

2020 BECAUSE OF Her AWARD RECIPIENTS

Tiffany Foster



Tiffany Foster, a young woman who has been a driving force in Lowell's recovery community for many years. She has held administrative positions at many of the 12 step meetings in Lowell. In this capacity she has made sure that meeting halls opened, were set up, and cleaned up. She provided refreshments and greeted addicts at the door for years, letting them know they were welcome and safe. Tiffany has done this selfless service for six years, anonymously and without recognition because she wants to return what was freely given to her, during her own early recovery. Tiffany is also a licensed personal trainer and she offers her instructional skills to The Phoenix Recovery Gym in Lowell, free of charge. She teaches multiple classes weekly and brings her warm welcoming affection to the gym with her classes. She makes addicts in all stages of recovery and at all levels of ability feel like health and fitness are attainable. In addition to the classes she teaches Tiffany has volunteered at tabling events, been featured in promotional materials, and works relentlessly to recruit new members to the gym, using her own social media as a platform to spread their message of recovery and wellness. She does all of this in addition to her job as a case manager at local recovery home and while going to school to get her counsellors license. Tiffany is at the Phoenix daily, either teaching a free class or participating and cheering on her peers.

Because of her, those seeking recovery in Lowell can also build a foundation of health and wellness for their lives, they have a community to support them, and, for many, they feel safe, welcomed,

Wanda Royte



Wanda has been a Girls Inc. volunteer for more than ten years. In her role as volunteer, she provides one to one tutoring and support in Girls Inc. classes. Because Wanda has been dedicated to her volunteer role for so many years, she is able to assist Girls Inc. staff in meeting the needs of each individual child by being a mentor and tutor to members who require direct one on one support. Girls Inc. works tirelessly to meet individual needs; however, it is not a specialized program and members who require direct one to one support for academic needs may not get the attention needed without Wanda's dedicated work. She regularly goes above and beyond the expectations of regular volunteers and provides emotional and social support to members who do homework with her. She is a consistent and steady presence at Girls Inc. to members and staff alike. Because she has stayed with the agency for so long, she has been able to build relationships with members that are supportive of not only their academic needs but mentors them through the difficulties of peer relationships, classroom conflicts, and difficult family matters. Many members have grown up with Wanda at Girls Inc. and view her with the same respect and affection they have for staff and program administrators. Whenever Wanda is in the building, she brings with her a warmth, affection and thoughtfulness that makes the center a more welcoming place for everybody.

Because of her, the young ladies at Girls Inc. know that they have an entire community of women who care for them and would spend their personal time providing them with attention and love, that they may not receive elsewhere.

Shalmal Rivera

Shalmal Rivera is the board president of a non-profit in the city of Lowell, and volunteers on many local committees in addition to her full-time role at Constant Contact, in Burlington, MA. As the board president of Get There, Start Now she leads an entirely volunteer team each year in raising funds to distribute to graduating seniors from Lowell High School, helping to ease the burden of college costs and move our future leaders to the next step in their education. Shalmal oversees annual events like the Hallow-Eve Fun Run at the Elks Club and under her leadership the events like these grow each year, becoming a much-loved activities in the Lowell Community. Shalmal's contributions as a member of the Young Professionals of Greater Lowell, the Developing Leaders Council at Lowell Community Health Center, and the Diversity Committee of the Polka Dot Powerhouse, are invaluable and her commitment to these organizations show a love and dedication to making our city a truly vibrant home for all of us. Shalmal's love for our city is evident in each of her selfless acts and because of her Lowell is a city with a vibrant, active, non-profit community that benefits us all.

Because of Her, young professionals are strengthened and empowered to become leaders in our community

