



BHMA

BERKSHIRE HILLS MUSIC ACADEMY

TWO YEAR TRANSITION TRACK- MONEY MANAGEMENT

The BHMA Life Skills department is responsible for overseeing most of the programming for participants enrolled in our Two-Year Transition track. One of the core life skills classes offered during the transition program is Money Management. Money Management is taught using a concrete, visual system with the support of digital assistive technology. The curriculum is individualized to the needs and strengths of each person and taught using a tiered learning system for decreasing staff support and increasing independence. Some individuals use the Pictello app on an iPad, which provides verbal and visual cues through each step of the banking process, while others have learned the routines over time and are independent in the process.

Classes meet weekly as small groups with a Life Skills teacher. Before heading out to the bank, individuals will work on their budgets for the week. Individuals budget for lunch-outings in the community, evening and weekend activities, personal care needs, personal wants, and long-term savings. Adam Gosselin leads the money management program and guides our individuals in the process of determining their needs and wants and helps the class decide how, when, and where to spend their money. Once shopping lists are made, and weekend activities determined, the class heads out to PeoplesBank where everyone has opened their own bank accounts. With everyone's highest level of independence, participants approach the bank tellers and withdraw the funds they need for the week. After completing their banking, the group takes a trip

to our local Big Y grocery store, and residential individuals purchase the personal care products they need for the week, as well as preferred food items. Day participants who participate in money management often purchase a preferred snack while practicing their community independence and shopping skills.

Each weekly outing provides the opportunity to practice skills learned in other programming areas. Individuals apply appropriate social skills with their peers, instructors, and community members at the bank and store. They apply techniques learned in their Social Skills classes around boundaries with strangers, social safety and protecting their money and property. Participants also work on community independence skills such as pedestrian safety while in parking lots. Once per month, every individual at BHMA has a lunch outing where they work on their money management skills to stay within a budget and order meals with their highest level of independence.

Our Money Management curriculum teaches our participants to develop impulse control with their money, while having free choice over how to spend it. Learning moments arise when individuals go over their budget or must make decisions at the grocery store that are tough in the moment. It is a process that over time leads to structure and routine with spending, growing independence, community connections and confidence.



BHMA TURNS 25!!

In 2024, BHMA will be celebrating 25 years of providing music and skill building education to individuals with intellectual and development disabilities! BHMA has grown from a small program to a thriving community of 70+ participants coming from all over the U.S. and internationally. Stay tuned for a year filled with celebrations and events as we turn a quarter century and look towards continued growth for years to come!



Founders

Kay Bernon
Thomas E. Dwyer Jr., Esq
Deborah Goldberg, MBA
Nancy Goldberg, MEd
Veronica Ohanian Heath
Howard Lenhoff, PhD
Sharon E. Libera, PhD
Laura Wernick, MEd

Board of Trustees

Vinnie Daboul - Chair
Carolyn Warger - Vice Chair
John Brzezinski - Treasurer
Forrest Spatcher - Clerk
Caitlin Crowe
Andy Krol
Susanna Peyton
Karen Phillips
Mary Richardson
Betsy Scheibel

berkshirehills.org



48 Woodbridge Street
South Hadley, MA 01075
413.540.9720

BHMA HIGHLIGHTS

BHMA Bands in the Community

The music department continues to have a busy calendar! Our newest vocational band, the Classical Ensemble, led by Tom Slowick, includes three pianists and two woodwind/brass instrumentalists. In addition to gigs at a local assisted living facility, the new band recently participated in Riverside Industries' "Lived Experiences" remote conference. Congratulations to this new band and their exciting new opportunities!

BHMA's music department is continuing its relationships with local colleges and universities as an internship placement. Currently, we have a music therapy intern from Westfield State University who plays the horn, ukulele, piano, as well as other brass and woodwind instruments. Additionally, BHMA has two practicum students from WSU with us one afternoon a week. This partnership between BHMA and WSU is now in its second year, and we look forward to continuing it for years to come! If you would like to find out more about the music therapy program at BHMA, check out the blog on our website!



Our Women of Impact Honoree

BusinessWest has long recognized the contributions of women within the business community. This business-focused publication created the Women of Impact program in 2018 to further honor women who have the drive and ability to move the needle in their own businesses, are respected for accomplishments within their industries, give back to the community, and are sought as respected advisors and mentors within their field of influence.

BHMA is thrilled to announce that our CEO, Michelle Theroux, is a 2023 BusinessWest Women of Impact honoree. Thank you, Michelle, for your unwavering leadership, generous spirit, and dedication to the individuals we serve. We commend your contributions to our community and the amazing example you set for other professionals! We are grateful to be celebrating the achievements of a woman who inspires everyone at BHMA to be the absolute best version of themselves.

BHMA KITCHEN ASSISTANTS

Many of you have enjoyed some of the delicious food that is served during meal periods at BHMA. But did you know that there is a team of BHMA participants who have gained paid employment in the commercial kitchen? That is right! Our assistants hold vital positions in the kitchen to make the operation run smoothly. In fact, some individuals have reached the decade mark on their meaningful employment at BHMA.

LIVE members Dylan, Ben, Matt, and John have long been assistants in the BHMA kitchen. Working under the direction of the Dining Service Director, Ralph Robitaille, assistants do many duties including food prep, dishwashing, sanitation, and serving peers at the salad bar. Outside of routine responsibilities, assistants work hard to meet quality standards and safety practices while also navigating new skills and critical problem solving during any given shift. These professional experiences have led some assistants to pursue paid employment outside of BHMA, which has further developed their communication and work skills.

As head of the kitchen and supervisor of the kitchen assistants, Ralph shares that “seeing the growth of not just their skill levels, but their pride, confidence, and awareness around a workplace, has been rewarding to witness. From their early days working with the Vocation department and job coaches, our assistants have grown into reliable employees which has allowed the dining program to grow along with them.”



PARTNERSHIPS WITH UMASS AMHERST

BHMA's residential programming provides a selection of enjoyable activities for our residents every week. We have re-partnered with Mount Holyoke College to use their pool for weekly swimming sessions. We have a group who goes to weekly karate classes at a local dojo. Our residents attended several local outdoor concerts in the summer months. Excursions to the Big E, Great Wolf Lodge and Salem in time for Halloween created fun-filled memories. Festive fall themed activities including apple picking, conquering a local corn maze, Halloween costume shopping, and participation in Best Buddies and SOMA soccer tournaments were enjoyed by both residents and staff. BHMA is excited to be able to continue two great working relationships with UMass Amherst and their students through the Body Shop and Boltwood.

The Body Shop is a five-year partnership with the UMass Kinesiology department. Each BHMA residential individual is paired with a personal trainer from this department. During the initial assessment phase, our individuals are taught the importance of nutrition, adequate sleep, and exercise. Everyone's current abilities are assessed, then a specific workout plan is created for that individual. Progress is tracked and adjustments made as needed to the workout program as the semester continues. It is amazing to watch our individuals learn about health and nutrition and put this knowledge to use while working closely with the college students.

The UMass Body Shop places a special emphasis on health and nutrition while the Boltwood project is simply about having fun. Boltwood is a group of UMass student volunteers who come to BHMA every Tuesday evening for activities. Boltwood student volunteers create a different theme each week and coordinate events based on that designated theme. October brings Halloween festivities, December brings winter celebrations, and February brings lots of sweet treats to celebrate Valentine's Day. Dance parties, karaoke/talent contests, baking and cookie decorating are also fan favorites!

Be sure to keep an eye out on our social media pages for other fun activities hosted by our residential staff throughout the year!





BHMA
48 WOODBRIDGE STREET
SOUTH HADLEY, MA 01075

NON PROFIT ORG
US POSTAGE
PAID
Hadley

Address Service Requested

IT'S SHOWTIME! A BROADWAY GALA

On September 23rd we held our much-anticipated Broadway Gala! The glamorous evening was a showstopping hit with special appearances by the Von Trapp Family from the Sound of Music, Bert and Mary Poppins, the Pink Ladies and the Greasers, witches from the Wizard of Oz and Wicked, the cast of Annie and the vibrant ensemble of Mamma Mia.

Beauty and glam were in full effect as 260 attendees watched our SHINE dancers open the evening performing to *On Broadway* followed by beautiful renditions of *Just Can't Wait to be King*, *Tomorrow*, *Two Lost Souls*, *Lily's Eyes*, *Seasons of Love*, and a standing ovation worthy performance of *Footloose* which opened the dance floor by the Capabilities. As one attendee quoted from the play *My Fair Lady*, "I could have danced all night!"

While the evening's theme was Broadway, the hallmark of the event is coming together to celebrate community. Michelle Theroux, CEO, commented in her welcome speech that "it has been a true blessing to watch our community come together over the last 10 years, embracing each year's theme, and showing your tremendous support for the mission of BHMA. Your enthusiasm creates such a buzz around this event, that we have sold out for the past three years."

The continued success of BHMA would not be possible without the generosity of our volunteers and donors. A

special thank you to returning gala committee co-chairs, Kay Bernon and Karen Phillips, and our planning committee members Ann Davis, Mona Jomaa, Alissa Korn, Mary Richardson, Lori Swartz, and Laura Wernick.

We give a standing ovation to our donors and community partners for continuing to share in our mission of providing skill building opportunities in a music filled environment to our participants. Your generosity and support will continue to allow BHMA to stay true to our mission and ensure that we are around for future participants.

A special shout out to our top sponsors this year: Kay and Peter Bernon, Frank and Patti Connor, Mona Jomaa, Bill O'Neill and Mary Richardson, and Phillips Insurance Agency Inc. BHMA is grateful to our friends, families, and community members for their ongoing support! To quote *Wicked*, "Who can say if I've been changed for the better, but, because I knew you, I have been changed for good."

Broadway, like BHMA, continues to capture our hearts and souls and your support continues to inspire and uplift our mission. We are excited to share that 2024 marks our 25th anniversary and our gala will be a shining celebration of all that we have accomplished as a community since our inception. Keep an eye out for a save the date in spring of 2024.



THANK YOU TO OUR ANNUAL FUND DONORS

Donations made 7/1/2022-6/30/2023

\$50,000 and above

Patti & Frank Connor
The Morris & Alma
Schapiro Fund

\$25,000 - \$49,999

Trudy & John Rahkonen

\$10,000 - \$24,999

Kay & Peter Bernon
Stephen & Ann Davis
Bonnie & Donald Dwares
Irene E. & George A. Davis
Foundation
Mona & Abdul Jomaa
PeoplesBank
Susanna Peyton & John
Campbell
Phillips Insurance Agency, Inc.
Mary Richardson & Bill O'Neill

\$5,000 - \$9,999

Better Place Foundation
Kevin & Claudine Curran
Michele & Howard Kessler
Timothy & Dina Lamotte
Rosemary & Justin McCormack
Kevin & Ann O'Connor
Jon & Teri Shipp
The Baupost Group
Judy & Mike Van Handel
Webber & Grinnell

\$1,000 - \$4,999

Karen & Thomas Allen
Christine Altieri
Susan Ambrecht
Brian Berg
Christine Berry
Carol R. & Avram J. Goldberg
Fund
CBIGG Management LLC
Commonwealth Packaging
Corporation
Dennis Duquette
Jim & Michelle Foard
Bart Grenier & Leslie King
Meredith Hanrahan
Veronica & Donn Heath

Hogan Technology
Joseph Freedman Co Inc
Lisa Kittredge
Paul L. Mancinone Company
Gregg & Jean Nabhan
Sandra Nichols
David & Vickie Palardy
Jean & Lawrence Papagni
Robert & Aurora Porter
Probus Club of Worcester
Maria & George E. Roach
Kate Ryan
Forrest Spatcher
Robert & Kathleen Stansky
Lori & Michael Swartz
The Mentor Network
Sarah & Dan Wernikoff

\$500 - \$999

John & Brenna Anz
Sonja & Brian Ashe
Martin Berman & Mary Ann
Jasienowski
John Brzezinski
Dan Carey
Rufus Collins
Susan Curtin
Mary & Vinnie Daboul
Dynamic Dock & Door
Stuart & Phyllis Freilich
Sue & Al Herringshaw
Hideki & Kyoko Hiromoto
Molly Hoagland
Carol & Richard Ishkanian
James F. Shea and Sons, LLC
Neal Kaye
George & Jackie Keady
Justin Knickerbocker
Sheri & Kevin Knight
Peter & Karen Kotzen
Andy Krol
Kuhn Riddle Architects, Inc.
Sharon & John Libera
Susan Lister Locke
Serenity Yoga
Superior Plus Energy
Linda Mason
Massachusetts Association
for Mental Health

Jacquelyn & Michael Melkonian
Bob Perry
Judy Greenberg Seinfeld
Martha Shea & Cornelius
Crowley
Barbara & Peter Sidel
Molly & Forrest Spatcher
Ann & John Taffe
Carolyn Warger
Westfield Bank

Up to \$499

Sarah & Eric Aasheim
Thomas Ackley
Edward & Susan Adamczyk
Amazon Services
Bill S Armistead
Maryellen Balise
Bridget Baratta
Joseph & Grace Barone
Kenneth Barr
Karen Barrett
Pierre Beauchamp
Big Y Foods, Inc.
Rachel Bijou
Boys & Girls Clubs of
Dorchester, Inc.
Joan Breslow
Fred Breunig
Kim & Jeff Brown
Craig Burke
Roy Cacciaguida, M.D.
Josephine & Frank Catalanotto
Patricia Cawley
Marlene Champagne
Lori & Herb Colby
Eugenia and James Collins
Sheila & Charles Collins
Community Foundation of
Western Massachusetts
Community Resources for
Justice
John Crowley
Carol A Darling
Maria & Isaiah Davis
Kevin Deady
Pauline & Michael Delaney
Katherine Dempsey
Timothy & Lauren Dion

Kathleen Donnellan
Teri Dooley-Smith
Beth & Bill Dunne
Andrew Effrat
Nastassja Ferreira
Laura Fitzgerald
Dennis & Brenda Foard
David & Erin Fontaine
Kathy Ford
Jane & Charles Forman
Georgiana Gagnon
Mark Gelinas
Marlyn Gibson
Nancy Goldberg
Marcia & Christopher Gorgone
Mike & Theresa Gray
Ronald & Susan Grodsky
Dorothy Guindon
Camille Guzman
Sara Harper
HMEA
Anita & Mike Hoag
Raymond & Joan Hopfe
Edward & Joyce Hough
Geoffery Hoyt
William Hurley
Mark Israel
Dorene Janes
Greg Keene
John & Ann Keiser
Regina & James Kelley
Sue Khudari
Toby & Frank Kreimendahl
Benjamin Krifka
Laura & Randolph Krutzler
Steven Laplante
Joan & Ron Leombruno
Andrew Libera
Cynthia Libera
Lawrence & Corinne Libera
Robert & Peggy Libera
Melinda Mandeville
Diane Marcus
Daniel & Genevieve Mc Laughlin
William & Marybeth McCormack
David McKinney
Billy Methot Landscaping
Miriam Michalski
CJ & Gerry Moriarty



THANK YOU TO OUR ANNUAL FUND DONORS

Robert Morrison
Charlene Mulvagh
Harry & Cindy Musikas
Mark Noonan & Nancy Regan
Kathryn Norris
Megan & Melissa O'Donnell
Gretchen O'Neil
Christine Osgood
Kelly & Jeff Palm
Fay & Mark Peterson
Rita Petithory
Pledgeling Foundation
Myrle & William Porter
Gerald & Linda Rainville
Stuart Reiter
Deborah Roberts
Allison Robitaille
Marie Rohan
Betty & Steven Ross
Elizabeth & James Rossmeisl
David Russell
Lucy Santangelo
Bob Saxner
Irma Schikorra
Molly Shanley Chromey &
Fred Chromey
Katelynn Shea
Ruth & John Shields
Kristin Shipp
Christine & Michael Silva
Jo Ann Simons
Brian & Barbara Slattery
Charlotte Spatcher
Tim Stanton
State Farm Companies
Foundation
Lionel & Jennifer Stebbins
Lindsay Stromgren
Christopher Tallman
Janet Theroux
Everett & Mary Truttmann
Hiroko Uno
Michael Vann
Veryl's Automotive Services,
Inc.
Rebecca & Michael Voorwinde
Sarajane Whiting
Michael Williams
Winer Levsky Group

Barbara Wolf
Emma Woodcock
Allie & Todd Young
Richard & Kathleen Zontini

In-Kind

11th Street Design
23 Commercial Street LLC
Affinity Empowering, Inc
Allegro Photography
Ame & Lulu
Adrian Anderson
Anytime Fitness
Ashley Foods
Charles Bernon
Betsy Jenney
Bodytalk
Kim Brown
Centre Point
Ebisuya Japanese Market
Eco Girl Shop
Food 101
Beth Freeman
Laurie Houle Isham & Daniel
Isham
Kim Gedney
LifeTime Fitness
Paul & Anna Mancinone
Heather Mariacher
Mowry & Schmidt
New City Brewery
New England Rubber
PPX Events
Roger Pelissier Portrait
Photography
Ben Rosenthal
D. Hotel & Delaney House
Serenity Yoga
The Boathouse
The Vault Nantucket
The Yarde Tavern
Tobiko Restaurant
Toby Dondis Ltd.
Jeff Turcotte
V&O Hair Salon
Laura & Kenneth Wernick
Gina Willette
Wyckoff Country Club

Gifts made in honor of:

David Barrett
Courtney Beech
Meagan Bell
Kay Bernon
Kay & Peter Bernon
Paul Bernon
Rick Breslow
Charles Cavallaro
Michael Collins
Patricia Foard
John J. Libera III
Edward Osborne
Paige Phillips
Elinor Bernon Rosenthal
Ilyse Ross
Jack Ryan
Adam Shipp
Forrest & Molly Spatcher
Sandra Swartz
Connor Thompson
Laura Wernick

