

Member of the Month

February 2017

February's Member of the Month is **Ruth Volk**

Ruth is most known around The Pointe for her avid involvement in the Water Aerobics classes offered in the facility. Not only is she dedicated to the class and the exercise, but she is clearly dedicated to the people who join her in the pool.

Her nominator wrote of her, "Ruth is a wise crack, comic, fun loving, humorous woman who pulls us all together. It's nice to socialize with someone who is genuine, sincere, and personable. She has the character that invites people to come together and laugh and enjoy the company of each other."

Ruth is often known to be the communicator of the group. She keeps tabs on the other members and creates a sense of comradery among them. "I try to get lunches and breakfasts together if someone loses a loved one or is going through chemo. I like to get people together to give them a big hug from the group," Ruth shared. Although Ruth is often the one to organize such get-togethers she also appreciates the support system the rest of the class offers to her in return. "The water aerobics ladies are all genuinely friends, who will call or email when someone misses class."

Talk about a support system. "The Pointe and water aerobics is my social outlet. It's neat because we're all such different people, but we all have the same love of this class in common," Ruth said. "The Pointe is always comfortable, clean and inviting. I always feel it's a place you can be yourself and feel safe and it really gives you a feeling that you belong here." Making new friends and interacting with people is a big part of her participation at The Pointe, but Ruth also is dedicated to getting a great workout. "I've had some health issues in the past and started exercising on doctor's orders. My doctor loves that I do water aerobics. It definitely gets my heart rate up and gives me a great workout."

Ruth is originally from Bryn Mawr a suburb of Philadelphia and moved to St. Louis in 1973. She has two children and two grandsons and absolutely loves being a grandma. She worked for 23 years at Maritz Travel Company and now works part time at John-Anthony Jewelers. She's a member of The Rock Church of Ballwin and still enjoys traveling back home to visit family.

After spending just a brief amount of time with Ruth you'll see how one of the biggest personality traits she has to offer is her fun-loving attitude. When asked what advice she'd give to other Pointe members Ruth said, "Don't give up. Everyday has its challenges but just keep marching. Make the best of everything in life and do your best to stay healthy and most importantly have fun. Life is just too short-so have fun." And Ruth certainly has her share of fun. She's often the one to rally the water aerobics group for a funny picture or conversation. One day she even started a little game before class with a beach ball that has turned into a daily routine. "All we do is laugh during it," she shared.

"I've only really ever done water aerobics here so I haven't been able to use the whole facility, but I just joined as a Platinum member, and I'd love to try Pickleball someday. I would make a fool of myself, but it looks like a lot of fun." As you can see Ruth is all about having fun and like she said life is too short not to. Thank you Ruth for bringing your fun and positive attitude to The Pointe and sharing it with so many people. The Pointe is excited to recognize you as February's Member of the Month.



*Know someone who deserves the title "Member of the Month?"
Ask for a nomination form at The Pointe's Front Desk today!*