

THE DIMOCK difference

34TH ANNUAL STEPPIN' OUT

Many stayed in—and Stepped Up for Dimock! \$1.17m raised



Elan Trotman and his band rock the Steppin' Out stage

Thank you so much to the **TJX Companies, Inc.**, our presenting sponsor, and all who helped make our livestream Steppin' Out a big success. More than 1,000 Dimock Family members enjoyed headliner Black Violin, fabulous local musicians, and live DJs—including Dr. Charles Anderson and his wife, Dr. Oneeka Williams, aka The Soca MDs.

We are so grateful for friends like **Karen and Ippolit Matjucha** who hosted a Steppin' Out watch party and brought many new people into the Dimock Family! Karen shared, "It's important to focus on all of the social determinants of health, not just health care itself. That is what really makes a difference in helping people to improve their lives and move forward. Dimock offers services across the whole spectrum including mental health and addiction recovery services, early education, and family support, which is why it's so successful and why I feel so compelled to be involved and to invite friends and family to celebrate Dimock as well."

Pictured: Karen Matjucha and Chief Development Officer Raquel Rosenblatt



FITNESS AND THE ROAD TO RECOVERY

Wellness program helps residents to thrive



Above photo: Dominique and Coach Joe

Coach Yvel Joseph, affectionately nicknamed "Coach Joe" by many Dimock residents, leads a twice-weekly fitness and wellness program for the residential recovery homes on our campus. This innovative program is generously supported by **Reebok** and is one way that Dimock cares for the whole person, right where they live.

"I approach fitness from a perspective of wellness: mind, body, and spirit," says Yvel.

Yvel aims to create an environment where those in recovery can build confidence in themselves, connect with their community, and feel good in their bodies.

For Dominique McKenney, a resident of My Sister's House, the program has been transformative. Dominique recently celebrated nine months of sobriety and is working toward becoming a personal trainer herself. She says fitness has played a huge role in her recovery journey.

"For me, it was definitely an outlet during an extremely stressful time," she says.

"Wellness is something that's different for everybody. For me personally, it's being comfortable within myself, both physically and mentally, and finding a balance that works for me."

WORKSHOP SERIES TEACHES FINANCIAL WELLNESS

Corporate friends enhance Dimock's holistic care



John Flowers resident
John poses with his certificate of completion for the financial principles course led by Berkshire Bank

The COVID-19 pandemic has increased financial hardship for many members of our community. That's why this fall, Dimock resumed offering a series of virtual financial literacy classes in each of its residential recovery programs.

Led by volunteers from **Putnam Investments** and **Berkshire Bank**, these classes take place weekly and offer residents an opportunity to ask questions, get real-time answers from financial experts, and learn manageable ways they can improve their financial health. Workshop topics include balancing a budget, strategies for tackling debt, and tips for beginning investors. For Kelly Harrington, a resident of Ruth Kelley Ummi's House, this individualized attention has been helpful. **"The Financial Literacy team helped me understand poor financial decisions I made in the past, and how to develop and maintain good credit."**

"It is extremely rewarding to work alongside individuals thinking about how to establish short and long-term financial goals, funding sources, investments, and other factors designed to ensure their financial success," says Ronald Molina-Brantley of Berkshire Bank.

"Putnam Investments is actively involved in fostering social and economic advancement in Boston area communities. It has been a pleasure to interact with the staff and residents at Dimock," says Sriketan Mahanti, lead facilitator. Thank you to these special corporate partners for their valuable support of Dimock residents!

THANK YOU, DIMOCK FAMILY



Dear Dimock Family,

I hope this finds you and your loved ones safe, secure, and well.

As we approach the end of 2021, I want to express my sincere appreciation for your steadfast commitment to supporting Dimock patients and families this year

and throughout the COVID-19 pandemic. Your support made it possible to meet the unprecedented challenges facing our community. We simply could not have continued to provide our neighbors comprehensive, uninterrupted healthcare and education, right where they live, without you.

As Roxbury and the surrounding communities continue to face the disproportionate impact of the pandemic, your support remains critical. Thank you for your commitment to creating a healthier and more equitable Boston.

I am so grateful for you.

Thank you again and I wish you a happy, healthy New Year,

Raquel Rosenblatt
Chief Development Officer

MANY THANKS TO...

Dimock wants to extend a special thank you to our long-time partners, **Linda Sloane Kay, Barry Sloane**, and the entire **Century Bank Family**. Century Bank has been a dear Dimock friend for close to two decades, and we were blessed to know the late Marshall Sloane. We wish the growing Eastern Bank Family much success, and we look forward to continuing our very special partnership.

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