

**February 2021  
Sioux Empire Volunteer of the Month  
Arden and Carrie Sustad**



**L to R: Carrie and Arden Sustad, February Volunteers of the Month; Susie Ryks, Helpline Center; and Dawn Stephens, Wellmark.**

The Helpline Center congratulates Arden and Carrie Sustad on being named the Sioux Empire February 2021 Volunteer of the Month, an area-wide award program sponsored by Wellmark Blue Cross and Blue Shield of SD.

Arden and Carrie Sustad have been mentors through The Community Outreach's Genesis Mentoring Program for more than four years. Carrie and Arden were matched with a mentee right before the COVID-19 Pandemic. They were able to meet in person one time, and then they made sure to have at least two meetings via video chat during the month, and kept in contact with their mentee through all of the uncertainty. The mentee did lose a lot of hours at her job, but because of Carrie and Arden, she did not feel the anxiety that would usually come with this. The mentee knew that they were always just a phone call away and there to help her through the unknown.

A staff from The Community Outreach commented, "Carrie and Arden are mentors that I know will always be giving 100% with the mentees. They are mentors that we are able to rely on each year. They ask to only have one match during the year because they want to be available to the mentee after the 18 weeks are over for a full year of support."

The Helpline Center are pleased to present Arden and Carrie Sustad with a framed certificate and a letter of appreciation from Mayor Paul TenHaken.

For information on volunteer opportunities please call the Helpline Center at 211 or visit [volunteer.helplinecenter.org](https://volunteer.helplinecenter.org).

