

# BACK *to* BUSINESS

The landscape of business as we know it has dramatically changed, but now we are starting to shift gears and open back up. See what local businesses are up to in this special Pull-Out Section.

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# SALMON at Medway, 55+ and Bursting with Life

Andrew Freilich loves what he does. Every day, when the Executive Director of SALMON at Medway caters to each detail of his SALMON Health & Retirement campuses, he honors the memory of his grandparents.



Executive Director of SALMON at Medway, Andrew Freilich

“Being able to provide a positive lifestyle for people is very rewarding. When I see the smiles on people’s faces, and even having family members come in and say how happy I made their parents, no matter how stressful your day, that’s what makes it all worth it – to know you’re making a difference in people’s lives. I’m proud of the fact that I’m able to do it, not just for the people we serve, but for the whole family.”

SALMON at Medway’s Willows, a 55+ community, and Whitney Place, an assisted-living community, at 44 Willow Pond Circle in Medway, opens this month. The 57-acre campus, on the Charles River, features spacious, bright apartments and cottages, terraces and manicured grounds that provide rustic views in all seasons, with a bustling behind-the-scenes service that provides the comfort of a luxury resort. Rolled into one monthly rent, community members can enjoy ‘Anytime Dining’, restaurant-style meal plans, with fresh, locally-sourced food, with no hidden charges. Amenities of the campus include an on-site

bank, spa, a hair salon/barber shop, state-of-the art fitness center with personal trainers, on-site certified nutritionists, an indoor heated pool equipped with assistance for those who need it, a hot tub, a convenience store, library, billiards lounge, workshop, creative arts studio, greenhouse, a Great Room complete with stage and bar, and the “Pavilion” clubhouse. Residents can even enjoy scheduled transportation on a specially-designed luxury coach, and underground heated parking with 15-foot high garage doors allows for pickup in any kind of inclement weather.

“This is retirement reimaged,” says Freilich. “We redesigned what people think of living in a senior community. When people see what we do and how we do it, they’re impressed and extremely satisfied overall. Our hospitality is second to none; it’s what we’re all about.”

The range of services that SALMON of Medway offers allows it to encompass the needs of older adults, from those simply looking for a hassle-free, luxury lifestyle, with amenities under one roof, to those who need tailored assistance and memory care.

“Our continuum of care is very powerful,” says Freilich, who has spent 16 years serving independent senior living. “We cover the continuum of senior care. Some of our campuses have child care, assisted-living, home health, hospice, and private health care options. Because of that, we get to know people and provide most of what they need through the rest of their life. We can really help people enhance their lives, at whatever stage they may be. Someone may want to go running and take all the fitness classes, and someone else may need a high level of service, and you would never know the difference between someone moving into our assisted-living and our individual living.”

Health, wellness and longevity are integral to the main philosophy of SALMON at Medway,

says Freilich. “We’re helping to keep seniors in better shape, better physical fitness and better-minded, and we’re looking to break the mold as to what people think of as traditional fitness. We took time and effort to understand what opportunities need to be available to keep people better all around.” That includes socialization.

Age, says Freilich, is not a barrier to being fitness-minded. “Is there someone that needs a different level of fitness, sure, but our physical limitation, whatever that might be, doesn’t prevent us from living a health, wellness, and longevity lifestyle,” he says. “We present that across the spectrum and respect people’s different mindsets.”

Freilich points to an example of that work at SALMON’s other community in Worcester, which he helped build. Freilich’s long-time family friend participated in a Super Seniors group there, that involved a ropes course. “And she loved it,” he says. “She said she wouldn’t have dreamed of doing it if she were living in her own home.” In a similar fashion, SALMON residents who had never picked up a golf club found themselves drawn to a golf simulator, and the same model will be available in Medway.

“We want people to do it, because they feel like it’s something they want to try, because they see other people do it, and they like

what they see,” says Freilich. “Really, the sky’s the limit. In their old home, it’s the same old lifestyle, same old, same old, and we’re trying to shift that.”

Medway’s dynamic new community is a culmination of years of growth and experience.

“We’re always looking at how can we do it better,” says Freilich, “Family-owned and operated, owners are here every day. We’re not some corporation out in California. At this level, we can make changes without going through many processes. We can have those ideas and suggestions and implement them.”

The difference is in the fine details.

“Our community is immaculate, our food is fantastic, our fitness center and training staff offer a wide diversity of classes, we have a full liquor license with our own mixologists, working with Craft Roots Brewery on two signature brews, we have our own boat ramp to the Charles River for kayaking, walking trails that surround the entire campus, an ice skating pond in winter, and our own game room and arcade that children and grandkids can use, our own putting green, and pickle ball and bocce courts. We’re a family-focused community,” says Freilich.

In fact, culinary staff, working with Best Bees of Boston and Medway Community Farm, will make use of its own beehives

and a hydroponic garden, which residents will have opportunity to help tend. “Residents are welcome and encouraged to participate in everything we do,” says Freilich.

When the community is full, it will serve close to 225 residents, with a conscientious staff of 120. “A building is a building, but it’s the people, the staff and the residents, that make it so special. I never lose sight of that,” says Freilich. Among that staff is a 24-hour nursing team, which allows another layer of peace of mind, as well as Limited Medication Administration.

“In most assisted-living, people have to (give themselves) medication,” says Freilich. “We’ll be able to off a higher level of service.”

As it did with its Worcester community, SALMON at Medway has moved swiftly to build partnerships with local community organizations, such as the YMCA, to enrich the lives of potential residents. It plans to be an active community participant.

“The Town of Medway has really embraced us, and we’re happy to be here,” says Freilich. “I encourage people to come and see what they’re getting for their dollars. We think it’s an outstanding value. It’s pretty special to see.”

You can find SALMON at Medway at [www.medwayseniorliving.com](http://www.medwayseniorliving.com), on Instagram, Facebook and Tik Tok at [SalmonatMedway](https://www.instagram.com/SalmonatMedway).



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## A HOP, SKIP AND A JUMP

Our feet which are made of 26 bones, 30 joints and more than 100 muscles, tendons and ligaments all of which work together to provide support, balance and mobility. They work together to help us walk, run, hop, skip or jump. As we age our feet can start to change which can affect our normal arches and biomechanics. These changes can then cause changes in function of our ankles, knees, hips and even our spine making our daily activities more painful and difficult.



Karen is a 45 year old office worker who mostly sits at her desk for her job. When not at work she is a fairly active person who likes to walk for exercise and plays pickleball several times per week. She started to notice hip pain increasing while on her daily 4 mile walk. As the pain became more constant, it started to limit her activities as well as her sleep due to pain. Even sitting at work became a challenge.

When she presented herself to our office we evaluated her gait, and performed other tests to diagnose the cause of her problem. It was determined that she had a moderate pronation problem with one of her feet as well as an alignment issue as the foot was externally rotated (turned out). We started to adjust her feet, knees, hips and spine as well as making custom designed orthotic inserts for her shoes. As a result, she has resumed her walking routine pain free, returned to playing pickleball and sleeping soundly.

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# Sullivan Tire takes over from Direct Tire in Medway

The signs at Direct Tire will soon be changed and say "Sullivan Tire" at 72 Main Street, in Medway, (and the Direct Tire store in Peabody) but the vast majority of employees from Direct Tire, Medway remain on the job. The local tire and repair shop now has the Sullivan Tire support behind their business. Paul Sullivan, President of Sullivan Tire, noted that taking over Direct Tire came with deep sadness, since the owner of Direct Tire, Barry Steinberg, died in April, 2021.

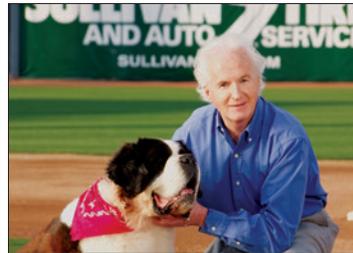
Sullivan had been in negotiation with Barry Steinberg in the months prior to his death, to take over some of the Direct Tire stores. "I was close to Barry," Paul Sullivan explained. "We are honored to take over his business. We know what it is to put a stamp on your business. When we acquired the lease to the Direct Tire stores in Medway and Peabody, we went in and are working to retain their employees. They are the ones who know their customers." Sullivan noted they were able to retain about 95% of the employees from Direct Tire.

"We had minimal layoffs through the pandemic," Sullivan explained. "We were deemed an essential business and stayed open throughout that time, providing needed services to fire, police, hospital, state police

vehicles, and private customers. We had some back office jobs that were remote, but we are slowly getting people back to the office. With great discipline and mandatory protocols, we have sought to reassure our cus-



Left, site of the original Sullivan Tire store, where the business started. Right, Paul Sullivan with his dog Misty. Photos submitted.



## SULLIVAN TIRE AND AUTO SERVICE

tomers and keep our staff safe. We had few people fall ill through the pandemic, and no store where we had large outbreaks of the virus. Many are now thrilled to take their masks off, while others want to give it more time. We understand all these feelings."

Sullivan Tire has been in the tire business over sixty years, and is still family-owned and operated, with

over seventy-five retail locations throughout New England, and fifteen truck tire locations. The company has a 200,000 square foot tire distribution warehouse in Taunton, working up to twenty hours a day to

serve their customers.

"We understand what it takes to raise a family," Sullivan noted. "I am one of ten children. In 1955, my father worked for a tire company, and he was given an ultimatum to lay off a number of employees to reduce their workforce. He didn't want to do that. These employees all had families themselves. On his way home from work he saw a 'Business

for rent' sign in Rockland, knocked on the door, and found it offered a barn and a garage. The woman who owned the property kept her car in the garage. My father rented the space, pulled out the woman's car each morning to use the garage space, and returned it to the garage at the end of each day. We were in that location till 1971."

While Sullivan Tire is independently family-owned and operated with now over 1300 employees, they have had to reach out beyond their family to build the business. Sullivan recalled that the company's first non-family employee was an immigrant from Ireland, the second was from Italy. "They each realized their American dream, coming to work with us," Sullivan said.

He stressed the importance of the employee benefits package the company provides for all employees, including incentives for those employees who stay with the company. "We offer matching funds for specific savings plans like our Holiday Club and other options. We match those funds so employees will have the money when they need it." Retention of employees is a great sign of business stability, and is also an indication the company is a great place to work. Sullivan noted that

they have 357 employees who have been with the company ten years or longer. "When people are having trouble hiring, you have to step back and look to see how you're taking care of your people. We're going to provide the best for our employees. There is no tougher job than raising a family."

Sullivan noted the company loves to support area sports teams. "We are big supporters of the Red Sox and the Bruins, and were the first client for the New England Sports Network (NESN). It's important to support the local communities we're in, and we support lots of local youth sports in those communities."

He added, "Our goal is to continue to grow this company. We are now in full hiring mode across New England, looking for Technicians, Sales Staff, Drivers, and Warehouse workers." For Sullivan Tire, it all started with family, and continues to stay focused on family, whether it's keeping the car or truck that transports your family safe and running well, or the families who are supported by the adults working for Sullivan Tire. Taking care of families and their needs is Sullivan Tire's bottom line. Welcome to Medway, Sullivan Tire, and best of luck.

- Marjorie Turner Hollman



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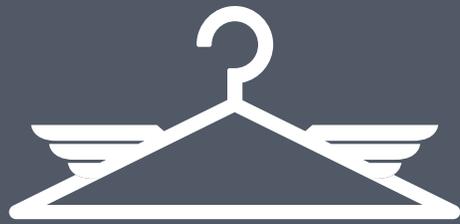


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## Mary Ann Morse Healthcare Corp. Now Offers Certified Home Health Care

Being able to age in place goes a long way toward continued dignity and independence.

That's just what the Mary Ann Morse Healthcare Corp. is hoping to provide with its new care option—home health care.

According to Executive Director Bethany Mercer, this type of service allows adults to maintain a sense of normalcy and routine.

“Receiving Home Health services can help older adults live independently at home as long as possible while providing safety, comfort, and convenience.

“Research has shown that older adults recover faster, with fewer complications, at home than in a hospital. Being at home allows older adults to stick to their routines in familiar surroundings and maintain a sense of normalcy in their lives,” she said.

Mary Ann Morse Healthcare Corp., a nonprofit provider of high quality, affordable senior living and healthcare services in MetroWest, announced the newest offering in its continually expanding continuum of senior care recently: Mary Ann Morse Home Care, a Medicare-certified Home Health Agency.

Its focus will be on providing a range of customized professional medical services to seniors, including skilled nursing, physical therapy, occupational therapy, speech therapy, wound care, and more.

The option will be available to patients recovering from illness, surgery, or with chronic health conditions. The goal, of course, is to have people who qualify receive treatment in the comfort and safety of their own home.

According to Mercer, “Home Health Care also has a lot of other benefits such as relief for family caregivers, preventing avoidable trips to the hospital, and having access to an entire team of healthcare professionals (Nurses, Physical Therapists, Occupational Therapists, and Speech Therapists) without having to go to a doctor's office.”

Together with the Mary Ann Morse home care service line offering customized assistance with meals, personal care, household tasks and more, the agency provides a complete care solution, enhancing quality of life and facilitating the highest possible level of independence for seniors.

But it's not just independence that is given when using home health care. It is the state of mind that the patient is able to maintain — a positive one.

“It is easier for friends and relatives to visit a loved one in their home than in the hospital or at a facility. With no set visiting hours or time restrictions, there is often less social isolation and loneliness,” said Mercer.

Mary Ann Morse Home Care is located in Natick, and services all MetroWest communities. Visit [maryannmorse.org](http://maryannmorse.org) for more information.



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from Mary Ann Morse

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# Move Well Physical Therapy: From Muscle Strains to Vertigo, Living Well Means Moving Well

After twenty three years as a physical therapist, Michelle Donohue wanted to step outside the traditional system to provide a higher level of PT care.

"In a standard practice, appointments are typically scheduled every half hour leading to one patient's appointment overlapping with another patient's appointment with these treatments commonly done in a large open space treatment area that is shared with other patients. Under that model, patients can't receive the therapist's full attention, and an open room often doesn't feel confidential enough for the patient to ask personal questions."

With this in mind, Donohue started her own practice, launching Move Well Physical Therapy in Norwood in October, 2018. Donohue's next-level care begins by providing each patient a forty-five-minute appointment slot, solo care, in a private space.

"Our clients love it," Donohue says. "They go out of their way to refer us to their friends."

Move Well offers an array of services. Patients may be recovering from overuse or sports injuries, preserving skills after a stroke, or regaining mobility after surgery. The PTs create treatment plans to improve joint mobilization, balance, range of movement, and fine motor strength. Move Well therapists use many different hands-on techniques, but also an assortment of exercise equipment, kinesiology tape, and stainless steel instruments to mobilize soft tissue.

With longer appointments, Move Well's PTs have time to assess the patient's progress and explain how the body functions best. Each treatment is geared to the specific needs of the client, then adapted or progressed, visit by visit, so the client can achieve her goals—whether that's running her next marathon or pulling a shirt over her head without pain.

Donohue also specializes in a lesser-known area: vertigo.

"Most people wouldn't think to see a physical therapist for vertigo," says Donohue. "They'll call their doctor, when in reality, most doctors refer their vertigo patients to us."

Vertigo is a sensation that one's environment is moving even though it's not. Because it can leave individuals unable to walk or drive, vertigo is very disruptive and more than a little frightening.

"The vestibular system is based in your inner ear and tells your brain what you're doing with your head and body. To figure out where the connection is being disrupted, we begin with a thorough evaluation of that system," says Donohue. "We observe whether you can stabilize your gaze when your head is moving. We do positional testing, and we can narrow down if the problem originates in the left or right ear. Once we've identified the cause, we decide how to intervene."

Some causes are addressed in only one session. Others may take weeks. The key is experience: because Move Well therapists have seen hundreds of patients for vertigo, they have a wide array of techniques they can marshal to benefit their patients.

This year, Donohue brought onboard an additional PT who specializes in vertigo. Mary Coe has over twenty-five years' experience as a PT, and like Donohue, has been a vestibular specialist since 2006.

Donohue says, "Mary Coe brings to the practice a wealth of skill that opens up our treatment options."

No matter the ailment, the aim of physical therapy is to restore the patient's mobility and confidence—and in effect,



From left, Mary Coe, PT, Michelle Donohue PT and Georgia Kostopoulos, DPT

their life. That's the patient's number one priority, and therefore it is also Move Well's.

"We all want undivided attention from our providers," says Donohue. "Our connection with our patients can become their lifeline to someone in the healthcare field. That's why our practice offers longer appointments and private rooms to give our patients true one on one care. If we missed out on that connection, we'd miss out on the most vital part of a provider-to-patient relationship, so that's never going to change."

Because the state of Massachusetts allows individuals to self-refer for physical therapy, patients can call directly to make an appointment, or book online.

To take the first steps toward moving well, call Move Well today at 781-269-5850 or visit their website at <https://www.mw-pt.com>

- Jane Lebak

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Georgia Kostopoulos, DPT



Michelle Donohue, PT/Owner



Mary Coe, PT

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## The Enclave, of Franklin - Community, Connections & Comfort for Older Adults

As we age, many of us seek a low-maintenance, comfortable lifestyle, one where we finally have time to devote to our passions, family and friends. The Enclave of Franklin, offers older adults a loving environment to do just that – enjoy life to the fullest, as independently as possible, but with the added availability of wellness support if needed.

“As people get older, many experience the sensation their worlds are shrinking. We give older adults a renewed sense of purpose,” says Emily Chiarelli, of The Enclave. That comes without the stress and hassle of maintaining a home, managing bills or even having to cook.



Chef-prepared meals, anytime dining, daily program, utilities, house-keeping and linen service, and even cable TV are included in one monthly rent for the pet-friendly apartments, with onsite access to amenities such as a library, theatre, salon, an array of visiting health-care professionals, and importantly, a calendar of social activities.

“There’s always going to be a need for human connection,” says

Chiarelli, “Our community provides independent, assisted and supportive memory care residential options.” Some live independently, some require help, and 20 private apartments are dedicated to memory care.

This June, The Enclave, owner-operated by Bridge Senior Living, emerged from its pandemic chrysalis stronger, wiser, and even better prepared to meet changing needs. Staff created safety solutions with its “White Glove Confident Clean” program, for example, and implemented LifeLoop engagement technology for daily interactive communication.

“This is an intimate community,” says Chiarelli, “It’s easy to safely age in place here. There’s interaction with peers, compassion, and a lot of attention, and that gives residents, and their families, peace of mind.”

The Enclave of Franklin is located at 656 King Street, Franklin. Find them at [enclaveoffranklin.com](http://enclaveoffranklin.com), or book a tour with Emily Chiarelli at (508) 520-1150.

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# The Tiffany Ballroom

## Four Points by Sheraton Norwood Gathering to Celebrate Again

Marriott’s Four Points by Sheraton Norwood has opened up again! After a year of Covid restrictions and un-celebrated milestones, the hotel is eager and ready to host your next celebration.

Mindy Keyes, Senior Catering Sales Manager, says, “We’re delighted to have people coming back. The hotel wasn’t the same without all the activity, the laughter, and the chance to host our community’s celebrations.”

Four Points by Sheraton Norwood has 230 guest rooms, including 2 floors of “Pure” allergy-friendly accommodations, onsite fitness center, indoor heated pool, and the One Bistro restaurant.

Keyes says, “The newly-renovated One Bistro is fully open! We’re still doing curbside-to-go for anyone who wants it, but we’re also hosting Early Bird specials on Sunday through

Thursday, Farm-to-Table night on Wednesdays, and Summer Seafood specials on Friday nights throughout the summer.”

Both the bar and the patio are open for patrons, with no social distancing requirement.

Jayne Dalipovic, Catering Sales Manager says, “We’re very excited about re-opening our function rooms. After being at a standstill since last March, we’re finally able to get back to having normal weddings, graduation parties, business conferences, and memorial luncheons. Cocktail hours are back. Open bars are back. We have a dance floor again!”

With function rooms for parties of anywhere from 20 to 600 people, space is booking up fast, even into 2023. “Our community has a full year’s worth of gatherings to catch up on,” Keyes says. “It wasn’t just the happy occasions that people lost. They lost the sad ones too. Now that we’re able to gather again, it’s important to all get together to acknowledge these milestone moments.”

Located on Route 1, the Four Points Sheraton is convenient to I-95, I-93, and Gillette Stadium. For more information, please visit <https://www.marriott.com/hotels/travel/bosof-four-points-norwood/>

# American Backyard & Fence Was Formed After the Founder's Frustrations with Having a Fence Replaced

*Quotes are provided within hours and work is done within weeks*

Two years ago, Brandon Currul needed a fence replaced and he says the process was beyond frustrating. He shared his story with lifelong friend Mark Narducci, a licensed homebuilder for 20 years, and soon the idea of American Backyard & Fence Co. was born.

Co-owners Currul and Narducci have been friends "since Triple-A baseball" and are Medway High School graduates. Currul handles the administrative side of the business and Narducci handles the design oversees all site work.

"Our team is made up of experienced builders with multiple years of various skillsets which allows us to offer the customer a seamless process from the original estimate to the job completion," says Currul, noting everything is done in-house without any subcontracted labor. "Everyone on our team is local but Mark and I grew up here so if there's an issue five years down the road, you know we're here and we're here to stay."

In addition to installing fencing, ABF also does total backyard transformations that include hardscapes like walkways, stone walls, water

features, fire pits, outdoor kitchens, outdoor lighting, in-ground trampolines, sports courts, batting cages, putting greens, and will soon open a plunge pool division.

Brandon, Mark, and the American Backyard & Fence crew were great to work with. They were extremely professional, communicative and took great pride in the work they were doing. They not only executed my vision but helped advise and recommend several adjustments which made all the difference. This was a fairly large project (retaining wall, walkway, granite steps, patio, waterfall, and grading) but the team was there from start to finish and delivered a beautiful transformation. Highly recommend!" - Matthew H., Medway (customer quote)

Currul says the American backyard as we know it developed after World War II but since the pandemic, more and more people are now realizing how important time at home is again.

"People are saying, 'Hey, I'm home all the time, why don't we make the backyard an oasis,'" says Currul. "Now people want to transform their backyard into a hotel-style pool luxury



The staff of American Backyard Fence & Co. including co-owners Brandon Currul (far left) and Mark Narducci (far right). Courtesy photo

area where they can entertain; we can help homeowners realize those backyard dreams and then surround it with a beautiful fence."

"Quality and service are key," says Currul. "The whole reason we opened this business is because of the frustration we had trying to get work done for ourselves. I know it's cliché but it truly is what we care about. We want to make sure the customer has

a good experience, something different than what we were experiencing when we were looking for a fence."

"One of the things that make us stand out is how available we are," says Narducci. "The majority of people I meet are just happy I showed up to give an estimate. Before I leave their home, I make sure we both have a clear picture of their vision and I give them all of our contact infor-

mation including my business card with my personal cell number in case they have any immediate questions or concerns."

American Backyard Fence will respond to inquiries as soon as possible, visit the site, deliver a quote within hours, pick up materials directly from the manufacturer if necessary to speed up the process, and have the work done (typically) within a couple of weeks after that first phone call.

Both Currul and Narducci acknowledge the material shortage is a real challenge at this time but say they have great relationships with manufacturers and distributors. They can also make a video call from the distributor location to show a customer real-time options for materials, colors, fence heights, etc.

The ABF service area is typically west of Route 128 and they only take on work as their schedule allows.

For more information or to receive a quote or discuss your project, visit ABF on Facebook at AmericanBackyardCompany or call 508-205-7100.

- Theresa Knapp

## American Backyard and Fence Co. wants to bring the fun back home!

The mission and goal of American Backyard & Fence Co. is to help homeowners realize those backyard dreams again. If it's a Fence to outline your space, a Patio, Outdoor kitchen and entertainment space, One of our many outdoor sport court designs. Coming soon our new plunge pool division.



### Services Offered

- Fence Design and Installation
- Hardscapes, Walkways and Patios
- Inground Trampolines
- Sport Courts and Putting Greens
- Outdoor Lighting and Sound and much more!



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508-205-7100

info@abyfence.com

www.abackyard.com



## Hopkinton Center for the Arts Announces Dance Program Open House & Registration Event at New Hopkinton Location

The HCA announces a Dance Open House & Registration event on Thursday, July 15 from 3:30 to 6pm at their new dance program location at 22 South Street, Hopkinton. Come meet Dance Director Jessica Wilson and learn about the youth and teen ballet program, creative dance classes for younger students, and teen and adult recreational classes. Families can also pick up information on this year's Nutcracker auditions in the Fall. Need-based financial assistance is available.



The HCA dance program provides dancers with a strong technical foundation and multiple performance opportunities. Students are supported by qualified and caring instructors who will help them achieve their own personal goals.

In addition to ballet, classes in jazz, contemporary, and musical theatre are offered. Wilson emphasizes that students focused in these areas can also benefit from ballet training.

"A strong ballet foundation is essential," says Jessica Wilson. "The poise, lines, balance, strength, flexibility, and movement quality ballet training provides carries over to all genres of dance."

A former dance student and Associate Director of Jacqueline Cronsberg's Ballet Workshop New England, before opening her own studio following Cronsberg's retirement, Wilson loves the idea that she is passing on the torch.

Her own students have gone on to study in summer programs, pre-pro programs and with noted dance companies. "My dancers have not only studied at such wonderful training grounds as Alvin Ailey, School of American Ballet, and LINES Ballet, but they and their families have become a part of our dance community," said Wilson. "Many students make lifelong friendships here."

Hopkinton Center for the Arts provides a safe place for people to explore the arts, be inspired, and connect with professional artists through classes, exhibits, and experiences. To learn more about HCA or the dance program, visit [www.hopartscenter.org/dance](http://www.hopartscenter.org/dance).

# HOPKINTON CENTER FOR THE ARTS



**Dance Open House July 15**

## Dance Program

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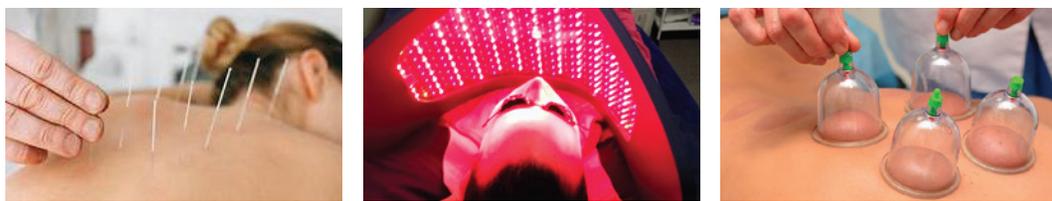
[www.HopArtsCenter.org](http://www.HopArtsCenter.org)



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## The Balanced Path Wellness Center, where the focus is on the root of the problem

Treatment at The Balanced Path Wellness Center starts with a consultation with owner Paul Gerst who asks questions about diet and nutrition, exercise, mental outlook and attitude, and stress level.

"Those things are all part of care here so it's not just a technician sticking needles into somebody, it's determining where the underlying imbalance is and addressing those things," says Gerst, a licensed acupuncturist and natural health practitioner who has been practicing for more than 25 years.

The Balanced Path Wellness Center is located at 89 Main Street in Medway.

"I'm like the electrician of the body, I help the body communicate better," says Gerst. "I help get to the root of the problem, the cause, where traditional medicine often doesn't take care of the underlying problem and only deals mainly with symptoms."

When asked for a few cases that stand out during his career, Gerst mentions clients who say their situation cannot be changed because of genetics, and women who are told they are infertile.

"Just because you carry the genes doesn't mean they'll be activated," he says. "And I'm 15 for 16 for fertility cases."

Gerst says the majority of his clinic success is in treating allergies, anxiety, digestive problems, and pain issues. He also helps patients with chronic health issues, depression, diet/nutrition, menstrual pain, and PTSD.

Treatment at The Balanced Path includes acupuncture, counseling, cupping, low-light therapy, meditation, mediation, and sound therapy.

Gerst is trained in a number of neuro-tapping and applied kinesiology techniques including NeuroLink, Neuro-Emotional Technique, and Meridian Autonomic Testing. He is a certified professional mediator, certified meditation trainer, and has taught classes to the general public as well as continuing education to massage therapists and other practitioners.

The Balanced Path also offers customized programs to corporations and Gerst has served as a speaker/demonstrator for local organizations and community events.

For more information regarding office appointments or speaking engagements, visit [www.yourbalancedpath.com](http://www.yourbalancedpath.com) or call 774-283-2726.

- Theresa Knapp

# Dean College – A Treasure Trove of Resources for the Franklin Community

Spring of 2021 brought a reawakening to the 100-acre campus of Dean College, as students happily returned to in-person classes in the heart of the Franklin community. The institution looks forward to having its diverse student body of nearly 1,200 students back on-campus learning for the fall semester.

"We did phenomenally well as far as (COVID-19) compliance," says Gregg Chalk, VP of Marketing and Business Development for the college. Enrollment at Dean remained stable during the pandemic and is becoming stronger as its threat becomes less prevalent. "The vast majority want an in-class, in person experience, but it was important for them to be able to take online courses," says Chalk.

Dean College's success is intertwined with its commitment to the neighborhood.

"We're thrilled to be part of the community," says Chalk. "There was a hole when the students weren't here for the fall semester. Both in Franklin and at Dean, we felt that. It was nice to have our students able to interact again with Franklin, living and learning in the town and the surrounding area, and from a local business standpoint, the more students and families we have visiting strengthens the financial piece of it, also. We're an employer and a mover of commerce. We continue to grow and move forward as part of the community, and we like to be a resource, from an educational, economic, and social standpoint."

Dean College has come a long way since it began as an academy in 1865 with just 44 students. Named for Dr. Oliver Dean, a native of South Franklin, Dean College has transformed from a junior college (in 1957) to a four-year residential college in 1994. These days, 90% of students at Dean College are enrolled in baccalaureate programs, and 10% are working toward their associate degree. Dean's School of Continuing Studies, featuring a robust selection of degree and certificate programs along with Paramedics and EMT certifications for adult learners, has grown to serve about 400 students, "and we see that as a growth vehicle in the future as well, with a lot of people looking to update or sharpen their current skills. From in-class to fully online

or a hybrid of both, there are a lot of different options to fit adult learners' schedules, wants, and needs," says Chalk. Classes begin multiple times throughout the year, and this month, new classes will begin on July 8<sup>th</sup>.

Dean College even partners with local businesses to offer educational enrichment to employees. The Waters Corporation is one such employer currently using the partnership as a human resource benefit for its workers. Past such partnerships include Dell EMC.

"We'll go on location and conduct employee training, teach courses and in some cases provide a degree completion model on-



site," says Chalk, "and the students, the workers there, can pursue their own business degree program. Dean is certainly an opportunity for (local) businesses."

"We serve as many local students as possible, whether as commuters, resident students, or on the adult learning side, there are many different courses available offering so much at Dean," says Chalk.

One of the core foundations of Dean College, with its roots rich as a junior college, is unique learning support for all students as they advance their education. An exceptionally strong advising program, focused on producing self-reliance and academic success, will soon be enhanced by the creation of an integrated learning center as part of the Green Family Library Learning Commons. This re-imagined space will house the Morton Family Learning Center along with the Berenson Math Center, Berenson Writing Center,



England Revolution.

"With this particular opportunity, inside the classroom as well as outside, the partnership – the pre-college program, the internships, game day opportunities, exposure, networking – helps our students get a leg up in those particular fields," says Chalk, "On top of that is an outstanding dance and theatre program, a bedrock of what we are as an institution."

Beyond those partnerships, Dean College's students have the chance to participate in some amazing extracurricular activities. Dean's excellent athletic program competes as an NCAA Division III member and recently became a member of the Great Northeast Athletic Conference (GNAC). In early June, the school broke ground to upgrade its Pieri Gymnasium, with new and expanded locker rooms and training areas. The project will feature a new fitness area for student-athletes while also improving two existing fitness locations for use by all students. Interest in sports science programs within the College has also prompted the building of a new exercise science lab.

There are also more options than ever on campus for students to do. "When students are back this fall, we'll start to do live performances again, and we're looking forward to seeing more of those activities and athletic schedules" on campus, says Chalk, "The dining hall is one of the central hubs for the college, and that will continue to be the case. We also have Boomer's cafe and the

Bulldog Beanery, a coffee shop."

Dean's location, with commuter rail access in downtown Franklin offering an easy jaunt to Boston and Patriot Place just a 10–15-minute drive away, also supplies students with a rich, off-campus experience. Closer to campus, the Franklin downtown, rated one of the safest communities, is alive with activity. "This is a nice, safe haven to go to college, with a lot of options close by and a nurturing environment for students," says Chalk.

Best of all, Dean College is affordable.

"Dean most recently awarded over \$25M of its own money towards student scholarships," says Chalk, "We're trying to meet the demand and needs of our students and families. In addition, Dean's School of Continuing Studies offers a cost per credit that is one of the lowest in the area."

The bottom line is Dean College offers tremendous opportunities for every level of student in the Franklin area and beyond, says Chalk, "and our small environment really allows us to offer multiple opportunities for students to thrive."

For more information on Dean College, visit [www.dean.edu](http://www.dean.edu).



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The Dean - EMTS Consortium Inc. is pleased to offer both a Paramedic Training Program and an Entry-Level EMT Training Course. This program is a partnership between Dean College School of Continuing Studies and EMTS Inc. The Entry-Level EMT Training Course at Dean College involves approximately 120 hours of classroom participation where attendance is mandatory. The course meets/exceeds the current National EMS Guidelines and has Massachusetts OEMS approval.

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