

**Calmer Choice**

Cultivating Awareness • Living Mindfully • Enhancing Resilience

# 2019-2020 ANNUAL REPORT

# 10 YEAR ANNIVERSARY YEARBOOK

Cultivating  
Living  
Enhancing

Awareness.  
Mindfully.  
Resilience.



# OUR VISION

Our goal is to provide skills that will diminish the risk of violence, substance abuse and other self-destructive behaviors. Ultimately, Calmer Choice envisions a world in which people lead lives of kindness and compassion toward themselves and others.



# “SUPERINTENDENT’S” MESSAGE



John Fulone, Board Chair

**W**hen I was installed as Chair of the Board last October, Calmer Choice was preparing to celebrate its historic 10th Anniversary in 2020. We were into the first year of our newly adopted Strategic Plan and excited about the transformational progress we were making. We were hitting on all cylinders and had so much momentum into early 2020. Then everyone’s world changed.

Like most organizations, Calmer Choice immediately grappled with lots of uncertainty. Remote learning and remote working, constantly changing regulations and restrictions, and folks hunkering down and taking care of their homes and families. Overnight everything was thrown into question.

Among the chaos, the amazing and dedicated people at Calmer Choice stepped up to levels beyond my expectations. Looking back, I shouldn’t have been surprised. After all, Calmer Choice was created 10 years ago from a tragic and chaotic time. Like back then, the team responded with compassion, kindness and commitment.

The pivot was breathtaking to witness. Online programming began almost immediately. Initiatives slated for years 2 and 3 of our Strategic Plan were pulled forward and others were pushed back to accommodate the challenges of our new environment. Difficult administrative decisions were made to ensure our financial stability. Friends and supporters answered the call like never before, resulting in record-breaking fundraising during our spring appeal...clear testament to how you feel about the programs Calmer Choice delivers. I’m grateful for the amazing generosity of so many, allowing us to continue providing programs that are truly needed today more than ever before.

October was originally slated for our 10th Anniversary Celebration. It was shaping up to be a terrific event. Of course, that plan like many others was paused. However...as I see it the celebration has been going on all year. What Calmer Choice has accomplished and how we’ve adapted to seamlessly deliver our programs to both kids, and adults in our community under unprecedented circumstances is most certainly cause to celebrate.

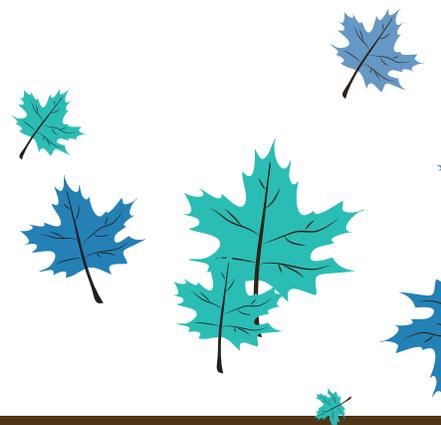
I’m so proud and humbled to be associated with such a wonderful, caring and committed team. No one knows what 2021 holds, however, I’m confident Calmer Choice will continue to deliver its life-changing and life-saving programs in whatever form or manner is required. This team is unstoppable.

*John Fulone*  
Board President





**CHANGE**  
is in the air



# FROM THE “PRINCIPAL’S” OFFICE

Hello All!

Greetings from an unprecedented year!

The first part of the 2019-2020 fiscal year was on track and moving along as predicted. We felt like we were on solid ground and were forging ahead with plans to celebrate our 10th anniversary as a non-profit organization. Our BIRTHDAY!! A celebration year filled with events that would acknowledge all who helped us get to where we are today. Calmer Choice was poised to successfully complete Year 1 of our Strategic Plan in fine fashion. We were on or ahead of plan in many areas and had good momentum coming into the last quarter of our fiscal year.

And then, our world as we knew it – everyone’s world really – changed...turned on its head.

Overnight everything stopped – programs, training, fundraising events – as we grappled with regulations put in place to slow/prevent the spread of the virus. Organizations struggled to adapt, with many absorbing irreversible damage. Luckily, thanks to many, Calmer Choice was not one of those organizations. To the contrary, our incredible team of dedicated professionals and outpouring of support from our funders and friends allowed us to pivot like few other organizations.

Again, nearly overnight our programs became virtual, our fundraising was taken to another level, and Calmer Choice answered the call from a community desperate for help, support and kindness – a reason to believe everything would be okay. As you’ll read in detail, we accomplished more than we ever imagined possible given the unprecedented circumstances that surrounded us. Despite constantly changing regulations and so much uncertainty, we delivered like never before.

We had to make some tough operational and staffing decisions necessary to protect our financial stability, reducing our staff and freezing operational expenses. The programming team created content and a means to deliver it safely, expanding our reach far beyond our in-person footprint. We called on our funders and friends for additional support of our mission, and they responded with such generosity that we posted our largest fundraising period in our 10-year existence. A true testament to the important work we do.

While our Strategic Plan continues as our roadmap – relevant and resilient as a sound plan should be – we adjusted specific tactics in the plan in accommodate to the current environment and shuffled future tactics appropriately. We are so fortunate to have this plan in place. The hard work building it is certainly paying dividends. Rather than scrambling to react to the chaotic circumstances, we proactively leveraged our roadmap knowing its foundation was solid.

With plenty of uncertainty ahead, Calmer Choice is well-positioned to weather this next year. Hard times will likely continue for some time. We’re prepared to answer the call for our services...a call that will possibly be greater than any we’ve had in our history. We’re grateful for your continued support and friendship and are so pleased to provide you with this 2019-2020 Annual Report on our progress over the past year, thanks in very large part to many people’s generosity and belief in our mission.



Fiona Jensen, Founder & CEO

A handwritten signature in blue ink that reads "Fiona Jensen". The signature is fluid and cursive, written in a matching blue color to the text above it.

# “VICE PRINCIPAL’S” MESSAGE

At the outset of the pandemic, our fears naturally caused us to question, “How will we stay afloat, especially when we are needed now more than ever?” Many of our donors rightly paused philanthropic support initially to take care of their families and businesses and gauge the economic impact of what was to come. Many of our grant partners prioritized basic needs funding – food, shelter and access to medical care and COVID-19 research. We chose to cancel our spring *Overcoming Obstacles* fundraising event, and our two summer events went “virtual” (Tour de Barnstable and Falmouth Road Race). We cancelled our *Stars Come Out in August* summer dinner parties, which typically bring in more than \$25,000, as well as our Run Below the Noise Endurance Run and what was to be our 10th Anniversary Gala celebration. These changes had significant financial implications for our organization.



Emily Smalley, COO

But instead of fret, we continued to mobilize and serve our community in new ways, and when we felt confident in our new direction, we reached out again to our friends and donors, transparently and vulnerably sharing our concerns, challenges and opportunities. Remarkably, but not surprisingly, our call to action was met with a resounding YES! From April to June we raised nearly \$250,000 from our supporters – the month of May resulting in an unprecedented \$90,000 in just 30 days alone – to help us end the year in the black. In such uncertainty, we are bolstered and humbled by the generosity and loyalty of those around us. Despite the odds against us, 2019-2020 will go down as one of our most successful fundraising years to date, all thanks to you!

- Our 2019 Giving Tuesday Campaign in December saw our highest daily campaign total of \$16,045, unknowingly setting us up for success in the spring
- We applied for and received the Federal CARES ACT Paycheck Protection Program Loan, helping us keep remaining staff during the pandemic, and we have been able to maintain that staffing level since we received the funding in April
- In April/May we appealed to “Help Calm to Carry On” and posted our largest fundraising period in our 10-year existence
- Our 2020 Falmouth Road Race and Tour de Barnstable teams went virtual and raised a \$5,640 and \$40,075 respectively



## FISCAL YEAR 2019-2020

Programing	\$85,000	10.3%
Donations	\$373,815	45.3%
Grants	\$280,075	34.0%
Fundraisers	\$85,540	10.4%
<b>Total Income</b>	<b>\$824,430</b>	<b>100%</b>



# WHAT WE DO

Calmer Choice partners with schools and community organizations across Cape Cod and Southeastern Massachusetts to deliver an evidence-based prevention program that helps children and adults increase inner resilience, reduce the impact of stress, manage emotional responses, learn self-control and increase their sense of well-being.

Our goal is to provide skills that can diminish the risk of violence, substance abuse and other self-destructive behaviors. Ultimately, Calmer Choice envisions a world in which people lead lives of kindness and compassion toward themselves and others.

Calmer Choice delivers its innovative programming through three distinct arms: in schools directly with Calmer Choice instructors called Calmer Choice in the Classroom, by training school staff to deliver programming as Calmer Choice Partner Schools, and by partnering with community-based organizations to deliver services across a broad population of Cape and Southeastern Massachusetts residents, from children to adults.

We also provide an extensive array of training and support services for school staff, parents and other community members who are interested in developing a personal mindfulness practice and/or becoming certified to teach the Calmer Choice program.

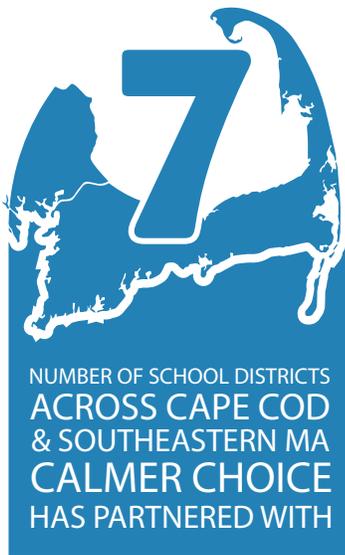
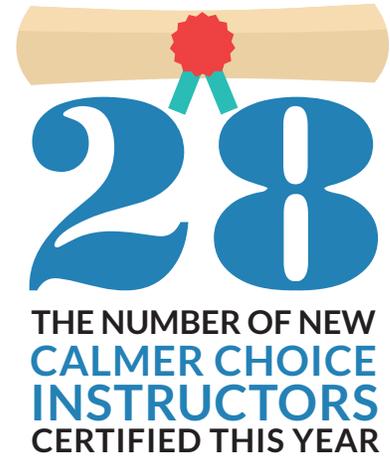
Calmer Choice programming is original, innovative, responsive, and versatile - informed by experiences in local schools and based on academic research, student survey data, parent and school feedback, community partnerships and continuing staff professional development with experts around the world.

As the pandemic entered our lives globally and locally, Calmer Choice pivoted from business as usual in classrooms and the community to disseminating our mindful awareness lessons virtually to provide resources to those who needed it most during this time of heightened anxiety. Our history continues to show that in times of crisis we are relied upon as a trusted source of support.

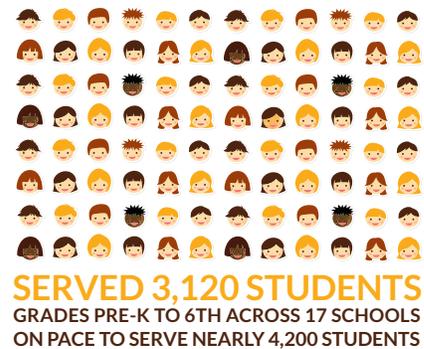
# TEACHER'S CORNER

## Pre-pandemic: "Business as Usual"

While 2019-2020 has been trying for all, it has reinforced what we have known to be true - that Calmer Choice mindful awareness skills are essential to living in an unpredictable, modern world. We were challenged to creatively pivot from our "business as usual" model in classrooms and community programs - where we had reached nearly 3,120 people so far in the year - to serving many of these same people virtually.



NUMBER OF COMMUNITY MEMBERS SERVED THROUGH PARTNERSHIPS WITH GROUPS INCLUDING: Homeless Prevention Council of Orleans, Helping Our Women, Sharing Kindness, Creative Outlets, the Kennedy Donovan Center and the Sean M. Gannon Memorial Fund



## Our First Response

In response to increased demands for services while the initial stay-at-home order went into effect, Calmer Choice launched a multi-faceted approach to serving the immediate needs of our community – all free of charge.

- ✓ **Daily “Mindful Moments” Video Series**
- ✓ **Mindfulness, Wellness and Resilience Resource Library and Blog**
- ✓ **Daily Mindful Practice and Movement Zoom Groups**
- ✓ **Virtual 6-week Community-based Programs:** Over 75 participants registered in 24-hour period
- ✓ **Virtual School Staff Pandemic Support:** 6-week trainings, addressing the needs of educators
- ✓ **Virtual Classroom Support:** Supporting students and parents in need in 2 school districts
- ✓ **Virtual School-Based Instructor Support:** Pandemic self-care support for Calmer Choice trained school staff and their students across the region

Our primary objective, as always, is that our school and community partners feel confident that Calmer Choice will be by their side to help them navigate their new normal and will be at the ready to provide critical services to students, teachers, families and the broader community.



Calmer Choice Trainers

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“As I have shared many times, children haven’t changed; childhood has. The COVID19 crisis is another societal crisis with which our children are trying to cope. For many, school closures lead to the loss of two meals a day, gone are the support(s) of many adults from their learning community and the consistency and predictability of a school day.

What the students, families, staff and our community is navigating at this time will impact everyone’s well-being and emotional health and as such, warrants the continued provision of social/emotional supports and resources. Calmer Choice is an expert provider.

We need to continue the prevention and increase intervention at this time. This unprecedented crisis presents many unique challenges; many for which we do not have the resources to address. We do have the resources to support students with their emotional well-being – that being the support of Calmer Choice.”

*-Nancy Ashworth, Principal of Mullen Hall, Falmouth, MA Public Schools*

## Participate!

An awesome way to cheer us on is to establish a mindfulness practice of your own! When grown-ups, such as parents, grandparents, caregivers, educators and front line workers, have a mindfulness practice, the benefits of the self-care trickle down to the smallest ones in our community by example, and our communities strengthen on a wholistic level. Our wish is that our donors and volunteers

understand our programs so they can be our best cheerleaders. Calmer Choice is committed to providing our services to any person regardless of their ability to pay and has scholarships available to those interested thanks to the generosity of philanthropic donors.

Check out [calmerchoice.org](http://calmerchoice.org) for info on our virtual adult courses, scholarships, and free mindfulness resource groups!



## S-U-P-P-O-R-T!

Calmer Choice relies almost entirely on contributions from individuals and businesses, grants and fundraising events to support our vital services. Financial support multiplies the efforts of our dedicated and passionate team, allowing us to deliver crucial life skills to thousands of students and community members each year.

## Become a Donor

You can support our mission throughout the year by supporting us through our fall and spring seasonal appeals, our Giving Tuesday campaign or by sponsoring one of our Falmouth Road Race or Tour de Barnstable team members!

## Champion Monthly Giving

A recurring giving option for our tried and true friends! These automated donations provide reliable financial support with minimal back end administrative work allowing us to concentrate efforts on big picture plans.



"Fall 2019 Adult Mindfulness Course"



# PEP RALLY



## Business Alliance Partnerships

Businesses that support Calmer Choice understand the impact of investing in and enriching the community--their customers. We offer a variety of partnership giving levels to suit businesses of all sizes and offer benefits such as complimentary mindfulness courses for employees and marketing promotions of the goodwill philanthropy to over 50,000 of our biggest fans via our email and social media accounts.

## Volunteer

Calmer Choice began 10 years ago when volunteers rallied together to help the children of Cape Cod. Volunteers continue to drive our mission from the board of directors, to the friends who help with office tasks and professionals who organize fundraising events. We are always open to discuss opportunities for talented, kind people who want to make impact.



*"As a business, we direct our philanthropic giving to organizations like Calmer Choice that help kids stay on the right paths or help teens and adults get back on the right paths. We are investing in where we live."*

Jeff & Mike Lewis, Owners of Seafood Sam's and Longtime Business Alliance Partners



*"Most Likely to Get Caught Passing Notes in Class"*  
Calmer Choice Volunteers: Linda Comolli and Sally Orcutt





# 1 It Works

Partnered with esteemed university researchers from MIT, Yale, and Tufts University to study and subsequently publish results on the efficacy the Calmer Choice program on 2,000 children, including the first-ever brain scans on children who participate in a mindfulness program



# 4 Growing Up

Implemented a 3-year strategic plan that transitions the organization from adolescence to maturity, creating a roadmap for the next three years and beyond as Calmer Choice expands beyond Cape Cod, both virtually and in person



# 8 Courage of Conscience

Founder and CEO, Fiona Jensen and Calmer Choice, awarded the 2014 Courage of Conscience Peace Abbey Humanitarian Award and the 2019 Roslyn J. Jaffe Award, both highly regarded and competitively chosen awards recognizing individuals and organizations who make the world a better place

# 2

## Our Events



Hosted or participated in more than 50 events, including our Calmer Choice Speaker Series featuring dignitaries in the world of mindfulness such as Dr. Jon Kabat Zinn, Dr. Chris Willard and journalist and author, Dan Harris

# 5

## Our Own Product



Created the Calmer Choice Curriculum for preschoolers thru adults that has been taught to more than 35,000 people

# 7

## Amazing Volunteers



Received support from over 350 dedicated volunteers who support our events and programs

# 9

## Recognition



Identified two years in a row by the Commonwealth of Massachusetts as a key partner in combating the substance abuse crisis on Cape Cod with grants of \$50,000 for each year, as well as invitations to present to legislature at the State House

# 3

## Kindness & Compassion



Living our vision of a world where people treat themselves and each other with kindness and compassion, we have provided programming in 34 schools and dozens of community-based organizations across Cape Cod and Southeastern Massachusetts

# 6

## The Press



Featured in the first issue of Mindful Magazine in 2013, launching Calmer Choice as a national thought leader in teaching secular mindfulness

# 10

## Our Believers



Graciously received over 6,500 donations from individuals and businesses who passionately believe in our mission, raising nearly \$4,000,000 since we began

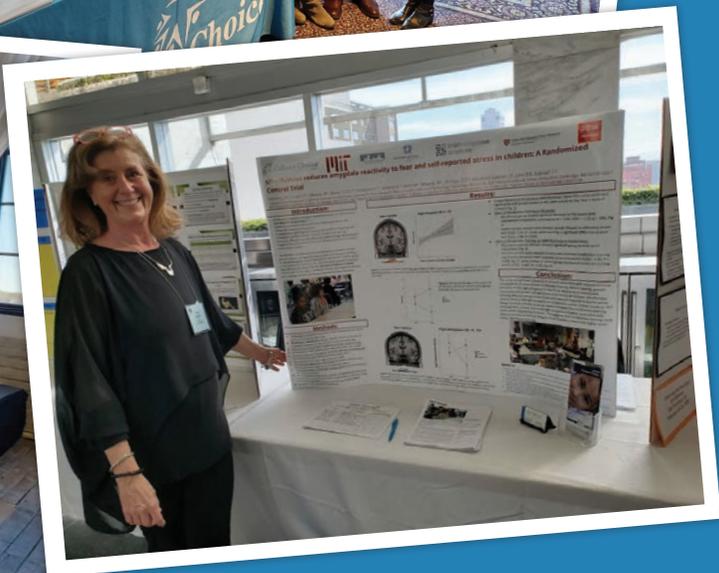
# SENIOR TRIPS



Best  
Weekend  
Ever!

## 2019-2020

- ✓ Presented at Mindfulness & Education Conference at Omega Institute-Rhinebeck, NY
- ✓ Presented at Making Mindfulness Stick Conference by Learning and the Brain-Boston University, MA
- ✓ MIT Research Study papers released:  
Two studies reveal benefits of mindfulness for middle school students with Calmer Choice programming
- ✓ 2019 Roslyn S. Jaffe Grant Award Presentation to Fiona Jensen and Calmer Choice
- ✓ Presented at 7th Annual Behavioral Health Provider of Cape Cod & the Islands Summit, Hyannis, MA
- ✓ ACE's Connection "Essentials Agents of Change Award" presented to Fiona Jensen and Calmer Choice
- ✓ Panelist at Elevate Southcoast Conference-New Bedford, MA
- ✓ Presentation at the Community Health Network Areas meeting-Brockton, MA
- ✓ Presentation to Tufts University Occupational Therapy Doctorate candidates
- ✓ Presentation at Coalition of Schools "Educating Mindfully" Conference, Chicago, IL
- ✓ Presentation to Stonehill College Juvenile Delinquency and the Impact on Children course participants
- ✓ Attended the "Building Resilient Communities, Building Resilient Children" Summit hosted by the Worcester Trauma and Resilience Collaborative, Worcester





## Calm, Cool & Collected - A Gathering for Gratitude

Our annual Calm, Cool & Collected event took place at the Hyannisport Club featuring guest speaker Roy Heffernan from the Life is Good company. We celebrated our achievements and thanked everyone who has made the past year a success!



# ROAD RACES



The Stars Come Out in August  
Summer Dinner Party Series

The Falmouth Road Race

Hyannisport Women's Golf Tournament  
to benefit Calmer Choice

Bob Jensen's Run Across Cape Cod  
to benefit Calmer Choice

Puritan Cape Cod Holiday Shopping Event

Community Stakeholder Breakfast  
hosted by Shepley Wood Products and Eastern  
Bank - [Postponed](#)

The Virtual Tour de Barnstable

Overcoming Obstacles - [Postponed](#)

Pop-up Parade to Surprise founder, Fiona  
Jensen on June 8th, the official 10th  
anniversary of Calmer Choice featuring guests  
drive-by appearances by donors, instructors  
and staff, educators and the local police and fire  
departments

# PARADES



# DINNERS

# HONOR ROLL

## Teacher's Pets

**\$50,000 to \$99,999**

Silicon Valley Community Foundation Omidyar Global Fund  
Barry and Taylor Joyce

## Best Drivers

**\$25,000 to \$49,999**

Ascena Foundation  
Leslie and Jenny Jonas  
The Peter and Elizabeth C. Tower Foundation

## Best Friends

**\$10,000 to \$24,999**

Beacon Financial Planning of Cape Cod, Inc.  
Cape and Islands United Way  
Curran Family Foundation  
Edward Bangs Kelley and Elza Kelley Foundation, Inc.  
Federated Church of Orleans  
Hawaii Community Foundation  
O'Keefe Family Charitable Fund  
The Bilezikian Family Foundation  
The Cooperative Bank of Cape Cod  
The Falmouth Fund

## Kindest Kids

**\$5,000 to \$9,999**

Exotech, Inc.  
Peter and Ginny Farwell  
Laura Groark  
Massachusetts Bankers Association Charitable Foundation, Inc.  
Sea Sports Inc.  
Sara Whiteley

## Helpful Hands

**\$1,000-\$4,999**

George Abbott  
Sue Anderson Limeri  
Andrea Holden Thanksgiving Race  
Stephen and Gretchen Bates  
Bayside Building, Inc.  
Jimmy and Betsy Bowes  
Patricia Bradley  
William Carroll  
Cook Family Giving Fund  
Donald C. McGraw Foundation Family Fund  
Eastern Bank Charitable Foundation

Evercore Partners Services East L.L.C.

John and Sharon Fulone  
Global Interconnect, Inc +  
Great Expectations Fund  
Shaelyn Hegarty  
David Hellman  
Michaela Herlihy  
Steve and Mary Ellen Hirsch  
Hyannisport Club  
Alastair Johnston  
Jon and Myla Kabat-Zinn  
Kiwanis Club of Sandwich Inc.  
Lauren Mae Fulone Scholarship Fund  
Dean Limeri  
Elizabeth Lynch  
David and Toni Lyons  
Michael H. Cole Giving Fund  
Daniel Morse  
Judith O'Hara  
Chris Perry  
Jim and Kelly Purcell  
Puritan Cape Cod  
Gretchen Reilly  
Shepley Wood Products  
Nancy Solomon  
Michael and Jill Stansky  
The Cape Cod Five Cents Savings Bank/Charitable  
Foundation Trust  
The Cape Cod Foundation-The Akili Fund  
The Cape Cod Foundation-The Sean M. Gannon Foundation  
Carol Trow  
Dick and Ann Trull  
Unity on Cape Cod  
Whitehall Foundation  
Richard and Peggy Wolman

*Forest, we had 41,000  
website views this year!  
Up 22% from the last  
year. Holy Cow!  
Love, Sue*

## Best Smile

**\$500-\$999**

Holly Anderson  
Mary Barnes  
Mike Barry, Earth Matters  
Mark and Jen Curley  
Christine Davenport  
Kathleen Downey  
John and Ann Doyle  
Theresa Egan  
Mariann Farrelly

# HONOR ROLL

Joe Ferrero  
Anne Fleming  
Gradco, LLC  
Steve Grossman  
Harwich-Dennis Rotary  
Fiona Jensen  
Mike Jensen  
Johe Family Fund  
Tara Kehoe  
Ludes Family Foundation  
Martina Madonna  
Cindy Martin  
Laurie McAnaugh  
Patricia Murphy  
George and Susan Oleyer  
Leighlan Olwine  
Rob Padgett  
Dave and Madeline Phelps  
Paula Reardon Webster  
Dorothy Savarese  
Don Segal  
John and Deborah Sloane  
Jeff and Pam Swartz  
Michael and Margaret Tompssett  
Tim Verslycke

## Most School Spirit

**\$100-\$499**

1856 Country Store Inc.  
Caroline Abbott  
Jill Abraham  
Mary Acunzo  
Leigh Alberti  
Bonnie Alcott  
Am HaYam Cape Cod Havurah  
Nancy Ashworth  
Virginia Auciello Sullivan  
Rob Backwell  
Roger Barnard  
James Barnes  
Judith Barnstead  
Julia Bateman  
Susan Benjamin  
Ed Berardi  
Terry Bergeson  
Louise Berish  
Jeffrey Bilezikian

Christina Bologna  
Leif Bottcher  
Nick Bowes  
Jacqui Bowes  
Barbara Brosman  
Heather Brown  
Pamela Brown  
Richard Canzano  
Angela Carini  
Ann Carroll  
Phil Catchings  
Laura Caton  
Pat Chadwick  
Catherine Childs  
Susan Clement  
Phyllis Cole  
Lynda Comolli  
Lynn Cullity  
Pamela Cundall  
Louise Curran  
Judy Damaro  
Carolyn DeCristofano  
Del Mar Vacations, Inc.  
Russell Dennis  
Gerry Desautels  
Sean and Amy Doherty  
Jen D'Olimpio  
Madelyn B. Donoff  
Becky Dowd  
John and Ann Doyle  
Rick and Barbara Draper  
East Sandwich Preparative Meeting  
Lynn Ellison-Murphy  
Kathy Fahy  
Amanda Fallon  
Mariann Farrelly  
Patty Fater, MD  
Paige Ferraguto  
Marie Ferri  
Peter Field  
Jane and Charles Forman  
Tony and Constance Franchi  
Peter Freeman  
Walter and Linda Gadkowski  
Eileen Galligan  
David and Jacqueline Garvin  
Liam and Sasha Girouard

*Hey Stephanie,  
Calmer Choice has 69,000  
Facebook Followers! Friend me!  
Love, Katie*

# HONOR ROLL

Barbara Goldfarb  
Svea Hall  
Angela Hamwey  
Christine Hardy  
John and Marija Hauser  
Robert Henry  
Madeline Holt  
Linda Holton  
Lynne Horan  
Peggy Jablonski  
Timothy Jalbert  
EJ and Terry Jaxtimer  
David Jensen  
Thomas Jensen  
Lily Jensen  
Robbie and Gracie Jensen  
Fred and Sharon Johanson  
Dallas Jones  
Susan Joslin  
Lisa Kaiser  
Eric and Roberta Kaiser  
Judith Keller  
Henry and Susan Kelley  
Todd Kelley  
Emily KelIndorfer  
David and Susan Kerr  
Brian and Rosie Kirk  
Leonard Klein  
Roger and Cathy Kligler  
Pam Kukla  
Paul Labelle  
Gunjan Laborde  
Joanne Lahiff  
Ed and Maria Latta  
Lawrence Lynch Corp.  
Chester Lay  
Linda Levis  
Alexandra Liimatainen  
Lauren Lindsay  
Laura Lorusso Peterson  
Nancy Lubin  
Stephanie Lundegren  
Kristin MacDonald  
Audrey Madera  
Jennie Makihara  
L. Forest Malatesta  
Manny Marrero

*I always thought you  
had the best smile!  
Have a great summer  
from John, F*

Barbara Martinez  
Barbara Mass  
Barbara Matteson  
Julie Palmer Mayo  
Donna McBride  
Janet McCartin  
James and Donna McGuire  
Regina McIntosh  
Lori Meads  
Nicholas Milewski  
Katherine Miller  
Arlene Myers, Acupuncture & Associated Therapies, P.C.  
Karyn Najarian  
Kate Nelson  
Laura Newstead  
Shane O'Neill  
Molly O'Connor  
Marianne Oliva  
Sally Orcutt  
Joan Owens  
Arthur Pappas  
Lisa Curran Parenteau  
Chrissy Pearson  
Ronald Perry  
Carrie Pfenning  
Sara Phillips  
Lee Pierce  
Cynthia Prapas  
Michael Reardon  
Mim Reynolds  
Steven Roberts  
Debra Robinson  
Katherine Russell  
Mary Ryan  
Janet Scerra  
Robyn Schwartz  
David and Diane Scott  
Seamen's Bank Long Point Charitable Foundation  
Edward Secher  
Lisa Serabian  
Thomas Shanahan  
Lynn Shields  
Sue Simon  
Kathleen and Brian Smith, Smithfield Family of Markets  
Richard Stadterman  
Maureen Strafford  
Robin Sullivan, Earth House



# HONOR ROLL

Kate and Ben Taylor  
Constance Tenney  
Theoharidis & Meier, PC, Oral & Maxillofacial Surgery  
TLC Home Health Care Services, Inc.  
Trevi Cafe  
Suzanne Valyo  
Mario Varzeas  
Anil Vyas  
Waquoit Congressional Church  
Christopher Ward  
June Webber  
Patty Weinstein  
Vicki Wesson  
Warren L. Wheelwright, Jr.  
Elizabeth Whitehead  
Noni Whiteley  
Linda Whittlesey  
Carol Wilgus  
David Willard  
Richard and Peggy Wolman  
Bob Wolpe  
Barbara Wood  
Janet Woodbury



# MOST LIKELY TO MAKE A DIFFERENCE

## 2019-2020 Champions

Mary Acunzo  
James Barnes  
Julia Bateman  
Teresa Bergeson  
Christina Bologna  
Abigail Bowes  
Betsy Bowes  
Jacqui Bowes  
Jimmy Bowes  
Nick Bowes  
Heather Brown  
Lynda Comolli  
Christine Davenport  
Gerry Desautels  
Jen D'Olimpio  
Rick and Barbara Draper  
Patty Fater, MD  
John Fulone  
Liam and Sasha Girouard  
Stephanie Goley  
Shaelyn Hegarty  
Patrick Hemberger  
Michaela Herlihy  
Fiona Jensen  
Lily Jensen  
Robbie Jensen

Susan Joslin  
Maximilian Kaiser  
Pam Kukla  
Alexandra Liimatainen  
Kristin MacDonald  
Forest Malatesta  
Manny Marrero  
Cindy Martin  
Nicholas Milewski  
Katherine Miller  
Sally Orcutt  
Rob Padgett  
Chrissy Pearson  
Laura Peterson  
Deb Selkow  
Emily Smalley  
Maureen Strafford  
David Troutman  
June Webber  
Paula Webster  
Richard and Peggy Wolman  
Janet Woodbury



## Party Animals

### Event Sponsors

Ann & Fran's Kitchen  
Beacon Financial Planning of Cape Cod, Inc.  
Black Cat Tavern  
C.J. Riley Builder, Inc.  
Colombo's Cafe & Pastries  
Cotuit Solar LLC  
Gerardi's Cafe  
Holmstead Nursery, Inc.  
Mid Cape/ Nickerson Lumber Co., LLC  
Peter T. Johns/Merrill Lynch  
Roadhouse Cafe  
SLYK Shades  
The Cape Cod Five Cents Savings Bank/  
Charitable Foundation Trust  
The Cooperative Bank of Cape Cod  
The Tour de Barnstable  
Vetorino's Landscaping & Irrigation, LLC  
Whiteley Plumbing and Heating



Fiona, so great to have  
met you 3 years ago!  
Here's to many more as friends!  
love ya, Emily

## Future Tycoons

### Business Alliance Partners

#### Circle of Strength \$5,000

Shepley Wood Products

#### Circle of Choice \$2,500

Cape Air  
Cape Associates, Inc.  
Cape Cod Animal Hospital  
The Cape Cod Five Cents Savings Bank/  
Charitable Foundation Trust  
Dark Horse Beef and Deli Co., Inc.  
Hy-Line Cruises  
Seafood Sam's Family Restaurant  
Whiteley Plumbing and Heating

#### Circle of Hope \$1,000

Affordable Mattress of Cape Cod  
Beanstock Coffee  
Cape Cod Aggregates Corp.  
Cleangreen, Inc.  
Dative, Inc.  
Glivinski and Associates, Inc.  
Nauset Disposal  
SLYK Shades  
Unique Boutique

#### Circle of Awareness \$500

Bourque Heating & Cooling Co., Inc.  
Nata's Noodles  
Osterville Home and Garden  
RPM Carpets & Floor Coverings  
Salty Broad Studios  
Sand Dollar Customs

#### Circle of Community \$250

McShea Insurance

# ALL STAR TEAMS

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Sue Curran, Vice Chair  
Rob Padgett, Treasurer  
Sabrina Kane, Secretary

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James Barnes  
Christina Bologna  
Betsy Bowes, R.N., B.S.N.  
Shaelyn Hegarty  
Michaela Herlihy  
Manny Marrero  
Laura Newstead  
Paula Reardon  
Sherry Santini  
David Troutman  
Peggy Wolman

### Advisors

Dr. Mary Alicia Barnes, OTD  
Cheryl Bartlett  
Benton Bodamer  
Jimmy Bowes  
C. Patricia Fater, MD  
Adria Kennedy  
Bart Main, MD  
Jessica Morey  
Rodrigo Passos  
Judge Joseph J. Reardon  
Sherry A. Santini  
Frank Selldorff  
Raymond Tamasi  
Christopher Willard, PsyD

## Staff

Fiona Jensen, Founder & CEO  
Emily Smalley, COO  
Katie Medlar, Director of Programming  
Patty Weinstein, Director of School Based Programming  
L. Forest Malatesta, Director of Community Programming  
Kimberly Perry, Executive Assistant/Office Manager  
Julia Bateman, Development Coordinator  
Stephanie Goley, Programming Coordinator

## Instructors

Liliana Bejarano-Cryer  
Chris Brenner  
Liam Girouard  
Karen Hayes  
Bob Jensen  
Patricia Kennedy  
Caroline McCutcheon  
Jennifer Perrin

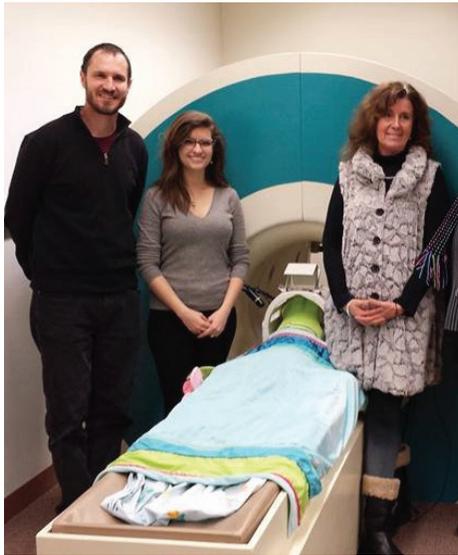
## Most Likely To Change The World

### Volunteers & 10th Anniversary Planning Committee

Betsy Bowes  
Heather Brown  
Christina Bologna  
Laura Caton  
Linda Comolli  
Sue Curran  
Josh Fitzmaurice  
Shaelyn Hegarty  
Michaela Herlihy  
Bob Jensen  
Stephanie Lundegren  
Janet McCartin  
Tracy O'Neill  
Sally Orcutt  
Diane Scott  
David Troutman  
Peggy Wolman

*David, loved study hall with you and Kimberly. Remember when you told me that Calmer Choice has over 4,500 email newsletter subscribers? OMG!  
xo Jules*

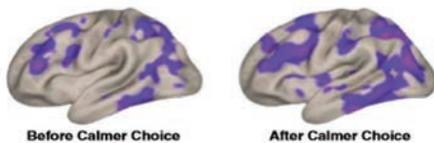
# SCIENCE FAIR WINNERS



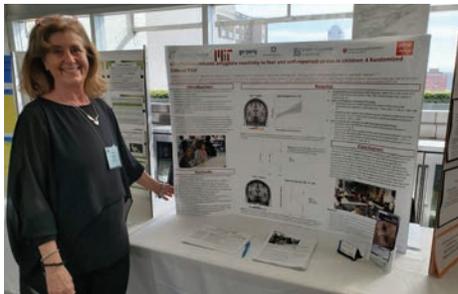
## MIT and Calmer Choice Research Collaboration Shows Efficacy of Mindfulness Training with Children

In August of 2019, a pivotal study was released from MIT suggesting that Calmer Choice's mindfulness-based curriculum can enhance academic performance and mental health in middle schoolers, as well as reduce disciplinary actions like suspensions and decrease stress among participants. The study was led by John Gabrieli, the Grover M. Hermann Professor in Health Sciences and Technology, a professor of brain and cognitive sciences, and a member of MIT's McGovern Institute for Brain Research.

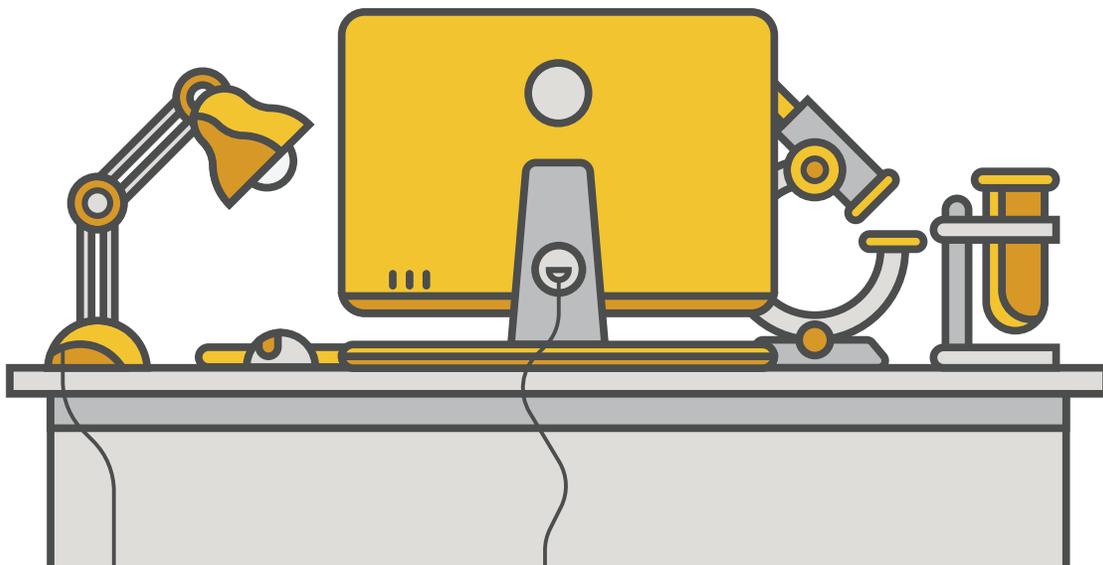
The study was performed on students in the 6th grade who participated in Calmer Choice's school-based program, administered in 2016 at Boston Collegiate Charter School in Dorchester. 40 of the participants also participated in the first ever brain imaging studies before and after the program. Both surveys of participants and results from the imaging study showed, for the first time, that mindfulness can alter brain activity in students.



Sixth-graders who received the Calmer Choice program not only reported feeling less stressed, but their brain scans revealed reduced activation of the amygdala, a brain region that processes fear and other emotions suggesting that "mindfulness training" could potentially help prevent or mitigate mood disorders linked with higher stress levels.



A second paper released in the Fall of 2020 further confirms that the children who practiced Calmer Choice mindfulness skills programming had sustained attentional abilities, reduced stress, and their brains were less reactive to distress.



# AUTOGRAPHS

The Calmer Choice mindfulness course has really been a game changer for me; especially during the Covid-19 pandemic fear and restrictions, and national social unrest. Before the class, these events and challenges would have made me sleepless, feeling anxious and unproductive. I can't say those symptoms of stress don't still happen occasionally, but I'm better able to sit with them, acknowledge them, look at the feelings, decide if a response is needed... and move on, not pushing or pulling, and accept just being!

Sue, Age 61

Often, I forget self-care, so focused on providing resources for my students and their families. Overwhelmed with the disconnect I felt from staying at home during the pandemic, the opportunity that Calmer Choice provided in the 6-week online class was exactly what I needed. As I communicated with others in the class, I found their similar struggles connected us. Through the virtual platform, I found myself vulnerable and healing. I felt safe to be myself, to be in the moment, to recognize and accept the reality that I was denying; the feelings I was suppressing. I learned to find peace within my own mind, as thoughts of planning for a new way of teaching floated all around me.

Bonnie Schumacher, Preschool Teacher, Provincetown, MA

This experience was truly life changing for me during a very challenging time. When the pandemic first began and schools across the state closed, and then the stay at home advisory was put in place, anxiety took over in my world. I faced not only the physical isolation created by COVID, but also the emotional isolation and fear. The pandemic created a state of loss and Calmer Choice was offered to me at the perfect time.

Erica Andrews, Middle School Teacher-Falmouth, MA

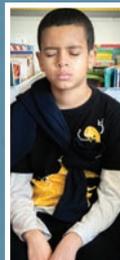
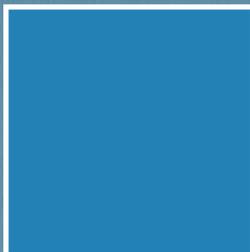
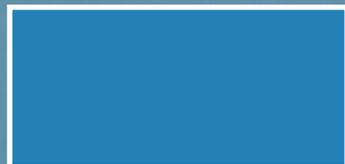
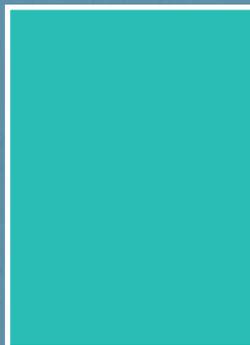
Calmer Choice has provided (my kids) with tools to navigate their own emotions and relationships over their lifetime."  
Patricia Pinto da Silva, parent of student

Just wanted to thank you for the hard work you have done with us as a staff and community. Yesterday, my kids returned from gym and you could almost see the energy in the air. I offered a Calmer Choice Circle which they all wanted. They chose to start with a bell, and I could hear many of them breathing deeply. No one giggled or fooled around, they were very serious. Then we talked about our emotions and all we were feeling in our bodies. We ended with a bell and you could feel the energy going down. They were then very open to finishing an assessment and other "hard" work. So, thank you again for giving me more tools for my toolbox. As you know, the well-being of my kids is just as important to me as their academics. These are just the kind of days none of us want but ever grateful we are better equipped to deal with them together.

Tracey Deegan, Eastham Elementary 4th Grade Teacher, Nauset District  
3-5 Mathematics Coordinator, early days of pandemic

My client cannot express how thankful she is for this program. With Calmer Choice, she has found a new love for mindfulness and really feels a connection to the practices and methods that were taught throughout the sessions. She's grateful to have found this outlet as she works through the new changes she's been experiencing in her life.

Mackenzie Perry, Case Manager, Homeless Prevention Council REACH Program



# Calmer Choice

Cultivating Awareness • Living Mindfully • Enhancing Resilience

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