

Dodge Ball at Greater Rumford Community Center

"It makes you feel like a kid again" said Barbara Rajaniemi from River Valley Healthy Communities and the Co-Chair of the Wellness Committee in downtown Rumford. Healthy Maine Streets had four people on our team, Randall Smith (Wellness Chair), Cherri Smith (HMS Business Ink Plaza), Barb Rajaniemi (HMS Admin and HMS Business RVHCC) and Lu-Ann Buotte (HMS Business Rumford Hospital). We had our 5 minutes on the court (they were quick games). It was a double elimination tournament, we were out after 2 games.

It was so much fun to participate as well as watch. They had over 20 community teams participating and the fun lasted into the afternoon. The teams were from age 12 to age 60. As a way to keep downtown employees happy, Healthy Maine Streets Rumford often recruits downtown employees to participate in events like this. What a fun way to be active with the community.



