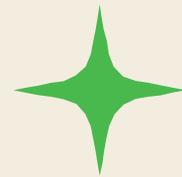




Annual Impact Report

★ 2024



**Rett's
ROOST**

A Community of Healing and Hope



www.rettsroost.org

508-813-9222

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Dear Community,

Our tenth year of healing retreats and meaningful gatherings for families impacted by childhood cancer and child loss was a huge success! We held two 5-day summer retreats for 16 families and two therapeutic weekend retreats for parents, as well as four fun local family events. The first year of our end-of-life doula and grief support program proved that this service is greatly needed.



Both the Behold the Cold Polar Plunge and the Inaugural Ogunquit Home & Garden Tour were hugely successful and compelling community fundraisers that are planned again for 2025. Hoping to see lots of you in your bathing suits at Wells Harbor on 3/2! We ended the year with strong financial support and are so lucky to be surrounded by a committed team of enthusiastic change-makers. As we eagerly enter into our second decade, we hold a hopeful vision for the future of Rett's Roost, while honoring ten years without the little "man" that made this all come to be.



With deep sincerity,
Deana Cavan
Executive Director



Everyone deserves to feel *understood*

Rett's Roost remains committed to bringing families into a community that understands what it's like to go through cancer treatment or watch their child or sibling suffer and possibly pass away. Our families come together knowing that the people around them hold no judgements for their emotional distress and will validate their traumatic experience. In this safe environment, parents and children alike see that spark of hope and joy return to their life, and learn how to access peace during tumultuous moments of grief and anxiety.

59

Families participated in one or more of our 2024 programs

143

Unique participants in our 2024 programs

42

Angels honored whose families we supported in 2024

2024 Highlights

Caring for the Caregiver

We got to team up with Justin Wilford of MaxLove Project to offer this unique retreat for parents of a child with cancer for the first time in 2024. We are excited to offer it again in May of 2025.

End-of-Life Doula

We piloted this program in 2024 and are watching it blossom. Support for families facing child loss is incredibly needed. We are able to help them prepare for and accept the tragedy with grace.

Camp Casco Collab

Camp Casco is a summer camp for kids with cancer and their siblings in MA. They teamed up with us for our survivor family retreat and offered amazing kid programming and support. We'll be back together in July 2025.

Ogunquit Home Tour

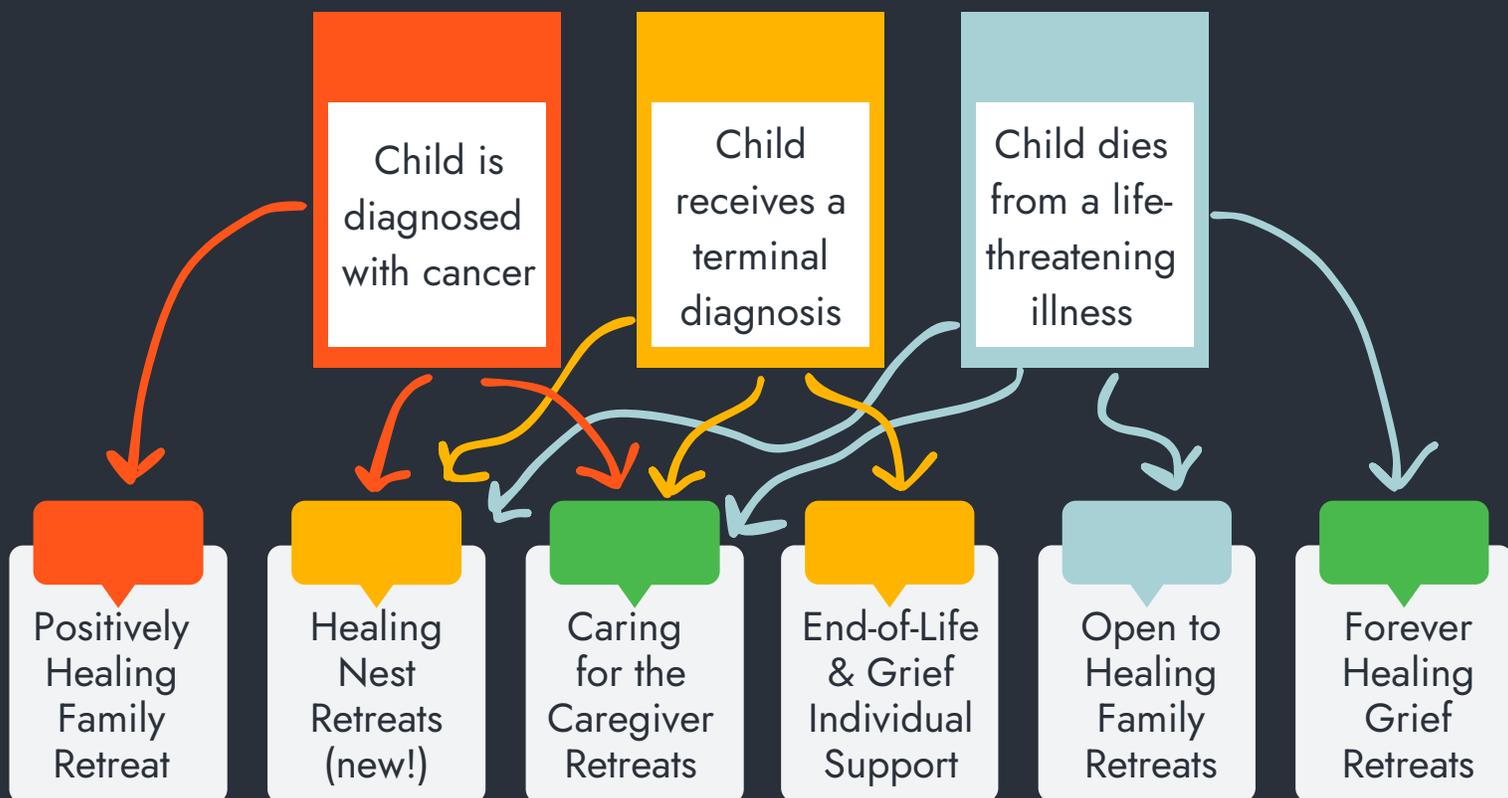
Although we had many amazing years hosting our Superhero 5K, it was time for something new. What a beautiful day along Marginal Way raising funds for our essential programs... we've already started to plan for 2025.

Thank you for creating a truly warm, welcoming, and comforting environment for us bereaved parents... the amount of love, energy, thoughtfulness & details that was put in to the retreat was truly incredible. Being able to talk about Brittney and our experiences during her journey was cathartic, because we knew it was a safe and welcoming space with everyone there.

Elena Bliss, Brittney's mom



Rett's Roost's Continuum of Care



We were blessed with amazing experiences, made incredible memories and friends, and had so much fun. Most of all we created this community, this support system of people who knew what we were going through. I left this retreat with more faith in myself, understanding that our family’s healing, grieving, and processing is not linear. I found a piece of me, a glimmer of hope, peace and grace. To be surrounded by others who also have been on this journey, brought me so much comfort and gave me hope.

Ashley Bailey, Nora’s mom



■ Programs
 ■ Fundraising
 ■ Gen Admin

2024 Revenue Stats



502
 # of Donors, 2024

41
 # of Monthly Donors

\$138,000

Individual Gifts,
not monthly

\$22,000

Monthly Giving

\$90,000

Grant Funding

We'd like to thank all our donors for their *generous support*



Acknowledgements

We're grateful to our outgoing board members: **Maureen Dowst, David Sullivan, and Jonas Amberger**, and offer a hearty welcome to our new members: **Ann Biese, Greg Doolittle, and David Poskanzer!**

None of this would be possible without our incredible staff: **Anne Lynch** (on fundraising), **Jess Austin** (on programs), **Lisa Vincent** (on grants), and **Beecher Grogan and Lori Mangano** (on bereavement)

Cheers to the **Crosby-Foxes, Meconi-Murrays, Aho-Rices, Bravo-Ferrars, Uccellinis, Moore-Treleavens, Burns, Macdonalds, Allen, Austins, Dowst, Cavans, and Aulisios** for their all-time giving of over \$5,000.

Our thanks goes out to our our 2024 grantors: **Care Camps, One Mission, Salah Foundation, Simmons Foundation, and Nellie Mae Education Foundation.**

Kudos to the **Ogunquit Home Tour Committee** for efficiently executing the inaugural event, to the **Marginal Way homeowners** for opening their doors to the public, and to our 60+ local **Business Sponsors!**

Thanks to our 90 **volunteers** that worked 750 hours in 2024 at our events and retreats.

Upcoming Programs

Grief Education



2025

WWW.RETTSTROOST.ORG, INFO@RETTSTROOST.ORG, SOCIAL @RETTSTROOST, OGUNQUIT, ME

JANUARY

Winter Blues Bereavement Luncheon, January 19th
Union Bluff York, ME



FEBRUARY

Mariners Hockey Game, 2/2 - Portland, ME



MARCH

Behold the Cold Polar Plunge 3/2, Wells, ME



MAY

Caring for the Caregiver Retreat, May 9-11
Emery Farm Durham, NH



JUNE

Open to Healing Family Grief Retreat 6.29-7.3, Rolling Ridge North Andover, MA



JULY

Positively Healing Family Retreat July 27-31
Oceanwood, Ocean Park, ME



SEPTEMBER

Ogunquit Home & Garden Tour 9/7 Marginal Way
Neighborhood Ogunquit, ME



OCTOBER

Forever Healing Parent Grief Retreat



APRIL & NOVEMBER EVENTS COMING SOON

How to support a GRIEVING FAMILY

Rettsroost works to bring healing and hope to bereaved families through community. We've heard from outsiders that it's hard to know what to do or say when a friend has experienced a great loss.

WHAT TO SAY

There is not much you can say to make them feel better. Instead let them talk. Ask them how they REALLY are. Tell them you're a good listener, check in often, and make yourself available for the hard conversations.



NO SILVER LININGS

There is no fixing this pain. Avoid giving advice, or using the words "At least" to start a sentence. Validate their suffering and recognize that grief may not look like sadness, it could be anger or lack of focus.



GRIEF DOES NOT END

Remember that the grief of a child, sibling, or spouse can last a lifetime. Each year, remember to reach out on the hard days—their person's birthday, death anniversary, diagnosis day, and the holidays all come up year after year. Saying their name does not make them more sad, it shows you care.



WARNING SIGNS

If they are self-medicating with alcohol or drugs, or harming themselves or others in some way, encourage them to speak with a physician or counselor. Complicated and prolonged grief can lead to significant and concerning mental health disorders.

