

2021
2022

ANNUAL
REPORT





I appreciate all the simple, concrete examples and strategies you have provided to both students and teachers that integrate mindfulness seamlessly into a classroom.

– Emma Del Vecchio, 4th grade teacher
at Henry B. Burkland Elementary School



A year like no other...

2022 was a year like no other, following 2021, which was a year like no other! As our world slowly emerges from the global pandemic, there are sure signs of green shoots and sunlight. Children are back in school. People are back in the office, though perhaps not full time. Regardless, we are emerging and moving forward with a renewed appreciation for in-person connections, handshakes, and hugs.

The year like no other was certainly all of that at Calmer Choice. 2022 began with a new Leadership Team in place following the retirement of Fiona Jensen, our founder and friend. There would be no “Calmer Choice” without Fiona, and we’re grateful for her vision, passion, and commitment to helping provide tools for folks to navigate their often-complicated lives with kindness and curiosity. Calmer Choice is poised to deepen and expand the work Fiona started twelve years ago.

2022 also presented the opportunity to update our Strategic Plan. With the former plan concluding, it was time for our Board and Staff to step back, assess, dream a little, and create a new 3-year roadmap for Calmer Choice. Talk about perfect timing! The Founder’s retirement, a new Leadership Team solidly in place, and our world just beginning to understand and experience the damaging impacts of the last few years. Business as usual will not – and may never be – business as usual again.

Our new Strategic Plan is in place, and with it a renewed commitment to serving children and those who support them. Our new program model is grounded in three core components – education, mentorship, and community. Our plan calls for fully integrating our evidence-based mindfulness approach into the school districts we serve, engaging students, teachers, administrators, and parents/caregivers.

Growth at Calmer Choice will be as much about going deeper into the school districts we partner with as it will be about engaging with new school districts. It may not sound like it, but this is a monumental shift in our business model...and we’re excited about its potential.

We’re so proud of our instructors and volunteers. They weathered the pandemic with grace and determination and delivered our programming under unimaginable circumstances. Now they’re back in schools and doing what they love in-person. They remained committed and engaged through the last two years! And thankfully, there’s a noticeable spring in their step and glimmer in their eye as they return to the classroom.

We’re also proud of and grateful for our Board. Insightful and tough decisions were made to steer Calmer Choice into a bright future.

And, from the bottom of our hearts, thank you to all our supporters. We couldn’t continue this important mission without your help.

The following pages highlight the past year however they don’t do justice to the incredible changes here at Calmer Choice. They also don’t come close to the excitement we feel about our future. We’re grateful for the generous support of so many, and we’re ready to continue to share our passion for mindfulness – paying attention on purpose in the present moment with kindness and curiosity. Let’s go!

Sue

SUE CURRAN

CHAIR, BOARD OF DIRECTORS



Emily

EMILY SMALLEY

CHIEF EXECUTIVE OFFICER



OUR TEAM

Board of Directors

Officers

SUE CURRAN, Chair

Senior Vice President of Institutional Asset Management, Retired

NANCY ASHWORTH, Vice Chair

Administrator, Elementary Education, Retired

ROB PADGETT, Treasurer

Padgett Builders, Inc., Retired

SABRINA KANE, Secretary

Attorney

Members

CHRISTINA BOLOGNA

Assistant Vice President, Communications Officer, The Cooperative Bank of Cape Cod

BETSY BOWES, R.N., B.S.N.

Mid-Cape Medical Center, Retired

C. PATRICIA FATER, M.D.

Family Practice Physician, Harbor Community Health Center

KELLI GREW, CFP®

Beacon Financial Planning

SHAELYN HEGARTY

Real Estate Agent, Frank Sullivan Real Estate

ANNE LECLAIRE

Author & Lecturer

MANNY MARRERO

Mental Health Occupational Therapist, Cape Cod Healthcare

LAURA NEWSTEAD

Executive Vice President, Human Resources Officer, Cape Cod 5

DAN RICHARDS

Software Technology Consultant, STRADS Consulting, LLC & Yoga Instructor

DAVID TROUTMAN

Business Owner, Scargo Café

PEGGY WOLMAN

Peggy Wolman Matchmaking

***JON KABAT-ZINN, Ph.D**

Professor of Medicine, emeritus at UMASS Medical School, Founding Director of the Center for Mindfulness in Medicine, Health Care & Society and Author

**honorary*

Staff & Instructors

Staff

EMILY SMALLEY, Chief Executive Officer

JOHN FULONE, Chief Operating Officer

SARAH MANION, Chief Program Officer

JULIA BATEMAN, Director of External Relations

STEPHANIE GOLEY, Director of Program Services

PATTY WEINSTEIN, Director of Program Operations

L. FOREST MALATESTA, Lead Instructor

Instructors

LILIANA BEJARANO-CRYER

SASA CHRISTAKIS

CAROLYN DECRISTOFANO

LIAM GIROUARD

KAREN HAYES

POPPY KENNEDY

KATIE MEDLAR

PAUL MELVILLE

JENNIFER PERRIN

LAURA PETERSON

PAULA REARDON WEBSTER

TRANSITIONS

In 2021 – 2022 we bid farewell to two original staff members who were instrumental in the grassroots movement of building the organization over the past 12 years and welcomed talented professionals who offer rich experience and expertise to our leadership team.

When Founder & CEO Fiona Jensen formally retired, Emily Smalley was chosen to succeed her as the new CEO of Calmer Choice. Since joining the organization five years ago, first as Development Manager and next as Chief Operating Officer, Emily was ready to lead the organization. A new leadership team was created with the addition of new Chief Operating Officer John Fulone, and the newly created position of Chief Program Officer filled by Sarah Manion.

In the spring, Patty Weinstein retired from the position of Director of Program Operations.

*a fond
farewell*



*...and welcome to
new leadership*

Patty Weinstein

Patty Weinstein was among Calmer Choice's first generation of classroom instructors, and she helped mold our approach to supporting children with mindful awareness. As her teaching experience and relationship to practice deepened, so too did her organizational commitment.

Always willing to tend to the needs of the present moment, Patty's role continued to shift as the organization grew. She has held many formal titles over the years including Treasurer of the Board, Instructor, Director of School-based Programming, Director of Program Operations and Lead Trainer, but it is perhaps her informal title of 'Mentor' and 'Friend' which reflect her true depth of impact on the organization and the people in it.



FAREWELL, *Fiona!*

What can we say about Fiona that hasn't already been said? She is a true visionary and a compassionate leader.

We enjoyed celebrating Fiona's retirement with our community of supporters at the "All We Need is Love" Gala. It was a special evening honoring our wonderful friend.



The Fiona Jensen Legacy Fund was established to help us respond to emerging opportunities in capacity building and sustainability, increased access and innovation. We're grateful to everyone who helped build this fund to ensure Fiona's vision for Calmer Choice lives on.

Special Thanks

A special thanks to the following donors who supported the vision of our founder with a gift to the Fiona Jensen Legacy Fund in 2021-2022.

Anonymous
Arthur Vining Davis Foundation
Nancy Ashworth
Joseph Barbagallo
Mary Barnes
Barbara Barrett
Bassick Family Foundation
Margaret Bateman
Clemens Bauer
Brian Dacey
Beacon Financial Planning of Cape Cod, Inc.
Kerry J. Bickford
Marie Blackburn
Jacquelyn Bloomberg
Susan Botello
Leif Bottcher
Bourque Heating & Cooling Co., Inc.
Jimmy and Betsy Bowes
Susie Bruce
C. Patricia Fater, MD
Cape Air/Hyannis Air Service, Inc.
Cape Associates, Inc.
Cape Cod Aggregates Corp
Tom and Melissa Chartrand
William and MaryAnn Christie
Alicia Conlin
Nancy Costello
Stefanie Coxe
Lynn Cullity
Mark and Jen Curley
The Curran Family Foundation
Christine Davenport
Christian Davenport and Tabatha Eldridge
Russell Dennis
Tom and Sharon Dennison
Diamond Tile Company LLC
Sean and Amy Doherty
Becky Dowd
Kathy Downey
Laurie Drago
Eastern Bank Charitable Foundation
Theresa Egan
Lynn Ellison-Murphy
Catherine Ferraresi
Mike and Betsey Fitzgerald
Mark Fletcher
Lois Fournier
Leanora Fraser
Eileen Galligan
Gary and Sally Gallo
Bill and Karen Galvin
Stephanie Gianni
Christine Gillstrom

Glivinski & Associates, Inc.
Rob and Stephanie Goley
Adam Gracia
Mark and Royce Gussack
Karen Hayes
Paul and Carolyn Hebert
Shaelyn Hegarty
Beth Hennessey
Robert Henry
Judith Hilton
Paul and Marsha Hogan
Mark and Lynne Horan
Colleen Jacobs
Mike Jensen
Thomas Jensen
Leslie and Jenny Jonas
Dallas and Elizabeth Jones
Ginger Jones
Barry and Taylor Joyce
Jon and Myla Kabat-Zinn
Steve and Cheri Karras
Bob and Ellen Kinlin
Ron and Linda Knight
Hayden Kuhn
Pam Kukla
Linda Lacroix
Sara Lambton
Sarah Lapsley
Ed and Maria Latta
Lawrence Lynch Corp.
Anne LeClaire
Alexandra Liimatainen
Adam Liss
Bonnie Loedel
Laura Lorusso Peterson
Jimmy and Robin Maddalena
Andrew Maffei
Janet McCartin
Jean McCutcheon
Alison McMurry
Kimberly Mee
Nicholas Milewski
Katherine Miller
Emily Molden
Nan Moore
Brian Morrison
Sarah Murphy
Patricia Murphy
Chris Murphy
Sunny Murray
Laura Newstead
Nexus Werx LLC
Jane O'Hara Shields
George & Susan Oleyer
Leighlan Olwine

Joan Owens
Dan and Paula Packard
Rick and Julie Penn
Glen Reid
Gretchen Reilly
Sasa Reljic Christakis
John Renz
Mim Reynolds
Elizabeth Rogacki
Russell P. and Donna Morris
Shawn and Krystal Rupani
Anne Marie Russell
Dorothy Savarese
Frank and Nancy Selldorff
Shepley Wood Products
Eric and Laurie Slifka
SLYK Shades
Brian and Kathy Smith
Ann Stone
Kerry Sullivan
Cinnamon Swable
Jack Sweeney
The Cape Cod Foundation
The Cooperative Bank of Cape Cod
The Goosey Fund
The Luke Vincent Powers Foundation
David Troutman
Unity on Cape Cod
The Daily Paper
June Webber
Paula Webster
Patty Weinstein
Bart Weisman
Sara Whiteley
Whiteley Plumbing and Heating
Corinne Wickel
Christina Wiseman
Richard and Peggy Wolman
Carol Woodbury
Kara Yuen



PROGRAM ECOSYSTEM

transition + envision



gather resources

compassion

resilience

wellbeing



mindful living

teach + practice

partner with school districts

partner with community organization

teach children support parents & gu

absorb + learn

enrich program team

rooted in mindfulness

grounded in community



GROWING A HEALTHY MODEL

Soil Building for Programmatic Success

After two years of change, we are rebuilding the foundation of our programming to meet the current moment with awareness, presence and compassion. We are moving from the upheaval and isolation of a pandemic towards the intentional redefinition and stabilization of the organizational relationships and systems needed to support our community to live life mindfully.

As a programs team, we acknowledge all the ways that we work in collaboration with our communities. Our ability to deliver quality programs to children and those who support them relies on the relational and material investment of our partner school districts, our parents/guardians, our donors, and the continued daily commitment of our staff. This year, we learned that growing strong programming requires us to see and understand the entire system of which we are a part.

Today, we are (re)grounded in our commitment to serving children, and we are (re)rooted in our practice of mindfulness. As a team, we have navigated internal and external transitions and we keep leaning in to the opportunities to engage in hard conversations, rich explorations and important reconnection.

Calmer Choice mindfulness programming continues to grow and evolve - as all healthy systems and communities must in order to thrive. We are so grateful to be here, in this moment.

Sarah

SARAH MANION

CHIEF PROGRAM OFFICER



key successes

- Relunched in-person Classroom Programming
- Established new School District Partner (Middleboro)
- Hired and onboarded a Chief Programming Officer
- Defined a new Program Model
- Delivered 6-month Foundations of Mindfulness Training
- Continued Virtual Programming delivery & Morning Sits

FINANCIAL SNAPSHOT



\$501,700

Donations from
individuals and business
supporters



\$472,300

Grant awards

Save the Date

\$114,300

Fundraisers & Events



\$42,000

Schools & Community
Programs

SUPPORT MINDFULNESS

Practice mindfulness with us!

Whether parent or grandparent, caregiver or educator – adults who have a mindfulness practice of their own enjoy the benefits of their self-care and positively impact the smallest in our community so all experience a life lived mindfully. Visit our website to learn about our Mindfulness Circles for adults or to join one of our free, virtual mindfulness practice groups.

Become a donor!

Donations from individuals and businesses, grants and fundraising events support our vital services. Your generosity multiplies the efforts of our dedicated team, impacting the lives of hundreds of students, teachers and community members each year. We have options for automatic, monthly gifts through our [Champion](#) program. You can also support our efforts by participating in our [seasonal fundraising appeals](#).

Be a BAP!

Our [Business Alliance Partners](#) understand the impact of investing in and enriching the community. An annual Business Alliance Partnership comes with benefits that help promote your company's support of Calmer Choice to customers and the community, as well as other benefits and discounts for your employees. A win-win for all!

Volunteer!

Our team of volunteers help drive our mission, from our board and committee members to friends who help with administrative tasks – and we're always looking for advocates to help spread the word at local events or participate on Team Calmer Choice for events such as the Falmouth Road Race. Check our website or social media to stay updated on opportunities to get involved.

DONOR SUPPORT

\$50,000 - \$100,000

Bassick Family
Foundation
Leslie and Jenny Jonas
Silicon Valley
Community Foundation
Omidyar Global Fund

\$25,000 - \$49,000

Barry and Taylor Joyce
The Peter and Elizabeth
C. Tower Foundation

\$10,000 - \$24,999

Curran Family
Foundation
Edward Bangs Kelley
and Elza Kelley
Foundation, Inc.
Jimmy and Betsy Bowes
Lyndon Paul Lorusso
Charitable Foundation
Sara Whiteley
Shepley Wood Products
The Cooperative Bank
Of Cape Cod
The Great Expectations
Fund at the Cape Cod
Foundation
The O'Keefe Family
Charitable Fund at the
Cape Cod Foundation

\$5,000 - \$9,999

Bayside Building, Inc.
Bob and Ellen Kinlin
Cape Air/Hyannis Air
Service, Inc.
Cape Associates, Inc.
David Troutman
Eastern Bank Charitable
Foundation
Eric and Laurie Slifka
Frank and Nancy
Selldorff
Gretchen Reilly
Bill and Karen Galvin
Laura Groark
Leighlan Olwine
Mark and Royce Gussack
The Goosey Fund
The Kingston Fund at the
Cape Cod Foundation
Whiteley Plumbing and
Heating

\$1,000 - \$4,999

Sue Anderson Limeri
Andrea Holden
Thanksgiving Race
Arthur Vining Davis
Foundation
Joseph and Kathleen
Barbagallo
Beacon Financial Planning
of Cape Cod, Inc.
Bourque Heating & Cooling
Co., Inc.
Cape Cod Aggregates
Corp.
Nancy Costello
Christian Davenport and
Tabatha Eldridge
Diamond Tile Company LLC
Sean and Amy Doherty
Larry Drago
Therea Egan
Lynn Ellison-Murphy
C. Patty Fater, M.D.
Mike and Betsey Fitzgerald
Gary Gallo
Rob and Stephanie Goley
Shaelyn Hegarty
Robert Henry
Jon and Myla Kabat-Zinn
Steve and Cheri Karras
Hayden Kuhn
Dean Limeri
David and Melissa McGraw
Rick and Julie Penn
Puritan Cape Cod
Chris Perry
John Renz
Dorothy Savarese
Deborah Sloane
SLYK Shades
Brian and Kathy Smith
Mead Sommers
Kerry Sullivan
The Luke Vincent Powers
Foundation
Unity on Cape Cod
The Daily Paper
Richard and Peggy Wolman
Affordable Mattress of
Cape Cod
Cape Air/Hyannis Air
Service, Inc.
Cape Cod Package Store
Fine Wine & Spirits
Cleangreen Inc
Glivinski & Associates, Inc.
Nauset Disposal
Whiteley Plumbing and
Heating

\$500 - \$999

Mary Acunzo, Ph.D.
Holly Anderson
Nancy Ashworth
Mary Barnes
Christina Bologna
Christine Davenport
Kathy Downey
Peter Freeman
Anne LeClaire
Laura Lorusso Peterson
Jimmy and Robin
Maddalena
Alison McMurry
Nicholas Milewski
Katherine Miller
RPM Carpets &
Floorcoverings
Patricia Murphy
Chris Murphy
George and Susan Oleyer
Dan Richards
Shawn and Krystal Rupani
Sea Sports Inc.
The Cape Cod Foundation

\$100 - \$499

Margaret Bateman
Clemens Bauer, M.D., Ph.D.
Teresa M. Bergeson
Kerry J. Bickford
Marie Blackburn
Jacquelyn Bloomberg
Susan Botello
Leif Bottcher
Jane Bourette
Abigail Bowes
Jacqui Bowes
Nick Bowes
Stephanie Briody
Heather Brown
Susie Bruce
Dave and Karen Busenburg
Tom and Melissa Chartrand
Catherine Childs
William and MaryAnn
Christie
Lynda Comolli
Alicia Conlin
Stefanie Coxé
Leslie Cronin
Lynn Cullity
Mark and Jen Curley
Russell Dennis
Tom and Sharon Dennison
Jen D'Olimpio
Becky Dowd
Laurie Drago
Rick and Barbara Draper
Corey Fealtman
Catherine Ferraresi

\$100 - \$499, cont.

John Fulone
Walter and Linda
Gadkowski
Eileen Galligan
Conrad Geyser
Stephanie Gianni
Christine Gillstrom
Liam and Sasha Girouard
Brittany Griffin
Karen Hayes
Shelley Heberlein
Paul and Carolyn Hebert
Beth Hennessey
Michaela Herlihy
Fred and Judith Hilton
Steven Hirsch
Mark and Lynne Horan
Thomas Jensen
Mike Jensen
Fiona Jensen
Susan Joslin
Maximilian Kaiser
Judith Keller
Todd Kelley
Emily Kellndorfer
Roger and Cathy Kligler
Ron and Linda Knight
Pam Kukla
Sara Lambton
Sarah Lapsley
Maria Latta
Lawrence Lynch Corp.
Alan Leavitt
Alexandra Liimatainen
Adam Liss
Bonnie Loedel
Kristin MacDonald
Andrew Maffei
Manny Marrero
Jean McCutcheon
Kimberly Mee
Emily Molden
Brian Morrison
Sarah Murphy
Sunny Murray
Mark Nelson and Kristie
Kapp
Laura Newstead
Nancy Niland Whiteley
Joseph and Deborah
Norberg
Jane O'Hara Shields
Sally Orcutt
Dan and Paula Packard
Rob Padgett
Arthur Pappas
Chrissy Pearson
Sara Phillips
John Picard
Sasa Reljic Christakis
Mim Reynolds
Wayne Rezendes

\$100 - \$499, cont.

Debra Robinson
Sasandra Roche
Deb Selkow
Claire Shaw
Lynn Shields
Emily Smalley
Robin Sullivan
Cinnamon Swable
Michael and Margaret
Tompsett
James Toole
Dick and Ann Trull
June Webber
Bart Weisman
Elizabeth Whitehead
Corinne Wickel
Christina Wiseman
Andrea Wood
Carol Woodbury
Janet Woodbury

**Business Alliance
Partners**

Circle of Choice

Shepley Wood Products
Whiteley Plumbing and
Heating
Puritan Cape Cod
Cape Air/Hyannis Air
Service, Inc.
Cape Associates
SLYK Shades
Glivinski & Associates, Inc.

Circle of Hope

Cape Cod Package Store
Fine Wine & Spirits
Cleangreen, Inc.
Nauset Disposal

Circle of Generosity

Sabrina R. Kane Attorney
at Law

**Calmer Choice
Champions**

monthly, recurring donors

Mary Acunzo, Ph.D.
Melanie Appleman
Christina Bologna
Teresa M. Bergeson
Betsy Bowes
Abigail Bowes
Jacqui Bowes
Jimmy Bowes
Nick Bowes
Heather Brown
Jen D'Olimpio
Christine Davenport
Gerry Desautels
Amy Doering Smith
Rick and Barbara
Draper
C. Patricia Fater, M.D.
John Fulone
Liam and Sasha
Girouard
Stephanie Goley
Shaelyn Hegarty
Patrick Hemberger
Michaela Herlihy
Fiona Jensen
Susan Joslin
Maximilian Kaiser
Pam Kukla
Alexandra Liimatainen
Kristin MacDonald
Manny Marrero
Katherine Miller
Jane O'Hara Shields
Sally Orcutt
Rob Padgett
Chrissy Pearson
Laura Peterson
Deb Selkow
Emily Smalley
David Troutman
Paula Webster
Richard and Peggy
Wolman
Janet Woodbury



live life mindfully

23F West Bay Road
Osterville, MA 02655

calmerchoice.org