Today, they extend their services from New York City's distressed neighborhoods to Massachusetts, Pennsylvania, Rhode Island, North Carolina, Kentucky, and Florida. Nationally respected in the field of community development, Little Sisters collaborate with public, governmental, and other non-profit organizations to improve the physical, social and spiritual health of needy children and impoverished families.

The founders' mission to unite hearts in a spirit of family remains unchanged over the years. The Little Sisters of the Assumption base their values on the Gospel and see Mary, the mother of Jesus, as a role model for their mission. Just as God raised Mary to a new life, they work to renew the whole person by developing communities that lift each other up -- physically, socially and spiritually. This mission resonates with documents such as the United Nations Charter on Human Rights. Viewing society as one large family, Little Sisters promote social justice and human rights to all people, gradually improving society -- one person, one family, one community at a time.

Programs

Early Intervention

Maternal and Child Nursing

Family Support Services:

- Fathers and Family Program
- Parent Aides
- Worcester Healthy Start Initiative
- Homemakers Program
- Young Parent Support
- Parenting Classes

Family and Community Development:

- Emergency Assistance
- Information and Referrals
- Holiday Program
- Community Organizing
- Neighborhood Leadership Development
- Youth Activities
- Homework Club
- Spiritual Life Program
- Green Island Gardens



From Our Board Chair and Executive Director



Dear Friend,

Pernet Family Health Service is known to be an oasis in the desert for families in need. Families know that they will be well cared for by the staff and volunteers at Pernet. We are proud to be known by our caring nature and dedication to strengthening families.

We also know that it is because of our loyal donors that we are able to provide the many services at Pernet and in our clients' homes. Your giving is transformed into a vehicle of assisting families to become strong and self-sufficient. Your community is better because of your selflessness in giving to those in need, and your generosity is very much appreciated.

A special note of thanks goes to the dedicated staff, Little Sisters of the Assumption, the Board members and volunteers who keep the services up and running. The hard work and commitment of the staff, as well as very low staff turnover, does not go unnoticed. Together we are achieving great results in supporting families to move out of poverty.

We are very pleased to report that, for the third consecutive year, our revenues have slightly exceeded our expenses. This has enabled us to continue to meet the increasing demand for our services despite very uncertain economic times. This would not have been possible without your support and the commitment of our staff.

This year's Annual Report focuses on our Early Intervention (EI) Program, not just because it is our largest program, but it is highly regarded in the Worcester medical community. We are very proud of the way EI serves our families. We provide screening, assessment, counseling and therapy services through home visits to children with developmental delays. This is a program contracted with the Massachusetts Department of Public Health (DPH) which provides guidelines based on best practices on Early Education and Care. Pernet has been rated 100% in four out of five areas of program surveillance by DPH.

We wish to thank all of you who made the past year successful, and we look forward to the possibilities awaiting us this year.

John McCabe

John McCabe,
Chairman

Sheilah Dooley

Sheilah Dooley
Executive Director



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Pernet's after-school Homework Club matches neighborhood children with college mentors/tutors

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Through the city's Summer Jobs for Youth program, we hire teens to plant and maintain the Green Island Gardens



Father Stephen Pernet Society Donor List

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This is our most up-to-date list of donors and foundations at press time and we regret any omission or errors made.



Early Intervention helps toddlers enjoy and learn from their world



Building and grooming the ice rink in the Crompton Park is a great way to enjoy winter



A young skater plays "Follow the Leader" with Finz, Mascot of the Worcester Sharks



Sylvia Rosado, our afternoon receptionist, keeps the peace when it gets busy during food pantry hours



Program Achievements

We are proud of all we have accomplished:

- The Early Intervention Program served a total of 210 children in FY 11.
- The Early Intervention staff has increased by one Developmental Specialist, one Occupational Therapist and two Speech Therapists.
- A new method of evaluating a child's development called the Battelle has been instituted and all staff are certified in administering it.
- Pernet's website has been redeveloped with the help of Penta Communications to focus attention on the certified Early Intervention Program.
- The Nursing Program in collaboration with our Young Parent Support program provided home visits for over 175 families.
- The computer lab has been staffed daily by Bill Evans, a Senior Employment aide, and has seen an increase of participants to an average of 40 people a week. Job development, electronic communication to countries of origin, computer skills and video games for youth are just some of the vital activities that happen every day.
- Seven local youth have been employed for summer gardening and neighborhood beautification, teaching them responsibility and job skills.
- The Homework Club has grown to over 40 participants with the assistance of college and high school volunteers and mentors.
- Pernet was an important part of the advocacy for Crompton Park Master Plan for a "safe and enjoyable summer in the park" which has recently been noticed by the media.
- English as a Second Language (ESL) was a success with students from Iraq, Haiti, El Salvador, Dominican Republic and Poland. The classes were held in the First Haitian Evangelical Baptist Church solidifying our relationship with an outstanding community partner.
- The Leadership Training Academy graduates have continued to plan activities highlighting Crompton Park, including a Barbecue with over 250 in attendance, with all food as well as the police presence donated.
- The participants in the Nutrition Classes received important information to encourage healthy eating, physical activity, balanced meal planning and good shopping skills.
- The Fathers and Family Program continues to provide over 200 men important information and support to increase positive contact with their children.
- Last year, our food pantry served 3219 families and 10,235 individuals.
- Over 350 Thanksgiving baskets (a total of 12000 pounds of food) were donated to families and over 1300 Christmas gifts were donated to client children and families. Thanks to the generosity of our donors.
- 250 volunteers put in 6000 hours of service worth of stunning \$128,160
- Twenty-eight families participated in summer outings provided by Pernet. Day trips to Buffumville Lake in Charlton and the Worcester EcoTarium afforded families a break from urban life. Parents are exposed to ways to engage their children in outdoor activities that are developmentally appropriate. Support for these outings came from grants from The Daughters of The Holy Spirit and South High Community School
- Over 90% of families involved with our Parent Aid program achieved family stability by experiencing dramatic improvement in parenting skills and overall family functioning.
- Over 95% of the babies delivered by Healthy Start involved mothers were born without complications.
- Healthy Start staff worked very hard to ensure that 100% of the babies delivered are completely up to date on all their immunizations.
- The Nursing Program served 215 families in their homes with teaching support and supervision of prenatal and post-partum women and their babies.

2011 Financial Report

REVENUES & SUPPORT

Total FY '11

| | | |
|--------------------------------|---------|-----|
| Gov't Contract Funds | 377,723 | 27% |
| Fee for Service | 694,378 | 50% |
| Private Donations | 80,611 | 6% |
| Foundation/Corporate Donations | 86,062 | 6% |
| United Way | 51,398 | 4% |
| Private Religious Sources | 61,854 | 4% |
| In-Kind Contributions | 24,592 | 2% |

TOTAL 1,376,618 100%

EXPENSES

Total FY '11

| | | |
|------------------------------|---------|-----|
| Early Intervention Program | 606,128 | 44% |
| Family Support | 183,848 | 13% |
| Family Life Programs | 179,590 | 13% |
| Family Home Visiting | 54,135 | 4% |
| Nursing Services | 85,937 | 6% |
| Administrative & Fundraising | 264,391 | 19% |

TOTAL 1,374,029 100%

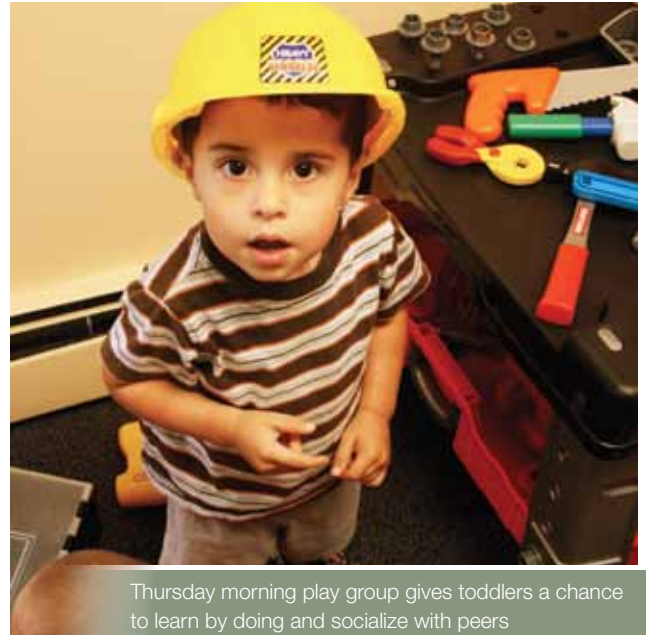
SURPLUS 2,589

Notes: Based on preliminary and unaudited statements as of 6/30/11. Includes value of in-kind goods and services.

For over eighteen years, Dolphin Resource Group has provided expert, professional financial oversight for Pernet Family Health Service. We thank them for their commitment to the success of Pernet by providing specialized and skilled accounting and practice management with a caring attitude.



We celebrated with Board member Mary Aleksiewicz and Sister Gemma Mary DeBaggis who were honored by the Notre Dame Academy with the Knollwood Award



Thursday morning play group gives toddlers a chance to learn by doing and socialize with peers



Isaac and Emily promoted the Farmers Market in Crompton park where youth gardeners sold their organic vegetables



Each year we benefit from teams of community volunteers on the United Way's Day of Caring

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Nya tames Siegried the Dinosaur at the EcoTarium



Santa's Elves: Don Grady (seated); from left to right: John McCabe, Deborah McCabe, Carol Parker, Richard Parker, Janice Mecca, Don Hamman and MaryAnn Hamman

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Pernet

Family Health Service

237 Millbury Street, Worcester, MA 01610
508.755.1228 | TTY 508.755.5795
Fax: 508.797.3477

www.pernetfamilyhealth.org

Left picture: Damien, a proud EI graduate

Right picture: Community volunteers and John McCabe, Pernet's Board President while preparing a Thanksgiving basket



Your Support Is Needed

Pernet provides services to Commonwealth of Massachusetts families without regard to their ability to pay. We are able to provide these services not covered by government reimbursement through the generosity of the Little Sisters of the Assumption, the Partners in Charity Appeal, the United Way of Central Massachusetts, the Greater Worcester Community Foundation and other charitable donations. If you would like to make a tax deductible donation or include Pernet in your will or planned gifts, please call Executive Director, Sheilah Dooley at 508-755-1228

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