

Shattuck
Partners

Recovery. Healing. Hope.

The newsletter of Shattuck Partners, Inc.

RECOVERY. HEALING. HOPE.

“It’s like food for your soul.”

That’s what the Saturday Songwriting Program is like, according to one patient participant. Thanks to the generosity of donors like you, patients experienced this program for the third year in a row.

In the words of another participant, “It’s helped me feel better about being at the hospital. It’s helped me recover by doing this type of stuff.” Shattuck Partners welcomed back Singer/Songwriter (and licensed mental health counselor) Mark Lipman who led patients on a musical journey using themes like

change and transition, supporting each other, peace and tranquility, pain, the unknown, and getting LOUD to share and connect through music and words. Participants created group songs and some even booked “studio time” to record their own songs or spoken words. No musical experience was required for

participation. The final performance, pictured below, gave participants a chance to share this positive, supportive, and therapeutic experience with the hospital community. According to Cynthia, a participant, “Get Loud—I just love that song! It just makes me feel good.”



Excerpt from the group song [Get Loud](#):

*I’m glad I put things into perspective, it makes it so I can go on
The power is within me, and that I needed to feel
I’m glad I realized , what kind of help I needed, it was a hard choice...
And get loud, get loud, get loud, that I know, that I know*

“Make this group mandatory!”

This was a request from a patient participant in our life skills program. Patients see the value in our programs, and they're asking for more. Thanks to supporters like you, we're collaborating with staff to support the needs of today's public health and mental health patients. For example, the new life skills program engages patients in weekly groups to learn to navigate the social, vocational, health and financial aspects of their lives. The program includes a speaker series launching in January. Guest speakers will include addiction counselors as well as a local running club that promotes running as a positive coping skill in recovery.



Summer Soirée Success

Thanks to YOU, our June Gala at the Venezia featuring “Master Mentalist” Jon Stetson was sensational! The Gala is our biggest fundraiser of the year.

Special Thanks to our Gala Sponsors

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Table Leaders

Terry Dolan, Suzanne Greenberg,
Theresa Sheehan, Stefanie Solomon,
Sally Swihart



Going the Extra Mile

Thank you to all who supported our 2nd Annual 5K in Franklin Park on September 22nd.

It was a perfect fall day! Congratulations to all winners across categories, and to our top two finishers, Matthew Smith and Catherina Armstrong, MD.



"Whether racing, jogging or strolling, it was a terrific way to spend a fall morning! I especially enjoyed seeing the patients who came out to participate." Terry Dolan, Race Co-Director



Thanks to all race sponsors including Abby Lane, Aramark, Athleta, Alexandra Beauty, Bay State Physical Therapy, Citrus & Salt, Doyle's, 4 Corners Yoga and Wellness, Health Resources in Action, HealthMart Pharmacy, Imani Massage JP, Lion's Tail, Lower Mills Tavern, Representative Liz Malia, Marathon Sports, Star Market, Yellow Door Taqueria .

Help us Meet our Goal

Help us raise an additional \$15,000 by the end of the year to meet new programming needs. Send in your enclosed envelope or visit shattuckpartners.org today to make your year-end gift! Here are some ways you can help:

- 1) Send us your one-time donation using the enclosed envelope or online at shattuckpartners.org.
- 2) Sign up for a recurring donation online at shattuckpartners.org.
- 3) Become a member of Shattuck Partners using the enclosed envelope, or online under "membership" at shattuckpartners.org.
- 4) Do your holiday shopping at smile.amazon.com (same content as amazon.com)



and select Shattuck Partners as your charity of choice. A portion of each transaction will be donated back to us.

- 5) State employees: Select Shattuck Partners as a recipient of a charitable contribution deducted automatically from your paycheck (comecc.net).
- 6) Create a Shattuck Partners legacy gift: Consider leaving a bequest to Shattuck Partners in your will.





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A “Hospital of Hope”

The Lemuel Shattuck Hospital has a long history of responding to the public health challenges facing our community. This fully accredited teaching hospital provides compassionate medical care and a network of services designed to assist economically and socially disadvantaged patients, underserved by mainstream healthcare systems, in their recovery from difficult medical and complex life situations.



About Shattuck Partners

Established in 1987, Shattuck Partners, Inc. is an independent 501c3 nonprofit organization.

We strive to improve the quality of life of patients at the Lemuel Shattuck Hospital by funding or providing programming and supplemental support services.

We collaborate with hospital staff to identify patient needs the hospital cannot fund, and we work to meet those needs.



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