

One SouthCoast

NAVIGATOR

CHARTING SUCCESS FOR SOUTHCOAST BUSINESS

BUSINESS NEWS FOR AND ABOUT MEMBERS OF THE ONE SOUTHCOAST CHAMBER

AUGUST/SEPTEMBER 2024

INSIDE AUGUST/SEPTEMBER 2024

Chowderfest.....	4
Good News.....	6
Recent Events.....	8
Welcome New Members.....	10
Member Discounts.....	18

Fall is a Time for Celebration

As the cool, crisp air of fall approaches, One SouthCoast Chamber is gearing up for a busy and celebratory season. Summer offers a brief respite for many as they spend time with family, travel, or relax at the beach. Now, as fall nears, it is time to ramp up for a season filled with exciting events and opportunities.

Honoring Community Leadership

On September 11, the Chamber will host the annual Valcourt Awards Dinner, honoring Patrick Murray for his significant contributions to our region. Pat has been recognized for his long-standing support of businesses and organizations in the community with the inaugural Meeting Street/The Schwartz Center's 2024 Founders' Award, the One SouthCoast Chamber of Commerce's 2022 Brayton award, the Boys & Girls Clubs of Metro South's 2021 Thomas P. Kennedy Community Service award, The ARC of Bristol County's 2019 Founders award, the Pawtucket Foundation's Heritage award, the Narragansett Council Boys Scouts of America's Silver Beaver award and the Taunton and Fall River Rotary Clubs' Paul Harris Fellow award, among others. Pat's dedication to our community makes him a deserving recipient of our highest award for business leadership and community involvement. Sign up at onesouthcoast.com to celebrate with us.

ChowderFest 2024

On October 12, join us for ChowderFest 2024 at Pier 3 in New Bedford. Sponsored by Blount Fine Foods, this event promises culinary delights and the best party on the pier. Restaurants will compete for judges' and People's Choice trophies across various categories. Attendees can sample delicious food, enjoy live music, and sip on specialty cocktails or craft beers. Tickets are available on onesouthcoast.com or at the door. If you'd like to volunteer or for Chowderfest or you're a restaurant looking to participate, please contact Katie Greene at kgreene@onesouthcoast.com.

Addressing the Labor Shortage

Our employers continue to navigate a post-pandemic labor shortage, which has impacted productivity. To help bridge this gap, the Chamber is hosting a job fair on September 18 at Venue de Milo, featuring over 50 employers. In collaboration with our local MassHire workforce boards and their career centers, we aim to attract prospective employees to this vital event. Helping employers find quality hires is a cause for celebration, and the Chamber is proud to facilitate this success.

Celebrating Arts and Culture

The annual Business after Hours event at Hatch Street Studios will take place on September 26 at 5 PM. This gathering celebrates the

arts and culture in our area, featuring wonderful art, talented artists, and the impressive transformation of an old mill into artists' studios. Be sure to sign up at onesouthcoast.com to join us.

Embracing the Season of Hope

As the children head back to school, fall leaves change and sweaters come out of storage, the Chamber looks forward to celebrating with our members and the community. We are grateful for our remarkable members who view their businesses with purpose and understand that their success is intertwined with the community's success. While the Pats' performance remains uncertain, hope and anticipation make the season brighter. Fall is a time for celebration, and we at the Chamber are excited to share it with you.

For more details and to register for events, visit OneSouthCoast.com

Sincerely,

CEO



Servpro Business After Hours
Thursday, August 29
5 PM - 7 PM
Servpro of Dartmouth/
New Bedford

Business Builders Breakfast
Wednesday, September 4
8:30 AM - 10 AM
Chick-fil-A Fall River

Spain Chamber Trip Info Session
Wednesday, September 4
5 PM
One SouthCoast Fall River Office

Valcourt Awards Dinner
Wednesday, September 11
5:30 PM
Whites of Westport

SouthCoast Job Fair
Wednesday, September 18
9 AM - 2 PM
Venue de Milo

Hatch Street Studios
Business After Hours
Thursday, September 26
5 PM - 7 PM
88 Hatch Street, New Bedford

19th Annual Blount Fine Foods
New Bedford Seaport
Chowder Festival
Saturday, October 12
11 AM - 5 PM
City Pier 3, New Bedford

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

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CEO, Michael O’Sullivan
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
Executive Director, Viva Fall River, Patti Rego
Executive Director, Fall River Arts and Culture Coalition (FRACC), Ashley Occhino

2024 OFFICERS & EXECUTIVE COMMITTEE

Executive Committee:

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

Members of the Board of Directors:

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.

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 Migliozi, 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, Law Office of Gary Howayeck, PC
- Anthony Medeiros, Mechanics Cooperative Bank
- Curtis Nelson, Nelson Insurance & Financial Services
- Arti Pacheco, New York Life
- Kim Perry, Waring-Sullivan Funeral Home

Terms to Expire in December 2026:

- William Burns, Southcoast Health System
- Mike Bushell, St. Anne’s Hospital
- Stephen W. Connulty, Paul & Dixon Insurance
- Catherine Dillon, BankFive
- Charlie Fellows, Lafrance Hospitality
- Jeffrey Glassman, Darn It, Inc.
- Jeff Pagliuca, Bristol County Savings Bank
- Marie Pellegrino, BayCoast Bank
- Derek Santos, New Bedford Economic Development Council
- Matt Zenni, Liberty Utilities

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

It's that time of year!

Back to School is right around the corner.

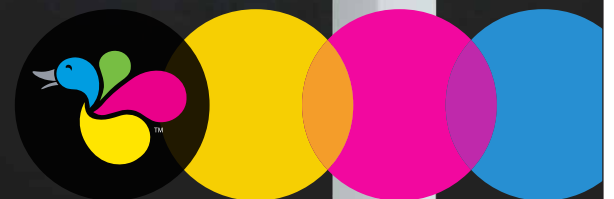
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19th Annual Blount Fine Foods New Bedford Seaport Chowder Festival Tickets Now Available



One SouthCoast Chamber is thrilled to announce that tickets for the 19th Annual Blount Fine Foods New Bedford Seaport Chowder Festival are now available for purchase. This highly anticipated event will take place on Saturday, October 12 at City Pier 3 in New Bedford, featuring a variety of chowders, soups, live entertainment, and activities for all ages.

The Chowder Festival has become a staple in the community, bringing together locals and visitors to celebrate New Bedford's rich

maritime heritage. Attendees will have the opportunity to sample an array of chowders and soups from local chefs and restaurants, all competing for your vote.

In addition to the culinary tastings, the festival will offer live music by Be Kind Rewind, family-friendly activities, and opportunities to connect with local vendors and businesses. It's an event that promises to provide fun and flavor for everyone.

Enhance your Chowderfest experience with VIP access on The Black Whale Deck. VIP guests enjoy early entrance at 11 am, a complimentary beverage, concierge service, and exclusive tastings from The Black Whale menu. Concierge service, provided by GotChew, allows you to order samples from participating Chowderfest vendors via the GotChew app, all delivered directly to you on the VIP deck. This premium experience offers the perfect blend of comfort and culinary tastings.

Blount Fine Foods, a leading manufacturer

of premium soups, side dishes, and entrees, is the title sponsor for the New Bedford Seaport Chowder Festival. Known for their commitment to quality and innovation, Blount Fine Foods partners with local events to bring exceptional culinary experiences to the community.

About One SouthCoast Chamber

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 businesses. Covering 19 communities in southeastern Massachusetts, the Chamber represents more than 1,200 businesses. Through a variety of events, programs, and initiatives, the Chamber works to enhance the community and provide valuable resources to its members.

For more information about Chowderfest, please visit <https://onesouthcoast.com/chowderfest/>



ONE SOUTH COAST CHAMBER

JOIN US IN HONORING

Pat Murray

2024 ROGER VALCOURT

OUTSTANDING CITIZEN OF THE YEAR

WEDNESDAY, SEPTEMBER 11 | 5:30 PM
WHITE'S OF WESTPORT

Scan QR Code to Register:



Bristol County Savings Bank Announces Its President & CEO Succession Plan



Taunton, MA, — At the Annual Meeting of the Bank's holding company, Beacon Bancorp, in May the Bank elected Patrick J. Murray, Jr. Chairman of the Board of Directors and announced John Silva as his successor as President. This transition is part of the Bank's overall succession plan that was adopted by its Board of Directors over a year ago.

Murray stepped down as President in May, and will remain in his role as Chief Executive Officer until the end of 2024. He will also serve as Chairman of the Board of Directors for the next nine years. Murray, a former CPA with Wolf & Company PC, has enjoyed a 38-year career in the financial services industry. He began his career at the Bank in 1986 as Comptroller, was named Treasurer in 1993, Chief Operating Officer in 2004 and served as President & CEO since 2012.

Murray's philosophy about banking has always been "it's simply people helping people" which is evident in his management style and his dedication to the Bank's employees, customers and communities.

"Pat has played an invaluable role in the Bank's success over the past 38 years and his steady and thoughtful leadership has positioned the Bank as one of the strongest, well-managed

financial institutions in the country," stated Joseph Nauman, the Bank's Lead Independent Director.

During his tenure, Murray has been a well-respected leader in the industry, serving as the Chairman of the Massachusetts Bankers Association, Director of the Depositor's Insurance Fund. He is also a distinguished community leader having served in a leadership capacity on the boards of numerous community organizations over the years. Currently he serves the industry as a member of the Board of Directors of SBERA and COCC and serves the community as a member of the Board of Directors of Care New England, the Zeiterion Theatre, the Bristol Community College Foundation, the Taunton Business Improvement District and the United Way of Massachusetts Bay & Merrimack Valley. He is also a member of the New Bedford Economic Development Commission's Regeneration Committee, as well as a Corporator of the Attleboro and Hockomock Area YMCAs. A graduate of Bentley College in Waltham, Massachusetts with a bachelor's degree in accountancy, Murray also graduated from the National School of Banking of America's Community Bankers in Fairfield, Connecticut. He currently resides in Bridgewater, Massachusetts with his wife.

As part of its succession plan, the Bank also announced the election of John Silva as President & Chief Banking Officer. Silva will assume the role of both President and Chief Executive Officer upon Murray's retirement in December.

"John has done a tremendous job managing the Bank's Commercial Lending department during a sustained period of growth and his leadership and expertise will translate well in his expanded role as President and Chief Banking Officer. I have worked with John for many years and I have the utmost confidence in his ability to successfully lead the Bank forward and carry on the Bank's strong commitment to its community," said Murray.

Silva joined the Bank in 2016 and brought with him a wealth of knowledge and experience having previously served in a number of capacities at Santander and its predecessor banks for more than 25 years, including Senior Vice President, New England Regional Director in its Business Banking department. Silva is well known and respected in the banking industry, particularly in the Rhode Island business community.

Prior to being named President and Chief Banking Officer, Silva held the positions of Executive Vice President and Chief Lending Officer, Executive Vice President/Commercial Lending and Senior Vice President/Commercial Lending at the Bank.

"I am committed to continuing the high level of performance the Bank has achieved over the past 178 years and to remaining an organization where our customers and our community can count on us," stated Silva.

Silva is active in the community as a Board Member for the YMCA of Pawtucket where he also serves on the Executive and Finance Committee. In addition, he is a Board Member for the Rhode Island Bankers Association and the South Eastern Economic Development Corporation (SEED), as well as a trustee of RIPEC. He earned his MBA at the University of Rhode Island and his bachelor's degree in business administration from Roger Williams University in Bristol, Rhode Island. Silva resides in Bristol with his wife and children.

Good News!

BayCoast Bank Promotes Monique L. Campeau to Vice President, Fair Banking & CRA Officer



Swansea, MA, Warren, RI – BayCoast Bank (baycoast.bank), a long-time community savings bank serving the people and businesses on the South Coast of Massachusetts and Rhode Island, is proud to announce the promotion of Monique L. Campeau of Warren, Rhode Island, to Vice President, Fair Banking & CRA Officer. She previously served as Assistant Vice President, Compliance Officer.

Campeau brings a wealth of industry knowledge to this new role. She is responsible for maintaining effective Fair Banking and Community Reinvestment Act (CRA) programs, ensuring the Bank and its subsidiaries remain compliant with all applicable Fair Lending laws and regulations as well as requirements within the Community Reinvestment Act.



Coalition for Health Equity & Early Development (HEED) - New Bedford Check Presentation



Coalition for Health Equity & Early Development (HEED) in New Bedford recently received a \$25,000 grant from

Bristol County Savings Bank (BCSB) through its Bristol County Savings Charitable Foundation (BCSCF). All total, \$531,975 was awarded to 58 non-profits in all the communities in which the Bank serves. Pictured from left to right are: Joe Nauman, Southcoast Advisory Board Member, BCSCF; Charlie Fellows, Southcoast Advisory Board Member, BCSCF; Patrick Murray, Chairman of the Board & CEO, BCSB and President, BCSCF; Janet Barbosa, Director of Special Projects & Programs, Mayor Jon Mitchell's Office, City of New Bedford; Greg Schneider, Director of IT Design and Marketing, HEED; Kelly Ribeiro-Oliveira, Executive Director, HEED; John Silva, President, BCSB; Dennis Leahy, 1st EVP, Treasurer & CFO, BCSB and Treasurer, BCSCF; and Koreen Santos, Southcoast Advisory Board Member, BCSCF.



Argosy Collegiate Charter School - Fall River Check Presentation



Argosy Collegiate Charter School in Fall River recently received a 10,000 grant from Bristol County Savings Bank (BCSB) through its Bristol County Savings Charitable Foundation (BCSCF). All total, \$531,975 was awarded to 58 non-profits in all the communities in which the Bank serves. Pictured from left to right are: Joe Nauman, Southcoast Advisory Board Member, BCSCF; Charlie Fellows, Southcoast Advisory Board Member, BCSCF; Dr. Jean MacCormack, Chair, Southcoast Advisory Board, BCSCF; Patrick Murray, Chairman of the Board & CEO, BCSB and President, BCSCF; Kristen Pavao, Founding Director, Argosy Collegiate Charter School; Kolby Driscoll, Associate Consultant, Vantage in Philanthropy; Erin Riendeau, VP/Legal & Corporate Governance, BCSB and Board Member, Argosy Collegiate Charter School; David Guertin, Associate Consultant, Van-

tage in Philanthropy; John Silva, President, BCSB; Dennis Leahy, 1st EVP, Treasurer & CFO, BCSB and Treasurer, BCSCF; Paul Coogan, Mayor, City of Fall River; and Koreen Santos, Southcoast Advisory Board Member, BCSCF.



United Way of Greater New Bedford Prioritizing Economic Mobility for the Region

New Bedford, MA – United Way of Greater New Bedford (UWGNB) has launched three new programs to enhance economic mobility: Financial Wellness at Work, Financial Futures, and Baby Steps. Financial Wellness at Work, implemented at several local companies, embeds a United Way Financial Wellness Coordinator in the workplace to provide employees with one-on-one coaching, workshops on healthy financial habits, and access to low-cost loans to improve credit ratings.

Financial Futures, a 12-week program, offers coaching and curriculum to help women gain control over their finances and transform their lives by learning core money management skills. Baby Steps, in collaboration with the Office of Economic Empowerment, incentivizes new parents to open an U.Fund 529 College Investing Plan with a \$50 deposit for each child enrolled within the first year of birth or adoption.

In addition to these programs, UWGNB has increased funding for economic mobility initiatives by 40% since 2022. Grants have been issued to non-profits committed to eliminating financial insecurity, supporting tax preparation, financial management for seniors, and financial literacy for young adults. UWGNB continues to invest in programs that combat poverty through economic mobility efforts.



Peter Lantz, President of USA Wealth Group, Inc., takes part in the Closing Bell Ceremony at the New York Stock Exchange



Dartmouth, MA – USA Wealth Group, Inc. is proud to announce that Peter Lantz, President of the financial advisory firm based in Dartmouth, MA, had the distinct honor of being part of the closing bell at the New York Stock Exchange (NYSE) on Tuesday, July 2, 2024. This prestigious invitation recognized Lantz's exceptional contributions to the financial services industry and his influential role in promoting financial literacy and economic growth.

In a momentous ceremony, Peter Lantz joined a select group of distinguished guests in ringing the iconic closing bell, marking the end of the trading day on one of the world's most renowned financial platforms. The ceremony was broadcast live and celebrated a significant milestone in the financial community.

Reflecting on the honor, Peter Lantz shared, "I am deeply grateful for the opportunity to have participated in this historic moment at the New York Stock Exchange. It was a privilege to be recognized alongside so many influential leaders in the financial industry. This event highlights the collective efforts of our dedicated team at USA Wealth Group, Inc., and we remain committed to our mission of providing exceptional financial services and educational resources to our clients and community."



BayCoast Bank Announces Promotions for Almeida, Creador, and Lapointe



Sally Almeida, a resident of Somerset, Massachusetts, has been elevated to the position of Human Resource Officer for BayCoast Bank. Her responsibilities include processing payroll and related reports for the Bank and its subsidiaries, maintaining accurate employee records, facilitating the annual compensation process for over 500 employees, coordinating onboarding for new hires, as well as maintaining compliance with federal, state and local employment laws and regulations. Almeida previously held the position of Human Resource Generalist.



Monica C. Creador of Fall River, Massachusetts, has been promoted to Systems Administration Officer for BayCoast Bank. In this role, she administers and manages various Information Technology (IT) systems including the installation of BayCoast's Interactive Teller Machines (ITMs) and Automated Teller Machines (ATMs), antivirus/antimalware systems, and mobile device management. She also works closely with the Bank's IT Helpdesk staff supporting technical service requests. Creador previously served as Systems Administrator.



Alex W. Lapointe, a resident of Berkley, Massachusetts, has been promoted to the position of Commercial Operations Officer for BayCoast Bank. In this role, he works with the Commercial Operations team to maintain the Bank's commercial loan portfolio and address customer inquiries. He also works to improve Bank efficiencies to enhance the overall customer experience.



Bristol County Savings Bank Appoints Andrew Rodrigues VP/Senior Commercial Loan Officer



Taunton, MA, — Bristol County Savings Bank (BCSB), headquartered in Taunton, Massachusetts, announces the appointment of Andrew Rodrigues to the position of Vice President/Senior Commercial Loan Officer. In this capacity, Rodrigues develops and manages client relationships in the greater New Bedford area by providing commercial loan solutions, along with a comprehensive range of other financial products.

Prior to joining the Bank, Rodrigues held the positions of Senior Vice President/Senior Relationship Manager - Business Banking, Vice President/Associate Relationship Manager - Business Banking, and Vice President/Banking Center Manager at Webster Bank in New Bedford, Massachusetts. Active in the community, he serves on the Board of Directors and is a former Treasurer with

the South Coast Business Alliance and is a Board Member for Junior Achievement of Southern Massachusetts. Rodrigues also previously coached youth soccer in Acushnet. He graduated cum laude from the University of Massachusetts - Dartmouth in North Dartmouth, Massachusetts, earning his bachelor's degree in Finance and is Moody's Analytics business credit certified. Rodrigues resides with his family in New Bedford.



Free Community College is Here!

Bristol Community College is now free for Massachusetts residents! The MassEducate and MassReconnect programs allow all Massachusetts residents who have not yet earned a bachelor's degree to attend Bristol Community College for free. No tuition. No fees. Regardless of age or income. And both programs include an allowance for books and supplies for certain students.

To be eligible for MassEducate or MassReconnect, you must:

- Complete the Free Application for Federal Student Aid (FAFSA).
- If you are not eligible to complete the FAFSA and are an approved "High School Completer" under the Massachusetts tuition equity law, you can complete the Massachusetts Application for State Financial Aid (MASFA) and still attend for free.

- Apply to Bristol Community College and enroll in an associate degree or financial aid eligible certificate program. Applications are open all year long and there's never an application fee. Classes start Tuesday, September 3.
- Have physically resided in Massachusetts for at least one year, as of the start of your first enrolled term.
- Have earned a high school diploma or the equivalent**.
- Are enrolled in at least six credits (usually two classes) per semester in an approved program of study leading to an associate degree or certificate.
- Maintain satisfactory academic progress in accordance with the college's requirements.

**Early college high school and dual enrollment students are not eligible for MassEducate.

MassEducate and MassReconnect are last-dollar financial aid grant awards that are applied to a student's account after all other state and federal financial aid and grants are applied.

All students are subject to program guidelines and must maintain eligibility throughout the course of their studies to continue to receive financial aid through MassEducate and MassReconnect. Full program guidelines will be forthcoming.

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

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ONE SOUTH COAST
CHAMBER

RECENT EVENTS



**Sip & Sail Business After Hours
Cuttyhunk Ferry
New Bedford, MA**



**Women's Power Lunch
Rotch-Jones-Duff House and Garden Museum
New Bedford, MA**



Scan to Learn More!



CHOWDER FESTIVAL

Join us for our 19th Annual
New Bedford Seaport Chowderfest!



Saturday,
October 12



11 AM - 5 PM

onesouthcoast.com/chowderfest/



ONE SOUTH COAST
CHAMBER

JOB FAIR

at Venus de Milo

WEDNESDAY, SEPTEMBER 18



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(508) 678-4556

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Swansea, MA 02777
(508) 617-4991
www.sonsmarine.com

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672 Hathaway Road
New Bedford, MA 02740
(774) 644-3902
www.tinamarienotarysouthcoast.com

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Suite 2-108
New Bedford, MA 02744
(508) 965-9609
www.nr-aesthetic.com

Tuscan Properties LLC
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Fall River, MA 02724
(508) 979-0703

Macray's Seafood
115 Stafford Road
Tiverton, RI 02878
(401) 625-1347
www.macraysseafood.com

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New Bedford, MA 02742
(321) 830-5698
www.fitprojcoaching.com

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East Providence, RI 02914
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www.embracehomeloans.com

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Marion, MA 02738
(508) 789-9232
www.harmonytitlepc.com

Azur Travel
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Fall River, MA 02721
(508) 678-9093
www.tourazores.com

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336 Main Street
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Banking, Home Equity Loans and Lines, Savings,
CD's & IRA's, Checking, and so much more!



FRMCU Locations

Main Branch Office
333 Milliken Blvd., Fall River, MA 02721

Robeson Branch Office
1110 Robeson St., Fall River, MA 02720

Assonet Branch Office
58 South Main St., Assonet, MA 02702



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see what **More
than medicine** can
do for you?

Learn More

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What is More than medicine?

To Jennifer, More than medicine is **Freedom**.

Freedom to change course.

Freedom to move forward.

Freedom to live.

To us, More than medicine is having the team who went above and beyond to give Jennifer — and her heart — a second chance. It's having our team perform one of the first-in-the-nation procedures that undoubtedly gave Jennifer freedom from a life of repeated surgeries.

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

FRMCU Welcomes New Hire and Honors Well Deserved Promotions!



Matthew G. Schondek, President and CEO of Fall River Municipal Credit Union is pleased to announce the hiring of Liz Paolucci as the Credit Union’s new Loan Origination Manager. Paolucci has over 24 years of lending experience and came to FRMCU from Residential Mortgage Services (now a division of

Guild). Paolucci stated that “I have a passion for helping companies and communities strengthen and grow. Throughout my tenure in the finance world, I have had the experience to see my teams advance and make an impact.” In her new role as Loan Origination Manager at FRMCU, Paolucci will work with the management team to advance the Credit Union forward as FRMCU continues to serve its members.

Schondek is also pleased to announce the promotion of Kelly Alston and Raymond Sullivan. Alston has been promoted to Senior Staff Accountant and will be the second point of contact for the Finance department, in addition to her daily duties. Raymond Sullivan has been promoted to Facilities Director and will now be overseeing the entire Facilities department as well as all branches regarding internal and external maintenance. Both Alston and Sullivan have been with the

Credit Union for over 30 years and have vast knowledge in each of their departments.

The Board of Directors and Management congratulate all on their accomplishments and wish them success in their new roles.

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



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Ambassador Spotlight



KATHY PENDERGAST

*Sales Representative at
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Kathy Pendergast boasts an illustrious 38-year career in the printing industry, with the last 22 years dedicated to driving sales at Mallard Printing. Established in 1998, Mallard Printing is a cornerstone of the Fall River, Massachusetts business community, renowned for its exceptional printing solutions. The company offers a comprehensive range of services, including graphic design, offset, digital and large format printing, mailing services, promotional products, and embroidered apparel.

An active Ambassador since 2004, Kathy plays a vital role in the Fall River Chamber of Commerce. She is a familiar face at numerous networking events, including Business After Hours and new business ribbon-cutting ceremonies, where her commitment to fostering business connections is evident. A lifelong resident of Fairhaven, Kathy's dedication to her community and profession is truly exemplary.



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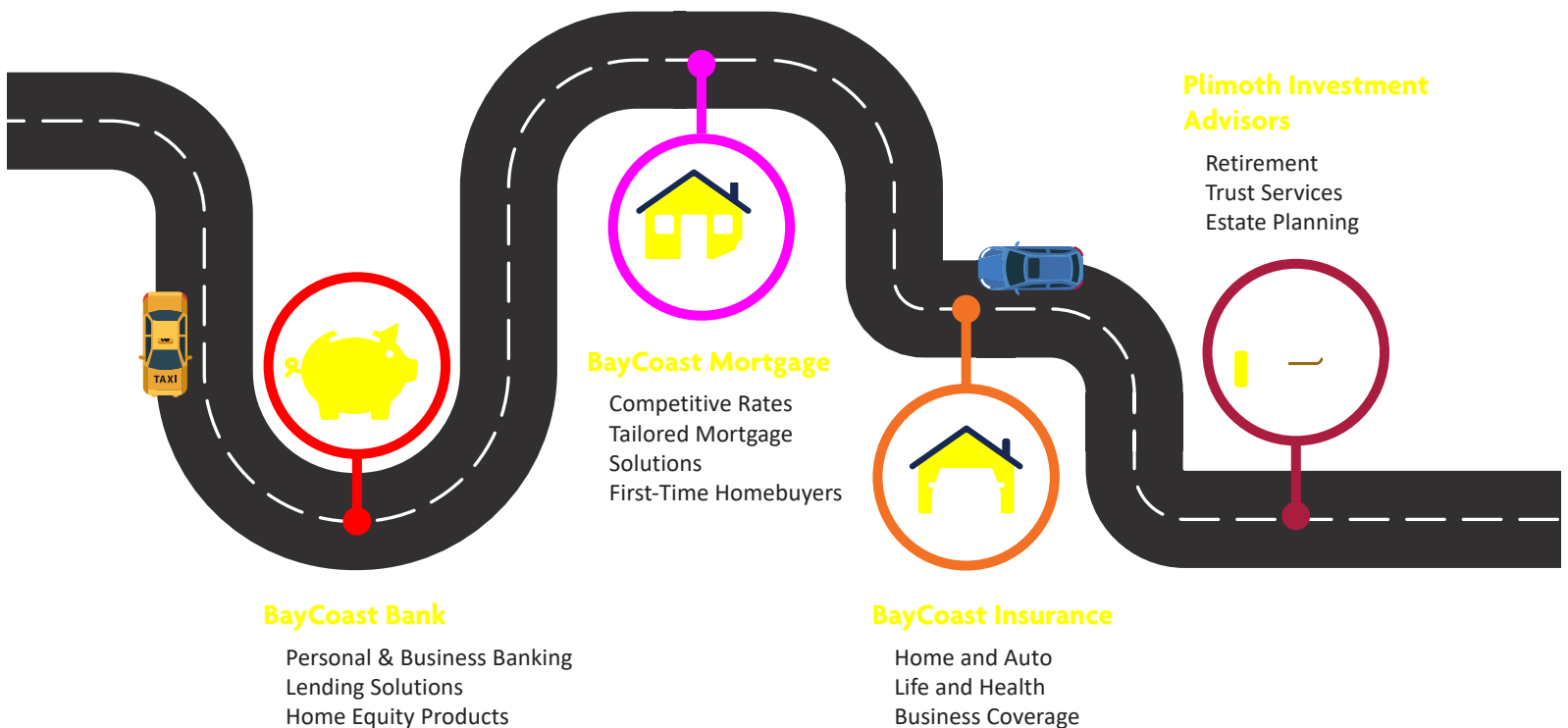


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LEADS Launches inaugural South Coast Fellowship in Collaboration with Leadership South Coast (LSC) and other Regional Partners



After nearly a year of planning and vetting nominated candidates, the inaugural cohort of LEADS Fellows in the South Coast has been selected in collaboration with a coalition of regional partners led by Leadership SouthCoast. See the full listing and bios of the participants in the inaugural South Coast cohort at www.LEADSMA.org/southcoast.

The 9-month LEADS Fellowship is delivered in partnership with faculty from Harvard Business School and serves as a platform for advancing and connecting diverse, cross-sectoral leaders in pursuit of systems-level change at the local

and regional level. “We are thrilled to launch the South Coast Regional Impact Cluster,” notes LEADS co-founder and Executive Director, Pam Hallagan, “and share our model of trust-building, creating shared alignment on priority issues, and catalyzing collective impact.”

First piloted in Lawrence in 2018, the LEADS Fellowship has since expanded to other gateway cities in the Merrimack Valley and north of Boston, ranging from Lowell to Lynn, serving nearly 250 leaders. The inaugural South Coast cohort is comprised of over 40 change makers from Greater Fall River and Greater New Bedford, representing the business community, the non-profit sector and public institutions.

This cohort is the first of two that will be hosted in the South Coast over the next two years. Upon completion of the program, graduates of the Fellowship

will join the LEADS Network which is comprised of other high impact leaders from around the state who have also participated in LEADS. LEADS better positions local, regional and statewide leaders to address the most pressing issues in their communities through the extension of their social capital, advancement of their personal and organizational leadership skills, and application of systems-level approaches to change-making, all of which are honed through the LEADS Fellowship and supported in the LEADS Network.

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Marion Institute Launches CommCorp Wellness Program

The “Stress Reset” offered by the Marion Institute is a five-week beginner series in mindfulness meditation. Over the course of five weekly sessions, participants are led through several basic mindfulness techniques in an effort to mitigate everyday stress reactivity.

Grant funding is available for Massachusetts businesses with 100 employees or less through the Commonwealth Corporation’s Workforce Training Fund Program. Interested employers should visit the CommCorp website (www.commcorp.org) and search for the Stress Reset program in order to apply for funding. The course can be held online or in-person, depending on the needs of the client. For assistance applying for this funding, please contact the Marion Institute.

Using live and recorded guided mindfulness meditations as well as gentle movement exercises, the course teaches simple and practical ways to incorporate mindfulness into everyday life. By the end of the series, participants will have the basic skills needed to balance life’s ups and downs and have a greater sense of coping with everyday stress.

“Everyday stress, whether at home or at work,” says Jessica Frank, Stress Reset facilitator and Marion Institute program manager, “has us constantly ruminating or over-planning. If we don’t keep our stress levels in check with tools like mindfulness, this can lead to illness, low productivity, and missed work.”

The result of this non-stop stressful state is that our bodies operate as if we’re being chased by lions all day, constantly triggering the stress response, pumping out cortisol and adrenaline. The constant and persistent drip of this hormone cocktail wears down our immune system over time and leads to chronic illness and disease.

Studies have shown that with consistency, mindfulness meditation increases self-

awareness and compassion while decreasing anxiety and tamping down the stress response. Mindfulness acts as a disruptor in the brain, discouraging deep-seated habitual neuropathways. Over time, this practice can literally re-wire the brain. Not only that, the more you practice, the better the body is able to handle the natural release of adrenaline and cortisol when it’s truly needed.

Because we live in a culture of always doing something, our systems struggle to process and manage the relentless flood of stress hormones. The pace of 21st century life is not a sustainable one by any measure unless we purposefully take time out to simply be. After all, we’re human beings, not human doings.

Stress is a fact of life. But stress doesn’t have to become an unclimbable mountain. There are ways to reduce stress and ease the burden that it has on our bodies. One of the best things you can do for your staff and team is to help them stay healthy in both mind and body.

For more than 30 years, the Marion Institute has turned ideas into action by engaging individuals and communities in root-

cause solutions that elevate health, food, and environmental equity for all.

If you would like more information on this topic, please call Jessica Frank at 508-748-0816 x115 or email jfrank@marioninstitute.org.



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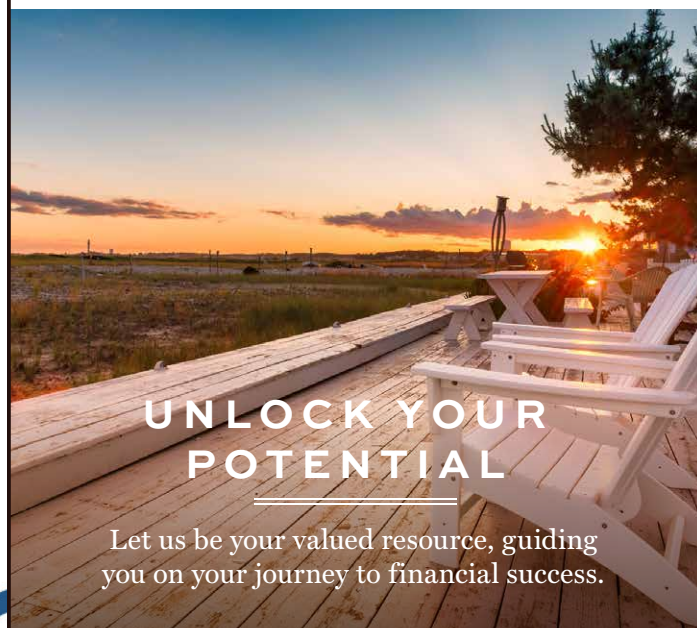
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