

2022 *Gala* COMPASSIONATE CARE ALS

**JUNE 3, 2022
AT THE GARDEN
AT ELM BANK**

MORE ABOUT OUR 2022 GALA INSIDE!

MEET SPEAKER, TRAINER AND INDIVIDUAL CCALS GUIDE, TOM DALY, PhD



RON HOFFMAN
WITH TOM DALY

men's groups and rites of passage work for over 35 years.

CCALS Founder/Executive Director, Ron Hoffman, met Tom nearly 20 years ago as part of his personal journey of discovery, healing and growth. They got acquainted at a wilderness camp for men that included a deep inquiry into heart, soul and purpose. Since that time, Ron has attended many programs with Tom, and has brought Tom together with ALS clients who were a good fit for his guidance and support.

Tom has been an important resource during several weekend training intensives CCALS has provided for staff and volunteers. Tom's unique understanding of internal and external support, and how to cultivate and call in allies during difficult times, has made him an invaluable resource for CCALS.

CCALS is lucky to have a number of individuals who provide additional sources of inspiration and support for those in our community. Tom Daly, PhD, founder of the Living Arts Foundation and the Men's Council Project, is a teacher, mentor, executive coach, and a nationally respected elder in men's soul work. He has led

Tom has also provided programs for the larger community as part of the Cultivating Compassion Speaker Series, with his most recent engagement—"Gathering Support Along the Road of ALS," having taken place April 24, 2022.

"I appreciate Ron's work and the mission of CCALS very much," says Tom. "I usually work with men who can come to me with their emotional struggles and gain some new perspectives on the path forward. Going through ALS is such a complex, winding journey it can really be helpful to have an outside perspective on what comes up along the way."

If there is a theme to Tom's work with CCALS, it is exploring what it means to let go of the old life before ALS and embrace the new life that is emerging and changing with each new day. Can you cultivate an attitude of curiosity? Is it possible that some blessing may be waiting in the shadows of what can feel like an impossible situation?

These are the sorts of inquiries Tom specializes in exploring with CCALS clients. He and others provide additional, high-level resources to our clients that are not available through any other source. It's part of what makes CCALS unique in the world of ALS care.

UPCOMING EVENTS



MEET US IN THE GARDEN AT ELM BANK TO CELEBRATE THE CCALS GALA ON JUNE 3, 2022

Join us for an evening in the garden to celebrate Compassionate Care ALS at our 2022 Gala. The event will be held outdoors at the Garden at Elm Bank in Wellesley, MA on the third of June. After so long apart, we are thrilled to reconnect with our incredible community. Learn more or purchase tickets at ccals.org/gala. The evening will feature a live and silent auction followed by live music from East Coast Soul.

Special Guests



The 2022 CCALS Gala will be hosted by former WCVB-TV anchor and reporter **Natalie Jacobson**. Natalie is a beloved community icon who spent 35 years as a member the Channel Five news team, one of the most watched newscasts in Boston. This will be Natalie's third time hosting the CCALS Gala and we are honored to welcome her back for this special evening.



Jonathan Penner is an Oscar nominated actor, screenwriter and producer of films and television, including the feature films *The Bye Bye Man* and *The Last Supper*. Jonathan is best known for his three seasons as a contestant on the CBS megahit, *SURVIVOR*. Jonathan's wife, Stacy Title, passed away in January of 2021 after living with ALS.



Chris Lambton Chris Lambton is a media personality and lifestyle expert. He is a judge on Discovery Plus's *Clipped*, host of DIY Network's "*Lawn and Order*" and "*Yard Crashers*," and appears with his wife, Peyton Lambton, on HGTV's "*Going Yard*." Chris' expertise includes landscaping, hardscaping, garden planning, lawn care, and maintenance for all of these areas of your outdoor living space. Chris' mom, Marjorie, passed in October 2008.

CCALS RUNS THE 50TH ANNUAL FALMOUTH ROAD RACE



Join us for CCALS' twenty-second year running the annual Falmouth Road Race! This year's race will be held on August 21st, and we are so excited to welcome this event back in its full capacity. The morning of the race, you'll don your CCALS singlet and take to the course with our team of one hundred amazing CCALS supporters.

Join with family, friends, or colleagues and tackle seven miles winding through woods and along the beautiful Cape Cod beaches to support the CCALS community. Our 2022 fundraising goal is \$300,000, an amount we know we can raise together!

Funds raised by CCALS runners will support our ALS Patient, Family and Caregiver Program. Through this program, we are working tirelessly to ensure that all ALS individuals, families, and caregivers have the resources and support they need. Sign up or learn more at falmouth.ccals.org.

CCALS PULLS UP IN STYLE TO THE 12TH ANNUAL DAVID'S OLD SILVER SWIM



Rev your engines and get ready to make a splash at the 12th annual David's Old Silver Swim on August 13, 2022! A long-time friend of David Garber's has donated a 1956 T-bird for this year's David Old Silver Swim to be auctioned off in support of Compassionate Care ALS.

The Thunderbird will be on display at the CCALS gala on June third and at David's Swim. Bidding will begin May 25th and close on August 13.

Swimmers can opt for a one mile or half mile swim in the clear, warm waters of Buzzards Bay. The event begins at Old

Silver Beach in North Falmouth, Massachusetts at 9:30 a.m. Last year's swim raised more than \$139,000 for individuals living with ALS and their families. Learn more or register at davidssoldsilverswim.org.



IN MEMORIAM

Adam Crane, Olathe, KS
Amy Leland-Davis, Barrington, NH
Angel Guasp, Fall River, MA
Anilkumar Patel, Attleboro, MA
Barbara "Bunni" Rose-Walls, Hyannis, MA
Armando Amaral, New Bedford, MA
Barbara White, Leland, NC
Barry Fischer, Rockaway Beach, NY
Barry Ilberman, South Windsor, CT
Barry Witham, Saco, ME
Beth Ferguson, Franklin, MA
Bob Porter, Fort Collins, CO
Brad Martin, Marstons Mills, MA
Carol Marquis, Pembroke, MA
Celestino "Cello" Ciccone, Leominster, MA
Chris Beutler, Cockeysville, MD
Clifford Whitney, Worcester, MA
Cynthia Duby, Gilmanton, NH
Daniel Glogowski, Enfield, CT
Daniel Glovak, Sterling Heights, MI
Dave Kasper, Sandwich, MA
David Collins, Duxbury, MA
David B. Kelly, Hill, NH
David Lebrun, Lowell, MA
David McGuirl, North Providence, RI
Debbie Petrovsky, South Portland, ME
Debra Williams, Yarmouth, ME
Diane Serley, Madbury, NH
Domenic Sarcia, Lynnfield, MA
Dustin Keely, Milton, VT

Ed Stack, Scituate, MA
Elizabeth Clark, Forestdale, MA
Eric Richards, New Canaan, CT
Eric Wickberg, Brockton, MA
Evan Stryjewski, Medford, MA
Frank Capuano, Brookline, MA
Frank Mercier, Sr, Worcester, MA
George Kasper, Sandwich, MA
Gerard Amirault, Walpole, MA
Greg Borges, Fall River, MA
Gregory Doyle, Braintree, MA
Gretchen Klein, Arlington, MA
Habib Bajwa, Frederick, MD
Irene Dunne, Framingham, MA
Jaber Aslanzadeh, Brewster, MA
James Arthur Calcagnini, Darien, CT
James Hagberg, Hopkinton, MA
James Koury, South Easton, MA
James Richmond, East Weymouth, MA
Jennifer Mansur, Amesbury, MA
Joanne Mitza, Burlington, MA
John Andriano, Bluepoint, NY
John Callagy, Darien, CT
Jonathan Maddock, Wolfeboro, NH
Joseph Lonardo, Barrington, RI
Joyce Ryan, Hingham, MA
Judy Manchester, East Sandwich, MA
Judy Mercier, Palmer, MA
Judy Schram, Rock Hill, SC
Kathleen Hagelston, Arlington, MA
Kathleen McCarron, Plympton, MA

Ken Lutte, New Harbor, ME
Kevin Dibona, Hanover, MA
Kevin Whitaker, Rutland, VT
Khalid Abbady, Nahant, MA
Kyle Connors, Madison, CT
Leonard Conte, Northborough, MA
Larri Tonelli Parker, Boylston, MA
Linda Bruno, Bristol, RI
Luis Ortiz, Raynham, MA
Lynne O'Brien, Peabody, MA
Margaret Bondurant, Needham, MA
Margaret St. Laurent, Leominster, MA
Marie Eileen Perrelli, Norfolk, MA
Mary Virginia Bell, Little Compton, RI
Mary Gracia, Dighton, MA
Michael Glancy, Scituate, MA
Michael Iannacchino, Londonderry, NH
Michael Nurmi, Quincy, MA
Michael "Mick" Palmesano, Quincy, MA
Mike Tamburino, Bethel, CT
Nicola "Nikki" Aceto, South Portland, ME
Oscar Salas, West Roxbury, MA
Paul Kostecki, Deerfield, MA
Paulette Laurie, Merrimack, NH
Pauline Cardillo, Bronx, NY
Paul O'Keefe, North Reading, MA
Peter Horgan, Brewster, MA
Peter Jean, Rowley, MA
Peter Satkwich, Windham, NH
Philip Findlay, Lynn, MA
Raul Varela, Canton, MA

Regina Metz, Norwalk, CT
Richard Farnham, North Adams, MA
Richard Fredericks, Peterborough, NH
Richard Gebben, Uxbridge, MA
Richard Hatch, Haverhill, MA
Richard Stein, Scituate, RI
Robert Abelin, Longmeadow, MA
Robert Hastings, Leominster, MA
Robert Veronesi, Westfield, MA
Roger Ames, Cumberland Center, ME
Roger Inman, Brattleboro, VT
Ronald Rosoff, Framingham, MA
Rose Cronk, Ashley Falls, MA
Roy Havelin, Branchville, NJ
Rufus Price, Nashua, NH
Ruth Swanbeck, New Bedford, MA
Sandra Mitchell, Tuftonboro, NH
Scott Lombardo, Portsmouth, NH
Seppo Lehtinen, Brookline, MA
Shirley Bruno, Broad Brook, CT
Shirley Spencer, Hingham, MA
Silva Khokasian, Hudson, MA
Stephen Cook, Marion, MA
Susan Milsky, Eastham, MA
Susan Wasserman, Rochester, NY
Theresa Chase, Plaistow, NH
Thomas Groden, Stoughton, MA
Thomas Jones, Cambridge, MA
Tucker Wood, East Weymouth, MA
Vincent Mordecai Gram, New City, NY
William Wzorek, Florence, MA

THOUGHTS FROM RON: EXPLORING G.R.A.C.E.

A few weeks ago many of our staff and volunteers participated in a weekend program from the Upaya Zen Center called "G.R.A.C.E.: Training in Cultivating Compassion-based Interactions." A great fit for a compassion-based organization such as ours, and a program I have personally participated in on several occasions.

The first letter of G.R.A.C.E. stands for "grounding." Before entering an interaction, feel your feet on the earth, remember who you are and what is important to you. As I get grounded now in our community, I feel the deep commitment our staff has to caring for our families living with ALS. I also feel the ground of ALS almost like a tremor, unsettled and shifting and unpredictable. I feel and recognize how challenging it can be for all of us, especially those living with the disease and their closest caregivers.

Grounding into this reality I recognize how important it is to bring compassionate service into the circumstance, whatever it may be. From here, in the G.R.A.C.E. model, we move into "R," that is to "recall your intention." Why are we here? What is it that we want to bring, offer or contribute? And how do we want to do so?

One of my big intentions with CCALS is to simply show up. Continue to bring our unique relational model of care to this relentless disease, while keeping an open mind and heart, and hold space for not-knowing, not fixing, simply being. In order to continue showing up, we have to continue hosting events like our Gala, happening June 3. Without events like our Gala—and the many other smaller yet hugely important fundraisers that happen throughout the year—we would be unable to "recall the intention" to keep showing up for those in need.

The "A" of G.R.A.C.E. is "attunement," first to self, then to others. This is that embodied wisdom that is so honest, if only we take a moment to quiet and become curious. What am I feeling? Where is it in my body? What is the person I wish to serve feeling? Can I feel with them with balanced empathy?

As I attune to our work and our community, what I feel is something akin to a strong tide or a stream with a steady current. This flow comes from the mystery of life and death, the unanswerable question of why some people get a terminal disease while others do not. When I soften and tune in to this reality, my heart opens to the flow, and to the calling that CCALS has...to be there as best we can for those who find themselves one day leaving a neurologist's office with a diagnosis they did not want to receive. Where do you go with that trauma?

We are here to provide calm guidance and awareness when that news comes your way. We are here to explore possibilities with you in the spirit of mutuality and encouragement. The river of need keeps flowing, and that is why we're opening an office in Colorado, expanding our presence in Pennsylvania, and hiring additional care liaisons

to provide online connections throughout the country. We're tuned in to the need, and acutely aware of what is often missing for those faced with a terminal illness like ALS.

The next letter of G.R.A.C.E. is "C," i.e. "consider." Consider what will truly serve. This step involves a pause, a creating of space and inviting possibilities that didn't at first come to mind. What that is will vary, case by case, moment by moment, and often requires an act of faith. I don't know what is needed right now, but I will pause, open my heart, really tune in and see what emerges.

What feels like it will serve our community is our Cultivating Compassion Education Series, including our Speaker Series. These gatherings and programs provide places of belonging, circles held in the council way in which all voices count, and listening is more important than analyzing and fixing. If you have not participated in one of our gatherings, or heard one of our speakers, I highly recommend that you do.

The final letter of G.R.A.C.E. is "E," standing for "engage and end." After considering what will serve, to engage in compassion is to take action. The essence of compassion is the sincere desire to reduce suffering. There is a bit of a paradox in this, however, because engaging may appear to be active, and yet at other times it appears passive and inactive. When we attune and consider what will truly serve, we may realize that bearing witness is the most compassionate thing we can do. By simply being with another, fully present, clear and attuned with an open heart can be incredibly healing.

Related to ending, it's important to recognize the time to end, when enough is enough. I call this "stealth showing up," a way of sensing what is needed, giving just enough, and quietly moving on when our work is done. Ending is equally sacred as anything else that happens in the encounter. Let go and move on, because there's somebody down the line who needs your full and clear attention.

I want to acknowledge our staff, who I see giving of themselves in difficult circumstances every day. They do this knowing that those in their care are on the path of ALS, and that they can't do anything about that, except to bring kindness, calm and awareness, and walk alongside where others, at times, fear to go. Let us continue walking together along this road of life that, for all of us, one day transitions, in some mysterious way, into something else.

With love,



RON HOFFMAN
FOUNDER