

Scarborough volunteer honored

Scarborough resident Vivian Howe will receive the Senior Service Award this week, given out annual by the Scarborough Terrace Assisted Living center. For the past five years, Howe has been a driver for Meals on Wheels, delivering fresh and nutritious meals to local seniors in need once a week.

The Senior Service Award is given out each year to a local senior citizen who has made a difference in the lives of others through their volunteerism, Scarborough Terrace said in a press release.

Howe was set to receive her award on Tuesday, after the Current's deadline. In her time with Meals on Wheels, Howe has met some "incredible people and enjoyed learning more about them and their lives," she said. To date, she's logged a total of 582 volunteer hours with the meal delivery service.

Along with Howe, Scarborough Terrace will also recognize the Southern Maine Agency on Aging, located in Scarborough, for its dedication to bettering the lives of seniors throughout the local community. Both the Southern Maine Agency on Aging and Howe will each receive a \$500 award.

Howe retired eight years ago and has kept active through volunteering with the local Meals on Wheels program, which is operated by the Southern Maine Agency on Aging.

"I was pleasantly surprised to be con-

sidered for (this) honor," Howe said in the press release. "Volunteering and doing what I can to help others is simply just a part of my life and what I believe. I would never have imagined receiving any recognition for what I just see as the right thing to do."

She said, "I've been delivering meals for a while now and couldn't imagine doing anything else. A lot of those we deliver meals to can't cook for themselves anymore and it's an incredible feeling to know you're making a difference."

Judy Cox, executive director of Scarborough Terrace, added, "It's an honor for our community to recognize an inspiring individual like Vivian Howe. (Her) dedication to serving others is a wonderful example for all of us of what it means to pay it forward, without any thought of recognition."

Cox also said, "We're proud to support Vivian in her dedication to serve others through the Meals on Wheels program and the work that is done to benefit our local seniors. At Scarborough Terrace, we are dedicated to serving our residents with everything they need to live meaningful and enriching lives, and we're proud to honor an amazing individual who values those same ideals with this award."

- *Kate Irish Collins*