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A photograph of three people in a restaurant or bar setting. A man in a white shirt is hugging two women. One woman is wearing a grey hoodie with "LEAD" written on it. In the background, there is a television screen showing a news broadcast with the text "LEAD with Miller, CBS News Politics and CBS Sports".

**When we realize
our own greatness
we THRIVE!**

icanthrive.org

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Corporate partner Wakefly, Inc. volunteering to landscape a Thrive residence.

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UP & COMING

Hope for the Holidays Gift Collection

Thrive Headquarters
Drop Gifts Until Dec. 8

Transitioning into Adulthood Workshop

Thrive Headquarters
Wed. Dec. 6, 6:00-8:00pm

Holiday Party

Holiday Inn Marlboro
Thurs. Dec. 21, 6:30-9:00pm



Message From Mike

Today someone asked me “What’s going on at Thrive?” Not an easy question to answer, as so much has been happening!

In October we kicked off our fall youth services activities, including Kid’s Club and Thrive After School

Community (TASC) programs. These services enable children and young adults to develop social skills, explore interests, and make friends. At the same time, their caregivers receive respite to attend to other activities.

Leadership Experience And Development (LEAD) is an innovative youth initiative that also returned in October. LEAD empowers young adults (ages 17–25) with the knowledge, skills and confidence to become leaders in their communities. We are seeking additional LEAD Mentors for the program. See inside story for more information on becoming a mentor.

With so much going on, we are continually on the lookout to increase our circle of friends. We’d love to connect with you, your employer, co-workers or friends to explore how you and they can get more involved with Thrive. If interested please contact me at mrodrigues@icanthrive.org.

Thank you for your friendship and continued generosity of spirit. Your active support is fundamental to advancing our mission.

Sincerely,

Mike

Michael A. Rodrigues, President & CEO

Family Focus

We find answers, advocate for change, offer respite, reframe challenges, and celebrate accomplishments.

Thrivers Give Back



Camille Vigeant (left) and Nanette Goldstein preparing lunches.

“Volunteers do not necessarily have the time, they have the heart.” – Elizabeth Andrews. Two of Thrive’s participants show their heart are on a weekly basis. For Camille Vigeant and Bobby Spirio, volunteering is a wonderful way to give back and they’ve learned firsthand how helping others impacts their own lives.

This summer, when the Marlborough Summer Lunch Program needed help, Camille stepped up. Every Thursday she would walk to the Holy Trinity Anglican Church in Marlborough to volunteer. Serving as many as 70 children and adults a day, Camille worked alongside other volunteers to assemble and distribute free lunches.

Camille’s favorite part of the day was, “helping the people, especially the kids.” Over the course of the summer, she bonded with many of the families that stopped in, and loved learning about their lives. Fellowship leader Kathleen Demers raved, “Camille is very helpful and all of us at the fellowship have enjoyed having her help out every week. It’s been a blessing to work with and get to know her.” The program closed in August but Camille is looking forward to helping out next summer and reconnecting with the new friends she’s made.

For Bobby Spirio giving back comes in a different form. He touches not only human lives but also lives of people’s beloved pets. Four years ago, after retiring from Marlborough Public Schools where he worked for 36 years, Bobby accompanied his brother to Marlboro Animal Hospital with their pet cat. Following the visit, Bobby became a greeter at the hospital. He recently brought his skills to Berlin Animal Hospital in Berlin, MA where he works in the same capacity.

Having grown up on a farm, volunteering at the animal hospital was a natural fit. As greeter, Bobby not only welcomes clients, he also assists the technicians with weighing and administering to animals, assists with prescriptions, and on occasion observes minor surgeries. But Bobby’s favorite part of volunteering is when the clients (pets) are ready to leave. “I like to play with and pat the dogs, then I give them treats. All the dogs love me!” declared Bobby.



Bobby greeting a patient at Marlborough Animal Hospital with veterinarian Dr. Karen Patti.

Camille and Bobby are giving back in ways that are meaningful to them. They’re setting a wonderful example of how Thrive participants are leading lives filled with well-lived moments by connecting with their community.

WANTED: Mentors to Help Create Future LEADers

Thrive’s LEAD initiative kicked off in October. There are seven future LEADers participating this year with all five LEAD alumni returning as mentors. Thrive is still in search of mentors for the program, which runs from October 2017– June 2018. Mentors are asked to commit to one hour a month to share valuable insights, experience, and provide guidance to aspiring LEADers. Contact Caitlin Devaney–Fortwengler at cdfortwengler@icanthrive.org or 508–485–4227 x1009.

Social Connections

Providing real opportunities for our participants to become a part of the community around them.

So Much To Do, So Little Time

Participants have been busy over the past few months with Thrive's Social & Recreation activities. After a busy summer with the FunFest, Forrest Road Race, summer concerts and more, fall is in full swing. A couple of new social groups have sprung up, Hot Topics, a current events discussion group, and Good Connections, discussion about relationships, each meet weekly. Stay tuned for a new group in early 2018 called Thrive Live. More details to come. Other activities continue, such as Special Olympics sports, bowling and social nights.

The highlight for October was Halloween. Nearly 100 participants made their way to Aging Well, in Marlborough, MA for Thrive's yearly Halloween Bash. There were lots of funny and outrageous costumes and plenty of dancing and treats. Next up, Thrive's Holiday Party, December 21 from 6:30-9:00pm at the Holiday Inn, Marlborough.



Community Living

A home is where we find the space, comfort, and safety to be ourselves and nurture our personal needs.

Healthy Living, Farm to Table



Tending to the garden.

Farm to table is all the rage in restaurants across the country. This growing season Thrive's Fairmont residence jumped on the farm-to-table bandwagon by planting their own garden and using the fruits of their labor for communal meals. The garden consisted of tomatoes, peppers, strawberries, green and purple basil, flat-leaf and Italian parsley, thyme and lemon thyme.

Nutritious eating has been a focus for Fairmont's residents and staff in recent years. Now in their third year of maintaining a garden, the process is stream-lined. Spring is kicked off with a vote from residents on what to plant. Decisions are made based on fan-favorite veggies and what items would be best for cooking. Upkeep of the garden is shared among many residents. This year upkeep has been mostly focused on keeping weeds at bay and harvesting.

While many of the fruits and veggies are eaten right off the vine, participants are reaping the nutritional benefits of eating homegrown herbs, fruits, and vegetables. James Fairbanks, Fairmont Hill Program Director shared, "Participants like Barry and Bill love harvesting the vegetables and many other participants also help out. Barri-Lynne, Jimmy, Bill, James and sometimes John, Dennis and Phillip all pitch in. Yesterday Barri-Lynne picked a variety of herbs and was proud to show me how much she had picked for the meal last night."

Fairbanks adds, "Planting and maintaining the garden has had a positive impact in the home. Cooking from scratch and using fresh ingredients, our residents have gained an awareness of the importance of good nutrition. Combined with the shared responsibility of tending the garden and the benefits of gardening as a form of exercise, it has been a win-win for all. Next year our plan is to expand our garden and get more residents involved."