



**The WILLOWS**  
PREMIER RETIREMENT COMMUNITIES  
FOR ACTIVE ADULTS



**FOR IMMEDIATE RELEASE**

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## **Area Seniors Help SALMON Health and Retirement Deliver Turkeys to Community**

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**WORCESTER, Mass.:** As the holiday season approaches, Worcester residents Manny Misiph and Judith Stoddard find their calendars quickly filling up with annual social outings, dinners, and lively gatherings among friends and family. But this year they and eight of their neighbors at The Willows at Worcester, SALMON Health and Retirement's new continuing care retirement community, are adding another tradition to their bustling schedules — one that might possibly bring the most holiday cheer.

SALMON Health and Retirement has added a new twist to their annual turkey donation, which donates more than \$36,000 in frozen turkeys to their staff and area hunger relief organizations, by inviting residents to help them deliver turkeys to the surrounding community this holiday season. The residents will distribute the turkeys on Friday, November 20, to All Saints Church, Centro Las Americas, First Baptist Church, Friendly House, Hector Reyes House and Wesley Methodist Church. These stops will be in addition to those made at Rachel's Table and the Worcester City Food Bank.

"It's a great feeling to be able to give back to our local community, especially in today's tough economy," says Misiph. "I can't think of a more rewarding activity to add to my holiday schedule!"

More than 20 years ago, SALMON Health and Retirement began this tradition as a way to express gratitude for its team members, by giving each staff member a frozen turkey during the holidays to enjoy with their family or donate to a local organization for another family to enjoy. Since then, nearly 5,000 turkeys have been donated to area organizations serving those in need.

"It's wonderful to see our residents get into the holiday spirit and partner with us to help area people," said Andrew Freilich, Executive Director for The Willows at Worcester. "I hope this is a tradition we can continue here for many years to come."

Stoddard is looking forward to helping with the delivery. "This is so gratifying; there's the opportunity to do good in a tangible way, and enjoy the company of new friends while doing it."

The Willows, located on a 21-acre campus at 101 Barry Road, near Salisbury Street, offers 191 private independent living apartment homes and cottages, with a variety of customization choices so residents' homes can reflect their personal style and taste. More information about The Willows at Worcester is available by calling (508) 755-0088 or visiting [www.TheWillowsAtWorcester.com](http://www.TheWillowsAtWorcester.com).

The Willows is part of SALMON Health and Retirement, which has earned the trust and confidence of families across New England since 1952. SALMON Health and Retirement recently received the 2009 Massachusetts Family Business of the Year award for businesses with 250 or more employees. The awards program was developed by Northeastern University's Center for Family Business and the Family Firm Institute-New England Chapter as a way to "promote and highlight some of the great achievements of Massachusetts-based, family-owned businesses and entrepreneurs."

Based in Westborough, SALMON is a third-generation, family-owned-and-operated organization that includes The Willows at Westborough Retirement Community; Whitney Place Assisted Living Residences in Natick, Northborough, Northbridge and Westborough; Whitney Place Adult Day Health Centers in Natick and Northbridge; Beaumont Rehabilitation and Skilled Nursing Centers in Natick, Northborough, Northbridge, Westborough and Worcester; and the SALMON Centers for Early Education in Natick, Northbridge and Worcester.

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