



Martha Alm, left, receiving the 1994 Activity Volunteer of the Year Award from Bonnie Hintz, MNSWAP President, Activity Director at Charter House.

# Alm named 1994 Activity Volunteer of the Year

PINE ISLAND — Martha Alm, volunteer at Pine Haven Care Center, Pine Island, has been voted as 1994 Activity Volunteer of the Year by the Minnesota StateWide Association of Activity Professionals, (MNSWAP). On September 22, Martha was honored during MNSWAP's Annual Convention, which was held at the Northern Inn in Bemidji. Martha's husband, Jim; Pine Haven's Assistant Administrator, Sue Knutson; and Director of Activities, Allison DeRaad were all in attendance at the banquet. Martha was nominated for the award by Allison DeRaad, Past President of the Association.

Martha has been a dedicated volunteer at Pine Haven for the past 14 years. She is a remarkable person who adds considerable quality to the lives of the residents and lightens the work load of the staff.

Martha is at Pine Haven Monday through Friday to assist in many different areas. She comes in each day to serve as a meal companion and feeds residents who are unable to feed themselves. She also calls for Bingo 1-2 days per week, serves refreshments at Piano Bar, gives facials and massages, delivers Meals-on-Wheels, assists with special outings, visits and spends quality time with residents who need special attention. If we need help for special activities or to sit with an anxious resident, we call Martha and she is here!

What makes Martha really special is her ability to make everyone around her feel better. She is loving, kind, and always upbeat. Her laugh, her cheerfulness, and her continual positive outlook are always contagious! She can make the most ordinary activities fun!

She knows all staff and residents by name and keeps us enthused and on our toes. Martha's presence in the facility is a morale booster for all!

Most importantly, Martha is a link to the community for the residents. She is a friend, who has time to visit with each resident regardless of his or her condition. Somehow, in an instant, she can find the most positive words to say, the gentle touch to show total acceptance, and a purpose for each person to live and enjoy today. To have Martha come, every day, not for pay, but just for the joy of lending a hand and an ear, is certainly the best dose of self-worth for every resident she sees.

Congratulations, Martha, and thank you for your loving friendship to Pine Haven residents and staff.