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Norfolk County Sheriff's Office Recognizes Cynthia Lewis as Norfolk County Hero

DEDHAM – The Norfolk County Sheriff's Office announced today the first recipient of the department's "Norfolk County Heroes Award." Cynthia Lewis, Director of the Hough's Neck Community Center in Quincy, has been recognized for her consistent care and commitment to isolated neighbors during the COVID-19 pandemic.

"Cynthia has gone above and beyond to make sure that everyone in her community has had access to good quality food and social opportunities," said Norfolk County Sheriff Patrick McDermott. "This is the kind of selflessness that the Norfolk County Heroes Award was designed to recognize, and I cannot think of a better inaugural recipient."

Lewis, who lives in Quincy and has served as the Director of the Hough's Neck Community Center for 26 years, has made it a priority to make sure that her neighbors, especially seniors and those with children, have not been forgotten during the pandemic. Twice a week, she delivers food and groceries (including home cooked meals) to senior neighbors, which both provides necessary healthy foods and ensures that they get much-needed socialization. She has also made and delivered craft and toy projects to neighbors with children, such as bird feeders, games, toys, and treats.

"I'm honored to have had the opportunity to help my neighbors for the last 26 years, especially seniors who are isolated and lonely," said Lewis. "We know that loneliness shortens life spans and places people at a greater risk for dementia. I encourage everyone to reach out to your neighbors, especially those who are elderly or alone. A little bit of compassion can have a huge impact."

Lewis will be presented with a citation from Sheriff McDermott at a ceremony to be held later because of COVID-19 precautions. She will also be featured on the Norfolk County Sheriff's Office website's Norfolk County Heroes page.

The Norfolk County Heroes program was created earlier this year to recognize acts of heroism, community

building, and public service by residents of Norfolk County. To nominate someone for the Norfolk County Heroes Award, visit <https://www.norfolksheriff.com/norfolkcountyheroes>.

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