

Annual Report

2010



“Pernet: We are (still) about families.”



Pernet

Family Health Service



Pernet Family Health

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:

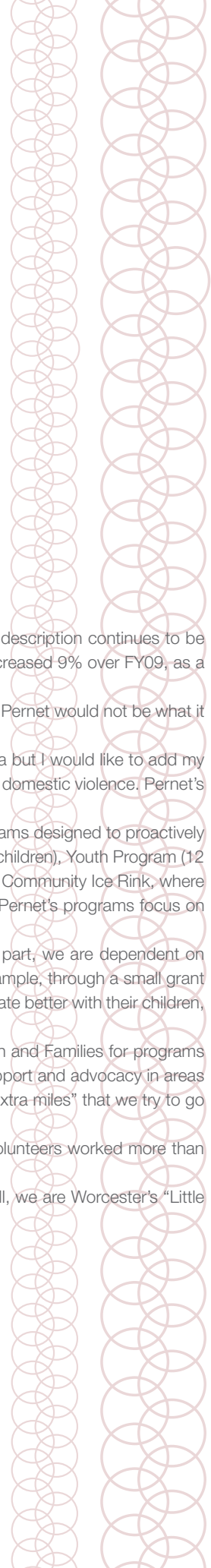
- Fathers and Family Program
- Parent Aides
- Worcester Healthy Start Initiative
- Homemakers Program
- Young Parent Support
- Parenting Classes

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



Chairman's Message



Dear Friends of Pernet,

Last year, I described Pernet as Worcester's "Little Engine That Could." Well, as you will see in this report, that description continues to be applicable as Pernet continues to chug on in spite of our difficult economic times. In fact as you will see, revenues increased 9% over FY09, as a result of increased billings on certain state programs as well as private contributions.

Our staff remained stable and continued to deliver services to our families at an extremely high professional level. Pernet would not be what it is without these individuals as well as those of you who continue to support us.

The theme of this year's report is "Pernet: we are all about family." You can read more about our work in this area but I would like to add my perspective. Public programs tend to react to problems after they occur, such as substance abuse, child neglect, and domestic violence. Pernet's mission focuses on the "long-term strengthening and enhancement of family and community life."

In addition to our state-funded programs addressing the issues mentioned above, we also have a series of programs designed to proactively strengthen the family unit. This area of programming includes the Father's Program (205 fathers), Homework Club (60 children), Youth Program (12 teens), Nutrition Class (40 participants), Summer Jobs for Youth (11 teenagers), Summer Outings (60 families) and the Community Ice Rink, where over 60 people from different groups in the neighborhood gathered together to create a family-friendly activity. All of Pernet's programs focus on prevention and health promotion, providing support before risk becomes harm.

The challenge we face is that state funding generally does not cover these important programs. For the most part, we are dependent on private contributions to fund these activities. In fact, we could expand these programs with additional funding. For example, through a small grant from the Sisters of St. Anne, we are piloting an ESL class for recent immigrants, with a goal of helping adults communicate better with their children, the children's school, and the community as they move toward becoming stable, participative members of society.

We are grateful for funding from the Massachusetts Department of Public Health and the Department of Children and Families for programs such as Early Intervention and Young Parent Support. However, Pernet could provide more comprehensive family support and advocacy in areas involving parenting, education, housing, learning English and so much more with additional funding.. These are the "extra miles" that we try to go for our families.

Financial contributions are not the only way to support Pernet; we also depend on volunteers. In Fiscal 2010 volunteers worked more than 1,500 hours on our programs. Thank you, thank you!

While economic conditions still appear bleak, we are optimistic about our future and that of our families. After all, we are Worcester's "Little Engine That Does "!

John McCabe

John McCabe,
Chairman



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We gave out dozens of pairs of donated, used skates so that neighborhood kids and adults could enjoy the ice rink we built in Crompton Park.

Administrative Staff

Sheilah H. Dooley, RN, BSN, MS
Executive Director

Paulette M. Lacoste, MA
Director of Family and Community Development

Christopher Nelson, LMHC
Director of Family Support

Laurie Majka, MA
Director of Early Intervention

Sandi Fleming
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Yildiz Laza
Coordinator of Emergency Assistance



Neighborhood leader Bob Largess gave wagon rides through Crompton Park as part of our Winter Fest.



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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.



Rob Antonelli, Assistant Commissioner of Worcester's Parks & Recreation Department, Paulette Lacoste, and Carpenters Local 107 leaders Manny Gines and Jim Turner plan ice rink improvements for next year.



Holy Cross Cares day volunteers pose at the Bob Cousy marker in Compton Park.



Erica Marten, top center, with her Homework Club children and volunteer tutors.



John McCabe, Pernet Board Chair, thanked long-term volunteers Lilyana Yordonova and Rich Gerome.



Program Achievements

We are proud of all we have accomplished:

- Volunteers from Jericho Road Worcester donated over 400 hours. JRW uses a \$150/hour rate to assess their input ... which means that they have donated \$60,000 of professional services to Pernet creating a customized, centralized client intake database.
- A total of 141 volunteers put in 1,549 hours of service worth of stunning \$31,367.25.
- The Food Pantry served 10,986 individuals from 1,809 families with food, formula, diapers and other supplies.
- The Fund Development Committee passed their goal by raising over \$6,000 selling Pernet Prayer Bracelets. They also held a “Recycle Day,” Baby Shower and “Nearly-Nu Boutique” to fundraise and “friendraise” for Pernet.
- The Parent Aide Program served a total of 170 parents and families with home-based and parenting class services; 90% demonstrated measured improvement in knowledge, behavior, and attitude related to parenting and overall household management.
- The Young Parent Support Program served 60 families; 65% of the parents pursued an education or became gainfully employed during Pernet program involvement.
- The Healthy Start Program experienced a 10% increase in enrollment due to relentless outreach efforts—all while sustaining the program’s “teamwork approach” with a new hire in the nurse-case manager position.
- The Fathers & Family Program served 205 fathers; two participating fathers served as group co-facilitators and individual mentors to other fathers in the program.
- Twenty-eight families participated in summer outings provided by Pernet. Day trips to Tougas Farm in Northboro for strawberry picking and to Buffumville Lake in Charlton 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 South High Community Service Learning Council and the Daughters of the Holy Spirit.
- Pernet joined the South Worcester Neighborhood Improvement Corporation and Oak Hill CDC in presenting a Leadership Training Academy. In six weekly sessions of two hours, participants learned basic skills for organizing their neighborhood, assessing the situation in their neighborhood, identifying a key issue they wanted to work on and developing an action plan. From this training has emerged a small group, Green Island Residents and Friends, meeting weekly to address issues regarding Crompton Park and the neighborhood.
- Ten participants in Pernet’s Nutrition Workshop, offered in collaboration with the University of Massachusetts Extension, received important nutrition education in a simple format to encourage healthy meals, physical activity, balanced meal planning and wise shopping skills. Price Chopper on Cambridge Street hosted some of the classes.
- The Early Intervention Program provided screening, assessment, counseling and therapy services through home visits and developmental play groups to 186 children and their families.
- The Nursing Program served 100 families in their homes with teaching support and supervision of prenatal and post-partum women and their babies.
- The Computer Lab was opened to the neighborhood as a way to teach and supervise computer skills to those who do not have access to computers. New immigrants have found ways to keep in touch with their relatives back home.
- The Park Steward Program, a pilot program with Worcester Community Action Council, Worcester Interfaith, with support from Federal, State and the City Manager’s Office and UMass Memorial Healthcare System, hired several City Youth to do park maintenance at Crompton Park.

Financial Report 2009/2010

REVENUES & SUPPORT

	Total FY '10	
Gov't Contact Funds	286,964	25%
Fee for Service	688,124	53%
Private Donations	64,224	5%
Foundation/Corporate Donations	82,691	6%
United Way	55,204	4%
Private Religious Sources	51,066	4%
In-Kind Contributions	76,092	6%

TOTAL 1,304,366 100%

Notes: Based on preliminary and unaudited statements as of 6/30/10. Includes value of in-kind goods and services.

EXPENSES

	Total FY '10	
Early Intervention Program	489,907	39%
Family Support	186,442	15%
Family Life Programs	232,948	19%
Family Home Visiting	48,824	4%
Nursing Services	62,492	5%
Administrative & Fundraising	236,561	19%

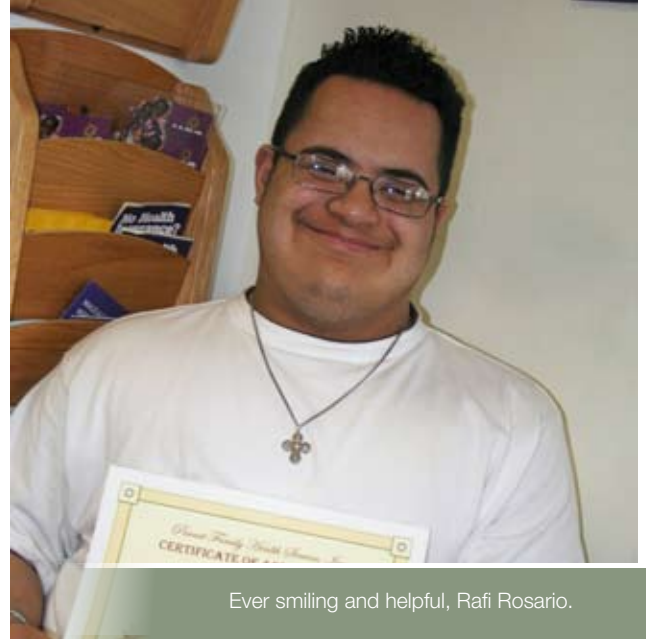
TOTAL 1,257,174 100%

SURPLUS 47,192

For over seventeen 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.



Senior Corps Volunteer Rick Powers and St. John's High School volunteers did a dirty job—cleaning out our basement.



Ever smiling and helpful, Rafi Rosario.



2009 Employee of the Year Christopher Nelson, with his children.



One-to-one tutoring is the cornerstone of our Homework Club.



A Message from the Executive Director



Dear Friends of Pernet,

"Strengthening Families"- that is the mission of Pernet Family Health Service and a passion of mine since I was a child. All families need support, but many are luckier than others. We, at Pernet, seek out the families that need support, whether it is food, infant formula and diapers, or the expertise of staff that can help with teaching child development, parenting skills, medical care or just advice on where to go for other services.

The accepting, non-judgmental attitudes of our staff and volunteers have made Pernet a haven for families in need of support and teaching. It is clear that the staff believe in the mission of Pernet. The turnover rate for staff and volunteers is exceptionally low. This shows their commitment to families. Again, the phrase, "In each of us, there is a little of all of us" keeps us focused on the fact that we are all one family and all in this life together.

Thank you all for your support of our mission and your continued dedication to the families in need of our help.

Sincerely,

Sheilah Dooley

Sheilah Dooley
Executive Director



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Judith Peck	Saint Agnes Church	St. Mary Of The Hills	Rita A. Turo	Lynda Young
Laurie Pendleton	Rosalie Allen	St. Mary's Monastery	Donna and William Tyndall	John K. MD and Leona C.
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Christine T. Pitz	Saint Luke's Episcopal Church	Assumption Church	Utzschneider, MD	James and Barbara
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caption TK



Young Neighbors in Action St. John of the Cross Parish, Middlebury, CT.

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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. Please see our website for the most up-to-date list.



Pernet

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Front Cover: Happy faces from winter and summer family outings sponsored by Pernet.

Back Cover: Thanks for the donated skates.
right: Who are these masked boys? See inside.



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