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Sutton Woman's Club stages banquet


Members of the Sutton Woman's Club Executive Board for 2008-2009 gather at the club's annual banquet May 13 at the Blackstone National Golf Club.

Board members, in left photo, are, from left: Robin Conkey, Pam Hammond, Constance Dwyer, Cynde Balazs, Susan Travis, Patti LaLiberte, Linda Winchell, Leona Shaw, Lisa Gauvin and Joyce Kent.


Salmon appoints Davis Tapestry program head

Salmon Health and Retirement, formerly The Salmon Family of Services, announced the appointment of **Gary A. Davis** as the new director of Tapestry programs for seniors with memory impairment.

Mr. Davis is a graduate of the University of Massachusetts at Amherst with a degree in human development and



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gerontology, and is a licensed social worker with more than 20 years' experience caring for individuals with Alzheimer's disease. He is also a certified dementia practitioner and vice president of the Alliance of Alzheimer's Care Directors, a Massachusetts organization.

Mr. Davis was most recently the Alzheimer's care director at Millbury Healthcare Center in Millbury, where he managed a 60-bed unit in a skilled nursing center.

Six teens finish program to 'Boost' healthy choices

NORTHBURIDGE — Six young people recently graduated from the first session of the Boost program at Whitin Community Center.

The program is a new pilot program designed to address the needs of at-risk youth ages 12 to 17. The first session was held this spring. Boost incorporates fitness and nutrition through the use of games, music, sports, yoga and other activities. This program also addresses making healthy and informed choices in partnership with Family Continuity Programming of Whitinsville.

The Whitin Community Center received a matching grant of \$20,000 from Fallon Community Health Plan's Community Benefits Program for the program. The center was able to raise the matching \$20,000 through its annual fund drive.

The graduates are: **Alex Mailhiot** of Douglas, **Darien Masterson** of Whitinsville, **Brian Figueroa** of Whitinsville, **Walter Fernandez** of Northbridge, **Joe Boulette** of Whitinsville and **Ezekiel DeLeon** of Northbridge. These graduates finished 10 weeks and 40 hours worth of programming.

They will each be given a free one-year membership to the Whitin Community Center. They will also be invited back to the next session of the BOOST program in the role of group leaders.

"These youth have worked hard to learn the importance of fitness, nutrition, and appropriate behavior in their lives," said **Katie Lloyd-Evanski**, the center's wellness director and Boost instructor, in a prepared statement. "We look forward to watching them grow as role models for their peers."

The next sessions of Boost are June 23 to July 24 and July 28 to Aug. 28. Each session in the summer is five weeks long, and participants will attend Monday through Thursday from 11 a.m. to 1 p.m.

The program is free. For more information, call Ms. Lloyd-Evanski at (508) 234-8184, ext. 410.

Toddlers plant gourds to help the hungry

GRAFTON — Toddlers love to get dirty, as mothers in the MOMS Club of Millbury-Sutton know all too well.

Three moms took their children's love of dirt and recently turned it into an opportunity to teach them about the importance of volunteer work. They and their four children turned out on a cold and windy day in May to plant vegetables for the Community Harvest Project, a nonprofit volunteer farming organization based at the Brigham Hill Community Farm in North Grafton. All vegetables grown are donated to hunger-relief organizations in Central Massachusetts, including the Worcester County Food Bank.

Those in attendance were **Michele Decoteau**, project organizer and club administrative vice president, and her daughter, **Shea**, 4; **Kristin Graffeo**, club president, and her two children, daughter **Daniela**, 3, and **Cameron**, 10 months; and club member **Amy Randell** and her daughter, **Kaitlyn**, 2.

The girls moistened the soil, packed the soil in the trays, planted the seeds and moved the trays to the greenhouse. They planted nine trays of zucchini and eight trays of summer squash, for a total of 648 zucchini and 576 summer squash.

This kind of community service benefits not only the community, but the young service providers, as well. As one of the moms who participated in the event, I left the farm with a sense of pride knowing that at only 2, my daughter could serve the community, help families in need and make a difference in the world.

For more information on the Community Harvest Project and how to volunteer or make a donation, go to www.community-harvest.org or call (508) 839-7402.

Part of the national organization of Moms Offering Moms Support, the fast-growing Millbury-Sutton chapter offers community service projects, social events, playgroups, moms' night out, field trips, swaps and other activities for stay-at-home moms and dads, and their children.

For more information, e-mail info@momsclubofmillburysutton.com or visit www.momsclubofmillburysutton.com.

Submitted by Amy Randell



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