



HMEA's 13th Annual Independence 5K Run and Walk, Roll & Stroll, held on Sunday, May 18, 2014 at the EMC² Manufacturing facility's soccer field saw nearly 300 runners in the early morning run, and over 2,000 walkers stroll through the Franklin Industrial Park at mid-morning.

Two Pawtuxet Rangers shoot muskets to start the Independence 5K Run.

Over 2,000 people participated in the Independence Walk, Roll & Stroll.

■ Fundraiser Unites Communities

There are all sorts of communities: the HMEA community, the community of people with developmental disabilities, the autism community, the communities of Franklin, Wrentham, Bellingham, Milford, Millis, Mansfield and so many more!! They all came together for one day on May 18th for the 13th Annual Independence 5K Run and Walk, Roll & Stroll at the beautiful field owned by EMC² in Franklin. 2200 people ranging in age from 1 to 91 came to walk, to run, to volunteer, and to support the programs of HMEA run by 640 caring and competent staff for over 3800 individuals with disabilities. With some sponsorships still coming in the event is sure to reach over \$220,000.



Talented volunteers came from Home Depot in Bellingham, Sodexo Foods at Dean College, Big Y Supermarkets, King Philip High School students and many more. All totaled...221 volunteers tallied up 774 volunteer hours and you couldn't miss them - dressed in bright fluorescent green volunteer shirts donated by EMC².

The event was a family oriented fun day with kids' activities, such as touch a truck – a Franklin fire truck, police vehicle displays, and National Guard vehicles - free food, parking, tee shirts, entertainment, and fun games. Special guests included the mascots Finz from the Worcester Sharks, and the Cardi Brothers, NiRoPe. In addition there was a Dog Obedience Show from GoTeam21.org, a Hot Rod exhibition, the BubbleMan, face painting, raffles, caricature artists, dress-up photo booth, a superb giant cookout and a whole lot more. The Massachusetts National Guard and the Pawtuxet Rangers participated in the opening ceremonies by providing a special tribute to America's Armed Forces.

A special Dream Come True raffle was held with over 60 prizes won, including a Bose SoundLink III and Soundlink Mini system, Red Sox Tickets, stays at Boston Harbor Hotel, the Renaissance at Patriot Place, and Doubletree suites, Abrams Books donated 50 *Diary of a Wimpy Kid* Workbooks by Jeff Kinney, and a five burner outdoor grill from Home Depot! ■

See more of the event's activities in pictures throughout this newsletter!

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www.hmea.org

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Katie Goode

■ New Board Member Welcomed

HMEA welcomes **Katie Goode** who recently joined the Board of Directors. She is an Assistant Vice President, Director, Human Resources, at the HomeGoods division of TJX. In her current role, Katie oversees human resources in the home office for HomeGoods. During her 27 years in human resources, she has provided support in the areas of associate relations, talent development and as a human resources business partner. Katie has a BS from Skidmore College and an MS from Lesley University. ■



HMEA's own **Matt McNellage** took home the Gold Medal for his weight class at the Massachusetts Special Olympics summer games held at Harvard University.

Matt lifted 185 lbs. dead lift, 140 lbs. squat and 105 lbs. bench press.

CONGRATULATIONS, Matt

We're proud of your accomplishment!

LONG AUTO GROUP

LONG CADILLAC
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AND

LONG SUBARU
WEBSTER, MA

PRESENTS...

**"TEE UP FOR CHILDREN WITH AUTISM"
2014**

Monday, September 8, 2014
Highfields Golf and Country Club
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Raise \$500 and YOU could play for FREE!
For more details or to register visit:
autismresourcecentral.org

HMEA Board of Directors

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Newsletter Staff:

- Editors:** Douglas MacPherson, *VP of Development & PR,*
- Production:** Linda Conley, *Special Events & Projects Coord.*

Thank You Sponsors ...

For your support of the 13th Annual Independence 5K Run and Walk, Roll & Stroll

This year we had many sponsors and donors of raffle prizes and gifts-in-kind that we would like to thank for their generosity and support of this event.



All Pro Cleaners
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Plaza at Bellingham Commons
Team Cross Fitness/Franklin
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Individuals from one of HMEA's residences thank DCU for their support of the Independence 5K Run and Walk, Roll & Stroll.

"Thank You" RAFFLE PRIZE DONORS

- | | |
|------------------------------|--------------------------|
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| Big Blue Bug Solutions | Liz Bird |
| Big Y Supermarkets | Luis Jorge |
| Bose Corporation | Marriott Residence Inn |
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| Boston Sports Club | Michelle Donohue |
| Cardi's Furniture | Nancy Moloney |
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| Children's Services | Quality Beverage |
| Dansko Shoes/Becky Smith | Ride Away |
| Deb Monaghan | Ron Barnes |
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| Home Depot | Veronica Rich |
| Jean Cahill Social | Walmart Stores |
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And, "Thank You"... GIFTS IN KIND DONORS



**It's 'LUCKY 13' for HMEA's Annual Independence 5K Run and Walk, Roll & Stroll!
\$220,000 was raised for the programs at HMEA...**

Check out these pictures!

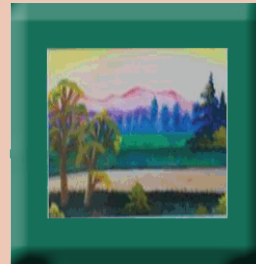


HMEA held a contest encouraging individuals who attend an HMEA program to enter an original painting, which would then be considered for a Top Finisher prize at the **13th Annual Independence 5K Run**. The top three finishers in eight age categories received a print of the winning entry at this year's event. **Jane's Frames** of Franklin once again professionally matted each print.

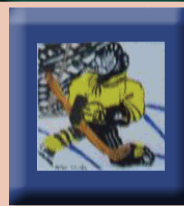


The winning entries pictured are:

1st Place: Color Swirls, painted by Emily who attends HMEA's Autism Resource Center



2nd Place: Mountain Lake, painted by Adam who attends HMEA's Bellingham Clinical Day Hab Program



3rd Place: Hockey Player, painted by Peter, supported at HMEA's Hopedale Employment Program



HMEA's Autism Resource Center 2014 5K & Walk for Autism Awareness raised \$200,000!

Here's a peak at the day in pictures...

While the weather on April 27, 2014 was anything but sunny, the spirits of all those who participated in this annual event was not dampened at all...*EVERYONE had a great time.* The money raised at this event allows the ARCCM to continue to provide valuable resources, supports and services to many families whose children have been diagnosed with autism. *Thank you all for supporting this great program and helping children and families living with autism.* ■



Ona Bouchie (center) from Open Door Yoga in No. Attleboro and Yoga instructor for several HMEA programs was this year's 50/50 raffle prize winner at the Run/Walk. Here she shares her joy with friends from HMEA's Hopedale program.

Local Politicians standing with The Caring FORCE



HMEA CEO Michael Moloney introduces Representative Jeff Roy, who addressed close to 700 Caring Force Human Service Workers at a rally at the Massachusetts State House.



Senator Karen Spilka hoists up the Care Bear in solidarity with The Caring Force of Human Service Workers at the same rally.





Shana Moreau, Transportation Coordinator for HMEA and some folks from the Bellingham program receive the key to their brand new 2014 Toyota Sienna Mobility van, won by HMEA in Toyota's 100 car for good 2013 contest!

■ A very 'thankful' group

"Hello,

I would like to thank you for awarding the beautiful Toyota van to Bellingham Clinical Day. **Nathan Daigneault, George Chapman, Cameron Mackie and staff** were thrilled to be a part of the ceremony. Nathan said "I am a celebrity now". Too cute. George said "I feel on top of the world" and Cameron thinks he owns the vehicle. I love it. It is very spacious and will meet the needs of our program. We feel blessed. ■

Have a wonderful day and again – Thank you!!!!!!

Charmain Thomas, PS
HMEA Bellingham Clinical Day Habilitation"



Joanne (left) and her sister Marie visiting after 40 years.

■ Sisters find each other after being separated for many years

Thanks to HMEA, and the efforts of Shared Living providers **Margarette and Eric Voyard**, Joanne, who is supported by HMEA, and her sister **Marie** were able to be reconnected after 40 years. Marie said she always wondered what happened to her younger sister. But, after some internet investigation and 'people' searching, the sisters found each other, and they were thrilled at the idea of seeing each other again.

Following several phone calls of getting to know each other again, an overnight trip was planned for Joanne to visit Marie in Maine to celebrate her birthday. Marie invited an aunt, a cousin and nephew along with their friends and family for the special occasion. When Joanne arrived, she immediately remembered her sister and said, "that's Marie". The afternoon was filled with tears, hugs, laughter and picture taking. ■

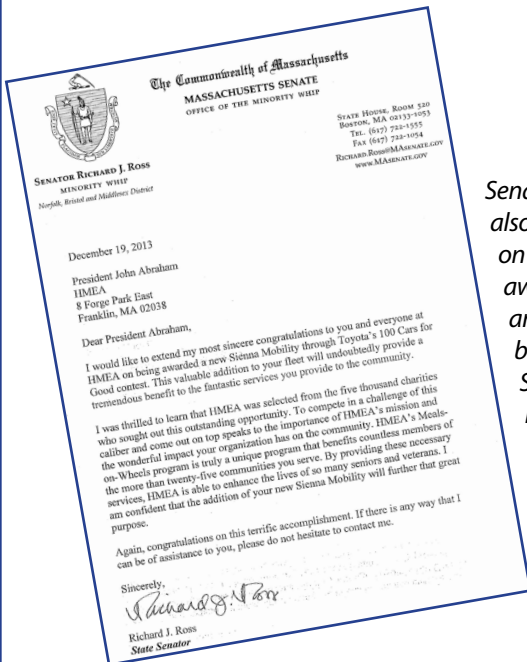
Joanne received a special card that read:

FOR A SPECIAL SISTER...

**I've waited a long time to see you!
This is a Special Day!
Lots of Love, Luck and Laughter
Always Your Sister, Marie.**

Family...

*like branches on a tree,
we all grow in different directions,
yet our roots remain as one!*



Senator Richard Ross also commented on HMEA being an award recipient and winner of a brand new Toyota Sienna Mobility van through Toyota's "100 Cars for Good" campaign.



■ Boston Red Sox Honor HMEA at Disability Awareness Night

Making kids Dreams Come True

Since 2007, HMEA has been the proud recipient of being one of the select groups honored by the Boston Red Sox at a pregame, on field ceremony. Staff, families and individuals supported by HMEA were able to attend the game and sit in specially selected seats chosen by the Red Sox. Two families from HMEA's Autism Resource Center were on the field with their children who were chosen as honorary Bat Boy and Bat Girl, meeting Wally The Green Monster, and being introduced to the sellout crowd of 38,000. In addition **Ryan** from HMEA's Plainville program was selected to start the game with those two words we all love to hear as he bellowed out to the crowd and the players, **"PLAY BAAAAAAAALL!"** ■



Doug, we are very appreciative of your generosity. We had a great time at the Red Sox game. Was an incredible experience for our family. Many Thanks Ted

Doug,
Thank you again for giving our family the opportunity to attend the Red Sox Disability Awareness Night. It was wonderful bringing all these families together & helping identify that they still have many unique special talents. It was a magical night. Thank you! You know

To Mr. Doug,
Thank you for giving us tickets for the Red Sox game.
From Naomi



A really sweet personal "Thank You" note acknowledging the great time this family had being involved with this year's Red Sox Disabilities Awareness Night



Rockland Trust Franklin Branch Manager Laurel Katsaros (top left) presented a grant check to members of HMEA's Hopedale program and Doug MacPherson, Vice President of Development and PR.



Rich Leahy, President/CEO, Holly Deslauriers, Marketing Mgr. and Sam Bitar, Foundation Executive Director from the Webster Five Bank with landscaping equipment bought with funds from the foundation for HMEA's Millbury Employment program.



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■ Become a member of the HMEA Legacy Society

What will your Legacy be?

7 steps to leave your Legacy...

- 1.** Prepare a will. Without a will you lose control over your property at death.
- 2.** Consult an attorney, accountant or financial advisor about tax-friendly options for making a legacy gift.
- 3.** Contact the organization(s) of your choice to learn about opportunities for legacy giving.
- 4.** Leave a specific dollar amount or a percentage of the assets in your will to a charity of your choice.
- 5.** Name a charity as the beneficiary of your pension or a life insurance policy.

- 6.** Consider using non-cash assets for your legacy gift.
- 7.** Remember that almost everyone has the capacity to leave a legacy.

When You Leave Your Legacy, You Make Sure That Help Continues For Those Who Need It!

Think about how others have helped you and your loved ones. Think of the difference other people or organizations have made in your life. This is an opportunity to do the same for them.

Charitable and philanthropic groups play an important role in many people's lives. They fight disease, care for children, feed the hungry, shelter the homeless and more. Leaving your Legacy to them is not about gifts of any special size...it's about giving back and ensuring the future.

When you Leave Your Legacy, you make a difference today and in the lives that follow. ■

Contact the HMEA Development Office today at 508.298.1105 or learn more at www.hmea.org.