

Good Neighbours Award 2022

Bev & Larry
Amundsen



Bev & Larry Amundsen are recipients of the 2022 GNA award because of the dedication and commitment they both give across a wide variety of KNH programs and in particular Seniors programs! When not traveling the world these two retired schoolteachers often volunteer together and are popular with other KNH volunteers who enjoy volunteering alongside them. The Amundsen's are crucial to the success and sustainability of many KNH programs, particularly supporting programs involving seniors, food, and working in the kitchen!

During COVID, when the call for volunteers went out, Bev & Larry immediately stepped up to volunteer in several newly invented programs. Together they helped to fill the need to support isolated seniors from our community, either by shopping for them, supporting seniors with a phone visit, or assisting in the kitchen to prepare the frozen meals.

The Amundsen's are "regulars" in the Seniors Lunch program and are integral to the team who prepare and cook the Tuesday Seniors Lunch, along with helping with set up and take down.

The Amundsens' have been active Kits House volunteers since 2015 and together have contributed 1,429 volunteer hours and between the two of them have actively contributed to these programs:

- Seniors Lunch
- Better at Home Driver
- Better at Home Visitor
- COVID Phone Visits
- COVID Frozen Meal Program during COVID
- COVID Grocery Shopping during COVID
- Baking Group

The Amundsen's are selfless in their ability to "give back". They have inspired and improved lives in the West Side community through their tireless efforts and endless devotion to the work and development of the community. Bev and Larry truly exemplify what a "Good Neighbours" volunteer is.

**Congratulations Bev & Larry Amundsen on being the recipients of the 2022
Kits House Good Neighbours Award**