



# A Friendship Blossoms through Volunteering

"I know what things are good: friendship and work and conversation. These I shall have."

*Rupert Brooke*

Lisa has been a part of The Nemasket Group's Job Paths program for a number of years. Like many of the men and women we support, Lisa has had very little access to "the good things in life"; the things that most of us would agree make life worth living. For example having a purpose, a sense of belonging, having friends and loved ones, having meaningful work and opportunities for growth and learning. This list also includes friendship - freely given, unpaid relationships happening naturally through shared interests.

People volunteer for a variety of reasons. For example to give back to the community, develop job skills or perhaps to meet new people who share a common interest. Lisa has had held various volunteer positions where she was friendly with her co-workers but where there was little opportunity to develop these work relationships into more sustaining friendships. Being friendly is not the same as having friends who will stick by you. About a year ago, Lisa left her longtime volunteer position at a local child care center. It was then that Lisa needed, more than ever, to find a new and meaningful role.



After some exploration and careful consideration of Lisa's interests, her Job Paths team found the Center for Animal Rescue and Education in Acushnet. C.A.R.E. is an all-volunteer "no kill" animal rescue shelter. Lisa is one of three women who volunteer on Friday mornings and is now part of a team who help each other to make sure the work gets done. All the women enjoy a good conversation including topics like which cat went home, which cat went into foster care, new animals coming into the shelter as well as chatting about local news, music, radio and yes, girl talk about guys (particularly guys in uniform).

Recently Lisa was invited to attend lunch at Mystic Café with her co-worker and the coworker's friends. It went well. Lisa is now a regular member of the group that gets together every other week for lunch. Recently one of her friend's (Ellen) left her volunteer position at the shelter but that has not stopped her from keeping the lunch group going. In fact the group has now expanded and includes four gentleman friends. On Lisa's birthday all her new friends sent her a birthday card. Lisa was thrilled. It is these little acts of thoughtfulness that defines a friendship. Friendship – one of the good things in life: freely given, unpaid relationships. Lisa's support team are excited for these budding new friendships that have emerged from working with others who share her interests and values.



Wendy Sheehan

***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.***



We are delighted to announce that Pat Charyk has been unanimously voted the 2019 Nemasket Group's **Employee of the Year**. Pat was nominated by five people. Pat works for the Building Futures Project and has made a significant impact not just in the lives of the students she supports but to the organization as a whole. Pat goes about her work quietly with no fanfare and is extremely creative in helping students create valued social roles. She is tireless in her efforts and an inspiration to us all. Congratulations Pat and to all the people nominated; Kathleen Madden, Heidi Pina-Barnes, Erica Roemhild, Leigh Eyre, Polly Lawrence and Julie Papadakis.

Thanks to our wonderful Sponsors and everyone that participated in our 5th Annual 5K Walk/Run at Fort Phoenix this year. We look forward to seeing you again next year for this great event!



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