



## Carol Sikora 'Comes Home' to Lead Community Relations for River Ridge at Avon

*With compassion and care for seniors and families, she helps find the right residential fit for each person.*

**Waltham, Mass.** – After leaving Avon, Conn., 40 years ago, Carol Sikora has returned home to be a resource for families and local seniors considering a move into [River Ridge at Avon, a Benchmark Senior Living Community](#).

"Coming back to Avon and reconnecting with 'Avonites' has been a joy," Sikora says.

Born and raised in Avon, Sikora attended Towpath Elementary School and was in the first class to attend the new Avon Middle School. After graduating from Avon High School, she moved to Boston, Mass., to pursue a degree in fashion merchandising.

After landing in the hotel industry, she worked for over 30 years in Massachusetts, Connecticut and California. No matter where she was, she always enjoyed working with people, which guided her transition to the field of senior living.

"Working with seniors and their families is rewarding, and I consider it a privilege. Each day that I can bring a smile to a resident or assist a family with their loved one is a special day for me," Sikora says.



As a family advisor and director of community relations at River Ridge at Avon and also [The Village at Buckland Court](#) in South Windsor, Conn., Sikora seeks to understand the needs of seniors and their families. She serves as a resource for finding the right residential fit for each person, wherever that may be.

"Carol shares laughs and tears with the families she helps," says Holly Neddermann, executive director for River Ridge. "She enjoys connecting with seniors and their families in their homes, bringing dinner or something meaningful to them. Families have shared that they are amazed by her caring and compassionate nature."

Carol is determined to make a difference in the lives of seniors and their families, says Neddermann. "She has a special knack for listening and understands that considering a move to a senior living community is an emotional decision. We're fortunate to have Carol on our team!"

In addition to gardening, Sikora enjoys the company of her 10-year-old Siberian Husky, Blaze. She has lived in a historical home in Suffield, Conn., for over 20 years.

*Photo: Carol Sikora, family advisor and director of community relations at River Ridge at Avon, a Benchmark Senior Living Community*

### **About Benchmark Senior Living**

Based in Waltham, Mass., Benchmark Senior Living is a leading provider of senior living services in the Northeast. Founded in 1997 by Fairfield, Conn., native Tom Grape and celebrating its [20th anniversary](#) in 2017, Benchmark operates 55 senior living communities offering independent living, assisted living, Alzheimer's care and continuing care in Connecticut, Maine, Massachusetts, New Hampshire, Pennsylvania, Rhode Island and Vermont. The company anticipates opening its first community in the state of New York, Whisper Woods at Smithtown, in 2018. Benchmark has been recognized by *The Boston Globe*, *Boston Business Journal*, *Connecticut Post*, *Hartford Courant* and *Hartford Business Journal* as a top workplace and by the *Boston Business Journal* and *Providence Business News* as one of the healthiest employers. Visit Benchmark at [BenchmarkSeniorLiving.com](http://BenchmarkSeniorLiving.com).