

NORFOLK COUNTY SHERIFF'S OFFICE

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Norfolk County Sheriff Names Judith Foster as Norfolk County Hero

MEDFIELD, MA – Norfolk County Sheriff Patrick McDermott announced today that Medfield resident Judith Foster has been named the most recent recipient of the Norfolk County Heroes Award. She is receiving the award in recognition of her efforts to help victims of trauma recover through her Nature Healing Walks and programming with the Healing Empathy Redemption Oasis (H.E.R.O.) Nurturing Center.

“Judith’s empathetic and compassionate approach to helping people heal from trauma is more than soothing – it’s lifesaving,” said Sheriff McDermott. “By helping others along the process of healing, Judith is demonstrating that trauma may inform who we are, but it does not have to define who we are. Her work is essential and the very definition of what it means to be a hero.”

Foster founded the H.E.R.O. Nurturing Center to help those who have experienced trauma begin to process and heal. Foster leads participants on Nature Healing Walks that help them feel connected to the natural world and help raise awareness of the need to protect nature. The Nature Healing Walks are activity that helped her begin to heal following the loss of her son, who was murdered in 2013. Since 2014, the H.E.R.O. Nurturing Center has expanded its offerings from the Nature Healing Walks to include service trips to Cuba for first responders and environmental justice reform advocacy.

“We are our brothers’ and sisters’ keepers,” said Foster. “Our common denominator is the environment and Mother Nature. We need each other in order to survive. I am both surprised and grateful to receive this award and want to thank Sheriff McDermott for acknowledging the importance of nature to our well-being.”

Foster will be recognized with a plaque and honored at an upcoming ceremony hosted by the Norfolk County Sheriff’s Office. Those interested in learning more about Foster’s work with the H.E.R.O. Nurturing Center can visit www.heronurturingcenter.com.

The Norfolk County Heroes Award was created 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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