



## Canton company honors Canton Student and the Metta Students Foundation

He uses music and metta to brighten the lives of senior citizens. At just seventeen, Noah Simms of Milton, Ma., understands the importance of giving back. "I was inspired by my older brother who is a Nurse Practitioner working in a hospice unit. I learned the end of life is just as important as the beginning. I realized the relationship between memory and music, and people are able to remember the beautiful events of their life through familiar music."

Noah spends hours in nursing homes playing his viola and talking to residents about the songs. His passion for music and kindness captured the attention of the Metta Students Foundation and Friday, March 10th at 1:30 pm at the Blue Hills Regional Technical School located at 800 Randolph St, Canton, MA, the non profit is awarding Simms \$1,000 for sharing metta. **Members of the media are welcome.**

When E.M. Duggan, a Canton based plumbing, HVAC and heating company learned of Simms selflessness they wanted to #sharemetta too. The fifth generation family run company is sponsoring this month's winner and donated \$1,000 to the Metta Students Foundation. "We are honored to support a teen like Noah. The mission of the Metta Students goes hand in hand with the culture here at E.M.Duggan," states, Executive Vice President Len Monfredo.

Now in their third year and expanding into Massachusetts the non profit awards \$1,000 grants to students who pay it forward or #sharemetta. To date they have awarded \$41,000.

Norm Kelly, founder of Software Quality Associates in Providence, created the Metta Students Foundation in October of 2012 after learning of one teen's act of kindness towards another teen. "Metta means love and kindness," states Norm Kelly. "We are thankful to all of our winners for making a positive difference in the world and for helping us spread the metta mission to simply be kind and #sharemetta."

Judy Bass, Communications Specialist at the high school, nominated Simms saying, "Noah is a superb honor roll student, and is mature, poised, friendly, responsible, capable, dedicated, compassionate, industrious, and truly caring. He has a sophisticated grasp of end-of-life issues that is remarkable for someone of his age. He recently got a puppy that he brings to the nursing homes and assisted living facilities he visits, thus enhancing the value of the time he spends with the residents. When Noah talks about what he does, his face lights up, and you can see how much it means to him. He is an exceptional young man. I have no doubt that he will use the education he received at Blue Hills to do more great things in the future."

It is for all of these reasons that the Metta Students is proud to have awarded Simms one thousand dollars. To see video of how the Metta Students foundation began or for more information about the foundation, log onto [www.mettastudents.org](http://www.mettastudents.org)

