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Alexis Nast Honored with National Volunteer of the Year Award

- AHCA/NCAL named Poughkeepsie teen as 2012 Volunteer of the Year for her outstanding commitment to long term and post-acute care residents -

Albany, NY – Celebrating her dedication to local skilled nursing center residents, the American Health Care Association/National Center for Assisted Living (AHCA/NCAL) named Alexis Nast the 2012 Volunteer of the Year in the Young Adult category. AHCA/NCAL presents the award to one individual aged 13-19 each year that best demonstrates outstanding passion for volunteerism and improving the lives of residents in skilled nursing and post-acute care centers.

“It has been such a pleasure watching Alexis bring joy to our residents in an effortless and genuine way. She has a desire to give to others and is mature beyond her years,” said Dana Diorio-Casey, administrator of The Pines At Poughkeepsie, where Nast volunteers. “We are so honored to have her as part of our team.”

Throughout the year, and especially during summer vacation, Nast spends several hours per week visiting with residents of her local skilled nursing center, The Pines At Poughkeepsie. In addition to providing companionship to the residents, Nast polishes residents’ nails, transports them to and from activities, assists staff with day-to-day activities such as recording attendance sheets, and delivers monthly calendars to the residents.

“It is wonderful and exciting that we have young volunteers, especially Alexis, who help to change the world’s opinion of long term health care,” says Karen Barone, Director of Recreation at The Pines. “Through their eyes they are able to forward the many positives of the love, laughter and care that occur each day with our residents.”

Additionally, Nast created an “Adopt a Grandparent” program in her community and encourages her peers to participate. Nast also participates in programs specifically designed for individuals with Alzheimer’s disease. In an effort to share her experiences, Nast speaks to other students about her enthusiasm for caring for residents and on ways for others to make a difference.

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“As a youth, Alexis is bringing an incomparable benefit to our community through her care and enthusiasm,” said Richard Herrick, President and CEO of New York State Health Facilities Association. “She is deserving of the award and I want to be among the first to congratulate her.”

Nast will receive the 2012 AHCA/NCAL Young Adult Volunteer of the Year award at the AHCA/NCAL Annual Convention & Expo in Tampa, Florida, on October 10, 2012.

Photo caption: Shown left to right are residents Geraldine Johnson, Mildred Savage and Robert Stickler with Alexis Nast.