JOURNEYS

Because it is in the process, as much as the progress, that we measure each journey.

Spring *2017*

A publication of St. Mary's Home.

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We provide quality, specialized care within a homelike environment for children and adults with severe disabilities, so each person can achieve his or her fullest potential.

Meet Olivia and Rocky,
Champions *for* Kids with Disabilities

Amelia only had eyes for Rocky when he and owner Olivia Trombino recently visited St. Mary's Home. That's CEO Wayne Jones holding the sweet pooch.

Rocky came into Olivia Trombino's life not long after she retired as a self-employed certified public account.

While the chestnut-and-white Cavalier King Charles Spaniel was undergoing obedience training, Olivia became interested in therapy dogs, who are taught to provide affection and comfort to people in hospitals, retirement homes and other settings.

Knowing that Rocky had the perfect gentle temperament, Olivia signed up for a certification program. Rocky earned his certification last June. In July, Olivia and Rocky started coming to St. Mary's Home.

"I didn't know this would happen, but it really makes me feel good when I see one of the kids smile," Olivia said, adding that she also enjoys seeing staff light up when they run into Rocky, who will turn three this June.

Olivia had known about St. Mary's for a long time. She said she felt a special connection to the Home because of family members with disabilities, including a nephew with a complex genetic condition who lives in an adult group home in Pennsylvania.

Last April, Olivia and her husband attended the annual Gala and Auction organized by St. Mary's Auxiliary Board. Soon she found herself connected with Carlton Farmer, the Home's community liaison. Carlton coordinates Olivia and Rocky's visits with the children and young adults every other Monday.

Some of the kids who seem to be so serious laugh when they see Rocky, also known as Rocket J. Spaniel, and they have fun petting him when he climbs into their laps. "They feel special when he comes and gives them kisses," Carlton said.

Rocky also regularly visits an assisted living center for retirees as part of his membership in the Welcome Waggers, the pet therapy program of Chesapeake Regional Healthcare. He even has a calling card with his portrait on it.

If you'd like to volunteer at St. Mary's, contact Community Liaison Carlton Farmer at (757) 622-2208 ext. 423 or cfarmer@smhdc.org.

Men of Tomorrow
Make Time *for* "Guy Time"

By Carlton Farmer, St. Mary's community liaison

At St. Mary's, our young men are surrounded by some great women but rarely are able to just have "guy time" and talk about things that young men want to learn from other men.

That is why I created "Men of Tomorrow," a group of six to eight teenagers and young men who meet regularly. The group meets every second and fourth Friday of the month.

Each meeting is a time for some of the young men to come together with male staff from various departments and male volunteers from the community and talk about topics they have chosen.

So far, they've created a book about shaving, drilled holes into wood with a power drill to learn about power tools and had an official wall-sized fantasy football draft board to kick off the 2016 NFL season. Brandon was our first fantasy football champion. He accumulated the best regular-season record and then defeated his roommate, John, in the playoffs.

Brandon, a member of the Men of Tomorrow group created by Carlton Farmer, St. Mary's community liaison, was the group's first fantasy football champion.

It's been great to bond with the young men on another level and to see how excited they are to spend time with men and talk about things that interest them.

Giving *for* Alana

Alana came to live at St. Mary's Home when she was an infant.

Born prematurely, she was so tiny she fit in the palm of her great-grandmother Marian Cotton's hand.

Grateful for the care that Alana, now 12, has received, Marian has been supporting the Home for more than a decade.

"I can't do anything for her, so I like to support the people who do take care of her and all the children at St. Mary's," Marian said. "It takes a very special person to work at St. Mary's. Not just anybody can do that."

Since 2010, Marian has been making regular monthly contributions — a generous gesture she continues despite now being retired and living on a fixed income. Recurring donations are easy to set up, she said, and spreading donations throughout the year allows her to give more than if she made an annual gift.

"I'd like to see more people give monthly as well," Marian said.

If you'd like to join Marian as a monthly donor to St. Mary's, see saintmaryshome.org or contact Kristen Nelson, (757) 622-2208 ext. 328 or knelson@smhdc.org.

In the News Coverage

INSIDE BUSINESS

Feb. 20
Shannon Edsall, new director of operational support, featured in the full-page "First Person" Q&A column.

Feb. 20
Announcements of Laura Godfrey's hiring as controller, of Mary Helen Hilton's promotion to director of development and of Kristen Nelson's promotion to annual giving manager.

Feb. 20
Announcement of Director of Marketing Communications Sonja Barisic's election as president of the Public Relations Society of America-Hampton Roads chapter.

COVA BIZ magazine

Dec. 2016/Jan. 2017
Item about Wayne Jones becoming St. Mary's CEO.

GHENT LIVING magazine

Oct. 2016
Full-page feature on Board President Nancy Wilcox and her volunteer work with St. Mary's.

For links to these and other media mentions of St. Mary's Home, go to: saintmaryshome.org>News>News Coverage

Holiday Spirit Shines Bright *at* St. Mary's

If you want to feel the spirit of the holidays, just stop by St. Mary's Home and The Albero House during the month of December. Our hearts were filled with warmth and gratitude as numerous friends, families, community groups and companies brought gifts to fulfill the wishes of almost 100 children and young adults.

Backpacks, comforter sets, musical toys and other donations brought smiles to so many faces – kids and adults alike. **To all of you who so kindly thought of St. Mary's during the holiday season, thank you!**

If you or your group would like to be a part of the holidays here at the Home, please reach out to us by Oct. 1. Contact Kristen Nelson, (757) 622-2208 ext. 328 or knelson@smhdc.org.

In addition to giving monthly financial support, for years our friends at American Mechanical Inc. have been having fun shopping for presents to bring to our kids during the holidays.

Carrington got into the groove when our friends from Kerneos returned to throw their annual holiday party for kids and staff.

Kulquinda greeted members of the Interact Club at Kempsville and Landstown high schools when they delivered personalized ornaments for the kids and young adults.

Aly Connects with Community *by* Volunteering with Brownies

When Aly was younger, she was part of a Girl Scout troop at St. Mary's and really enjoyed the experience. She got to explore Norfolk, visit the nation's capital and the Virginia Beach Oceanfront, create a butterfly garden at the Home, deliver donations to the Foodbank of Southeastern Virginia and, naturally, sell Girl Scout cookies.

Now that she's an adult living in The Albero House, Aly has gotten involved with Girl Scouts again. She's a volunteer assistant leader with Brownies from Troop 152 of Girl Scouts of the Colonial Coast.

Judy Salway, support coordinator for The Albero House, has been looking for more ways to get the young adults connected to the community. She said Aly relishes the opportunity to be involved by volunteering with the Brownies.

You Can Help Spread the Word About St. Mary's

Does your club, organization or business need speakers? We can help. Our staff members enjoy speaking about St. Mary's and the exceptional care, education, therapies and recreational programs we offer for individuals with disabilities.

Our presentation is designed to fit easily into your breakfast, lunch or dinner program format, at no cost, and includes a lively, professional, 10-minute video, "The Power of Touch." Our speakers also are prepared for a short question-and-answer period.

To book a speaker from St. Mary's Home at no cost, please contact Sonja Barisic, APR, director of marketing communications, at sbarisic@smhdc.org or (757) 352-2700.

Thank you to The Ryan Club, a Norfolk group of Catholic professional men, for recently hosting our CEO, Wayne Jones, (center) and Robin Geluso, one of our support coordinators (left).

You Could Drive Off *in a* New Car and Help Kids!

Our friends at Checkered Flag once again have generously donated a beautiful new Toyota Corolla for our Auxiliary Board to give away to support the children and young adults of St. Mary's Home and The Albero House.

The winning ticket will be drawn during the Auxiliary's Gala and Auction on April 1, 2017. You do not need to be present to win, although of course we'd love to have you join us!

Raffle tickets are $25 each, or five for $100. Contact Kristen Nelson, (757) 622-2208 ext. 328 or knelson@smhdc.org.

Buy your tickets for the car raffle — and for the Gala — at http://bit.ly/2017galatickets. Or contact Mary Helen Hilton, (757) 446-6793 or mhilton@smhdc.org.

Several Auxiliary Board members show off the silver 2017 Toyota Corolla that could be yours if you're lucky enough to buy the winning ticket. Top, from left: Shannon Edsall and Mona Pavlik. Bottom, from left: Auxiliary President Ann Gimbert and Mollie Pavlik, co-chair of the Auxiliary's Gala committee.

An Afternoon Full *of* Vibrant Sights and Sounds

On a chilly February day, Katie, Morgan and John escaped to an indoor oasis at the Mermaid Factory. They spent an afternoon in a warm and cozy crafting studio at the Virginia Beach Oceanfront, surrounded by pastel blues and teals on the walls and, of course, mermaid statuettes ready to be painted.

The young adults listened to island music while decorating their very own masterpieces, with every color of the rainbow from which to choose and glitter galore. Thank you to the Mermaid Factory for making it such a fun day!

Katie, John and the finished masterpieces.

Morgan contemplates her mermaid.

John gets to work painting his mermaid.

Join Our FAMILY

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saintmaryshome.org
(go to News>Blog)

We're Here *to* Help You Help Kids

EVENTS

APRIL 1, 2017

Auxiliary Board's 12th Annual Gala and Auction, *6 p.m. Peter G. Decker Jr. Half Moone Center, 1 Waterside Drive, Norfolk. To sponsor or for info: Mary Helen Hilton, (757) 446-6793 or mhilton@smhdc.org*

JULY 31, 2017

Buy a Steak in Your Community Night, *4-9 p.m., all Baker's Crust locations. Baker's Crust will give St. Mary's the proceeds from their $6 steak night promotion. Info: Kristen Nelson, (757) 622-2208 ext. 328 or knelson@smhdc.org*

SEPT. 22, 2017

"It's Fall, Y'all" *celebration, 5-8 p.m., grounds of St. Mary's Home. Enjoy this family-friendly fun-raiser. Info: Kristen Nelson, (757) 622-2208 ext. 328 or knelson@smhdc.org*

Mary Helen Hilton, who has worked for St. Mary's for more than a decade, has been promoted from director of annual giving to director of development, overseeing fund-raising for the Home. She worked side by side with Martha Price Stewart, who retired as director of development on Dec. 31.

"I continue to be amazed by our staff and how they look at our young people in terms of what they can do instead of what they can't," Mary Helen said. "It is a gift and privilege to be here at St. Mary's, and I look forward to working even harder to provide the children and young adults a good life."

In a corresponding change in our development department, Kristen Nelson has been promoted to annual giving manager.

Kristen, who had been a philanthropy associate with Girl Scouts of the Colonial Coast in Chesapeake, joined us last June as development coordinator. Her expanded role includes donor relations, database management, grants, special events and community involvement with the Home.

Our development team, from left: Mary Helen Hilton, Carmen Gerena, Loida McKeel and Kristen Nelson.

"St. Mary's Home is an incredibly special place," Kristen said. "I am overjoyed for this growth opportunity working alongside amazing staff and kids who steal your heart. It doesn't feel like work when every day is spent at 'Home.'"

Two people on our administration team will take on additional responsibilities to support the department. Loida McKeel will enter gifts in the database, generate thank-you letters and handle related duties, while Carmen Gerena will provide logistical support for fundraising events, coordinate some donor mailings and help with other tasks.

Reach Mary Helen Hilton, director of development, *at (757) 446-6793 or mhilton@smhdc.org.*
Reach Kristen Nelson, annual giving manager, *at (757) 622-2208 ext. 328 or knelson@smhdc.org.*

We've also had some additional changes in administration:

Laura Godfrey, CPA, has joined us in the new position of controller. She oversees budgeting, financial statements, Medicaid cost reimbursement and other accounting-related activities. Previously, she worked in financial and audit consulting for Accenture Federal Services and in public accounting for Dixon Hughes Goodman, LLP.

Shannon Edsall has been promoted to the new position of director of operational support. She's been with St. Mary's for more than five years, starting as an intern, and currently works on coordinating and managing projects, as well as writing grants. Her new responsibilities include overseeing human resources, maintenance, security and staff development.

From the President *Nancy Wilcox*

Thank You for Giving Individuals a Good Life and Please Join Us for Our Gala on April 1

Three decades ago, I was asked to join the Auxiliary Board, igniting my passion for St. Mary's Home. I have remained on the Auxiliary Board in addition to serving as president of the Board of Directors for the last two years. I am proud to be working alongside so many dedicated people.

As I complete my term as Board president, I feel honored to have had this opportunity to serve the children and adults who call St. Mary's their home. St. Mary's works hard to provide them "a good life," with tremendous support from individuals, corporations, foundations, organizations and more. We can't thank you enough.

With spring just around the corner, the Auxiliary Board is gearing up for the 12th annual Gala and Auction on April 1. We will be returning to the elegant Peter G. Decker Jr. Half Moone Center on the Elizabeth River in downtown Norfolk.

I am delighted to be serving as co-chair of the Gala with fellow Auxiliary member Mollie Pavlik. Our Gala is St. Mary's largest fundraising event of the year. Those who attend have so much fun and come back every year.

We'd love to have you join us for this year's Gala. We will have lots of goodies in our silent auction, including wine and jewelry, plus some exciting offerings in the live auction, such as a weekend in the Big Apple, a trip to Costa Rica, a river cruise aboard a historic restored Chesapeake Bay Deadrise and a private dinner created for you by a chef in your own home. The evening will culminate with a drawing for a 2017 Toyota Corolla donated by Checkered Flag!

Thank you again for your support. It is so appreciated and has been crucial to our success over the years and will be critical to our future as we look to expand our services off campus and provide even more opportunities for the special children and adults in our community.

See you at the Gala!

Don't forget! Please join us on April 1 at 6 p.m. for the Auxiliary Board's Gala and Auction, at the Peter G. Decker Jr. Half Moone Center, 1 Waterside Drive, Norfolk.

To buy your tickets for the Gala and/or the car raffle, contact: Mary Helen Hilton, (757) 446-6793 or mhilton@smhdc.org. Or go to http://bit.ly/2017galatickets. Car raffle tickets also will be available for purchase at the Gala.

Thank you to our Gala sponsors:

Presenting Diamond Sponsor

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Ruby Sponsor

PRA Group

You're invited! Please join our Auxiliary Board for their Gala and Auction on April 1. The amazing women of our Auxiliary have been hard at work planning a great event for you that supports the children and young adults.

Tickets for the Gala – and for a Toyota Corolla donated by Checkered Flag to be raffled that evening – are available at http://bit.ly/2017galatickets.

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A good life.

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Kids Have *a* Blast
Bowling with Rotary Club

Our kids had fun on a January weekend at the Rotary Club of Hampton Roads' Annual Bowl-A-Thon. The club has been supporting St. Mary's for at least 15 years.

Salim (pictured), Isaiah, Carrington and Lynn, as well as club members and St. Mary's staff, competed in teams of boys versus girls. Each team won a round. Carrington's grandfather, who was visiting from San Francisco, also tried his hand at knocking down the pins.

Special thanks to the club's Joe Mulkerrin for treating our kids to pizza and a good time!

GIVE THE GIFT OF A GOOD LIFE

You can help children and young adults with severe disabilities enjoy a good life and receive the best care in a warm, homelike environment.

To donate:

- *Go online to saintmaryshome.org*
- *Call (757) 622-2208 or (800) 237-6555*
- *Send your gift in the envelope provided with this newsletter*

You make a difference. Thank you!

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