

2010 Towel & Basin Award
Carroll Schafer and Helen Kuntz
The Whitlock (aka Bremen Manor)
Bremen, Indiana

The Council for Health and Human Services Ministries is honored to present the 2010 Towel and Basin Award to Carroll Schafer and Helen Kuntz. This is a shared award because each has done so much for The Whitlock (aka Bremen Manor) and residents.

Carroll Schafer has been a selfless volunteer since 1982. During that time, she has held many volunteer positions including window washer, dining assistant, dishwasher, resident clothing washer, curtain ironer, common area cleaner, office assistant and so many others. She continues to volunteer today and walks, even in the snow and ice, from her home four days a weeks to spend six hours a day loving and supporting our residents and tending to their needs. Carroll even began a recycling program long before it was hip to go green!

Carroll always has a kind word, a beautiful smile and the offer of willing hands. She never complains, no matter the task. Because she is steeped in tradition and faith and is a lifelong member of St. John United Church of Christ, she is a devout leader in the building even though she is not a resident. She organizes devotions, encourages others to fully participate in all that life offers and ensures that opportunity is available to all. Carroll goes above and beyond and helps our residents as she vacuums and dusts apartments, mops floors, and even cleans residents' refrigerators, all at no cost to the resident or us. We are truly blessed to have her with us!

Helen Kuntz, a 92-year-old resident and former teacher, is another amazing volunteer. When she moved into the building in 2001, she designed and implemented an exercise class for residents and still leads it four times each week. The class takes into account core development and utilizes seated chair exercises so all exercisers can be accommodated. Helen is also in charge of bulletin board postings, communications, movies, and more. She leads the Senior Trivia game and rarely misses an opportunity for personal growth.

As a former teacher, Helen has developed a great rapport with a local preschool and ensures intergenerational programming to help keep us young at heart. She loves the outdoors and tends a gorgeous flower garden that yields beautiful blooms for arrangements in The Whitlock's common areas. She also works tirelessly with another resident to decorate our facility for residents' enjoyment.

The Council for Health and Human Service Ministries is delighted to recognize Carroll Schafer and Helen Kuntz for their outstanding dedication, energy, and support to the people of The Whitlock.