



CHEF SAM AIZIER



Woburn philanthropist

Cummings makes Forbes 'Self-Made 250' list

WOBURN - Bill Cummings, of Woburn-based Cummings Properties and Cummings Foundation, has been named to the inaugural Forbes "Self-Made 250" list.

The veteran entrepreneur and philanthropist ranked #115 among the magazine's greatest living self-made Americans. Oprah Winfrey took the #1 spot, and Martha Stewart was listed at #250.

Cummings joins fellow Massachusetts honorees Noubar Afeyan, co-founder of Moderna (#27) and Herb Chambers, automotive dealership magnate (#143) on the list. Forbes describes the roster as "saluting the men and women who best embody the grit, hustle and resilience of the American Dream."

The "Self-Made 250," launched in 2026 for the nation's 250th anniversary, honors individuals who—like Alexander Hamilton and Andrew Carnegie—rose from modest beginnings to achieve lasting financial success and impact.

"I was more than surprised to be listed among such accomplished company," said Cummings. "The Cummings organization aims to do right by our leasing clients, our employees, and our commu-

nity — that is the true measure of success."

Cummings founded Cummings Properties in 1970 with a single building in Woburn. The firm has since grown into one of the largest commercial landlords in New England. 100 percent of all rental profits go to local nonprofits.

Cummings and his wife Joyce established Cummings Foundation in 1986 to give back in local communities. The Foundation has awarded more than \$600 million to date, focused on greater Boston nonprofits and global health equity.

The complete Forbes Self-Made 250 list is available at forbes.com.

Cummings Properties' 11 million square feet of commercial real estate accommodates labs and clean rooms, offices, healthcare facilities, behavioral health centers, restaurants, retail storefronts, warehouses, executive suites, and more. With a portfolio of this size and variety, the firm can meet virtually any commercial real estate need. Its in-house experts in design, construction, and property management offer "one-stop shopping" for the business community.

More information is available at www.cummings.com.

Decorated chef Sam Aizier joins The Delaney at The Vale's senior living dining experience

WOBURN - The Delaney at The Vale is redefining senior living dining with the appointment of Chef Sam Aizier as its Director of Food & Beverage - a classically trained French chef whose global culinary background is transforming the community's approach to food, hospitality, and the resident experience.

Originally from France, Chef Sam's career spans more than a decade of fine dining, gastronomic restaurants, and international hotel groups across France, Belgium, and the Netherlands. Before joining The Delaney, he served as a corporate chef for a French restaurant group in Boston, overseeing multiple venues. At just 29 years old, Chef Sam brings a modern, youthful, and highly trained culinary perspective rarely seen in senior living communities.

"I came to The Delaney because I love new challenges," said Chef Sam. "Residents deserve elevated, seasonal, restaurant-quality meals without ever needing to leave home. My goal is to build a true signature dining experience - one that makes every day special."

Building a Restaurant-Quality Program From the Ground Up

The Delaney opened in 2024, which meant Chef Sam had the unique opportunity to rebuild the dining program from scratch. He has spent the past several months shaping a new culinary vision rooted in fresh, seasonal ingredients, locally inspired seafood dishes, modern cooking techniques, weekly rotating specials and monthly themed buffets, and an emphasis on variety and fine dining presentation.

Residents have quickly developed favorites - from fresh oysters to seasonal risottos - while regularly engaging with Sam during open office hours and monthly food committee meetings. Their feedback plays a direct role in shaping menus across independent living, assisted living, and memory care.

Importantly, Chef Sam emphasizes that all residents - regardless of care level - receive the same high-quality ingredients. Dietary modifications are made individually and thoughtfully, without resorting to pre-made or frozen substitutes. "Whether a resident enjoys a pureed diet or has sodium restrictions, they still receive the same quality protein

and vegetables as everyone else," he explained.

A Vision Forward: Fine Dining Comes to The Delaney in 2026

Looking ahead, The Delaney at The Vale plans to elevate its dining experience even further. In 2026, Chef Sam and the leadership team will debut a reimagined dining venue within the community - transforming one of the existing spaces into a true fine-dining restaurant with weekly changing menus and an emphasis on seasonal flavors.

"We want residents to feel excited to dine here - not to feel like they need to leave the community for an elevated meal," said Sam. "Our goal is to deliver a restaurant experience that surprises and delights them every day."

To support this evolution, Chef Sam is currently rebuilding and expanding the culinary team, including hiring an executive chef with both fine dining and senior living experience.

Why It Matters

The story of Chef Sam represents an uncommon blend of global expertise and deeply personal commitment - an unusual and compelling narrative in the senior living industry. It speaks directly to what today's older adults value most: choice, hospitality, creativity, and an environment where daily life feels vibrant and enriching.

"We live here," said one resident during a recent food committee meeting. "So why shouldn't our meals be as good - or better - than the restaurants we used to go to?" Under Sam's leadership, The Delaney is proving that exceptional dining isn't just possible in senior living - it's becoming the new standard.

About The Delaney at The Vale

The Delaney at The Vale is a premier senior living community in Woburn, offering independent living, assisted living, and memory care in a warm and welcoming environment. With a focus on fostering meaningful connections, providing top-tier amenities, and promoting an active lifestyle, The Delaney at The Vale is dedicated to enriching the lives of residents while engaging with the greater community.

Learn more at DelaneyatTheVale.com.

Complete Streets update scheduled

Woburn Traffic Commission meeting this Thursday

WOBURN - The following is the notice of meeting and, at the time of posting, a listing of topics that the chair reasonably anticipates will be discussed at the meeting of the Woburn Traffic Commission on Thursday, April 16, 2026, at 3:30 p.m. in the City Council Chamber, Woburn City Hall, 10 Common Street, Woburn. The order of the matters may be amended at the meeting.

1. Roll call of members.
2. Minutes of previous meetings.
3. Complete Streets update.
4. Old business:

A. Request that the Traffic Commission be disbanded.

B. Request to present and discuss seasonal parklet location in Woburn Center.

5. New Business:

A. Request for hardened center line and/or pedestrian refuge island at the intersection of Lexington Street and Waltham Street.

B. Request for no parking here to corner sign on New Village Road at Cambridge Road.

C. Request for traffic lights at intersection of Main Street and Ashburton Avenue.

6. Public hearings: None.

7. Adjournment.

Go green through April 22 at Horn Pond Plaza

WOBURN - In honor of Earth Day 2026, Wilder, the property management and leasing firm for Horn Pond Plaza is proud to once again participate in Cotton's Blue Jeans Go Green™ program—inviting the community to recycle their worn or unwanted denim and help give it a second life. From April 15 - 22, shoppers at Horn Pond Plaza can drop off eligible denim and take part in a simple yet impactful sustainability effort.

Last year, Wilder properties collectively kept more than 200 pounds of denim out of landfills. This year, the goal is to surpass that milestone as even more community members join in.

The Blue Jeans Go Green™ program collects denim made from 90 percent or more cotton and recycles it back to its original fiber state. The reclaimed material is then repurposed for uses such as building insulation, thermal packaging liners, pet bed inserts, and more. By participating, shoppers help reduce textile waste and support a more circular, sustainable future.

How to participate:

• Gather denim items made of 90 percent or more cotton between from April 15 - 22

• Drop them off at Wild Birds at Horn Pond Plaza

• Receive a limited-edition Earth Day tote as a thank-you (while supplies last; limit one per person)

• Feel good knowing your old jeans are being responsibly transformed into something new

"Sustainability is a long-term commitment for Wilder, and our shoppers play a big role in making that commitment meaningful," said Paige Quigley, Senior Vice President, Asset Management at Wilder. "After seeing such strong engagement last year, we're excited to continue working with Cotton's Blue Jeans Go Green™ program to inspire our communities and make it easier for people to take part in everyday environmental action."

Join them in celebrating Earth Day by recycling your denim and helping drive positive environmental change.

To learn more about the Blue Jeans Go Green™ program, visit www.bluejeansgogreen.org.

For more information about Wilder, visit www.wilderco.com.

Blue Jeans Go Green™ is a trademark of Cotton Incorporated.