



## NOTE FROM THE CEO

As our country is mired in a global pandemic, an economic crisis, and civil protests, parents and teachers have the responsibility to use these difficult times and challenging subjects as significant teachable moments.

Forty Carrots knows that the legacy of trauma is passed from generation to generation unless interrupted along the way. The trauma of hate, intolerance, and indifference are preventable and must be addressed through education and compassion. This could be the moment in time that ultimately inspires a generation to make the systemic changes that will forever impact our society for the better.

The lessons we teach our children today – both at home and in schools – have the potential to enable and equip them to become tomorrow's leaders. They will need to be courageous, more empathetic, more open to listening, in the search for equitable solutions for deep-seated problems.

For 26 years, Forty Carrots Family Center has been here supporting and educating children and families of all backgrounds, races, and circumstances because every child deserves a chance to thrive. In these times, our focus remains on strengthening families. Let's use this time to start listening and making changes in ourselves, our organizations, and in modeling for our children, to make real differences regarding race and equity in our country.



Warmest regards,

Michelle Kapreilian  
CEO - Forty Carrots Family Center

## AGENCY

### WELCOME, OUR NEW BOARD OF TRUSTEES

Forty Carrots Family Center is pleased to announce the election of new members to its 2020-2021 Board of Trustees. The new members include:



DAWN DOUGHTY



JACKIE GRIESE



ERIC KAPLAN



BOB LEWANDOWSKI



JEFF REYNOLDS

MEET THE NEW TRUSTEES

## PRESCHOOL

### OUR 2020 GRADUATES



CONGRATULATIONS, CLASS OF 2020! Thirty-three Forty Carrots Preschool students celebrated the first graduation of their young lives in a drive-through ceremony. One by one, cars, filled with the young members of the Class of 2020 and their families, would drive up in front of Forty Carrots Family Center, where teachers read to the children information from a survey that had been sent in by their parents: their name, how many years they had attended Forty Carrots, their favorite things to do and what they learned at school this year, what they will miss most and what they want to be when they grow up. Each child received a bag of treats and good wishes from their teachers and Forty Carrots' administration.

## PARENTING EDUCATION

### OUR VALUED PARTNERS

As we respond to the need for social distancing, our relationship with our community partners is more essential than ever before.

First Step Mothers & Infants and SOLVE Maternity Homes completed FY20 Parenting Education groups on a virtual platform. First Step is normally a no-technology/no wi-fi community and SOLVE had limited technology, but the need to continue Parenting Education with their residents took precedence during the Covid-19 crisis.

[READ MORE](#)

## CHILD + FAMILY THERAPY

### SUPPORTING FAMILIES VIRTUALLY OVER THE SUMMER

Families in our community have seen disruption to the structure of their lives. With schools closed, children and families had to find ways to adapt to homeschooling and to different work schedules. This time came with both challenges and opportunities. Families could use the time to strengthen family bonds while finding ways to balance work, school, and family from home.

[READ MORE](#)

## EVENTS



### PERMISSION TO FEEL

Unlock the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive

### A VIRTUAL EVENT

FEATURING

**MARC BRACKETT, Ph.D.**  
**WEDNESDAY 9/23/20**

As we move to a new virtual platform, we have the opportunity to engage a wider audience and to share knowledge with more families and professionals who work with children. We will still be offering our morning 3-hour professional workshop, as well as the evening presentation for parents, grandparents, and all others interested in supporting children with social-emotional learning. We are still looking for partners to help support our popular Speaker Event.

[LEARN MORE](#)



PRESENTED BY VENUS MED SPA

### RETURNING FALL 2021!

News of the cancellation of Wine, Women & Shoes 2020 was met with an outpouring of support over the difficult decision. Upon news of the cancellation, Getzen Family Charities offered a \$10,000 match for all donations to Forty Carrots made by June 30th, up to \$10,000 with code WWS. Thank you to the Getzen Family and Event Coordinator extraordinaire, Minta Getzen, for facilitating this generous and timely gift! We hope everyone will reach out and help us secure the match!

[DONATE NOW](#)



### SAVE THE NEW DATE!

### JANUARY 30, 2021

[LEARN MORE](#)

## CALENDAR

### JUNE 2020

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### SUPPORT FORTY CARROTS



Investing in a young child's future pays dividends for life. Your tax-deductible donation today will have a lasting impact. Thank you!

### HOW TO DONATE



BY PHONE

941.365.7716



ONLINE

CLICK HERE



BY MAIL

CLICK HERE

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# WELCOME,

## OUR NEW TRUSTEE MEMBERS



DAWN DOUGHTY

Dawn Doughty, originally from the Washington, D.C. area, grew up in Maryland and lived in northern Virginia until she moved to Sarasota in 2008. She retired from Chevy Chase Bank in 1996 to stay home with her two daughters. Dawn and her husband, Dennis, moved to Casey Key in 2008, where Dawn became active as an officer for the Casey Key Association. Dawn is passionate about volunteering, children, and families and enjoys fine wines, golf, and traveling the world.

She first became involved with Forty Carrots Family Center when her friend, Lisa Napolitano, asked her to co-chair the Wine Committee for Wine, Women & Shoes with her in 2017. “Since then I’ve had the opportunity to get to know Michelle Kapreilian, her incredible staff, and discover more about the critical role Forty Carrots undertakes to strengthen and support children and families. For me, their dedication and compassion has been contagious and has really inspired me to become more engaged with helping support their mission,” Doughty said.



JACKIE GRIESE

Jackie Griesse is a Realtor with Michael Saunders & Company. She has more than 30 years of leadership and sales experience and previously was instrumental in creating a startup business with her husband that grew into a multimillion-dollar, multi-faceted operation servicing Fortune 500 companies in the financial services, plastics, healthcare and utility industries. Today, Jackie works to understand her clients’ lifestyle goals, budgets, and what matters most when considering relocation to the beautiful Gulf Coast of Florida. Jackie is an active volunteer in the community and has worked with Child Protection Center, Venice Area Chamber of Commerce, United Way, and Big Brothers Big Sisters of the Ohio Valley. She is currently a Steering Committee Member of the Van Wezel Foundation.

“I have been involved working with and helping at-risk children for more than 25 years. In my estimation, what makes Forty Carrots Family Center so outstanding is how they can touch and service the family as a unit. Strong families benefit not just themselves, but our community. That is why I am so excited to continue building on this wonderful foundation set by visionaries years ago,” Griesse said.



ERIC KAPLAN

Eric Kaplan is an attorney admitted to practice in Florida, New York, and New Jersey. He holds his CPA license in New York, and his professional practice emphasis is real estate, banking, taxation, philanthropy, and entertainment. He is a Trustee of the Louis & Gloria Flanzer Philanthropic Trust and is vice-chair of the Jewish Family & Children’s Services of the Suncoast. Eric is also a Board member and chair of the audit committee of Sarasota Private Trust Company, a Board Member of the Boys & Girls Club of Sarasota, and the Sarasota Memorial Healthcare Foundation. He has been married for 40 years to his wife, Marcia, and they have three adult children and four grandchildren.

Eric first met Michelle Kapreilian shortly after the Louis and Gloria Flanzer Philanthropic Trust was funded by Mrs. Flanzer’s estate, having been introduced by co-trustee Dean Hautamaki. “I visited the facility and was greatly impressed by the services provided and the devotion of the staff. The trust’s model is to do more than fund agencies but to be personally involved with those who we believe make the most important contributions to the community. Board service is an important way for us to learn what’s working and what’s needed in Sarasota and to share experiences we’ve gained through our own philanthropic activity. Forty Carrots is one of the leading providers of key services and one of the best-run organizations in Sarasota,” he said.



BOB LEWANDOWSKI

Robert Lewandowski has a background in Human Resources, Health Management, and Real Estate. Originally from Chicago, Illinois, Robert holds degrees in psychology and industrial relations from Loyola University of Chicago. He has a professional background in human resources and community affairs as well as real estate development. Bob retired in 2015 but has volunteered extensively including as a board member and chair of the Loveland Center in Venice. He and his wife, Terry, have two adult children, Katie and Mark.

“My wife Teresa and I attended a Forty Carrots’ presentation on teenage pregnancy and were extremely impressed with the work being done. That was about five years ago. Since then we have helped to support the great work of Michelle and the staff,” Lewandowski said. “I realize that parenting is the toughest role in our lives and that early childhood education is critical to the future of society. I hope that my board role will help to make Forty Carrots even stronger.”



JEFF REYNOLDS

Jeff Reynolds is the owner of Next Level CFO Solutions, a boutique fractional CFO service and business advisory firm. With experience in corporate environments that have ranged from pre-funded, pre-revenue startups to multi-billion-dollar public companies, Jeff has seen, implemented and executed strategies that have succeeded, as well as learned and grown from those that didn’t. Jeff received his Master’s and Bachelor’s degrees in accounting from the University of Florida. After a short time working in Silicon Valley, he has spent most of his career based in Florida. Jeff is a native Floridian, born and raised in Sarasota, and currently resides in the Palmer Ranch area with his wife, Katie, his three daughters (Ashley, 14, Emma, 12, and Falyn, 1), and their two dogs. The family is very active, with lots of running, biking, volleyball, and as much traveling as volleyball tournaments and Ironman races will allow.

Reynolds said he first heard about Forty Carrots when searching for a preschool for his oldest daughters, and heard high praise for Forty Carrots. Those daughters are now 13 and almost 15, and Reynolds said that through the parenting process he came to realize “how incredibly important early education, parental involvement, and mental health are for happy, healthy families. Forty Carrots is clearly having a huge impact on these things in our community, and I’m excited to have the opportunity to contribute to that,” he said.

FY21 officers include Chris Jarmul, Board Chair; Ben Jones, Treasurer; and Tammie Sandoval-Badger, Secretary. Other members of the Board of Trustees include Kevin Cooper, Ariane Dart, Liz Diaz, Karimu Hill-Harvey, Tomeika Hunter-Koski, Betsy Kane-Hartnett, Sean Paul, Nicholas Roberts, Alan Ross, Susan Sakhai, Kevin Stencik, Susan Travers, CEO Michelle Kapreilian, and Trustee Emeriti Kim Githler, Stanley Kane and Jeff Steinwachs.

# PARENTING EDUCATION

## OUR VALUED PARTNERS



Accomplishment and Impact surveys showed that moms felt thankful to be offered these groups during the crisis, while they were “learning new ways to raise their child and be a better parent” and “being a support to my child and being more responsible.” Forty Carrots Parenting Education delivered services during FY20 to both locations totaling 102 clients, with a total attendance of 1,349 parents and children in 126 different groups.

According to Parenting Education Director Laura Josephson, relationships with all of our Community Partners are more important than ever before during this time. “I would like to thank Sarasota County public libraries, Gocio Elementary School, Tuttle Elementary School, and the Manatee County School District’s Soar in 4 program, all of which have been instrumental in spreading the word about our virtual programming to their communities. We look forward to the day when we can resume our in-person programming with all of our community partners.”



## SUPPORTING FAMILIES VIRTUALLY OVER THE SUMMER

As our Mental Health Program continues to support families and children through phone and video sessions, we are learning that every client is handling this situation differently. Our family-focused approach allows us to respond appropriately to each family's needs and to connect with them successfully during this time. To further support caregivers, Forty Carrots therapists will be providing family support groups to elementary school parents referred by our school partners and to parents at the Forty Carrots Preschool. These groups will offer a safe space for them to discuss ways to address concerns that may be coming up for their families during the pandemic.

The Mental Health Program has also been working closely with our partners to offer the most appropriate resources for each family. We will continue to support our elementary school partners with online summer groups focusing on strengthening communication in families. These virtual groups will focus on promoting healthy family dynamics, focusing on how feelings are communicated and responded to within the family. Children and caregivers will be engaged in dialogue and activities that serve to promote open discussion of feelings in addition to introducing methods of coping with and overcoming difficult emotions.

We will also be facilitating Adolescent Stress Management groups for high school students. This online support group for adolescents will meet weekly and discuss current stressors while engaging in peer interaction and learning healthy coping skills. High school students will discuss ways in which they can recognize stressors, learn appropriate ways to address conflicts, and discuss the pros and cons of social media.

As the world changed, our Child & Family Therapy services adapted to these changes by providing resources and support to families on virtual platforms. Because of this, we still have the ability to connect with children, adolescents, and caregivers, helping them to navigate their feelings and behaviors, especially through these challenging times.