



**COMMUNITY
FOUNDATION**
of Middlesex County

Philanthropy • Leadership • Legacy

Sailing into Spring

With the first day of spring comes warmer days, birds chirping, flowers blooming- and outdoor fun! For many, that means getting out on the water. Ray Hayes, a longtime lover of sailing, attended an Outward Bound sailing program for veterans with P.T.S.D.. Realizing the therapeutic effects and looking for a way to help vets right here in Middlesex County, Ray started Pay4ward. Pay4ward takes combat veterans with P.T.S.D. sailing. Pay4ward had a very successful first year on the water, providing sailing and comraderie to 25 vets, despite aging equipment and 40 year old sails. Pay4ward received a CFMC competitive grant to purchase new sails. Ray was so excited to get his sails for the 2017 season, he sent us a picture of the new sails with the CFMC logo! Who would have thought that a grant for new sails would lead to CFMC sailing the ocean blue!



Celebrating the Gift of Giving

THANK YOU to the friends of Cindy Andrus, who chose to honor her birthday with gifts to the [Sari A. Rosenbaum Fund for Women & Girls](#). Cindy recently celebrated her 80th birthday. Instead of getting more "stuff", Cindy's friends and family supported The Fund she's so passionate about. These gifts honor Cindy and her commitment to support women and girls in Middlesex County.



Save The Date Copaion Cont A Conit Conervation

oin Dr. effrey Shelton, and others who have experienced an opioid addiction, in a discussion about hope, healing and recovery. The event will be held Friday, April 7th, 2017 in the Hubbard Room of Russell Library in Middletown.

The event is free of charge, [registration](#) is requested.



A Reinder To Nonprofit Partner The Dotor I In

The CFMC onprofit Resource Center 4 Main Street Middletown is open for business with a new program for our nonprofit partners. Tom Gezo, a resident business coach, is offering his services, free of charge, every Tuesday morning at CFMC.

Tom can help nonprofit businesses manage business and strategic planning, organizational development, financial planning, donor development and proect execution.

So if you're feeling stuck and need some help, the Doctor Is In! To schedule an appointment, email CFMC at InfoMiddlesexCountyCF.org or call us 80.47.0025.

