

**FOR IMMEDIATE RELEASE**

Photo attached; also available by contacting Jenny Mims at [jmims@mhha.com](mailto:jmims@mhha.com)

For more information, contact: XXXXXXXXXXXXXXXX

**Mark Lund Honored as Volunteer of the Year**

Mark Lund of Stanchfield, a volunteer at Grandview Christian Ministries, Cambridge, was honored as Volunteer of the Year by the Minnesota Health and Housing Alliance (MHHA) at a ceremony in Minneapolis on Feb. 6.

An audience filling the ballroom of the Minneapolis Hyatt Hotel heard how Lund's life changed in an instant when he was injured in a traffic accident in 1996, and how he has since spent thousands of volunteer hours helping to make others' lives better. Lund also volunteers at First Baptist Church in Cambridge.

On July 8, 1996, Lund and his good friend, along with both their fathers, were returning from a fishing trip in northern Minnesota when their vehicle was struck from behind and pushed into the path of an oncoming semi truck. Mark was the only survivor in the vehicle. Eight months of intensive medical care and rehabilitation followed, a slow path marked by only small signs of hope. It was then that Lund was brought to Grandview Christian Home in Cambridge to continue his recovery and to be near his wife and family.

While at Grandview, Lund benefited from a team of volunteers who were enlisted to bring him to Courage Center in Golden Valley for daily outpatient care, an 85 mile round trip. The two healthcare facilities combined to help Lund regain strength, walk with assistance and show signs that he recognized family and friends. Two years after suffering severe injuries to body and brain, Lund was able to return home to his wife, Carlotta, daughter Kristina and son Forrest. He could not, however, resume his career. Mark had been a technical service and equipment manager at H.B. Fuller Company in Minneapolis. Instead, he found purpose in giving back to Grandview Christian Ministries.

Lund has accumulated well over 4,000 volunteer hours at Grandview Christian Ministries since joining the volunteer staff in 1999. His attention to detail as he mops, vacuums, and otherwise helps keep things spotless has benefited residents of the care center and Mill Ridge Commons, Grandview's independent senior living apartments.

In addition, Lund has vacuumed miles of carpeting at First Baptist Church, where he also sets up tables and chairs, empties garbage cans and helps in other ways. Church operation manager Lowell Anderson remembers how after the accident, he fervently prayed that Mark would one day again walk into First Baptist. "Little did I know that the first day Mark walked back into the church, he was here to volunteer his help to me." Anderson estimates Lund's contributions to total some 6,000 hours of volunteer time.

The award was presented at the 2008 MHHA Institute for Older Adult Services, the state's largest gathering of professionals working in care centers, assisted living settings and related services. Grandview Christian Ministries is among the association's 800-plus member organizations. The convention drew more than 3,000 people to the Hyatt Regency Hotel in downtown Minneapolis under the theme "Building Blocks: Creating the Future of Aging Services." It focused on workforce issues, transforming aging services to meet the needs of a growing population of older Minnesotans and building public trust.

Over the three-day event, members of MHHA also honored caregivers, organizational trustees, professional leaders, innovative practices and community service. For more about MHHA, including consumer resources for choosing older adult services, go to [www.mhha.com](http://www.mhha.com).

###