

Alden Kindred of America, Inc.

**Speak** *for thyself*



## **Meet the 2019 Recipients!**

Michelle Cully, Randolph

Lynn Dale, Duxbury

Melissa Gates, Fremont, NH

Patti Ryan, Duxbury

Sue Salvemini, Shrewsbury

*Speak For Thyself Awards Dinner*

*Thursday, May 16, 6-9 pm*

*Jones River Trading Post, Kingston*

*For Tickets, visit [alden.org](http://alden.org) or call 781-934-9092*

# *The 2019 AKA Speak for Thyself Honoree*

## *Michelle Cully*



Michelle Cully is a successful business owner, a mother, a wife and a fighter. For years she was in an abusive relationship that left her physically and emotionally scarred. At the lowest point in her life she decided to pull herself up and start again. With a high school diploma and zero business experience, she set out to start her own company. Today she is the CEO of Xpressman Trucking and Courier, a multimillion-dollar venture with operations coast to coast. Michelle was named “Fabulous at Every Age for the 40’s” by Harper's Bazaar Magazine. Her story of inspiration stood out among thousands of others. She is a sought-after public speaker and panelist addressing women’s issues, entrepreneurship and women in business. She is determined to share her story of struggle and sacrifice, so others can realize their dreams.

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## *Lynn Dale*



Lynn has over 20 years of special event planning experience in Boston, from fashion to museums and most recently as the director of Bicentennial Planning, Programming & Special Events for MGH. In 2011 Lynn started her own business, Lynn Dale Events, which focuses on social events as well as non-profits. Lynn also has a vast amount of experience as an active advocate and board member for a number of Boston and national non-profit organizations. She has served as a board member of the Emerald Necklace Conservancy and chaired their “Party In The Park” event. She also had roles with New England Conservatory, Boston Lyric Opera and Breast Cancer Research Foundation. Lynn serves as a Trustee at the Boston Ballet and is on the Board of Advisors at the Boston Symphony Orchestra and the Museum of Fine Arts.

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## *Melissa Gates*



Melissa is a dedicated mother to 12-year-old son, Sam, Her mission in life is not merely to survive, but to thrive; and to do so with passion, compassion, humor and style. After losing her mom in 2006, her focus has been to live a life full of experiences and give back. Melissa works for the Auburn NH Police Department, bridging the gap between law enforcement and the community. She advocates for school learning support programs and educates on the dangers of drunk driving. In 2019, she started an Event Planning Business with her friend. Takoda Party Slayer. Takoda, is the Native American word for “friend to all” and party slayers is a nod to making people laugh and smile. Melissa is also a writer and adventurer, she views every opportunity as a gift, and values using her connections for others to benefit.

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## *Patti Ryan*



Patti and her family arrived in Duxbury in 1985 and fell in love with their new community and she has been giving back ever since! While employed at BID-Plymouth and CURA VNA, she came to realize that one person can make a difference. Since then she has been an extraordinary volunteer leader for 7 local organizations including the Make-A-Wish Celebrity Gala that raised over a million dollars to support the Make-A-Wish Foundation of Greater Boston. Patti has been a Rotarian for 15 years and lives their motto of “Service Above Self”. She generously donates her time and talents to support projects and organizations that have made a positive impact in her community. Patti feels so fortunate to have had the support of her husband, children and employers who encouraged her community activism.

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## *Sue Salvemini*



Sue is the President of Focal Pointe, Inc, a company she founded to honor her greatest values of leadership and to empower others to embrace their vision and live their legacy through meaningful work. Sue's passion and commitment to leaders and organizations is reflected in her coaching, speaking, workshops, and writing. In her book *Leadership by Choice: 7 Keys for Maximizing Your Impact and Influence in the Workplace...Right Where You Are (May 2018)*, Sue inspires each of us to reflect on our values, vision, and attitude, to increase fulfillment in the work we do and take ownership of our unique ability to lead from *wherever we sit*. Sue lives in Massachusetts with her husband of 20 years and their three teenagers. She enjoys running and her newest passion, rowing crew and sculling.