



# ANNUAL REPORT 2022





# OUR MISSION

is to support individuals with disabilities on Cape Cod by educating, counseling, and providing residential, therapeutic, social and employment supports that empower individuals to achieve meaningful and valued roles in the community.



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# WITH GRATITUDE



As we reflect on 2022, the word that comes to mind is GRATEFUL. We are grateful that we support such amazing human beings. Even during challenging times, Cape Abilities saw firsthand how resilient our community can be when faced with obstacles and change. Together, we've learned that every challenge allows us to pause, reassess, and be more creative, appreciative, and committed to working together.

In 2022, we increased advocacy efforts with our state and local elected officials. Nurses and program staff monitored the ebbs and flows of COVID-19 to keep everyone safe. We came together on the Hyannis Village Green to hold the Walk for Opportunity in-person for the first time since 2019. We were honored to win Best Nonprofit Organization through the Cape Cod Times' 2022 Cape Cod's Best Awards, and celebrated one another at our 2022 Annual Meeting at the Cotuit Center for the Arts.

Most importantly, our services continue to focus on the individual – tailoring our person-centered programs and services to best support their unique needs, skills, interests, and goals. Our philosophy is focused on community – the staff, volunteers, individuals, families and guardians, caregivers, donors, and community partners who form our foundation are essential to our success.

As we enter 2023, we will continue to pursue our strategic objectives. Creating an inclusive, supportive, and diverse community remains at the forefront of our priorities. Advocating for our individuals and staff is a vital part of our outreach efforts and together, we will create opportunities for people of all abilities to live, work, and thrive on Cape Cod. I am grateful for your support and look forward to what we will accomplish together in 2023, our 55th year.

All of this good work is made possible because of YOU!

  
Kim McElholm  
President & CEO

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# CREATING OPPORTUNITY

for individuals with disabilities has continued to be the touchstone that drives the life-changing services and supports offered by Cape Abilities. For over 50 years, Cape Abilities has provided enriching, high-quality services, coupled with diverse community opportunities that empower individuals to live, work, and thrive on Cape Cod. Started in 1968 out of the old Orleans Firehouse by a group of parents seeking opportunities for their adult children, Cape Abilities has continued to grow, expand, and deepen the quality of our programs.

# WHO WE ARE

is defined by the impacts we make. Our dedicated team of caregivers, staff, parents, guardians, volunteers, donors, and partners make impacts that are felt within the Cape Abilities community and beyond.





# CORE VALUES

are the guiding light.

## INTEGRITY

Acting by our guiding beliefs and principles of being transparent, ethical, honest, trustworthy, and communicative.

## COMPASSION

A humane quality of understanding the needs of others and willingness to assist them in creating their best possible selves.

## INCLUSION

Deliberately promoting, valuing, embracing, and implementing a culture of diversity from which our entire community can benefit.

## RESPECT

Honoring, valuing, and trusting each individual's beliefs, strengths, challenges, unique experiences, and self-advocacy.

## INNOVATION

Creatively, thoughtfully, and proactively collaborating towards optimistic goals, with input from a variety of sources while continually reassessing.





# OUR PROGRAMS

Our person-centered programs and services are designed to support the unique needs, skills, interests, and goals of every individual. Cape Abilities offers day programs, community-based programs, employment programs, and residential programs. Our transportation team connects all of these through opportunity rides – over 15,000 were provided in 2022. Our nurses provide compassionate care and support throughout the organization.

Cape Abilities truly spans the Cape – we support individuals from every town on Cape Cod, and some even travel over the bridge to be with us. In addition to our Falmouth program center and our headquarters at the Lyndon Center in Hyannis, Cape Abilities operates 15 group homes throughout Cape Cod. Our social enterprises, Cape Abilities Farm in Dennis and Cape Abilities Thrift in Yarmouth, bring visibility to our mission and help support our employment and community-based programs.

## OUR STRATEGIC OBJECTIVES

are the priorities that guide the direction of our entire organization. They manifest in several key areas of focus, and we are committed to reassessing and improving them on a continual basis.

- Attract, engage, and retain high-quality and diverse employees
- Demonstrate measurable impact through person-centered programming
- Strengthen Infrastructure
- Ensure organizational fiscal health
- Bolster partnerships and advocacy efforts with key stakeholders





# ADVOCACY

We would like to thank our legislators and government officials for their continued support for Cape Codders, including individuals with disabilities within our community, and the direct support professionals who are at the heart of our critical programs and services.

Thank you to **Senator Julian Cyr**, **Senator Susan Moran**, **Representative Sarah Peake**, **Representative Chris Flanagan**, **Representative Steven Xiarhos**, **Representative David Vieira**, **Representative Kip Diggs** and **Fmr. Representative Tim Whelan**.

Thank you to **Governor Maura Healey**, who visited Cape Abilities Farm to meet with us and members of the Cape Cod Disability Network for a tour of the farm and a productive discussion about the challenges facing the disability services sector.

Thank you to **Congressman Bill Keating**, **Senator Elizabeth Warren**, and **Senator Ed Markey** for championing a bill that awarded \$34 million in federal funding for community projects, including **\$959,040** for Cape Abilities to provide additional job training at the Farm, expanding its impact.





# EMPOWERING CHOICE

## Mike Rhodes

### Cape Abilities Farm

With a great sense of humor, drive, and commitment to growth, Mike Rhodes shows everyone what is possible at Cape Abilities Farm and at our day programs. At Cape Abilities Farm, Mike helps with the farming of hydroponic produce. He maintains the greenhouses, takes on independent tasks like unloading deliveries, and he's invaluable during the holidays.

The alignment of an individual's skills and interests with compatible jobs is made possible through the Vocational Program, where individuals learn skills like resume writing, training, and job coaching. "I love the job. It keeps me busy," said Mike. "It helps me with feedback. It helps me grow."

Mike has shown many others in our community the importance of a meaningful workday. When he isn't at the farm, he is building friendships and exploring passions like drawing through our day program. "We love the Farm. It's part of him. It's his home away from home," said Laura Rhodes, Mike's mother. "It gives him such a feeling of independence – he has his own thing."



## Katherine O'Neil

### Hot Chocolate Sparrow

Katherine O'Neil's willingness to try new things means that she has utilized a variety of opportunities while at Cape Abilities, exploring many different fields and job skills through the Vocational Program.

This fall, Katherine worked at the Orleans cafe Hot Chocolate Sparrow, where she loved collaborating with their team and her job coach, Mark Pasquini, to make sure their candy counter stayed stocked! Tasks included weighing, sorting, and bagging the store's homemade chocolate treats.

Our community partners, like the Hot Chocolate Sparrow are an important part of our mission – providing opportunities for community employment to individuals, and giving them the space to grow in a supported environment. With the help of outstanding job coaches like Mark, who has since retired but continues his impact as a volunteer, our Vocational Program provided employment opportunities at over 40 community organizations throughout Cape Cod in 2022.





## Kevin Janosko

### Stop and Shop

Kevin has been an outstanding advocate for himself – both in programs and at his job. With support from our vocational team, Kevin has enjoyed working at Stop and Shop in Yarmouth for over a year. He leads with kindness and compassion for others, and does not hesitate to offer a helping hand when he sees customers who may need extra assistance with their cart or groceries.

Kevin is eager to try new things and take on new challenges, and advocates for additional tasks and hours from his managers, who are appreciative of his enthusiasm to contribute.

“Everything,” said Kevin, of his favorite part of his job.

In programs, Kevin maintains his kind and easy-going nature and is a friend to peers and staff alike. He particularly enjoys opportunities to go out into the community – like visits to the beach!

Kevin’s continued dedication to self-improvement shines, as he pushes himself to learn new skills, take on new responsibilities, and build his independence.



## Erin McGarvey

### Cape Abilities Farm

Erin has been part of the Cape Abilities community for over 20 years, and has made her mark with her outgoing personality, sense of humor, and love for community. She enjoys support from our Community Based Day Supports program (CBDS), as well as our center-based Day Habilitation program.

“Erin is an active participant in our programs,” said Josephine Fennell, Director/Administrator of Day Programs. “Her socialization and participation has grown tremendously over the last few years... Erin loves to be busy, and volunteering is a favorite of hers.” At her center-based program, Erin is often found participating in arts and crafts, playing bingo, and looking forward to community outings to go bowling.

Erin was among the first individuals to be actively involved at Cape Abilities Farm when it was founded in 2006 – and continues to bring her team spirit to the site.

# IMPACT

The opportunity to work, earn a paycheck, and gain internship experience is essential to creating a more inclusive workforce and community. Through our Vocational and Pre-Employment Transition Services (Pre-ETS) programs, individuals explore their career interests in a supported environment.

With a person-centered approach, our program allows individuals to tailor their job training and search to their unique interests and career aspirations.

Through the program, individuals can utilize:

- Assessments
- Career planning
- Resume writing
- Job placement
- On-site training & supports

To learn more about the Vocational Program, please reach out to our team at [info@capeabilities.org](mailto:info@capeabilities.org).





A man with dark hair and glasses, wearing a maroon t-shirt and blue jeans, stands in a living room with his arms outstretched. Behind him is a patterned sofa, a blue cushion with the word "GREAT" on it, and a framed picture of a crowd on the wall. A semi-transparent blue box on the right side of the image contains the text "It's indescribable." and the name "Connor Gifford".

**"It's  
indescribable."**

- Connor Gifford



# REACHING FOR THE STARS

*"We hide behind our freedom."*

When Connor Gifford spoke those words, it set in motion what would become his premier book: *America According to Connor Gifford*. Connor is not only an American history enthusiast, he is a photographer, singer, dancer, performer, and friend who is making impacts everywhere he goes.

Connor has been part of the Cape Abilities community for many years, starting in 2017 in our Individual Supports program. The IS program provides individuals with one-on-one service, focusing on fostering independence and teaching the skills to thrive in the community and at home. Working at the individual level allows for support that is highly tailored and personalized to each individual's needs and interests.

Through IS, Connor goes to appointments, completes errands independently, and learns new recipes with support from his case manager Janet Connolly. In addition, he has eagerly attended the Friday Night Socials, which bring together individuals throughout our programs for a night of food, socializing, and dancing on a monthly basis.

"Connor is the light in the room each time he comes through the door," said Brittany Sampson, Director of Individual Supports and Vocational Services. "Everywhere we go someone knows Connor. He works hard and never has let anything stop him - from writing a book, to participating in every Special Olympic offered, to growing several friendships within his community."

Connor loves his job at Marshalls, where he works at the register. He cites the positive relationships he has formed with his co-workers and bosses as being a highlight, along with interacting with customers. When he is not at work, Connor enjoys outings with his ESPRIT Club where he plays kickball, softball, and volleyball during the warm months. Connor also participates in the

Special Olympics, where he swims competitively. He is a member of a photo club, which meets monthly to take photos in nature and learn new photography techniques. Connor also participates in the ESPRIT Players, where he acts, sings, and dances. He is looking forward to his solo in their show this August at the Cultural Center of Cape Cod. As a lover of the arts, Connor enjoys Oscar parties with his family and has seen Hamilton on Broadway.

American history has been a long-time passion of Connor's, culminating in the publication of his book on the subject. In 2008, Connor co-authored and illustrated *America According to Connor Gifford*, with Victoria Harris. Illustrated with 58 of Connor's drawings, the 53 insightful profiles span 400 years of America's journey.

"I love American history because there are so many famous people trying to make everything right, so we can actually be who we are," said Connor. Throughout the book, Connor provides his perspective on key events throughout history that shaped the country.

"The world itself is a seedling at first then it blossoms into itself," said Connor of his inspiration for the journey that America takes throughout the book.

Following the publication of the book, Connor has participated in many speaking engagements. In 2009, he was awarded the Springbrook Person of the Year. "It's indescribable," said Connor of seeing his book on shelves.

*"We hide behind our freedom,"* said Connor of how he had been inspired to write about American history.





# VOLUNTEERS



**Over 120 volunteers** bring their time, knowledge, and compassion to Cape Abilities. They enrich our programs, residential homes, social enterprises, administrative offices, and the whole Cape Cod community, and we are so grateful for this amazing team.

From leading cooking classes at Lyndon, to assembling Salad Club boxes at Cape Abilities Farm, arts and crafts at our group homes, or merchandising furniture at Cape Abilities Thrift Shop, our volunteers are making impacts in our community and are essential to our mission. In the last year, they contributed over 7,500 hours to our organization.

Volunteers **Evelyn Bassett and Sheila Nee** (pictured above) were the 2022 recipients of our Harold Russell Volunteer Award. Often referred to as the “dynamic duo,” both women have become essential to the community at Cape Abilities Thrift.

A self-described “people-person” Evelyn has enjoyed making connections with regular customers, staff, individuals, and other volunteers — truly making the store a community. The Cape Abilities mission also resonated with Evelyn on a personal level through her granddaughter, who has a disability. “I like people, I like helping others, and to see the strides that Cape Abilities has made and how far they’ve come,” she said.

Initially attracted to the opportunity by her longtime love of thrift stores, Sheila has also made connections to Thrift’s regular customers and community partners. Her years of experience in thrifting gave her an eye for displays and an understanding of the business. The mission that the sales fund is also a source of motivation. “Cape Abilities is just a great organization to volunteer your time,” said Sheila.

**\* Evelyn Bassett and Sheila Nee** (left) recipients of the Harold Russell Volunteer Award. **Christina Quist** (top right) assembling Farm Market boxes. **Amy Curley** (below) making a tremendous impact at Cape Abilities Farm. **Rachel du Plessis and Liz McNair** (bottom right) volunteering at a residential group home.





# VOLUNTEER SPOTLIGHT

## COOKING CLASSES

Volunteers Dick and Jean Hoyt and Janet Roman have volunteered with Cape Abilities for many years, bringing fun, education, and new opportunities to our day program. Recently, the trio spearheaded a biweekly cooking class, which has quickly become a favorite among individuals looking to grow their cooking skills while diving into a fun new hobby!

"You're combining a lot of skills in cooking, [including] reading and math," said Janet, a former special education teacher who founded the cooking class.

Under their direction, individuals in our Lyndon Center day program are putting on their aprons and taking out their cookbooks! Every class provides a new recipe, which individuals add to their recipe book as they go—all in line with the theme of their cookbook: "Eat a Rainbow."

"Food is about community, and love—food's about bringing people together. So it's a very natural extension. And we have fun," said Jean. "It just became very rewarding to be a part of," added Dick.

The class is not just about cooking—it's also about nutrition, buying the right foods, and trying different healthy options. Funded in part by the Cape and Islands United Way, the classes—a major component of which is developing healthy and creative recipes—encourage sustainable living and eating.

"Putting the ingredients together and eating it too," said James Violette of the most fun part of the class. James has been eagerly participating in the cooking class, a favorite activity, since it first began.

With the support of our outstanding volunteers, our day program chefs continue to add to their cookbooks—and their culinary skills—one recipe at a time!





# MAKING CONNECTIONS

Our Cape Abilities family helps create opportunities for hundreds of individuals like Jonathan, Peter and Jen to explore interests, develop friendships, live independently, gain valuable work experience, and give back to others - the power of community.

## Jonathan and Peter

Jonathan Taylor and Peter Abraham are two men who are thriving in our programs. With genuine kindness and support for others, their friendship with each other is no surprise.

Peter brings his positivity to programs daily, and he is often heard supporting staff and friends with the sentiment: "I like you!" Jonathan is kind, compassionate, and always willing to help a peer. He is quick to smile and share a laugh, and displays an optimism that is felt by individuals and staff alike.

In the supportive environment of our programs, both men have been able to explore interests, engage with the community, and benefit from the power of friendship.



## Jennifer Powers

For Jennifer Powers, kindness is second nature. Often the first person to help a peer who is having a bad day, offer a hug to staff or friends, or help others resolve problems, Jen acts as a harmonizing force in programs and at her home. She has brought her positive attitude to our residential, vocational, transportation, and day programs for nearly 30 years.

At her job at Beanstock Coffee Roasters in Eastham, Jen works hard while making meaningful connections with her co-workers. She has been bringing joy to the establishment, and to Cape Cod coffee lovers, for over seven years.

"It's been great having Jen here working at Beanstock," said Molly Pechukas-Simonian, office manager of Beanstock Coffee. "She is such a bright spot for all of us. She brings a very happy and joyful energy to our staff and everybody's day is better when Jen's here."

Jennifer was the recipient of our Individual Achievement Award, presented to her at the 2022 Annual Meeting. The award represents her commitment and dedication to growth, self-advocacy, and exhibiting unmatched kindness and compassion for others.

"She just cares so much about other people. That's just the way she is," said Karen Mahoney, Residential Manager at the group home where Jen lives.



# WITH GRATITUDE THE HILL FAMILY

"Looking back at 2022, we are amazed at Kristi's continued progress. Pinch me! When I think of past challenges, I never hoped for the joy we now share."

"I credit Cape Abilities for giving her the skills and pride she has in believing in herself."  
"Your day programs - so varied in experiences, social and emotional to serve their needs - where no other agency has gone."

"A happy new year and thank you to all ❤️"

**- Jay and Donna Hill**  
(Kristi's Parents)





# IMPACT SUMMARY

There were three hundred eighty-three (**383**) individuals supported through our programs in 2022. Fifty-five percent (**55%**) of those were enrolled in multiple programs.

**383**

INDIVIDUALS  
SUPPORTED



**96%**

WOULD RECOMMEND  
CAPE ABILITIES

## COMMUNITY PARTNERSHIPS

In 2022, our employment services programs worked with **48** different community businesses that helped support our individuals. Opportunities to train, work, and hold assessments are invaluable to individuals looking to learn marketable job skills and explore career interests.

## INDIVIDUAL SERVICES BY PROGRAM

Job Opportunities **141**

Transportation **151**

Center Based Day Supports **114**

Community Based Day Supports **63**

**68** Adult Family Care / Shared Living

**60** Residential Group Homes

**51** Individual Supports





# THE LYNDON PAUL LORUSSO CHARITABLE FOUNDATION



**The Lyndon Paul Lorusso Charitable Foundation** has been a long-time supporter of Cape Abilities. Their continued contributions have been invaluable in helping us to create opportunities for hundreds of individuals across Cape Cod.

In 2022, the Lorusso team generously donated a wheelchair-accessible minivan, which is currently in service at one of our residential group homes and helps provide transportation for those residents.

Thank you to the Lyndon Paul Lorusso Charitable Foundation team for everything they do for Cape Abilities and our community!

## TRANSPORTATION BY THE NUMBERS

At Cape Abilities, the Transportation Department is essential to our programs and services - providing critical rides to jobs, program centers, homes, and community outings.

**Annually, we provide over 15,000 rides to individuals in our programs throughout Cape Cod.**

Our donors, supporters, and community partners like the Lorusso Foundation are essential in helping us connect individuals to these opportunities.



**15,000 Rides**



*“Grateful to you  
for making Cape Cod  
inclusive for everyone.”*





# EXECUTIVE TEAM



**Kim McElholm**  
President & CEO



**Thomas Maul**  
Chief Financial Officer



**James Barnes**  
VP Philanthropy  
and Engagement



**Julie Bolton**  
VP Quality Enhancement



**Kathy Hansen**  
VP Human Resources



**Gianna Jonas**  
VP Programs



**Davis Santos**  
VP IT and Facilities

# BOARD OF DIRECTORS



**Marion Broidrick**  
Chairperson



**Molly Karlson**  
Vice Chairperson



**Nancy Lowery**  
Secretary



**John Citron**  
Treasurer

**Annmarie Barrett Chang**  
**Barbara Arel**  
**Brian Kenner**  
**Hon. Judge James J. Torney, Jr.**

**Janet Curtis**  
**Larry Thayer**  
**Mandee Blair**  
**Richard Hoyt**

**Richard O'Connor**  
**Sharon Burgess**  
**Suzanne Lowensohn**

**THANK YOU** to our outgoing Board Members: James Cullen (Fmr. Treasurer), Alik Taylor, Danyel Bianchi-Matteson, and Thomas Carvalho.



*"Cape Abilities continues to work towards building a more inclusive community where people of all abilities can live, work, and thrive. We are grateful for your support."*

- Marion Broidrick, Board Chair



# THE GIFT OF FRIENDSHIP

## Amy and Pelinda

The gift of friendship is an impactful and meaningful way that Pelinda Deegan has engaged with our mission as a volunteer in our **Growing Friendships Program**.

Growing Friendships helps build long-lasting, one-on-one social relationships between volunteers and individuals in Cape Abilities programs.

“When I read about the Growing Friendships program, I thought this would be the perfect opportunity to continue the Cape Abilities mission,” said Pelinda.

Pelinda was paired up with Amy Lane, who has brought her kindness, creativity, and talent to Cape Abilities programs for over five years.

Since starting their friendship, Amy and Pelinda have enjoyed going to regular Zumba classes together, visiting coffee shops, thrifting, and talking about their shared love of theater and the arts.

*“Community is so important, and the time and space we create for others – in this case me with Amy, Amy with me – the pursuit of joy is so valuable. There’s a shared curiosity and a sense of wonder that comes alive when I am with her.”*

- Pelinda Deegan

The two often play their original game “guess that musical,” in which one of them sings a show tune and the other tries to guess which musical or movie it is from. “She always wins,” said Pelinda, of Amy’s extensive musical knowledge.

Several successful connections like Amy and Pelinda’s have been made through Growing Friendships, and we look forward to watching more friendships bloom through the program!





# THE LIGHTHOUSE LEGACY SOCIETY

By committing to a legacy gift for Cape Abilities, you are investing in our future and ensuring that we can continue to provide essential community-based services and supports to individuals with disabilities on Cape Cod. You can join Cape Abilities Lighthouse Legacy Society by committing to a legacy gift of any size.

Larry and Beth Thayer's first donation to Cape Abilities (then known as Nauset Workshop) was made shortly after moving to the Cape in 1975. "Employed in the education and the human services field on Cape Cod prior to retirement, we have seen the need for individual supports dramatically increase."

"We have witnessed Cape Abilities growth over the years while remaining true to their core mission of empowering individuals."

"Cape Abilities is included in our estate plans in order for them to continue their vital work to residents of each of our Cape Cod Towns."

- Larry and Beth Thayer



# CAPE ABILITIES GIVING PROGRAMS

## ADOPT A HOME

With owning a home there are yearly costs and repairs that need completion. This is no different with the 15 residential homes operated by Cape Abilities. Adding upgrades and safety features is essential for the individuals who live in these homes.

*The Ahrensfeld Family of Reciprocity Artisans Market, are supporters of Adopt a Home.*



## MONTHLY GIVING CHAMPIONS

When you become a Monthly Champion for Cape Abilities you join a compassionate group of individuals who are committed to providing critical support to hundreds of individuals ALL YEAR LONG.

*"I am a Monthly Champion in my brother's name to support Cape Abilities because I believe in their mission." - Brenda Meehan*



## BUSINESSES THAT GIVE BACK

We are grateful for the support from our business sponsors and their dedication to creating a more inclusive Cape Cod. We are happy to be able to promote them in numerous ways throughout the year.

In 2022, **the knack** is one business that rose to the occasion in providing matching opportunities for Cape Abilities to raise funds.



Giving Tuesday Match  
**\$43,754**



***Thank you to our 2022 supporters!***

Visit our gratitude wall at [capeabilities.org/gratitude](https://capeabilities.org/gratitude) or scan QR code.



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## SOCIAL ENTERPRISES



Our social enterprises, Cape Abilities Farm and Cape Abilities Thrift Shop, are innovative businesses owned and operated by Cape Abilities. Both locations offer job training to individuals, raise money for the organization, and welcome the community in to be part of our mission.

In 2022, Cape Abilities Farm and Cape Abilities Thrift Shop employed **40 individuals** in our programs and services through opportunity employment. Cape Abilities Farm was awarded the **2022 Retailers Association of Massachusetts Award of Excellence for Community Service**.





# 2022 FINANCIAL SUMMARY

## TOTAL REVENUE

**\$28.2m**



## INCREASED NET ASSETS

**\$4.7m**

## REVENUE BY SOURCE

Program Service Fees	<b>62.7%</b>
Commercial Products & Services	<b>11.7%</b>
Contributions, Grants, & Events	<b>5.2%</b>
Employee Retention Tax Credit	<b>20.4%</b>

## TOTAL EXPENSES

Program Services	<b>86.3%</b>
Management & General	<b>11.7%</b>
Fundraising	<b>2.0%</b>





# CAPE ABILITIES STAFF

## A GRATEFUL COMMUNITY

In 2022, over **300** staff members brought their talent, dedication, and compassion to the Cape Abilities team. We are committed to ensuring that staff have regular opportunities to be heard, a supportive and comfortable working environment, and clear pathways to advancement. We continue to assess and re-evaluate this through the annual Staff Satisfaction Survey.

Thank you to everyone on the Cape Abilities team - ***Great work!***





Give a little back  
and watch your  
impact grow.



IN



# EVENTS

Events are an important tool for connection, community, and support. In 2022, we were thrilled to safely return to in-person events, including our signature event: the Walk for Opportunity. In June, we came together once again at the Hyannis Village Green to walk the 2.2-mile loop around the Harbor, and raised over \$126,000 for our programs and services.

In August, runners on Team Cape Abilities completed the 7-mile Falmouth Road Race and raised over \$25,000 to support our mission.

Our 2022 Annual Meeting was a celebration of connection, community, and the opportunities you helped us build in 2022.

Congratulations to the **2022 Cape Abilities Award** recipients!

**Jennifer Powers** | Individual Achievement Award

**Kyle Kratschman** | Sean O'Brien Self-Advocacy Award

**Josephine Fennell** | Staff Achievement Award

**Evelyn Bassett & Sheila Nee** | Harold Russell Volunteer Award

**U.S. Army Corps of Engineers** | Community Partnership Award

**Reciprocity Artisans Market** | Business Partnership Award





# IN THE NEWS

Staff and individuals have been making waves and spreading the word about our mission in 2022 through local and regional media appearances! Checkout where you may have seen us in 2022:

## WCVB's Chronicle

Cape Abilities Farm Director Tracey Fraser, and team members Phillip Weber and Navada Bellas, spoke with Nicole Estaphan about the Farm's holiday offers and local gift baskets.

## NBC Channel 10's The Hub

Vice President of Philanthropy and Engagement, James Barnes, spoke with Hannah Donnelly about the Cape Abilities impact, mission, and social enterprises.

## Fridays with Flanagan

President & CEO Kim McElholm spoke with State Representative Chris Flanagan about our broad range of programs and services, as well as ways the community can engage with our mission throughout the Cape.

## Lower Cape TV

James Barnes spoke with Lower Cape TV about how the community can support Cape Abilities' programs and services during the holidays and beyond.







**CAPE ABILITIES**

895 Mary Dunn Road  
Hyannis, MA 02601  
USA  
(508) 778-5040



[www.CapeAbilities.org](http://www.CapeAbilities.org)



[info@CapeAbilities.org](mailto:info@CapeAbilities.org)



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