

One SouthCoast NAVIGATOR

CHARTING SUCCESS FOR SOUTHCOAST BUSINESS

BUSINESS NEWS FOR AND ABOUT MEMBERS OF THE ONE SOUTHCOAST CHAMBER

DECEMBER 2023

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Farewell to a Friend to Us All



When I was hired to lead the Bristol County Chamber in 2018, I took the position knowing that conversations were underway to bring to great chambers together to form what was to become One SouthCoast Chamber. I knew that there was some strange guy heading up what was then SouthCoast Chamber over in New Bedford with whom I would have to navigate this opportunity. I was just hoping that he wasn't some monster, set on the destruction of what was to follow.

Well, I got lucky. When I met Rick, I realized right away that I would soon have a partner in crime with whom I could work and with whom I could build a

shared vision for the Chamber. A potential antagonist turned out to be a friend, one on whom I could rely for the truth, for perspective, for complementary skills and one who could "check his ego at the door" as we went about the mission before us.

Rick had been around the Chamber world for many years, first in Arizona and then in New Bedford, an opportunity for him to return to the state of his birth. He had worked as a headmaster of a school and frequently referred to himself as a "recovering educator." His work as a senior policy advisor to the Governor of Arizona had prepared him for the rigors of dealing with policy, but he largely disdained the politics side of the process.

Now, as he prepares for new adventures in retirement, including an intended relocation to Spain, I am struck at what the Chamber and the region will lose through his departure. He asked to step back this year from Co-CEO to Chief Operating Officer to begin the transition to a single CEO for the organization, but I have never quite been able to look at him in that way. He remains my partner, my ad-

viser, confidant and my friend, whatever the title says, and I will feel his loss as we know will many others.

The Board and the staff of One SouthCoast Chamber had an opportunity to provide Rick with a proper send-off in late November. Many will be pleased that at least through the end of June Rick will continue to navigate the SE Mass Visitors Bureau, housed within the Chamber so we will still be seeing the old guy around for a few more months.

Dedicated, witty and intelligent, Rick brought charm and skill to his leadership style. We are still learning from each other. One SouthCoast Chamber is better and stronger because of the amazing team and because of Rick, and I will miss him. I join the business community from throughout the region in offering him thanks for his years of service and for being the best partner I could have asked for.

Happy Holidays to you all!

Sincerely,

Mike O'Sullivan
CEO



DEI Business After Hours
Thursday, January 25
5 PM - 7 PM
UMASS Dartmouth
School of Law

Business Builder's Breakfast
Wednesday, February 7
8:30 AM - 10 AM
Dorothy Cox's Candies

Coming Soon

OSC Chamber Commonwealth
Leader Series

For additional information and/or to
register for events please visit:
www.members.onesouthcoast.com/events/

One SouthCoast Navigator is the official news publication of One SouthCoast Chamber

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227 Union Street, Mezzanine 2
New Bedford, MA 02740
(508) 999.5231 • fax (508) 999.5237

Fall River Office:
200 Pocasset Street
Fall River, MA 02721
(508) 676.8226 • fax (508) 675.5932

General inquiries: info@onesouthcoast.com

Chamber Staff:

CEO, Michael O’Sullivan
Chief Operating Officer, Rick Kidder
Vice President of Finance & Operations, Dorothy Botelho, IOM
Vice President of Corporate Member Engagement & Sponsorships, Kimberly Coroa Moniz
Vice President of Marketing & Events, Katie Greene
Vice President of Public Policy, Ian Trombly
Director of Membership & Retention, Clifford Athouriste
Marketing & Communications Coordinator, Hunter Tackett
Patti Rego, Executive Director, Viva Fall River
Ashley Occhino, Executive Director, Fall River Arts and Culture Coalition (FRACC)
Photographer, Sergio Dabdoub, BadMonkeyPics

2023 OFFICERS & EXECUTIVE COMMITTEE

Executive Committee:

- Chair: Eileen Danahey, St. Anne’s Credit Union
- Immediate Past Chair: Kim Perry, Waring-Sullivan Funeral Home
- Chair-Elect: Rose Lopes, Sylvia Group
- Treasurer: Matthew Schondek, Fall River Municipal Credit Union
- Vice Chair-Government Affairs: William Burns, Southcoast Health System
- Vice Chair-Small Business: Curtis Nelson, Nelson Insurance & Financial Services
- Vice Chair-Governance Committee: Doug Glassman, SERVPRO
- Vice Chair-One SouthCoast Chamber Foundation: Nicholas Christ, BayCoastBank
- Vice Chair-Diversity, Equity & Inclusion: Gail Fortes
- At Large: Paul Chasse, REALTOR® Association of Southeastern Massachusetts

Members of the Board of Directors:

Terms to Expire in December 2023:

- William Burns, Southcoast Health System
- Mike Bushell, St. Anne’s Hospital
- Nicholas Christ, BayCoast Bank
- Stephen W. Connulty, Paul & Dixon Insurance
- Catherine Dillon, BankFive
- Charlie Fellows, Lafrance Hospitality
- Jeffrey Glassman, Darn It, Inc.

- Jeff Pagliuca, Bristol County Savings Bank
- Derek Santos, New Bedford Economic Development Council
- Matt Zenni, Liberty Utilities

Terms to Expire in December 2024:

- Nathan Araujo, Advance Career Services
- Kevin Carando, Acushnet Company
- Barbara Casagrande, AHEAD
- Ronald Ellis, Edward Jones
- Rose Lopes, Sylvia Group
- Lynne Mastera, Precix
- Douglas Rodrigues, D. E. Rodrigues & Company, Inc.
- Carl Sawejko, Sawejko Communications
- Matthew Schondek, Fall River Municipal Credit Union
- Bernadette Souza, Youth Opportunitites Unlimited
- Michael Tavares, Horacio’s, Inc.
- John Williams, UMASS-Dartmouth

Terms to Expire in December 2025:

- Dugan Becker, SouthCoast Wind
- Paul Chasse, REALTOR® Association of Southeastern Massachusetts
- Jenifer Cullen, Vineyard Wind
- Peter Daley, People Incorporated
- Eileen Danahey, St. Anne’s Credit Union
- Dr. Laura Douglas, Bristol Community College
- Monte Ferris, Venus de Milo
- Gail Fortes, YWCA of Southeastern Massachusetts
- Doug Glassman, SERVPRO of Dartmouth/New Bedford & Marion / Middleboro
- Gary P. Howayeck, Esq.
- Anthony Medeiros, Mechanics Cooperative Bank
- Curtis Nelson, Nelson Insurance & Financial Services
- Arti Pacheco, New York Life
- Kim Perry, Waring-Sullivan Funeral Home

The Massachusetts Small Business Center (MSBDC) Network provides one-to-one free comprehensive and confidential services focusing on, business growth and strategies, financing and loan assistance as well as strategic, marketing and operational analysis. In addition, low cost educational training programs are offered across the state targeted to the needs of small business.

Massachusetts Small Business Development Center Network

200 Pocasset Street, Fall River, MA 02721
Phone: (508) 673.9783 Fax: (508) 674.1929
www.msbdc.org
www.facebook.com/msbdc

Mallard



ONE SOUTH COAST
CHAMBER

Holiday **HOURS**

WE WILL BE CLOSED THE FOLLOWING DAYS

FRIDAY, DECEMBER 22

MONDAY, DECEMBER 25

FRIDAY, DECEMBER 29

MONDAY, JANUARY 1

**WISHING EVERYONE A
HAPPY AND SAFE
HOLIDAY SEASON!**

One SouthCoast Chamber Relocates New Bedford Office

One SouthCoast Chamber is pleased to announce the relocation of its New Bedford office to 25 Elm Street, Suite 101, in New Bedford, MA. The space was previously occupied by The Standard Times. The new location allows greater visibility and accessibility as well as the opportunity to partner with MassHire, who is also moving into 25 Elm St. Prior to the move, the Chamber had been located at 227 Union St, New Bedford.

Mike O’Sullivan, CEO of the Chamber, said, “I’m excited that we have found such an excellent location with great visibility. Most of all our lease gives us the opportunity to stay for fifteen years. This is great news for One SouthCoast Chamber, our members, and the City of New Bedford.”

One SouthCoast Chamber remains dedicated to its mission of promoting business growth, advocating for a vibrant economy, and championing the interests of the local business community. The new office will serve as a hub for collaboration, networking, and the development of initiatives that contribute to the economic well-being of the SouthCoast region.



One SouthCoast Chamber is the second largest chamber of commerce in the Commonwealth and a leader in supporting businesses of all types and sizes, with particular emphasis on small business. Covering 19 communities in southeastern Massachusetts, the Chamber represents more than 1200 businesses. A

second office is located at 200 Pocasset St., Fall River.

For more information, please visit OneSouthCoast.com

Partnership Announcement

D.E. Rodrigues Company, Inc. is pleased to announce that they have merged their practice, effective December 1, 2023 with Syd & Associates LLC, a firm in Carver to form Rodrigues, Drum & Company, LLC.

The Impact of this merger will be to continue to provide their clients the exceptional customer service they deserve and to further expand into the SouthCoast region, including the lower Cape Cod area. There will be no changes in staffing; everyone that you’ve worked with in the past will still be working at the firm, the only thing that will be changing is their name.

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Woburn, MA • Avon, MA • East Hartford, CT

Good News!

Bristol County Savings Bank Promotes Four to 1st Vice President

Bristol County Savings Bank (BCSB), headquartered in Taunton, Massachusetts, announces it has recently promoted Kathleen (Kathy) Mulhern, William A. Muto, Nancy Pimentel and Dawn Young to the position of 1st Vice President.



As 1st Vice President/Senior Marketing Officer, **Kathy Mulhern** is responsible for the management of the Bank's Marketing Department. Prior to her promotion, Mulhern held the positions of VP/Senior Marketing Officer, VP/Marketing and AVP/Marketing at the Bank. Active in the community, she currently is on the Board of Directors at the Boys & Girls Clubs of Metro South, serving as the Chair of the Advancement Committee, and also serves on the board of the Old Colony History Museum in Taunton as Vice President/Executive Committee Member and Resources Development & Marketing Committee Chair. Mulhern earned her bachelor's degree in Liberal Studies and also received a Social Media Certificate from Providence College, Providence, Rhode Island and graduated with honors from the Massachusetts Bankers Association New England School for Financial Studies, Babson College, Wellesley, Massachusetts. Mulhern resides in Taunton, Massachusetts.



William Muto's new position as 1st Vice President/Senior Business Intelligence Officer involves providing direction and technical guidance on data standards and governance, as well as analysis of current marketplace trends and existing analytics to identify opportunities and improve efficiencies and deliverables. Prior to his new position, he served as VP/Senior Business Intelligence Officer for the Bank. Previously, Muto held a number of related positions, including Senior Manager of Market Research and Business Intelligence for AAA Northeast in Providence, Rhode Island; Director of Market Research at Delphian Consulting Group, Warwick, Rhode Island; Market Research Manager with Archer Market Research Technologies, also in Warwick; and Senior Market Research Analyst for Citizens Financial Group in Providence.

Active professionally in various organizations, Muto is a member of the American Marketing Association (AMA), the Insights Association and The Data and Marketing Association (DMA). He is also involved in several community activities, serving as Treasurer of the Warwick Democratic Executive Committee, coach for Saints Rose and Clement Parish in Warwick and a volunteer for the Rhode Island Military Organization. Muto earned his MBA in Marketing from Bryant University, Smithfield, Rhode Island and his bachelor's degree in Marketing and Management from Rhode Island College in Providence. He resides in Warwick, Rhode Island.



As 1st Vice President/Indirect Lending Officer, **Nancy Pimentel** is responsible for the planning and organization of the department, as well as managing the underwriting and credit quality of all indirect loans from the Bank's Main Office at 29 Broadway in

Taunton. Prior to her promotion, she served as VP/Indirect Lending and AVP/Indirect Lending for the Bank. Previously, Pimentel held the position of Consumer Loan Officer in the Indirect Loan Department at Compass-Bank in New Bedford, Massachusetts. Pimentel is a member of the Women's Leadership Organization. She earned her bachelor's degree in Business Management from Southeastern Massachusetts University and graduated, with honors, from the Massachusetts Bankers Association New England School for Financial Studies, Babson College, Wellesley, Massachusetts. Pimentel resides in New Bedford, Massachusetts.



Dawn Young, 1st Vice President/Lending Operations, is responsible for conducting various department assessments and audits, implementing operational policies and procedures to ensure compliance with state and federal regulations, applying new technologies to enhance the origination effort of the lending team and training. Prior to her promotion, she served as VP/Lending Operations and Lending Operations Manager for the Bank. Previously, Young held the position of Vice President of Residential Lending at BankFive in Fall River, Massachusetts. Active in the community, she is a Board Member and former Board President at TRI, a member of the Fall River-New Bedford Housing Partnership and the Westport Historical Society Community Preservation and a former Board Member with The Salvation Army of Fall River. She received her MBA and bachelor's degrees from UMass Dartmouth, North Dartmouth, Massachusetts. She also graduated from the National School of Banking of America's Community Bankers (ACB). Young resides in Westport, Massachusetts.



FRMCU Honors Promotion



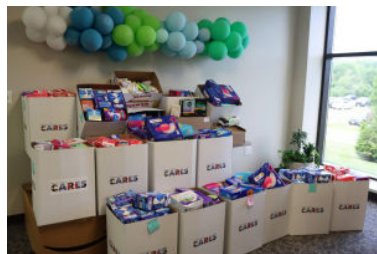
Matthew G. Schondek, President and CEO of Fall River Municipal Credit Union is pleased to announce the well-deserved promotion of Sandra Pavao, to Branch Manager at the Credit Union. Pavao has been with FRMCU for over 13 years and continuously demonstrated the desire to learn and expand in her roles.

Pavao started her career as a part-time teller, she was promoted to senior teller, head teller, MSR, and most recently Assistant Manager. Pavao is excited for her new role as a Branch Manager, where she will support the AVP of Retail Operations as well as continue to assist members with their financial needs along with the daily responsibility of operating a credit union branch.

The Credit Union is always looking for talented individuals. If you are interested in being part of a growing institution, please visit the Credit Unions Facebook page or website (www.frmcu.com) to learn more about current openings.



Southcoast Health Employees Donate Record-Breaking 23,000 Menstrual Hygiene Products



Southcoast Health employees donated 23,942 menstrual hygiene products, breaking Southcoast's 2021 donation record of over 18,000 products, as part of their annual Justice Flow Advocacy Project collection drive.

This is the third year Southcoast's Diversity, Equity & Inclusion Council and Community Health and Wellness department hosted the drive as part of a partnership with the YWCA of Southeastern Massachusetts, United Neighbors of Fall River and the Women's Resource Center of Rhode Island. The donations included pads, tampons, reusable cups and period underwear.

"We are ecstatic about the successful results of this year's drive and the overall response from our employees. As a not-for-profit institution, it is our mission to provide exceptional healthcare and promote equity and inclusion across the region. This is why it's so important to collaborate with other great community organizations like the YWCA of Southeastern Massachusetts, United Neighbors of Fall River and the Women's Resource Center of Rhode Island to help achieve our goals," said Lauren De Simon Johnson, SVP & Chief Human Resource Officer. "Our plan is to continue doing this drive every year as there is an immense and continual need for obtaining safe menstrual hygiene products in our communities."

Southcoast employees utilized numerous methods of donation throughout the month-long campaign by purchasing products at the Southcoast retail pharmacies, placing items in donation collection boxes around the organi-

zation, and donating online directly through Amazon. Southcoast employees also had the opportunity to participate in virtual training called "Period Poverty – Change the Cycle" to learn about the gravity and prevalence of period poverty in the region. Over 800 employees voluntarily participated.

"Offering access to free feminine hygiene products is one step toward leveling the playing field. A box of tampons can cost upwards of \$10 in a retail store. For some, that can be the difference between feeding their families or purchasing the product," said Beth Welborn, Employee Experience and Wellbeing Manager at Southcoast Health.

This initiative will benefit people all over the south coast region and in particular areas prone to period poverty, which is defined by poor access to menstrual hygiene products and lack of menstrual knowledge by the YWCA of Southeastern Massachusetts' Menstrual Advocacy Access Project.

Lack of access to menstrual hygiene products can have serious consequences. Adults facing such challenges can result in increased work absenteeism which can lead to disciplinary action or termination, furthering cycles of poverty and inequity. Children missing school for the same reason can also result in outcomes such as wider achievement gaps, especially for lower-income students.

The products collected from the drive have been distributed to those in need by a variety of local non-profits and service organizations including United Neighbors of Fall River, YWCA of Southeastern Massachusetts, and Women's Resource Center of Rhode Island. Products will be supplied to local schools to provide free products to students.



Bristol Associate Vice President Jo Ann Bentley honored with the MAFMA Member of the Year Award

Bristol Community College Associate Vice President of Administration and Facilities Jo Ann Bentley is the recipient of the 2023 Massachusetts Facilities Management Association (MAFMA) Member of the Year Award. The award was presented at the semi-annual MAFMA meeting on Thursday, October 26, 2023 and honors facility staff members who have provided exemplary service to an institution's building, facility and the Commonwealth.

Jo Ann Bentley, of Fall River, Mass., is an accomplished licensed architect who exhibits exceptional leadership of Bristol's facilities department, overseeing 1,000,000 square feet across five college locations and managing more than \$100M in capital projects. With a keen eye for efficiency, she has developed comprehensive maintenance and operational procedures and successfully directed more than 50 projects and key environmental upgrades at the college.

The Massachusetts Facilities Management Association (MAFMA) is a network of state facilities personnel, established by the Division of Capital Asset Management and Maintenance (DCAMM), to disseminate information on training opportunities and new technologies, in addition to informing facilities personnel of proposed regulatory or statutory changes that may affect facilities operations.



Do you have good news? Please email information to: info@onesouthcoast.com



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**Grand Opening/
Ribbon Cutting
Taylor Elementary School Store
New Bedford, MA**



ONE SOUTH COAST
CHAMBER

RECENT EVENTS



**Women-Owned Business Panel
Fall River Country Club
Fall River, MA**



**Rick's Retirement Party
Wamsutta Club
New Bedford, MA**

Ground Broken on NorthStar Learning Centers, Inc. New Early Learning Center in Goulart Square



A new early education center is coming to the Goulart Square neighborhood.

Mayor Jon Mitchell joined city and state officials Thursday afternoon at a groundbreaking ceremony for NorthStar Learning Centers' Early Learning Academy at the corner of Rivet and Hyacinth streets.

The City awarded \$2.5 million in American Rescue Plan Act (ARPA) funds to NorthStar for the facility,

which will serve more than 130 infants, toddlers, and preschoolers. It is the second-largest ARPA fund the City has awarded.

"NorthStar's new early childhood education center will offer lasting impacts on children and parents alike," Mayor Mitchell said. "Not only will better access

to childcare keep more parents in the workplace, but expanded early education programming will help more children be better prepared to start kindergarten."

NorthStar kicked off the project in 2017 in an effort to provide more affordable and accessible early education services in the City. The Early Learning Academy will also have a commercial kitchen to promote healthy food habits, and will be used as a gathering

place for meetings and other events on evenings and weekends. Funding came from a mix of private and public entities, from individual and corporate donations, the City's ARPA award and NorthStar equity investments.

"We know that quality early childhood education plays a major role in shaping the future of a child, and NorthStar's new facility in the South End will pay dividends for New Bedford families for generations to come," Congressman Bill Keating said. "This project will allow parents to return to the workforce while 130 infants, toddlers, and preschoolers receive quality education and care in a safe, modern facility. This project represents an excellent use of federal resources, including \$2.5 million in ARPA funds, in partnership with other public and private investment."

"Our city's long-term economic well-being and social health depends on our

ability to educate, guide, and support children to be future workers, citizens, and parents," said Maria A. Rosario, executive director of NorthStar Learning Centers. "Research confirms that there is no better place to start than at the pre-k level."

About NorthStar Learning Centers

NorthStar Learning Centers is a people-of-color led nonprofit born out of the civil rights movement in New Bedford in 1974. It strives to help young people overcome poverty, discrimination, educational disadvantage, violence and other adversity through education and hopefulness.

Veterans Assistance Plan



**VETERANS
SERVICES**
CITY OF FALL RIVER

The City of Fall River has put aside a portion of the funding received from the American Rescue Plan Act to be used for veterans in need of assistance.

Funds would be used to create a need-based program for veterans to help with payments for utility, food, rent, medical and transportation.

Veterans must present a copy of their DD-214. Funds will be distributed on a need-based assistance.

Twenty percent of the population in the city, which includes 800 veterans, are living below the poverty level. Chapter 115, a program that assists veterans with little income, only services one quarter of those veterans.

Veterans who wish to apply for assistance from this program can call the Fall River Veterans Services Office at 508-324-2432.



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(508) 648-9822
www.teaspellwitchery.com

First Choice Real Estate
800 Davol Street
Fall River, MA 02720
(508) 675-0642

RCSI Property LLC
10 Purchase Street Suite 501
Fall River, MA 02720
(508) 742-7960

Burger King New Bedford
1383 Cove Street
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(508) 329-8591

Hope & Main
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Warren, RI 02885
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www.makefoodyourbusiness.org

Bethel AME Church
146 Hanover Street
Fall River, MA 02742
(508) 673-3965

YEAH! Corps
335 S Main Street
Fall River, MA 02742
(508) 965-3635
www.yeahcorpsart.org

Belmont Club
34 Franklin Street
Fall River, MA 02720
(508) 673-2982
www.belmontclubfallriver.com

Tropical Smoothie Cafe
606 Tarkiln Hill Road
New Bedford, MA 02745
(774) 305-4946
www.tropicalsmoothiecafe.com

The Aviary Restaurant
2229 Grand Army of the Republic
Highway
Swansea, MA 02777
(508) 379-6007
www.theaviaryrestaurant.com

The Rookery Pub
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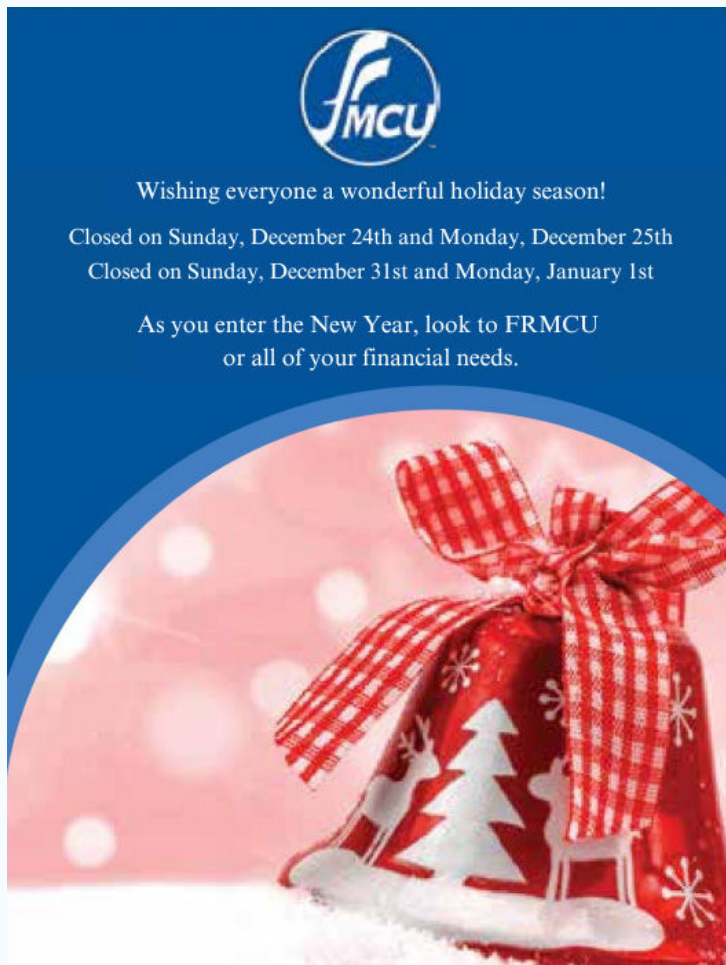


Wishing everyone a wonderful holiday season!

Closed on Sunday, December 24th and Monday, December 25th

Closed on Sunday, December 31st and Monday, January 1st

As you enter the New Year, look to FRMCU
or all of your financial needs.





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Is Jennifer lucky? No, but she is a Southcoast Health patient, and we are lucky to care for her.

Member Spotlight: Restaurante Algarve



Café Restaurante Algarve is a Portuguese restaurant located at 128 County Street, New Bedford. It serves authentic Portuguese cuisine. The Chef/owner is Jose Cabral, a native of the island of Sao Miguel who prides himself in creating a variety of exquisite dishes for his customers.

Restaurante Algarve is also available for the celebration of special events such as baptisms, first communions, birthdays, funerals, etc. In addition, the establishment also prepares a variety of food trays (take out) for special events.

Restaurante Algarve has participated in numerous community-oriented endeavors.

Chef Cabral has been a presence for the past 2 years at the Seafood Soiree in support of the Fishing Heritage Center. Last summer Restaurante Algarve served a luncheon at the State House for the celebrations of the Day of Portugal. It also has participated in fundraising events for the Discovery Language Academy in New Bedford.

Café Restaurante Algarve has also been involved in conducting Cooking Classes in collaboration with the Fishing Heritage Center, where Chef Cabral demonstrated to the community various techniques for preparing local fish & seafood.



Café Restaurante Algarve considers it quite an accomplishment having survived during the pandemic, since it had opened its doors just a month before all the restrictions related to the pandemic came about. In its short time of existence, it has supported many community causes, and was even awarded in 2022 first place for its steak in a contest organized by a local radio station.

Café Restaurante Algarve is a member of the One SouthCoast Chamber because of the Chamber's commitment to promoting local businesses and providing information about opportunities to enhance such businesses.

Check them out today!

Restaurante Algarve
128 County Street
New Bedford, MA 02744



Contact Information

Phone : (508) 858-5043



Website:
www.restaurantealgarvema.com



Facebook:
www.facebook.com/RestauranteAlgarveNB

DEI BUSINESS AFTER HOURS

at UMASS Dartmouth School of Law

Thursday, January 25 | 5-7 pm



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Historic New Bedford Office Building Sold!



Coastal Commercial Real Estate is pleased to announce the successful Sale of 10 Park Place, New Bedford, MA.

This stunning 2,455 SF mixed use historic office building is conveniently located in the heart of Downtown

New Bedford.

The well-maintained property features a reception area, conference room, two kitchenettes, storage space, and office space with custom-built office furniture on each floor. The building was updated

with fresh paint, inside and outside, along with replacement windows, new furnace and separated electric. There are 6 off-street designated spaces. The building neighbors First Citizen Federal Credit Union, Bristol County Registry of Deeds, Probate/Family Court, City Hall, District Court, the Downtown Bus Station and the soon-to-be MBTA Station.

The transaction took place on November 30, 2023 and terms were undisclosed.

Lori A. Nery, CBR, LMS, GRI, Broker and Vice-President of Coastal Commercial Real Estate represented the Seller.



One SouthCoast NAVIGATOR

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FOR ADVERTISING OPPORTUNITIES, PLEASE EMAIL [HUNTER TACKETT](mailto:hunter.tackett@one-southcoast.com)

Blue Cross Blue Shield of Massachusetts, Town of Swansea and National Fitness Campaign Make Fitness Free for Everyone in Swansea

Blue Cross Blue Shield of Massachusetts (Blue Cross), Town of Swansea, and National Fitness Campaign today announced a partnership to bring an outdoor Fitness Court® Studio to Swansea Memorial Park. The Fitness Court Studio, located at 90 Milford Road, will open on November 29, 2023 at 10 a.m. with a ribbon-cutting ceremony. The Blue Cross Fitness Court Studio in Swansea will be the first Fitness Court Studio to launch in the state of Massachusetts.

The location of the Fitness Court Studio is connected to walking trails and will serve as a wellness hub among other outdoor offerings at Swansea Memorial Park. The Fitness Court Studio will be within walking or biking distance of nearly 5,000 Swansea residents.

This Fitness Court Studio was developed by Blue Cross, Town of Swansea and National Fitness Campaign to expand free access to high quality workouts and create equitable access to exercise for communities around the state. The Fitness Court Studio is twice the size of the Fitness Court, providing over 2,000 square feet of healthy infrastructure. With the Fitness Court Studio, classes such as yoga, pilates, zumba, stretching and more can take place while the Fitness Court is utilized for simultaneous group and individual workouts.

Created with people aged 14 and over and with all abilities in mind, the workouts are adaptable for all fitness levels, allowing participants to move at their own pace. Users also may download the free Fitness Court App which acts as a coach-in-your-pocket and enhances the outdoor gym into a digitally supported wellness experience.

“Blue Cross is committed to helping people live healthy lives and eliminating the physical and social barriers that lead to health disparities,” said Jeff Bellows, vice president of corporate citizenship

and public affairs at Blue Cross Blue Shield of Massachusetts. “We’re proud to partner with National Fitness Campaign and the Town of Swansea to launch a Fitness Court Studio that will provide Swansea residents with a communal gathering space and access to premiere free outdoor fitness opportunities.”

The Town of Swansea is one of 15 outdoor Fitness Courts in a series of Blue Cross Fitness Courts that are currently open or will be constructed in easily accessible public spaces this year. Blue Cross’ sponsorship of National Fitness Campaign is part of the company’s strengthened corporate citizenship commitment to promote health justice in communities across the Commonwealth. Over the next five years, Blue Cross will provide \$16 million in grants and volunteer support to not-for-profits working to address food, environmental and racial justice in Massachusetts communities. This work supports the company’s overall pledge to be a leader in addressing health inequities across the Commonwealth.

“Given our emphasis on accessibility, aging-in-place, and providing innovative recreational spaces, investing in the Fitness Court Studio was a fun project for us,” Town Administrator Mallory Aronstein said. “We also are really excited about the economic benefits for local businesses like the YMCA Southcoast, Swansea Total Fitness, Crunch Fitness, yoga studios and more that can take advantage of this outside space for classes and other group activities.”

“National Fitness Campaign is proud to welcome the Town of Swansea to the campaign as a leader in Massachusetts, launching the first Fitness Court Studio in the state, championing health and wellness for their residents,” said Mitch Menaged, founder of National Fitness Campaign. “We are proud to continue our mission of getting people moving outdoors



and helping communities combat the fiscal and humanitarian costs of inactivity.”

For more information on Blue Cross Blue Shield of Massachusetts’ support of NFC, please visit <https://nationalfitnesscampaign.com/massachusetts>.

About Blue Cross Blue Shield of Massachusetts

Blue Cross Blue Shield of Massachusetts (bluecrossma.org) is a community-focused, tax-paying, not-for-profit health plan headquartered in Boston. We are committed to the relentless pursuit of quality, affordable and equitable health care with an unparalleled consumer experience. Consistent with our promise to always put our members first, we are rated among the nation’s best health plans for member satisfaction and quality. Connect with us on Facebook, Twitter, YouTube, and LinkedIn.

About the Town of Swansea

The Town of Swansea is a bucolic, coastal community on the south coast Massachusetts on the border of the state of Rhode Island steeped in history. The Town is home to 17,000 residents and has a great mix of commercial, recreational, and rural activity as

well as plenty of water access, including a Town Beach, making it a desirable, active community and a great place to work and raise a family. Swansea has worked hard to preserve open space, provide both active and passive recreational opportunities and serve residents of all ages and abilities, often investing in improved pedestrian and cyclist infrastructure.

About National Fitness Campaign

Founded in San Francisco in 1979, National Fitness Campaign is a wellness consulting firm that provides programs and services to cities, schools and sponsors with the mission to build healthy communities nationwide. The campaign delivers an integrated wellness initiative, centered around the Fitness Court®—the world’s best outdoor gym. National Fitness Campaign is planning its 500th healthy community, uniting the country’s largest public-private partnership in support of wellness with the goal of building a Fitness Court® within a 10-minute bike ride of every American. Follow along with National Fitness Campaign at www.nationalfitnesscampaign.com or on X, Instagram, Facebook and LinkedIn.

Ambassador Spotlight



JOHN J. DANAHEY, JR.

***Managing Partner - Systems Engineering,
Digital teach Partners, Inc.***

John Danahey is a Senior Information Technology Professional leveraging three decades of experience with increasing levels of responsibility. Unique qualifications include industry certifications and hands on experience with technologies ranging from software development to cybersecurity. Prior to becoming an entrepreneur John held two different Department Head roles at MITRE Corporation. He is credentialed by the Cybersecurity Maturity Model Certification – Accreditation Body, Professional Identification Number #2496.

First Sergeant Danahey (ret.) completed his service to the Nation and the Commonwealth of Massachusetts Guard upon completion of his twenty-third year. Awards include the Bronze Star for combat service during Operation Iraqi Freedom, the Army Meritorious Service Medal, and the Order of Saint Barbara for his contribution to the Field Artillery community.

John is a three year One SouthCoast Chamber Ambassador and actively supports our members and the communities we serve. He liberally shares information relevant to the membership by conducting seminars and webinars for both the Chamber and the Massachusetts Small Business Development Center.

Held in highest regard in his personal life are his mother, wife, and four children. John is a member of the Veterans of Foreign Wars, the American Legion, the Rotary Club International, the Massachusetts Freemasons, and the National Rifle Association.

New Bedford Kicks Off Holiday Parking Program

The City's Holiday Parking Program is back in full swing this year, offering two hours of free parking at both the Elm Street Garage and the Zeiterion Garage downtown, along with two hours of free parking at meters along Acushnet Avenue in the North End.



New Bedford's Holiday Parking Program is designed to encourage shopping, dining, and retail activity in the City's downtown and North End business districts during the month of December.

The program also features ticket forgiveness for holiday shoppers and diners. Anyone receiving a parking ticket for an expired meter downtown can have it forgiven by presenting a same-day sales receipt for at least \$10 from a downtown merchant or restaurant. Receipts must be presented or mailed to the Traffic Commission Office in the Elm Street Garage within three weeks (21 days) of receiving the ticket. The parking ticket will be forgiven with the presentation of the same-day receipt.

In the North End along Acushnet Avenue, drivers ticketed for expired meters over the free two hours can have their tickets forgiven in the same way.

The Traffic Commission office is located at 51 Elm St. and is open Monday through Friday from 8 a.m. to 5 p.m. Questions regarding the Holiday Parking Program can be directed to the Traffic Commission office at (508) 961-3153.

Member 2 Member Discount Program

ADVERTISING & MEDIA

Corporate Image Apparel Inc
10% Off One Order Per Year
(508) 676.3099

Interactive Palette
5% Off Website Packages
(781) 930.3199

Mallard Printing
10% Discount
(508) 675.5733

Radio Voz do Emigrant
WHTB 1400 AM & 93.7 FM
25% Off Advertising for
New Clients Only
(508) 207.8382

Three Rego Creative
10% Off a Website and/or a Social
Media Management Package
(508) 916.7509

WJFD 97.3 Portuguese Radio
25% off package above \$1,600
for new clients
(508) 997.2929

WPRI
Free Advertising/
Marketing Consultation
(401) 228.1815

WSAR 1480 AM
10% Off Advertising for
New Clients Only,
(Packages Above \$2,000)
(508) 678.9727

AUTOMOTIVE

Dave's Tire Pros
10% Off Parts with Repairs
10% Off Tires
(508) 679.6482

Empire Ford of New Bedford
10% Off Parts & Labor
15% Off All Accessories
Purchased at Parts Counter/
Service Desk
(508) 996.5611

Empire Hyundai
10% Off Parts & Labor
15% Off All Accessories
Purchased at Parts Counter/
Service Desk
(508) 673.7646

Spindle City Auto Glass
10% Off Any Service
(May not be combined
with other offers)
(508) 677.3063

Sullivan Tire & Auto
Full Service Regular Oil Change
\$19.95
(508) 674.4068

BUSINESS & PROFESSIONAL SERVICES

Accurate Service, Inc
10% Off Storage
(508) 674.5773

At Your Service
10% Off
(508) 677.6700

Cindy Ko Photography
Boudoir by Cindy Ko
\$190 image credit with any
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(857) 294.2165

Cornerstone Virtual Partners
Free Discovery Call & \$100.00 off
the first month of service.
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www.cornerstonevirtualpartners.com

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\$1,000 off Residential Systems
and 5% off Commercial Systems.
Contact Chris Johnson
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Complimentart Ascension to Prof-
its Planning Session
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Miss Z Photography
\$50 Off All Services/Classes
(508) 663.6544

Photographer Lisa Anne
10% Off Business Portraits
(508) 525.1849

The Cocktail Guru
20% off Services
(646) 279.3106

The TNS Group
Free 27- Point Network Audit
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Wellfleet Enterprises, Inc.
Growth Consulting to build
company revenue,
profitability and value.
66% of cost funded through MA
WorkForce Grant.
Free Initial Consultation
stephen@wellfleetenterprises.com
(978) 290.1955

PERSONAL SERVICES

Appraisal Power
10% Off Any Appraisal Service
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Center for Sight
\$50 Off Pair of Eyeglasses or
\$500.00 Off Lasik
(508) 730.2020

Delken Dry Cleaning
10% Off
(508) 679.0999

D. E. Rodrigues & Company, Inc
Free Initial Consultation
(508) 679.6079

Just Peachy Wax Center
10% Off Total Service Price
(508) 919.6595

Meganet Communications
10% Off, One Month Free
(508) 646.0030

New Bedford Harbor Hotel
20% off
(508) 999.1292

Member 2 Member Discount Program

Notorious L.A.S.H
10% Off Total Service Price
(774) 364.8818

O'Brien Plumbing & Heating, Co.
10% Off
(508) 679.3368

Places to Go Transportation
10% Discount on round trip
transport for 1 to 4 people
to T.F. Green Airport or
Amtrak in Providence RI
(*Excludes Holidays)
(774) 202.7756

Lamacchia Realty
Dawn Rusin
\$500 Off Closing Costs or a
Complimentary Moving Van
(508) 677.3629

Rob Roy Academy
Complimentary Service
(Excludes Chemical Services,
including color, perm)
(508) 672.4751

Sawejko Communications
10% off
(508) 673.0329

SoCo Art Labs
Free Day Pass to Flex Lab
www.socoartlabs.com

South Winds Apartments
\$250 off Move In Cost or
Following Month's Rent
(508) 678.9500

Ted Melhado -
LPL Financial Advisor
Complimentary financial advice
and review of IRA, 401k and
investment accounts
(303) 589.0523

RESTAURANTS

Blount Clam Shack &
Company Store
10% Off
(774) 888.0050

Cove Surf & Turf
10% Off Food Only
(774) 202.2819

Harry's Restaurant
10% Off Entire Purchase
(508) 672.9405

SPORTS & RECREATION

Battleship Cove
20% Off
(508) 678.1100

Children's Museum of
Greater Fall River
10% Off Admission
(508) 672.0033

Rotch-Jones-Duff House
\$5 Off Individual/
\$10 Off Family Membership
(508) 997.1401

The Member 2 Member Discount program will help you build business-to-business relationships with other companies and organizations by offering products and services at a discount to other One SouthCoast Chamber members and their employees.

This program encourages members to buy from other members to save money, increase visibility and promote new business for their companies.

This great marketing opportunity is free to you as a member of One SouthCoast Chamber.

Email Katie Greene at kgreene@onesouthcoast.com for additional information and/ or to post your special offer!



New Bedford Office:
227 Union Street, Mezzanine 2
New Bedford, MA 02740
(508) 999.5231 • fax (508) 999.5237

Fall River Office:
200 Pocasset Street
Fall River, MA 02721
(508) 676.8226 • fax (508) 675.5932

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