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Ida Sass Receives Spirit of Aging Award

Saint Paul – (February 21, 2017) – Ida Sass, a resident and active volunteer at Good Shepherd Community in Sauk Rapids, was recently honored by LeadingAge Minnesota with the Spirit of Aging Award.

The Spirit of Aging Award honors an older adult who exemplifies the concept of positive and active aging. Sass was selected from a pool of nominations submitted by a field of 750 senior care organizations throughout the state.

“When it comes to identifying an exceptional older adult who embodies the proactive and positive attributes of energized aging, it’s Ida Sass,” said Barb Rebischke, Vice President of Outreach Services, Good Shepherd Community. “She has made a positive difference in the lives of others, and brings her optimistic view of life to everyone.”

Sass’ vibrant energy helped her survive the Spanish flu era, the Dust Bowl, the Depression and two World Wars. She has always led an active family and personal life, started the Lutheran Women’s Missionary League, and went back to school at age 50 to get her college degree. She moved to Good Shepherd Community 13 years ago at age 87, and immediately become one of its most active volunteers. She leads a bi-weekly exercise class, serves as a Welcome and Tenant Ambassador, and is a Presence Minister. At age 101, Sass has not slowed down.

“She touches the lives of all 198 tenants who live on our campus, welcoming them, making connections among residents, inviting them to participate in activities and promoting senior wellness and fitness.” Rebischke said.

“Ida is a classy, compassionate and determined individual who has lived a life of service. She lives life to the fullest and is a motivation to her generation,” said Jenny Zimmer, Volunteer Coordinator, Good Shepherd.

To learn more about Sass and the Spirit of Aging award, watch Spirit of Aging Award – Ida Sass.

About LeadingAge Minnesota: Driven to transform and enhance the experience of aging, LeadingAge Minnesota works alongside our members, caregivers, advocates and consumers to collectively shape the future of aging services and ensure older adults in every community live with dignity, meaning and purpose. Together with more than 50,000 caregivers, LeadingAge Minnesota members provide quality services and supports to nearly 70,000 older adults every day in all the places they call home including independent senior housing, assisted living communities, in-home care and skilled nursing facilities.