

# Perkins News

A C H A N C E T O B L O S S O M

Perkins • A Comprehensive Human Service Agency for Children, Adolescents, Adults & Senior Citizens  
Summer 2011

## 2011 Recognition Day

The annual Recognition Day ceremony is always a magical event and this year – which marked the completion of Perkins’s 115th year of operation – proved to be no exception. Dressed in dazzling purple gowns and mortarboards, 15 students were recognized on Saturday, June 18, under the tent on the Manor Lawn.



Haley Sottile shares how Perkins enhanced her overall confidence

Student speakers Garrett Prouty and Haley Sottile charmed the audience with personal accounts of their experiences at Perkins. Haley spoke about building confidence through artistic opportunities at Perkins — specifically music, voice and performing arts — which were integral parts of her personal growth and success. For Garrett, who will be attending Cape Cod Community College in the fall, it was all about improving academically and socially.

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From left to right: Charles W. Hughes II, Perkins Trustee; James Sheehan, Director, WHEAT; Dr. Charles P. Conroy, Perkins Executive Director; Susan Gala, Special Education Administrator, Ashland Public Schools; Jeremy S. Roche, Principal, Nashoba Regional High School

## Neurotherapy Services

The Perkins Neurotherapy Center in Lancaster will provide state-of-the-art, neuroscience-based treatment services to individuals who struggle with a range of emotional or behavioral problems. Evidence-based neurotherapy (also known as “EEG biofeedback” or “neurofeedback”) refers to a range of therapeutic approaches that seeks to modify brain patterns that are associated with psychological dysfunction. Treatment typically begins with an objective assessment of an individual’s brain activity via quantitative electroencephalography (QEEG). The results of the QEEG and other objective psychological measures

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## Perkins Pedalers Raise \$1,600 for Bolton PMC Ride

They may be small, but the toddlers and preschoolers at the Perkins Child Development Center (CDC) are big at heart and big in results, as demonstrated by their fierce participation in the 2011 Bolton PMC Kids Ride. Led by



The Dealy family proudly represents Perkins and helps their team crush the goal of raising \$1,000 to be used in the fight against cancer.

CDC alum, Ally (Allison) Dealy, the team of 14 riders was successful in raising over \$1,600, which will go towards finding more answers in the fight against cancer.

A "Jimmy Fund Kid" and cancer survivor, Ally enlisted the help of students at her alma mater – including siblings Jack and Erin Dealy – to support the Pan Mass Challenge and

the local kids' ride. Riding bikes and trikes, and zooming along in scooters and in carriages pushed by parents, "Perkins Pedalers" made a strong showing at the May 22 ride, which looped through the grounds of the Emerson and Florence Sawyer Schools in Bolton, MA. Team captain and Perkins CDC Director, Pam Bernard, admired her charges saying, "The kids biked their hearts out and crushed their \$1,000 fund raising goal." The "Pedalers" team included three "Heavy Hitters" who each exceeded \$250 in personal fund raising. "I couldn't be more proud of them. It's a huge effort from some big-hearted — albeit little — people," beamed Bernard.

### (Neurotherapy continued)

lead to the creation of an individually-tailored training program in which people learn to change their own brain patterns to correspond to those associated with positive changes in physical, emotional, and cognitive states.

Neurotherapy approaches have been shown to be effective for improving self-regulation difficulties associated with a wide range of psychological conditions, including ADHD, Asperger/autism, anxiety, depression, epilepsy, traumatic brain injury (TBI), sleep difficulties, and substance abuse.

Neurotherapy services at Perkins will be provided under the direction of Robert Davis, Psy.D., a licensed clinical psychologist. Dr. Davis is board certified in evidence-based neurotherapy by the American Neurotherapy Association, a diplomate of the Society for the Advancement of Brain Analysis, and is board certified as a QEEG technologist. Dr. Davis completed his doctorate at Rutgers University and post-doctoral training in both behavioral medicine and trauma at Harvard University Medical School. Services are expected to be available in late August. For more information about Perkins Neurotherapy Center, please contact Dr. Robert Davis at [bdavis@perkinschool.org](mailto:bdavis@perkinschool.org) or 978-368-6443.

## Focus on Fundraising

### Eighth Annual Golf Tournament: A Perkins Best !

Despite the *soggiest* weather conditions in the eight-year history of the Perkins Golf Tournament, we are proud to report that the May 17<sup>th</sup> tourney grossed over \$50,000 – a "personal best" for the agency. In addition to the financial success of the outing, golfers turned out with their customary good cheer to quash the less-than-ideal weather conditions.

According to Kerry Flathers, Golf Committee Chair, a number of factors contributed to record-breaking results, including: new golfing foursomes; additional top sponsorships from Walmart; Leonard, Mulherin & Green, P.C.; and MEMIC; and consistent support from Lead Sponsor, Clinton Savings Bank. Ms. Flathers wished abundant thanks to everyone who helped to achieve this high point saying, "Our collective success translates into superior programs and services at Perkins, which means better health and well-being for our students. Thank you for helping us reach this significant goal!"

# Spotlight on Education

Part of what makes Perkins's educational programming "extraordinary" is the creative, interactive, and inquiry-based summer session which runs throughout July and August. Culminating in an exhibition of student projects, artwork, and reports at the end of the seven-week session, SummerFest features a different educational topic each year. Students kicked off the 2011 summer session with a virtual tour of the United States with this year's theme: America, Land of Magic and Mystery.

Boys and girls are "traveling" through the major regions of the country (Pacific Coast; Rocky Mountains; Mid-West; Great Lakes; Southeast; and Northeast) to discover the myths, legends, history and facts that distinguish our country as the United States. In each region students are uncovering points of interest, industry, culture, art, architecture, literature, and foods.

To balance academics with fostering new hobbies and personal interests, Perkins also offers a variety of "Kid Choice" activities on a continuous rotation for two hours each day during the summer months. Options in the 34-subject array include: creative writing; drama; ropes challenge course; yoga/mindfulness; Lego Robotics – Green City Challenge; mosaics; tae kwon do; gardening; animation; book club; Spanish club; soccer; biking; cooking; skateboarding; softball; fishing; golf; and tennis.

Always a hit with Perkins students, the summer program is once again receiving rave reviews and has students bursting with patriotism and gushing with knowledge about their "adventures" in the U.S.!



Valerie Crory is delighted that stained glass art is part of the summer program.

## (2011 Recognition Day continued)

"My goal when I first came to Perkins was to work harder on schoolwork, and make friends. Perkins has helped me improve in all areas. I would recommend this school to anyone," he told the audience of 350, which included parents, Perkins trustees, community leaders, and the 2011 Distinguished Service Award recipients.

Musical arrangements by the Perkins chorus included renditions of *Ordinary People* and *Time After Time*, which featured an accompaniment by student Shane Perry on



Garrett Prouty shares with the crowd of over 350 his personal accomplishments, in both academics and social skills.

the conga drums. Conducted by musical director Bill Carrier, the technically difficult pieces were skillfully performed, as was the recession of the school's longstanding Alma Mater, which begins with the descriptive line, "*Ivied Walls of Manor Lawn.*" The highly anticipated slideshow – chronicling the previous year at Perkins through pictures and music – was met with students' squeals and laughter, as well as tremendous audience appreciation.

As is customary at the annual Recognition Day Ceremony, the event concluded with a celebratory barbeque luncheon, shared among family, friends, and administrators at the Janeway Education Center dining room. Guests spilled through the dining room doors to enjoy the glorious June day at outdoor tables. Recognition Day 2011 was a great success by everyone's standards.



Ambassador, Michael Halstead and his wife Julie enjoy a few minutes with Griffin, after learning about the Rein in a Dream program.

## Ambassador Social

Perkins Ambassadors gathered on June 14, to enjoy an “early summer social.” Although the weather was decidedly more “spring” than “summer,” there was a lively atmosphere under the tent, abuzz with conversation and camaraderie.

Thirty Ambassadors and their guests were treated to an overview of the Rein in a Dream Therapeutic Horsemanship Program by program director, Cherie Ansin. In closing, Ms. Ansin made way for three miniature ponies from the program. A short demonstration of their cart-pulling abilities (and sweet nature) had the crowd collectively “Aw-ing” and offering up their open air applause (so as not to startle the animals). Ambassadors meet semi-annually to learn more about the agency, in order to fulfill their role of helping Perkins maintain a positive presence in the community.

Thank you to our Facebook friends for helping us top 500 fans! Please let your family, friends, and co-workers know about our fan page, “Perkins School.”

## WE APPRECIATE YOUR SUPPORT!

PERKINS APPRECIATES THE GENEROSITY OF BENEFACTORS interested in furthering our work. If you would like to join the “Friends of Perkins,” or continue your support of Perkins, please complete and return this section.

\_\_\_\_\_ Yes, I would like to support the Friends of Perkins. Enclosed is my contribution of \$ \_\_\_\_\_.

\_\_\_\_\_ I would like information on planned giving.

*All contributions are tax deductible.*

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