

2022 ANNUAL REPORT



PERNET FAMILY HEALTH SERVICE

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 every 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

Programs

EARLY INTERVENTION

- Developmental service available to families of children between birth and three years of age

FAMILY SUPPORT SERVICES

- Fathers and Family Program
- Homemakers Program
- Parent Aide Program
- Parenting Classes

MATERNAL AND CHILD NURSING

- Providing home care and support to pregnant and parenting women and their babies.
- Universal Newborn Visits

FAMILY AND COMMUNITY DEVELOPMENT PROGRAM

- Emergency Assistance (Food Pantry and Infant Supplies)
- Youth Summer Jobs
- Holiday Program
- Homework Club/Youth Group
- Information and Referral
- Summer Outings



Board of Directors/Leadership



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HOMEMAKERS PROGRAM

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A MESSAGE FROM OUR LEADERS



Patricia Vanasse,
Board President

Dear Friends of Pernet,

What a difference this year has brought all of us! We are finally able to see each other in person and without masks. Pernet Family Health Service has been busy as we all re-adjust to the post-pandemic world. We have all adapted to Zoom meetings and have been able to offer hybrid meetings. Pernet staff, volunteers, and board members are back in the building. The food pantry continues to be very busy.

The Pernet Board had a successful in person Pernet Cup Curling Challenge fundraising event as well as a volunteer appreciation event. The next year looks promising as Pernet continues to enhance our buildings, staff our ongoing programs, improve services and collaborate with the many agencies we work with.

We could not accomplish what we do without the leadership of Sheilah Dooley and, under her guidance, the leadership team, and staff of Pernet and their ongoing dedication to the Mission of Pernet and the Little Sisters of Assumption. The kindness, respect and support they provide to the families of Pernet is inspirational.

The board of directors of Pernet has been fortunate to welcome several new members. They come from different areas of service and bring a wealth of knowledge and experience. Our board continues to work diligently to fundraise, increase our donor base, volunteer, and keep our agency financially stable.

This year has had its challenges and I am always in awe of the responses of the network and community that Pernet is proud to be part of. The infant formula crisis affected not only Pernet families but families across this country. Pernet and the Worcester community agencies joined together to find ways to bring baby formula to all of the infants in our community.

That was yet another crisis that made me think of how fortunate I am to be part of Pernet and the Worcester community where I live and work. It brings to mind the lyrics to the song, "Rise Up", by Andra Day.

"All we need... is hope. And for that we have each other... We will rise, We will rise, We'll rise, oh,oh. We'll rise."

We invite you all to Rise with us!!!

Thank you,
Pat



Sheilah Dooley,
Executive Director

Sports teams would call this a "rebuilding year". Coming out of the pandemic slowly has been another unprecedented experience. Going from strict separations such as masking, hand hygiene, social distancing to cautious exposure to others with vaccinations, boosters and occasional masking when in close quarters has been a relief in some ways. While we must stay vigilant regarding the transmission of COVID-19 and its variants, we are now able to open up the community in many ways.

Families are now willing to have in-home visits, but we have the capability to continue telehealth when necessary. Early Intervention is mostly in-person, with screening and testing when necessary. The Youth Program opened up to a beautifully renovated space. Parent Aides can work much closer with families that need support and stabilization.

In Pernet's newest program, Universal Newborn Home Visiting for Worcester, we have expanded the Nursing Program with a voluntary service where all families bringing a newborn home can have a home visit. This program assesses new parents and newborns and can refer to other services if need be.

As always, the Emergency Assistance Program has supported families through the pandemic and the infant formula shortage. We have let the community know that Pernet Family Health Service is here and ready to support families.

I want to thank you for your generous support of Pernet so that we can continue to help families to be as strong as they can be. Your contributions, as well as your being ambassadors of Pernet in spreading the word of our important work, will help us continue to carry out these important programs. Please call me at any time to learn more about Pernet's programs.

Thank you,
Sheilah

Youth Program

With the upgrades done last year during the pandemic, the youth came to a brand new space in September 2021 when we were able to host in-person activities. Danny the Youth Coordinator recruited his wife who is an artist to decorate the walls with images that were warm and inviting for the youth. The rooms got a fresh new coat of paint. One of our donors bought sofas and bean bag chairs for the youth.

By the time Homework Club was starting, the youth space looked new, and Danny was ready with his camera to record their reaction.

"Coming back in person is the best thing that has happened to me in a while. I don't even get to go to the park because we live with my grandparents and my mom is afraid of getting them sick," said Sasha, one of the youth.

Lots of precautions have been taken to keep the program running but we are grateful for all the donations that have kept us open.

Student interns from **College of the Holy Cross, Assumption University, Clark University, and Worcester State University** helped the youth with their homework, reading, and math practice. Employees from **Cornerstone Bank** taught them lessons on the value of money and budgeting.

School vacation week found the youth visiting the Ecotarium, Worcester Art Museum, local farms, and even the aquarium in Boston. The balance between homework, healthy activities, play and fun learning activities is a core part of our youth program.

There were lessons on healthy relationships, healthy eating, internet safety, social media safety, and life skills. Danny and his team made sure the youth felt seen and heard. It was a great year with in-person activities for the youth.

Please know that your donations made this possible for each of our youth program participants. Thank you.



Universal Newborn Visit

By Benedicta Agyeman - Parent

After delivering my baby, we went home, and the baby was struggling to latch. I got a call from Amie, the nurse at Pernet Family Health Service who offered to come to my house. She came that first week and I was already feeling overwhelmed trying to feed the baby and make sure he was comfortable.

When she came in, she came with a gift bag that had diapers, formula and baby supplies. I did not expect this, so I was pleasantly surprised, and these proved to be very helpful. I then explained to her how the baby was struggling to latch during breastfeeding. She gave me pointers on what to do and even helped me with different latching techniques. I continued to try breastfeeding but eventually resorted to pumping as my baby did not latch.

Amie answered all my questions and helped me calm down- this is major for a mom of a newborn who wasn't latching. I felt heard, and she reassured me that it wasn't my fault, I wasn't doing anything wrong. She said so long as my baby got food, that was the most important thing. That made me feel less guilty about my inability to directly breastfeed.

Amie gave me helpful resources but what I appreciated most was the support and encouragement. I recommend the Universal Newborn Visits to any parent.



Pernet Cup Curling Challenge 2022

April 2019 was our first annual Pernet Cup Curling Challenge. Planning for the second one started in November of 2019 and when the plans were almost finalized in March of 2020, the pandemic hit, and everything closed down!

Sad but hopeful, we waited for the world to open but April 2021 came and went. Then, a glimmer of hope in the fall. The committee met and decided to go ahead with the faith that the world would fully open and the beginners curling tournament would take place.

Derek Alfama from the Fidelity Bank Worcester Ice Center gave us the good news that they would donate the use of their 2 skating rinks. Robert Ross Duncan from the Colonial Curling club agreed to help with the on-ice logistics and recruit curling coaches. We forged ahead with the planning.

Registrations were slow at the beginning with the Omicron variant infecting many people in January. All planning meetings were taking place virtually. Finally, in March the registrations picked up, and by mid-April, all slots were taken.

April 23rd, 2022 started with all teams arriving on time and **Congressman Jim McGovern** addressing food insecurity at the opening ceremony. The coaching began at 10 AM followed by matches taking place in the Blue and Gray Rinks. Noontime we got a visit from **City Manager Ed Augustus** and at 4 PM **Worcester City Mayor Joe Petty** encouraged the teams to move to the championship round.

Congratulations to the top 3 teams.

1. **Barry Waters**
2. **Scotch and the Rocks**
3. **The Greyhounds**

Thank you to each team, curling coach, volunteer, sponsor, and donor who made this event possible.



PERNET CUP CURLING CHALLENGE

Thank you to our Sponsors

- Fidelity Bank Worcester Ice Center
- TJ Woods Insurance Agency, Inc.
- Cornerstone Bank
- Carr Financial Group
- S G & D Insurance Agencies
- Bay State Savings Bank
- Rockland Trust Bank
- Chandler Pediatrics of Worcester
- Canal District
- UniBank
- Reliant Medical Group
- LPA Architects

Thank you to the following curling clubs for their support

- Colonial Curling Association
- Broomstones Curling Club
- Petersham Curling Club
- Blackstone Valley Curling Club
- Andover Curling Club

Programs by the Numbers

July 1, 2021 to June 30, 2022

EMERGENCY ASSISTANCE PROGRAM

Families served:

8,553

Individuals served:

29,935

Pounds of food distributed:

223,656

PARENT AIDE PROGRAM

Number of families served/helped:

146

Number of families enrolled:

107

PARENTING CLASS

Number of parents served:

89

Number of parents enrolled:

72

Number of parents that earned their class certificate for completing the class:

63 (with 12 scheduled to graduate after June 30, 2022)

NURTURING FATHERS GROUP

Number of fathers served:

73

Number of fathers enrolled:

62

Number of fathers that earned a certificate for completing the group:

41 (10 scheduled to graduate after June 30, 2022)

JAIL GROUP (Cycles of Group began in March of 2022 due to Covid restrictions)

Number of inmates served:

20

Number of inmates enrolled:

20

Number of inmates that earned a certificate for completing the group:

7 (5 scheduled to graduate after June 30, 2022: 5 inmates released 3 weeks or more prior to group completion date)

Number of inmates that participated in new family visitation program that included contact visits with their children coordinated with Pernet and jail staff:

3 (1 new family to start contact visits after June 30, 2022)

MATERNAL AND CHILD NURSING PROGRAM

The Nursing Program served

154 families with newborns

with a total of **938** home visits.

EARLY INTERVENTION PROGRAM

Children served:

242

Families served:

213

Thank You to Our Donors!

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David Grenon Family Foundation and the David R. and Rosalie A. Grenon Fund at GWCF
Diocese of Worcester - St. Vincent Community Health Care Fund
Fallon Health
First Congregational Church of Holden
Gertrude Alice Johnson Fund
JACO
Lamoureux Pagano Associates/Architects
Morgan Stanley Wealth Management
Point32Health
Rockland Trust Bank
St. Mary's Monastery
Sullivan, Garrity and Donnelly Insurance Agencies
The Coghlin Companies
The Guild of Our Lady of Providence
Thomas J. Woods Insurance Agency
UMASS Memorial Healthcare
UniBank

\$500 to \$999

Boston College Campus Ministry
Country Bank
Flagg Street School PTG
Krones Financial Group
Little Franciscans of Mary
O'Toole Family Fund
Our Lady of the Lake
Reliant Medical Group
St. Mary's Church
UBS Community Affairs and Corporate Responsibility
United Way of Greater Plymouth County, Inc.



ORGANIZATIONAL DONORS

\$1 to \$499

365Z Foundation
Amazon Smile
Anna Maria College, Campus Ministry Office
Anonymous - Hanover Insurance
Assumption University Student Athletes
Atlas Distributing, Inc.
Augustinians of The Assumption, Inc.
Bertucci's Corporation
Blessed Sacrament Church
Blessed Sacrament Church St. Vincent de Paul Society
Centro
Children's Trust
Congregation Beth Israel
Congregation of Sisters of Saint Joseph of Boston
Congregational Church Of Grafton, UCC
Cradles to Crayons
Cryogenic Institute of New England, Inc.
Cyan Lens Media
Daughters Of The Holy Spirit
Days for Girls Shrewsbury
Dr. Beverly Nazarian
Dr. Nancy R. Spitulnik and Jay J. Spitulnik
Eaton Corporation
Executive Park Suites II, Inc.
Fletcher Tilton PC
Good as Gold Coffee Systems, Inc.
Grafton Food Bank
Kateri's Kitchen
Knights Of Columbus #12701
Knights of Columbus #14757, Our Lady of Czestochowa Church
Knights of Columbus At Christ The King Church
Loving Spoonfuls
Massachusetts Early Intervention Consortium - CJ's Fund
Monahan Group, Inc.
NKD Waxing, Lashes, and Makeup
North American Martyrs Church
Notre Dame Academy
O'Connor's Restaurant and Bar
Oli's Italian Eatery, LLC
Our Lady of Lourdes Parish
Our Lady of Lourdes Parish Saint Vincent De Paul Society
Our Lady of Lourdes Parish/St. Vincent de Paul Society
Our Lady of the Angels Parish
Pope John XXIII #5481 Knights Of Columbus
Prezo Grille & Bar Inc.
Price Rite Marketplace
Proactive Families Advocacy Inc.
Project New Hope Inc.
Rachel's Table
Sacred Heart of Jesus Parish
Saint Patrick's Parish
Saint Peter's Church Food Bank
Saint Rose of Lima Parish
Saint Rose Of Lima Women's Club
Saint Vincent Hospital
Salem Community Corp
Salvation Army
Sandra Piscitelli (Millbury Federal Credit Union)
Santon Plumbing and Heating
Schoolhouse Quilters
Sisters of St. Anne, Saint Anne Convent
Southborough Food Pantry
St. Bernadette School
St. Brigid and Assumption Parishes
St. Columba Church
St. John's Clothing Store
St. Mary of The Hills Church
St. Mary's Parish
St. Peter Marian High School
St. Roch Parish Society of St. Vincent de Paul
St. Vincent School Of Alumni Association
STB Yoga Club
Stop & Shop
Table Talk Pies
The Josh Thibodeau Helping Hearts Foundation
Tufts Health Public Plans

UBC & JA LOCAL 336
UMass Extension Nutritional Educational Program
United States Post Office
W David Kelly
Wachusett Regional High School
Wegmans
WingTime LLC
Worcester Public Schools
Worcester Railers HC
Worcester WIC Program

Every effort has been made to ensure the accuracy of the donation list. If we have made an error, please accept our apologies and notify us. Thank you.



FY2022 Volunteer List

Assumption University Softball Team
Amazon
Tufts Health Public Plans
WooServes - United Way of Central MA
Notre Dame Academy
Point32Health
Cornerstone Bank
Working for Worcester
Girl Scouts of Central and Western Massachusetts
Dynamy
Ms. Haley McHatton Ballou
Ms. Ashley Barratt
Ms. Melissa Blanchette
Mr. Maurice Boisvert
Mr. Trevor Boylston
Mr. Joe Bradley
Mr. Indrek Buttner
Atty. Filomena P. Cesareo
Mr. Chris Clancy
Mr. Ross Comcowich
Ms. Cassidy Cosgrove
Mr. CJ Cosgrove
Ms. Catherine Daly
Mr. Raymond Delisle
Mr. Andrew Devine
Ms. Brenna Donahue
Mr. Thomas Doodian
Mr. Robert Ross Duncan
Mr. & Mrs. Larry C. and Sandra J. Fleming
Ms. Christina Foley
Ms. Karin Gaffney
Ms. Suzanne Gendel
Ms. Irma Gotay
Mr. and Mrs. Donald W. and Elaine A. Grady
Mr. Donald J. Hamman
Mr. Quinn Havlicek
Mr. Jonathan Hofmann
Ms. Alison Howard

Ms. Anna Hundt
Atty. Margaret E. Ives
Mr. Colin Jessup
Ms. Alexandra Krawczyk
Ms. Jennifer Kremer
Mr. Jake Kurtz
Ms. Elizabeth Leo
Sr. Margaret Leonard
Ms. Jackie Li
Dr. Jane A. Lochrie
Mr. Madison Maley
Mr. Mike Martinelli
Mr. and Mrs. John P. and Deborah J. McCabe
Ms. Emily McCann
Mr. Tyler McCauley
Sr. Jean McCormack
Mr. and Mrs. Robert E. and Janice P. Mecca
Mr. Juan Medina
Ms. Donna Mosher
Mr. Robert Murray
Mr. John Olivier
Mr. and Mrs. Richard H. and Carolyn M. Parker
Ms. Yen Pham
Mr. Stacey Potts
Ms. Valeria Raffucci
Mr. Michael S. Rezkalla
Dr. Catherine Riordan
Dr. Laurie Ross
Mr. George Rowe
Mr. Brent Rutter
Mr. Sebastian Sanchez
Ms. Hannah Sansone
Dr. Sara Shield
Ms. Tamara Sioui
Ms. Amy Smith
Mr. Dan Smith
Mr. John E. Smithisler
Mr. William Solomon

Dr. Rosalie Torres Stone
Ms. Julia Swanson
Mr. Pierre Telemaque
Mrs. Patricia A. Vanasse
Mr. Samuel Watson
Mr. John Woods
Mr. Dillion Wright
Ms. Walt Zurawsky

Coalitions, Networks, Collaborations 2022

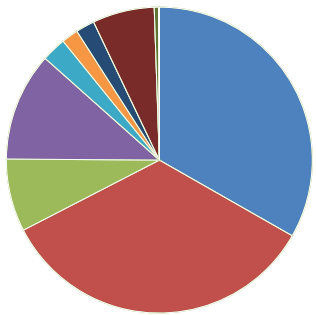
AmeriCorps
Assumption College-Reach Out Center –
Assumption University Student Ministry
Autism Alliance
Autism Spectrum Services
Beacon ABA Services
Beverly School for the Deaf
Central Mass. Housing Alliance
Central Region Consultation Program
Clarke Schools for Hearing and Speech
Clark University Service Organizations
College of the Holy Cross Service Organization
Cradles to Crayons
Early Intervention Regional Directors
EcoTarium
Family resource center
Girl Scouts
Greater Worcester Community Foundation
Green Island Neighborhood Center
Horace Mann Educators Corp
Horace Mann School for the Deaf and Hard of
Hearing
Hunger Clinic
Key Autism Services
The Learning Center for the Deaf
Lovin' Spoonfuls
Massachusetts College of Pharmacy and Health
Sciences Service-Learning Program

Massachusetts Department of Children and
Families
Massachusetts Department of Public Health
Massachusetts Department of Revenue
Mayor's Food Insecurity Task Force
Mentor South Bay
Minuteman EIP Program for Children with
Hearing Loss
Pedi Pals Program of Worcester
Perkins School for the Blind
READS Collaborative, Deaf and Hard of Hearing
Program
Reliant Foundation
Resilience Through Relationships Center
Statewide Fatherhood Engagement Leadership
Team (FELT)
Stop n Shop
Thayer-Lindsley Family Centered Program,
Emerson College
The Health Foundation of Central MA
Together for Kids Coalition
United Way of Central Massachusetts
UMass Extension Service
Wegman's
Willie Ross School for the Deaf

Worcester Community Action Council
Worcester Community Connections Coalition
Worcester County Food Bank
Worcester County House of Correction
Worcester Division of Public Health
Worcester Healthy Baby Coalition
Worcester Family Partnership (formerly Family
Ties)
Worcester Interfaith
Worcester State University
Worcester Together
WPI – Service Organizations
YouthConnect

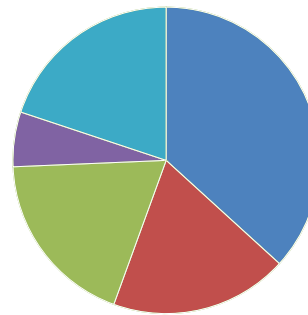
Financial Report - Operations

AS OF JUNE 30, 2022 (Preliminary and Unaudited Results)



Revenue & Support

Gov't Contract	743,553	33.2%
Fees for Service	764,694	34.2%
Private Donations	171,648	7.7%
Foundation/Corp. Donations	256,657	11.5%
United Way	57,925	2.6%
Private Religious Sources	39,502	1.8%
Other Grants	44,532	2.0%
In-Kind Contributions	146,170	6.5%
Investment Income	10,221	0.5%
Miscellaneous	1,779	0.1%
	2,236,680	100%



Expenses

Early Intervention Program	777,986	37%
Family Support	397,645	19%
Family & Community Dev.	397,440	19%
Nursing Services	122,245	6%
Admin. & Fundraising	420,998	20%
	2,116,313	100%
Operational Surplus	120,367	
Decrease in Restricted Funds	50,566	
FY 21 Change in Net Assets	170,933	

PERNET FAMILY HEALTH SERVICE



NON-PROFIT ORG
U.S. POSTAGE
PAID
PERMIT NO. 550
WORCESTER, MA

237 Millbury Street, Worcester MA 01610
Phone: 508 755-1228
Fax: 508-797-3477
TTY: 508-799-5795
Website: Pernetfamilyhealth.org
Email: info@pernetfamilyhealth.org



YOUR SUPPORT IS NEEDED

Pernet Family Health Service provides home health care, food, emergency services, and community support to the most vulnerable of Massachusetts families, regardless of their ability to pay.

Your generous donation joins the support of the Little Sisters of the Assumption, the Partners in Charity Appeal, the United Way of Central Massachusetts and the Greater Worcester Community Foundation, whose donations provide a critical supplement to fees received from government agencies.

Please remember Pernet Family Health Service with a gift to fill the funding gap this holiday season. Your check can be sent to our mailing address or can be made at pernetfamilyhealth.org.

Should you wish to remember Pernet in your will, or through an estate planning instrument such as a Charitable Lead Trust or a Charitable Remainder Trust, please call our Executive Director, Sheilah Dooley, at 508-775-1228 x250.



Little Sisters of the
Assumption



United Way
of Central MA



The Department of
Children and Families



The Department of
Public Health



Greater Worcester
Community Foundation



Diocese of
Worcester