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**Amanda Gruber, Household Coordinator at Three Links in Northfield,
Receives Caregiver of the Year Award**

Saint Paul, MN – (Feb. 10, 2020) – Amanda Gruber, a Household Coordinator at Three Links Northfield, has been named the Caregiver of the Year by LeadingAge Minnesota.

The award honors an individual who demonstrates exceptional commitment to seniors and enhances and enriches the quality of life of those they serve. Minnesota Governor Tim Walz presented the organization's highest honor award to Gruber at the Institute & Expo, the Association's statewide conference, earlier this month.

"Amanda Gruber not only cares for her residents and their families, but also her co-workers. She is the heart and soul of the Pathway Dementia Neighborhood at Three Links in Northfield. It is my privilege to present Amanda with the Caregiver of the Year award," said Governor Tim Walz.

Amanda's achievement also received a letter of commendation for U.S. Senator Tina Smith who wrote: "After learning about your dedication to serving seniors in Minnesota, I can't imagine a more fitting recipient of the Caregiver of the Year Award. Your commitment as a caregiver warrants the highest honor awarded to Minnesota caregivers who dedicated their lives and careers to serving older adults. Thank you for making a difference for individuals, families and the health of Minnesota"

Gruber first joined Three Links as a nursing assistant in 2007 and now serves as a household coordinator for Pathways, a 24-bed secure memory care unit. Shortly after beginning her career at Three Links, Gruber took advantage of educational opportunities to improve the care she provides and advance her career pathway. She completed the Health Support Specialist Apprenticeship program and now serves as the site coordinator at Three Links, nurturing the career development of those around her while transforming the way Three Links serves older adults.

"Amanda Gruber is an exceptional caregiver who embraces the joys and challenges of caregiving. Her heart is evident in her work and her creativity in life enrichment activities for residents in memory care is the epitome of person-centered care, ensuring respect, purpose and dignity for each individual," said Gayle Kvenvold, President and CEO, LeadingAge Minnesota. "Amanda's excellence as a caregiver, devotion to her co-workers, and commitment to the residents and families she serves is unparalleled among her peers in the field of aging services."

Gruber is motivated to give each resident their best day and has customized programs, services and activities based on each resident's preferences, so they experience the highest quality of life. She includes residents and their families in planning life enrichment activities so that each resident benefits from the activity in some way. Gruber recently started Google Maps trips where she meets with residents and families to talk about where they grew up, spent a significant amount of time when they were younger, or places they have worked or traveled. She then "maps out" trips that the residents travel via an iPad while reminiscing about their favorite places and memories.

As a family caregiver to her 85-year-old father, Gruber knows and understands the valuable role family members have in the care of their loved ones. She makes it a priority to collaborate with families to

better understand the interests, needs and preferences of their loved ones and uses that information to improve the care she and Three Links provide. Gruber also makes sure to share both the positive outcomes their loved one is achieving as well as a change in their health and wellness. In addition to her role at Three Links, Gruber is also involved in special projects throughout the broader Three Links organization and is an active volunteer in the Northfield Community, including participation in the Alzheimer's Association and Age-Friendly Northfield.

"Every day I am amazed at how caregivers put others needs before their own. I realized this award is to bring recognition to every caregiver and I am humbled by this opportunity to represent such an amazing group. I have been blessed to know some of the greatest mentors and role models in the world," said Amanda Gruber, Household Coordinator, Three Links.

For more information, watch [Amanda Gruber – Caregiver of the Year.](#)

Photo Caption 1: Amanda Gruber accepted the Caregiver of the Year Award at the LeadingAge Minnesota Institute & Expo, the state's largest and most comprehensive aging services conference attended by more than 4,000 older adult services professionals from Governor Tim Walz.

Photo Caption 2: Pictured (l to r) Gayle Kvenvold, President and CEO, LeadingAge Minnesota; Katie Smith Sloan, President and CEO, LeadingAge National, Amanda Gruber; and Nancy Stratman, Board Chair, LeadingAge Minnesota Board of Directors.

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About LeadingAge Minnesota

Driven to transform and enhance the experience of aging, LeadingAge Minnesota works alongside its 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 60,000 caregivers, LeadingAge Minnesota members provide quality services and supports to nearly 70,000 older adults every day in independent senior housing, assisted living, adult day, home care and skilled nursing settings.