



FOR IMMEDIATE RELEASE

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**CITY OF NEWPORT
MARY ANDERSEN
NAMED 2017 ALMA B. HOWES AWARD WINNER**

At the City of Newport's annual volunteer recognition event held on April 18, the 2017 Alma B. Howes Award was presented to Mary Andersen who volunteers at the 60+ Center.

The Alma B. Howes Award is named in honor of a long-time city volunteer who made an amazing difference. Each year, an outstanding volunteer is selected to receive this award, as it recognizes their volunteer commitment to the city, and exemplifies the type of energy and dedication that would make Alma B. Howes very proud.

Mary Andersen is just that type of volunteer - she is dedicated, energetic, and committed to making the 60+ Center the best possible experience. Peggy O'Callaghan, 60+ Center Director, said in the nomination, "Mary is an outstanding volunteer for the City of Newport and the 60+ community by providing people access to free exercise classes and social opportunities. Her students all comment that she has helped improve their health!"

Mary teaches exercise classes at the 60+ Center. She attended her first Silver Sneakers exercise class in September of 2015. She soon became a regular. She now teaches four weekly exercise classes at the 60+ Center. As noted in the

nomination, “Andersen works behind the scenes, creating new and exciting routines with music that continually make classes unique and fund. Mary is such a delight to all and she is genuinely promoting exercise classes as a way to help people live longer, healthier, and happier lives.”

The City of Newport congratulates Mary Andersen on receiving the 2017 Alma B. Howes Award for exceptional volunteerism.

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LOGO

2017
Alma B. Howes Award
presented to
Mary Anderson
for
Dedicated Volunteerism
to the City of Newport
Presented this 18th of April, 2017