

# Member of the Month

November 2016

It may come as no shock to many that **Mikey Shaw** has been nominated and selected for November's Member of the Month.

Mikey has been a member of The Pointe at Ballwin Commons almost his entire life and has been working especially hard recently at chasing his goals.

Mikey graduated from SLU High and has taken some college courses at St. Louis Community College- Meramec. He really enjoys working with kids and someday could see himself being a nurse in a children's hospital.



Four or five years ago Mikey was diagnosed with Schizophrenia and his story through the process is one everyone can learn from. A little less than two years ago Mikey weighed 315 pounds; now he's down to 265. He's committed himself to swimming and exercising more, working with personal trainers, eating healthier and even learning to play the violin. He's been a volunteer at St. Vincent de Paul's thrift store and says "volunteering is my therapy." If his work ethic isn't enough to prove he will not be limited by his disease, we don't know what will.

While Mikey's drive is something to be admired, the real reason he was nominated for Member of the Month was his outstanding character and positive personality. His nominator wrote, "He is always very friendly to all members and staff. He literally says hi to everyone when he comes to swim. Everyone in the pool knows and loves him."

This trait is not unknown to Mikey. About himself he commented, "I'm pretty friendly, so I usually say hi to everybody. I love coming to The Pointe. Even if I'm having a bad day, I still try to be friendly to people and they all say hi in return and ask me how I'm doing. They always cheer me up."

The rest of the Shaw family is clearly very important to Mikey as he gives them lots of credit for his progress. His parents, Gregory and Patricia, in Mikey's words are "awesome" and have helped him tremendously. "My mom is a really good cook and has helped a lot with my weight loss by cooking really good, healthy foods." His siblings Patrick and Mary have also been a source of encouragement to him.

Be sure to say hi to Mikey next time to see him at The Pointe (if he doesn't say hi first) and take note of his advice to other members, "Stay patient. I don't really care how much I weigh; I just want to be healthy." Making your goals about improvement and not being frustrated in the process is important to staying motivated. "Give yourself a chance, and don't beat yourself up," he added.

His ambition paired with a wonderfully positive attitude makes it a no brainer to name Mikey November's Member of the Month at The Pointe at Ballwin Commons. Congratulations!



Know someone who deserves the title "Member of the Month"  
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