



The Power of Friendship and Connection

Having friends is one of the “good things in life” – from the friend you meet once a week over a cup of coffee to friends that you see only once a year. We believe that people with disabilities should have the same opportunities as everyone else to develop these relationships and friendships. Feeling loved and having a sense of belonging is probably the greatest need we all have, and yet the development of relationships between people with disabilities and other community members has been generally neglected by those in the disability field. One of the roles that the **Building Futures Project** plays is to provide opportunities for students to meet other young people who share similar interests, an important first step to developing fulfilling, supportive friendships.

Ian is a 19 year old man who has always loved the outdoors and is supported through the Building Futures Project. Growing up on a horse farm in Mattapoisett his passions include riding, biking and hiking. Last summer he even climbed Mt Chocorua in New Hampshire. For the past year, Ian volunteered at the Mattapoisett Lands Trust helping clear walking trails and was invited to join the Sippican Lands Trust junior board. It has been a great match for Ian given his interest in the environment and the outdoors.



People need time to get to know each other and to share experiences and it is from this that the possibility of a friendship can emerge. This summer Ian teamed up with his coach, other students from his High School and several other volunteers through the Buzzards Bay Coalition and took on the daunting task of weeding a blueberry patch in the Mattapoisett Lands Trust Reserve. Toiling under the hot sun Ian developed a connection with two of the volunteers who go to other schools. Both are outstanding young men who have invited Ian to spend time together.

Noah invited Ian to come watch him run at his cross country meet and is interested in meeting up to go to Carabiners and go “bouldering”. The other volunteer (also named Noah) invited Ian to join his local venture scout troop (15 – 21 year olds). Every second Thursday Ian now attends the troop meetings. The troop has been very welcoming and have taken the time to find ways for Ian to be included into their activities. At the first meeting Ian attended they were busy planning for a camping trip that upcoming weekend. Even though Ian could not attend he was invited to the next one. Since then they have done team building exercises, practiced doing their knots and started planning for future events including white water rafting and hiking trips. Because Ian has very limited speech he has been encouraged to bring his iPad to share photos of activities he is involved in.



It is important to note that these opportunities do not just happen in a vacuum, but rather is a conscious effort to go against the unconscious neglect in our society. Pat from the Building Futures Project spent a significant amount of time developing relationships with Mattapoisett Lands Trust, Sippican Lands Trust and the Buzzards Bay Coalition. She also spoke to Ian’s high school trying to identify other students who may share in his interests. Other people involved include: Matt and Sue (Building Futures staff who supported Ian in these activities), Logan (Americorp), Lynn (ORR teacher), Alan (Sippican Lands Trust), Sue (Venture Leader) and Ian most of all!

Friendship is about feeling a sense of belonging; where one is welcomed and accepted for who they are. For Ian it looks like he may have found this “sweet spot”. ~Ross Hooley

People who fill roles that are valued by others (example: photographer, employee, co-worker, voter, musician, volunteer, college student) will be granted the good things of life.



Our annual golf tournament held in August at the Bay Club in Mattapoisett was another great success. We are fortunate to have so many donors and volunteers committed to the organization. It is the selfless acts of others that keeps *The Nemasket Group's* mission alive; it honors our founder, Louis Nisenbaum, a man of great vision who left us with a lasting legacy; and it enables us to work towards our vision for the future....individuals leading successful lives that are rich and meaningful.

Annual Nemasket Basket Drawing!

8 Themed Baskets worth over \$3000

November 12th thru December 14th

Drawing on December 17th

Visit us online at www.nemasketgroup.org or call 508-999-4436 for more information on how to purchase tickets



Cindy Lou Who

- * American Girl WellieWishers Dolls: Kendall, Ashlyn, Willa
 - * WellieWishers Cozy Up Cocoa Stand
 - * WellieWishers Outfits: Snow Much Fun, Winter Friends Skating, & Casually Cozy
- Retail Value \$308

Mayor Augustus Maywho

- * 2 nights & breakfast for two at the Sheraton, The Four Points in Eastham
- * Wine and Spirit tasting for two at Truro Vineyard
- * Guertin Jewelers Starfish earrings
- * 4 passes to the Pilgrim Monument
- * 2 women scarves, wristlet and leggings (one size fits all)
- * 2 passes to the Heritage Museum and Gardens
- * Heart of Stone: 2 bracelets
- * \$50.00 gift card to Fisherman's View Restaurant
- * Cape Cod Long Sleeve shirt (L) and baseball cap
- * I Love Cape Cod Puzzle
- * Cape Cod Magnet
- * \$25 Gift Card to Catania Hospitality Group

Retail Value \$842



Max (Kids 8 to 100)

- * Anki Overdrive Starter Kit
- * Overdrive 2 Expansion Track Speed Kits, Launch Kit, Collision Kit, Corner Kit, Rails Kit, Elevation Kit, Accessory Bank Turn Kit

Retail Value \$295

Tree Trimmer

- * Hearth and Hand Garden Caddy
- * Smith & Hawken Arugula and Green Clover Candle
- * 4 Piece Gardening Tool Set
- * Ball mason jar with Eucalyptus
- * Humble Bumble Hand Salve
- * Smith & Hawken Poppy Grow Bag
- * Smith & Hawken Sweet Pea Grow Bag
- * Gourd Birdhouse from Sprig
- * Eden Florist & Garden Shop \$100 Gift Card
- * Smith & Hawken Watering Can
- * Gardening Gloves
- * Garden Markers
- * Friskars Pruning Shears
- * Ceramic Plant Pot

Retail Value \$335

Martha May Whovier

- * Iconic Coach bag
- * Scarf

Retail Value \$350

The Who Feast

- * Restaurant Gift Certificates including Carmine's, Cask & Pig, Destination Soups, DNB, Farm & Coast Market, Gateway Tavern, No Problemo, On the Go, Palace Pizza, Pasta House, Pour Farm Tavern, Riccardi's, The Black Whale, Tropical Smoothie Café

Retail Value \$395

Grinch

- * Ninetendo SWITCH Fortnite Double Helix Bundle
- * 1,000 V-Bucks in Fortnite
- * L.L. Bean Backpack

Retail Value \$349

Stu Lou Who

- * Rachel Ray Cucina 12 piece set Pumpkin Orange (pots & Pans)
- * 5 Piece Bake Set
- * Sterling 6 assorted chef knives
- * Oneida silicone oven mat
- * Sunkist non skid cut mats
- * Kitchen towels
- * Castellano: Extra virgin olive oil
- * Dean & Jacobs: Garlic & Himalayan Pink salt
- * Gaucho Ranch: Chimichurri cooking sauce/dip
- * Montosco: Provence blend

Retail Value \$265