

# CELEBRATING SENIORS VOLUNTEER AWARDS

WELL-BEING



Forever...in *Motion* is a free fitness program for adults age fifty and over. **FOREVER...IN MOTION** Strasbourg began in Fall, 2017. It has grown to having eleven enthusiastic, trained volunteers who enjoy helping other seniors stay healthy and independent. Not only does the group provide an opportunity for local seniors to exercise twice a week, but leaders often give presentations about aspects of mental and physical health and safety. The group has become a great connector for the people who participate. Their supporters say “the community is proud of providing this consistent, safe, and supervised opportunity for all seniors in the area to improve and maintain their fitness levels.”



**CHARLENE KAMENTZ**

Brings to life a deep understanding of the importance of love and connection in the community, and this shines through in her volunteer work. She is one of the founders of the local Community Well, which encourages others in living healthy, active lives. Among other things, she serves as Bowling Centre Secretary and Quilt Club Treasurer, and is active in her church. The bounty of her garden feeds family, friends, neighbours, and by growing extra rows, she is able to donate fresh produce to the Food Bank. One of her supporters says she “embodies selflessness, love, peace, and care for others.”



**LORNA HAUTA**

Encourages regular physical activity and well-being in the community of Dinsmore, teaching yoga, and serving as a Forever... in *Motion* leader. She offers gentle yoga for seniors and those with physical challenges. She teaches, as well as coaching, teaching such things as strategies for positive mental health through stress release and meditation. She volunteers in her church, at the local hockey rink, and at the museum. She serves the local Beautification Committee, working in the gardens as well as coordinating other gardeners, and organizes Memorial Tree donations. She encourages seniors to adopt a healthy, mindful life, and enhances the community with her service.



**MARILEE LOWE**

Advocates for students, those affected by low income, older adults and caregivers. She believes in modeling balanced living, sharing her creativity and love of the arts and her culture. She brings people together from across the prairies to share creativity, spirituality, reflection, and shared learning. One of her favourite spaces is the Barn Playhouse. She can be found there almost every year as a cast member, audience member, or even the sounds and lighting technician. She has also been involved with research teams supporting caregivers in the community, education for health providers, and quality of life in long-term care. Through her life, she shows that balance leads to well-being in all things.

