



**2017**  
**Annual Report**  
COPE FOUNDATION, INC.

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TESTIMONIAL

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The Next Step  
to Healing is Helping



# COPE FOUNDATION, INC.

## MESSAGE FROM OUR PRESIDENT & FOUNDER

LILLY JULIEN



Loss affects everyone. As we see on the news, more and more young people are losing their lives, and more and more of us, young and old, are losing friends and family.

In 1992, my 20 year-old daughter, Michelle, lost her life tragically in a car accident. In the midst of my grief, she came to me in a dream and said, "I'm okay, Mommy. You're the ones who aren't okay and you need to reach out and help each other."

Michelle's message inspired COPE, (an acronym for Connecting Our Paths Eternally), and has been my ongoing source of inspiration.

It was in the process of building COPE, and connecting with other parents who had lost a child, that I found healing. It has been said, "Death ends a life, but not a relationship." Through COPE I found purpose and a new relationship with my daughter.

COPE offers the tools to go on living after the death of someone close to us. COPE helps us to create a different relationship with life and our loved ones who are no longer physically with us. And in helping others we help ourselves.

COPE would not be able to continue its services and support of grieving families without your caring and generous donations. Every dollar sustains our programs and extends our outreach so no child or parent need grieve alone.

## OUR MISSION

COPE is a grief and healing organization dedicated to helping parents, siblings and families living with the loss of a child.

COPE connects individuals who have experienced similar losses by offering ongoing support, spiritual and therapeutic programs, and appropriate resources and referrals to those in need.

By providing help and support, we enable grieving individuals to find strength from within to face the difficult journey that lies ahead.



COPE was recognized as a 501(c)(3) nonprofit trust in 1999, not-for-profit corporation in 2014, and has grown from a small group of families meeting in each others' homes to a support network of hundreds of families meeting, sharing and healing at meetings throughout Long Island and at our new location, COPE at Cedarmere, 225 Bryant Avenue, Roslyn, NY 11576.



# ACCOMPLISHMENTS 2017

## NEW LOCATION & NEW STAFF

\* We secured our new home in historic Cedarmere overlooking the harbor in Roslyn.

\* We welcomed a new Administrative Director, Lynda Rice, and a full-time clinical director, Michelle Graff, LCSW, to expand programming, administrative and financial functions.



## SUPPORT GROUPS

\* Twelve FREE support groups for parents, grandparents and siblings, professionally facilitated by bereavement experts at locations throughout the region with total participation count of 970.

\* COPE Line and peer mentor support, provided daily by COPE parent volunteers for those calling with an immediate need for support.

## HEALING WORKSHOPS

\* FREE healing workshops promoting wellness for those living with the loss of a loved one.

Workshops include Creative Writing, Memorial Candle Lighting, Trauma, Loss and Grief Relief, Coping After Suicide, Nia Dance, Mindfulness and Meditation, and averaging nearly 15 participants at each event.

## COPE CAMP ERIN® NYC

\* Our sixth annual Camp Erin NYC, a FREE weekend bereavement camp for 63 grieving children, was held August 25-27 and staffed by grief professionals and 70 volunteers.

\* Concurrently, we offered our third annual COPE Parent Retreat weekend for 19 bereaved parents and guardians, the first of its kind in the nation. Modeled on the experience their children were having across the lake at Camp Erin NYC, these parents received the benefit of grief support and healing activities.



\* We launched a Sponsor a Camper campaign to help underwrite camp expenses.

## EVENTS AND FUNDRAISERS

\* Our families and friends joined us at our Annual Golf Outing; COPE Bowling and COPE Sibling/Camp Erin NYC Bowling events; the COPE Walk at Long Beach Boardwalk; and, at the COPE Labyrinth, memorializing our loved ones at Eisenhower Park.

"After my sister died, I didn't feel the need to go to any support groups because I thought I could cope on my own. It wasn't until I started attending the COPE sibling group that I realized I needed the support and sensitivity of people who have suffered a similar loss."  
- GJ

## NEW YORK LIFE FOUNDATION GRANT

\* We were awarded a prestigious grant to expand COPE's teen services in order to reach underserved communities, provide family support, and offer professional development for staff in schools and community agencies.



# GOALS FOR 2018

## EXPAND OUR REACH TO GRIEVING FAMILIES

### ENGAGE MORE FAMILIES IN SUPPORT GROUPS & WORKSHOPS

- Promote healing and mutual support.
- Identify new locations across Long Island, with a focus on underserved areas, and expand services in New York City.
- Increase and diversify healing workshops.



### STRENGTHEN OUR YOUTH SERVICES

- Expand participation in Camp Erin NYC and offer other supportive programs for children.
- Network with community partners to reach grieving teens in underserved communities and provide integrative healing programs.
- Increase foundation support for youth services.

"Camp Erin NYC made me a stronger person and helped me get my anger out. I felt safe. They all brought my spirit back and made me a different person. They made me who I am today." - Camp Erin NYC camper

### PROVIDE RESOURCES FOR GRIEVING FAMILIES

- Increase awareness and visibility by enhancing promotional efforts through our website, newsletter and other publications.



### EXPAND VOLUNTEER PROGRAMS

- Increase utilization of COPE Line.
- Establish a Family Advisory Committee to offer our families a greater voice in programs and funding.
- Create an Ambassador Program to raise visibility through education and fundraising.
- Engage volunteers to help with youth programming.



"I'm forever grateful that I found COPE immediately after losing my brother. I didn't know anyone personally who had gone through such a sudden and horrible tragedy, and I knew I needed to find people in my shoes in order to survive my new life going forward. What I found with COPE was way beyond what I expected. The caring facilitators make the meetings and events a safe place to share anything and everything. The people I've met over the years who have suffered a loss like mine have become real-life friends. I'm very much the silent type, I never really talk about my feelings. COPE has helped give me the tools to move forward while still giving me a place I can freely talk about my brother and his impact on my life. I'm thankful to have this community." - NB



# COPE LEADERSHIP



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Michelle Graff, LCSW, Clinical Director

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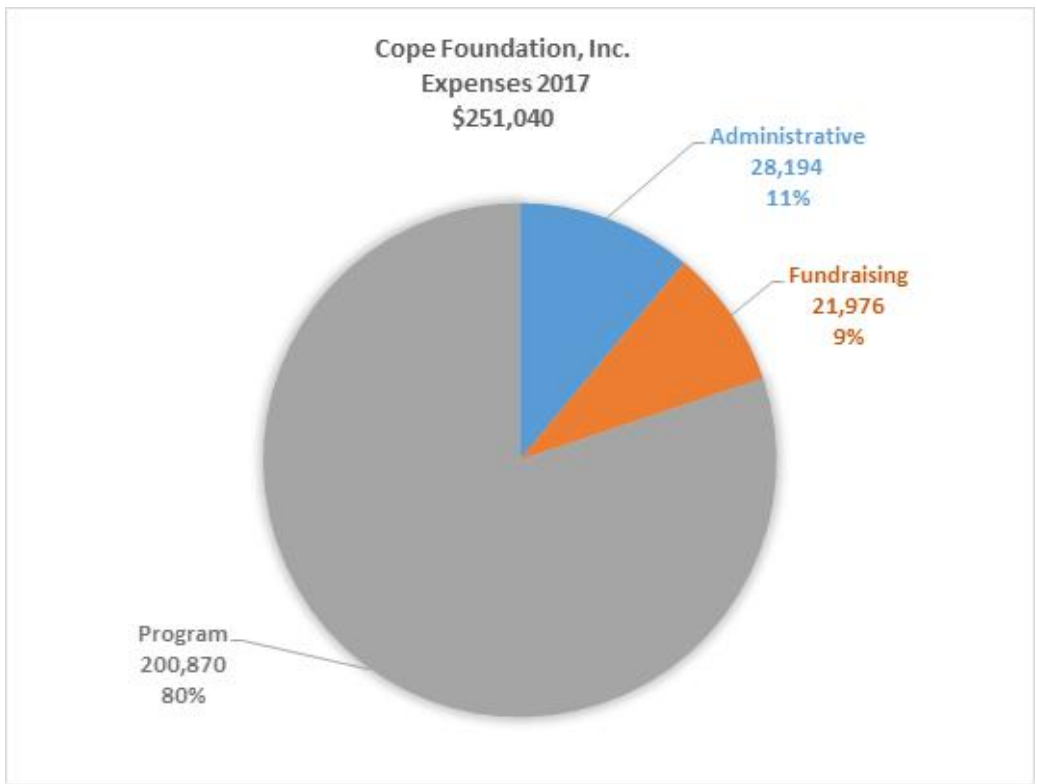
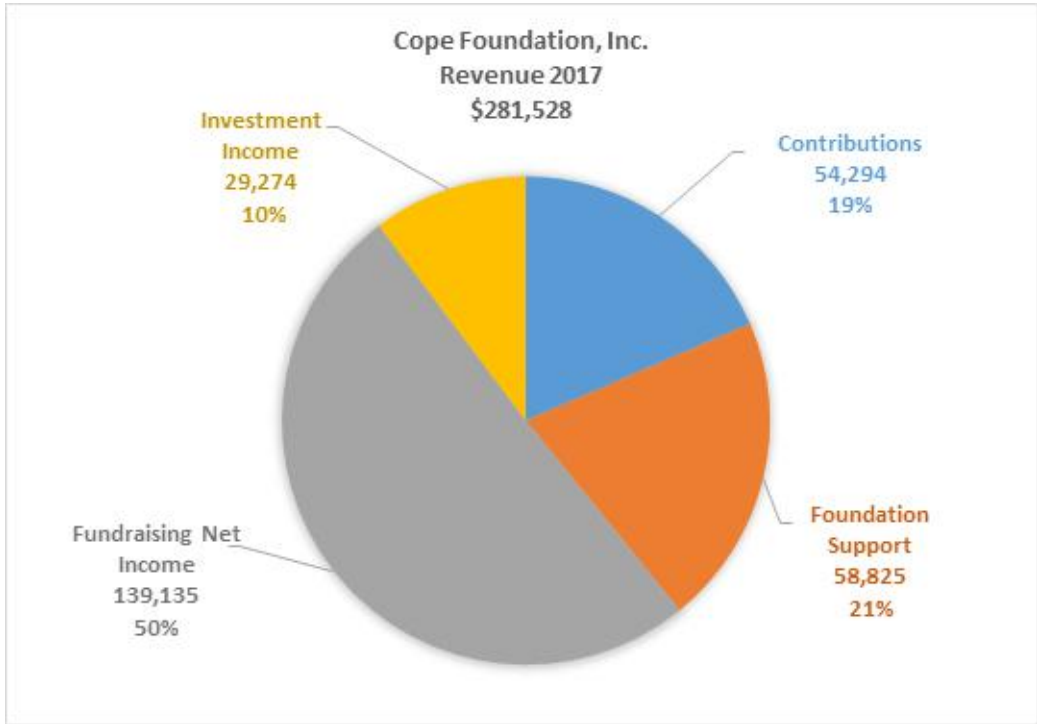
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"There is something about knowing you are not alone, the feelings and emotions you have that make you feel crazy are common with other grieving parents. Their support is our lifeline." - DS



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Note: For more financial details, please view COPE's 990 Tax Return posted annually on [Guidestar.org](http://Guidestar.org)



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## Remembering Your Loved Ones



**In Memory of  
Heath Bogin, My Special Son**

Thirty seven years - Your lifetime as son, husband, father, brother, friend, business genius. Thirty seven years - our blessing to share in your magnificence.

A proud mom

- Esther Bogin



**In Memory of  
Michelle Julien, my child  
Robert Julien, my husband**

Your powerful essence lives on in each of us who loves you. We're all connected from here to eternity.

- Lilly Julien



**In Memory of  
Dr. Adam Oberlander**

Adam always put others before himself. He was loving, kind and compassionate. He is dearly missed by all who knew him.

- Carol & Norman Oberlander



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\*\*\* Dominic -Always in our Hearts\*\*\* Thank you COPE for all your support.

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Ross was the gift that keeps on giving.

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My Child Angelo. A smile that lit the world. So kind, caring and loving. Truly missed everyday. To Infinity and Beyond... Love Mom and Dad

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## Remembering Your Loved Ones



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Son, grandson, brother and now uncle, you remain a big part of our lives, hearts and minds... our beautiful angel, we love you so very much!

- Sherry & Stuart Radowitz



**In Memory of  
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Love you to the moon and back!  
You will always and forever live  
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- Jane & John Bell



**In Memory of  
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"And in the end, it's not the years  
in your life that count, it's the life  
in your years." Love and miss you  
so! Forever in my heart. Until we  
meet again.

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- Nancy Gallagher-Grieco



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Our sweet boy, dad and I love you  
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will be together again one day.

- Sandi & Jerry Bloomberg



**In Memory of  
Kevin Goldstein**

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Kevin Goldstein**

Years pass, but never the strong  
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soul. Thank you COPE.

- Jane Shaw

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Rachel Anolik-Petrosoric  
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*The Next Step to  
Healing is Helping*

COPE Foundation Annual Report 2017 is a joint effort of board and staff; special recognition goes to Lynda Rice, Administrative Director and Joan Boccafola, Administrative Assistant.