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## Summer 2021

### 2021 Brings An Impressive Group of Scholarship Recipients

By Katrina Fryklund

Annually, Live for Lou donates out \$10,000 in scholarships. As of July 2021, LFL has given over \$58,000 to scholars and athletes.

Five thousand dollars is awarded to two athletes from Nauset Regional High School, Louie's alma mater. The Board Members who review these applications look for individuals pursuing sports in college who write about personal investment in the team and the meaning of team camaraderie.

**Tess Taloumis**, from Harwich, will travel to Virginia this fall to major in Biology at Roanoke College. With countless accolades and extracurricular activities on her resume, Tess astounded our Board. Tess is a member of the National Honor Society and has received Presidential Academic Awards. Moreover, she has won the Coaches Awards for Ice Hockey and Honorable Mentions for All-Stars in Field Hockey.



Ready for Tess to blow your mind? She was the Junior Class Vice-President of Nauset Regional High School while playing field hockey (Varsity Captain), ice hockey, lacrosse, and softball. Tess is a tutor in Spanish and English, a member of student government, a mentor for young girls, a member of Best Buddies and Freshman Buddies, and has volunteered at the animal rescue league. Additionally, she delivered groceries for people who couldn't leave their homes during the start of the quarantine. Lastly, she created the Casa Alitas Asylum Seekers Project to "raise awareness of the hardships asylum seekers face at the border and the controversy within." We ask, what DOESN'T Tess do?

In her LFL essay, Tess states, "Being part of a sports team is something that I feel every person should experience; there is no other feeling like it, and the lessons learned are unique and irreplaceable. Sports have shaped me into the strong, disciplined, and determined woman I am today and I would not choose to live my life any other way."

Tess thanked LFL for selecting her for the scholarship, and we thank Tess for being such an extraordinary scholar. You are going to do great things, Tess!

#### LIVE FOR LOU

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**Richard Corres**, also from Harwich, will attend Suffolk University and major in Criminal Justice. Richie has focused extensively on baseball and has volunteered many hours for the Brewster Little League Clinics, teaching youngsters the "art of sports." When asked about this past year, he wrote, "this past year has showed me that life is too short and you should embrace every day like your last."

What impressed the Board most about Richard was how he wove the importance of athletics and sports throughout all his essays and reminded us of Louie. He states, "for me, baseball is not only a gift, it is family, it is a passion, it's a place where I have grown, calmed down, learned to control my emotions." Just like Louie, his swim team becomes his extended family.

Additionally, his letter of recommendation showed "Richie" to be a unique and dedicated student and athlete in areas of his interest; he goes above and beyond. "Baseball is my dream--being on that field, being in the cages, makes me feel at home. It makes me feel like there is nothing in this world that I can't do."

Live for Lou also gives a \$5,000 scholarship for students pursuing education in the form of a certificate, license, undergraduate or advanced degree, or other formal education to become a substance abuse/addiction counselor or therapist. When reviewing, the Board has a keen eye on whether or not the person plans on returning to the Cape to follow their chosen career path, and how they plan on impacting our local residents.

This year it was a tight race, and we are proud to give the scholarship to **Khala Renee Jusell**. Khala is from Dennis Port and is attending graduate school full-time at Boston University to become a Substance Abuse Coun-

selor. Khala explains, "I will be studying to receive my clinical license and specialization in trauma, violence, and substance use. The ultimate goal being to become a substance use clinician on Cape Cod."

In addition to going to graduate school and starting the Social Work Student Organization, she works full time as a caseworker at Preble Street for people experiencing homelessness and poly-substance use. "The mission of Preble Street is to provide accessible barrier-free services to empower people experiencing problems with homelessness, housing, hunger, and poverty, and to advocate for solutions to these problems."

The best way to describe Khala's receipt of the scholarship is in her own words; this is why she won the 2021 LFL Addiction Counseling Scholarship:

*Creating connections and forming relationships can quite literally save lives, having conversations about how to use safely when in the thick of their disorders and having conversations about treatment and peer support when they're ready to move in a different direction. Meeting people where they are at and walking alongside them in the river of suffering is how people move into recovery. Companionship through the thick and thin of addiction is crucial to healing, for it is extremely difficult and dangerous to move through substance use alone. [...] I believe more harm reduction is needed on the cape. Access to Narcan, clean supplies, medically assisted treatment programs, peer support, fentanyl testing strips, and more. Harm reduction is evidence-based to save lives and people who use drugs deserve the chance to make mistakes and live to see the next day."*

Congratulations, Khala. We cannot wait to see where your journey takes you. Your dedication to the clients will be life-changing for countless people on Cape Cod.

## **COMPASSION; Live for Lou's Scholarship and Grant Update since 2014**

**Based on our core pillars, we have donated or pledged over \$120,000 since 2014. Despite the COVID-19 Pandemic, we were still able to donate to our initiatives, thanks to you, our generous donors.**

### Compassion

- *LFL Addiction Counseling Scholarship* (Annual, One Winner): Experienced scholars on the quest for an education that will bring them back to Cape Cod for a career in addiction counseling or therapy- \$28,000 (six scholars)
- *Local Recovery and Addiction Program Grants* (including Gosnold Cape Cod): \$30,000
- *Wellfleet Health Center Pledge* (five years): \$25,000

### Athleticism at Nauset Regional High School:

- *School Turf Project Pledge* (five years) - \$10,000
- *LFL Athletes Scholarship* (Annual, Two Winners): NRHS athletes pursuing team sports in college with a focus on the value of the team - \$30,000 (twelve scholars)

## **Your annual wellFleet Memorial Garden Update <3**

### **The Meaning to our Community**

By Laura Frongillo, Board Member and Louie's Aunt

Stepping into the Wellfleet Memorial Garden, even someone new to town is immediately struck by the beauty and tranquility of the lush oasis semi-hidden in the midst of bustling Main Street.

As you take in the diverse plantings, the sparkling orb fountain, dedicated benches and numerous commemorative plaques in their verdant setting next to Preservation Hall, you can feel the love in the air.

Since its inception in October 2017, the garden has evolved and continues to grow, thanks to the efforts of a dedicated crew and the donations of family members and friends wishing to honor loved ones who have passed away.

For these people, especially, the garden has a feeling of reverence and is a special place to admire the beauty of nature and take some time to reflect on their precious memories.

Although there is a definite air of sanctity in this wonderful spot, the garden is a decidedly happy place, exuding positive energy, where kids play, families picnic, and people just enjoy the gorgeous scenery. A perfect tribute to the people who have impacted our lives and will always be with us.



"The peace you seek will be found deep within as you sit on the stone wall surrounding the orb as the water, which flows like silk, embraces it and mesmerizes your spirit at the same time."

Susan Pettazzoni



## **"The gardener is but one player in the performance that is a garden"**

By Timothy Gordon O'Hara, wellFleet Memorial Garden Committee Chair



If you dropped an old gardener into one of their gardens at any point in the year, they'd be able to tell you not only what week it was, but also what weeds are germinating, which perennials will need to be deadheaded next, and which shrubs can be safely pruned back -- the spaces between plants are just as much a part of the garden.

One of the joys I take from gardening for a living is how it compels me to live in the moment, to mark the passage of time by the succession of annuals and animals, blooms and blights, each an indicator of the next move of the other. In the Memorial Garden today I found that the oak seedlings have severed what ties bound them to the acorn that birthed and sustained them while they grew the leaves they need to sustain themselves. The old gardener grimly accepts that any seedlings that find themselves growing in the wrong spot will need a great deal more effort to remove in a few short weeks than they will today.

I take heart, though, as this means we'll soon be enjoying the rudbeckia, black eyed Susans, a hallmark of the second half of July at the Memorial Garden. The butterfly weed will soon be in flower, and even young gardeners know that means we'll be seeing monarch butterflies. The low bush blueberries will be ripe on the vine, though this old gardener isn't about to divulge just where they might be found. Each season brings its own tasks, its own opportunities and challenges, and every season volunteer gardeners shepherd the Memorial Garden along, never dictating the path but, at the same time, never abandoning hope of subtly guiding its way forward.

It is right and proper that no garden can be considered a finished work any more than any other living thing, this old gardener included. A good garden is a badly conceived experiment never to be replicated, one half visual art -- we wouldn't do it if it didn't look good -- and one half performance art. The gardener is but one player in the performance that is a garden, and any performer knows the importance of good timing, reading cues, putting in the work when there's work to put in, and stepping back and allowing the star to take center stage.

Naming Opportunity	Value	Details
Mindful Sponsor	\$150	<i>Small Plant with Small Garden Stone (i.e., Hydrangea)</i> <u>Small Garden Stone Measures Approximately:</u> 3.25" (h) x 6" (w) x 1" (d)
Contemplative Sponsor	\$500	<i>Small Plant with Large Garden Stone (i.e., Hydrangea)</i> <u>Small Garden Stone Measures Approximately:</u> 7.5" (h) x 11.5" (w) x 1.5" (d)
Reminisce Sponsor*	\$1,000	<i>Large Plant with Garden Plaque (i.e., Dogwood)</i> <u>Garden Plaque Measures:</u> 9.25" (h) x 17" (w) x 16" (d)
Reflective Sponsor*	\$2,500	<i>Large Paving Stone with Inscription</i> around water feature <u>Stone:</u> approximately 50lbs



**Saturday,  
October 2, 2021**

## **8th Annual LFL Fundraiser**

*Please join us to celebrate  
Louie's legacy.*

\*\*\*

100% of the funds raised support our  
beauty, compassion, athletic, and sobriety  
initiatives.

**Saturday, October 2, 2021**

**Wellfleet Beachcomber — 1pm-6pm**

**\$30 Entry**

**\*Unlimited Food**

**\*Raw Bar**

**\*Live Music**

**\*Silent Auction**

**\*Huge Raffle**

*(additional parking available at Whitcrest Beach)*

Katrina Fryklund, Board Chair

508.776.6485

[www.liveforlou.com](http://www.liveforlou.com)

### **Important Changes to Note:**

**\*This year, our Live for Lou  
Fundraiser will take place on  
SATURDAY, OCTOBER 2, 2021!**

**\*It will go from 1pm—6pm ra-  
ther than 12pm—6pm**

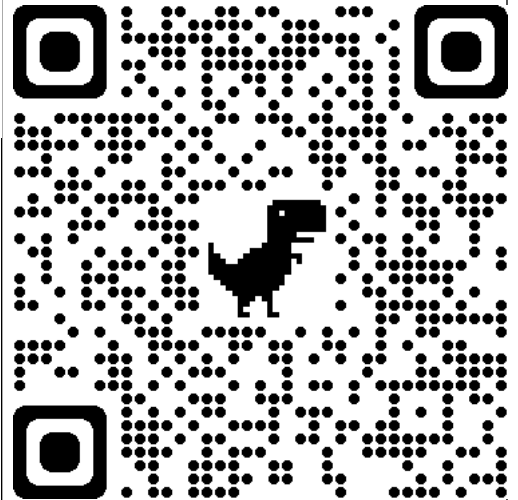
**\*We will have music again,  
artists TBD**

**\*We are still determining if  
we are going to host a pad-  
dle out—join us on Face-  
book @LiveforLouFund to  
stay in touch and learn  
about the  
latest updates!**

***\*Can't come to event and/  
or want to donate using a  
no-touch app? We have a  
BRAND NEW QR Code that  
brings you straight to our  
donor page for  
Tax Deductible Donations.***



Last year's Paddle Out at Long Pond in Wellfleet, MA



**To give a tax deductible donation, please send check to our PO box, or donate  
online at [www.liveforlou.com](http://www.liveforlou.com)**

## **Live for Lou in 2021**

Annually, Live for Lou welcomes 300-500 people into our Fundraiser. The day is truly a celebration of life in which people reminisce about people they have lost too soon, see friends they've missed for years, and think about what we can do and what we have done, to change the face of addiction on Cape Cod.

That has always been something Live for Lou strives for; gone are the days when an addict has that stereotypical look or comes from a specific type of family. Instead, addiction impacts every one of us on Cape Cod in different ways. For some, it's a parent; for others, it's a child; for most, it's a friend or a neighbor. Ultimately, the people that we lose to addiction are loved and have so much to live for, even if they can't see it themselves while in the depths of the disease. Live for Lou works to change this stereotype and create a place of hope for people lost too soon.

While the mission of Live for Lou has not changed at all, the way that we do things since 2014 certainly has! This year we would like to get a better handle on WHO attends our events and WHY. We also have made it easier to donate online by developing a QR code with our umbrella organization, Cape Cod Foundation.

We thank you in advance for your time and consideration when filling out our Eventbrite Learn More Page and for any donations, you as a business owner or a friend would like to make before the event. Live for Lou recognizes all contributions made before our September 17<sup>th</sup> deadline at the event via signage based on our levels of giving in the accompanying letter.

Thank you, all, and much love for the Board of Directors at Live for Lou.

### ***Call to Action!***

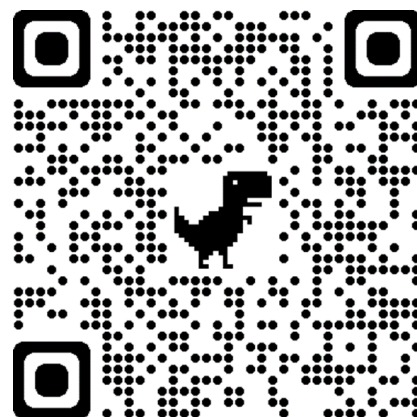
Help Live for Lou learn more about the donors who attend our event every year! This year we ask that you fill out the Eventbrite sign-up in advance so that we can get a sense of who is going to attend our October 2<sup>nd</sup> event. We will still be collecting a \$30 entry donation at the door, however, are starting an initiative to build a donor database!

### ***Eventbrite:***

<https://www.eventbrite.com/e/8th-annual-live-for-lou-fundraiser-tickets-162122363353> or search 8<sup>th</sup> Annual Live for Lou Fundraiser

### ***QR Code:***

A NEW way to quickly access our online donation portal. QR code to the right can be scanned using your smart phone.



### ***Ways to get involved:***

Want to help maintain the garden and join the LFL Crew or volunteer at the Annual Event? Please contact Katrina Fryklund, at 508.776.6485 OR [kfryklund@lathamcenters.org](mailto:kfryklund@lathamcenters.org).

### ***Board of Directors***

Katrina Fryklund (Chair), Todd LeBart (Vice-Chair), Holly LeBart (Vice-Chair), Jennifer Franzen (Secretary)  
*Members:* Carol Dalitzky, Laura Frongillo, Mark Frongillo, Carol Mahedy, Rick McCaslin, Timothy Gordon O'Hara, Eric Porteus, Diane Stitt