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NR 16.1

For Immediate Release  
April 11, 2016

**Long-time Peak Vista Frist Visitor Program Volunteer and Health Advocate Retires**

**Colorado Springs, Colo.** – Peak Vista Community Health Centers (Peak Vista) long-time First Visitor Program (First Visitor) volunteer and health advocate, Pauline Adams, retires from service.

“We are truly blessed to have had such a dedicated and wonderful woman on our staff of volunteers. She touched so many lives and families through her years of service,” shared First Visitor volunteer and program specialist, Sonya Zimmerman.

First Visitor provides free, one-on-one support for moms and dads in the comfort of their own home. The program provides emotional support, connects parents and caregivers with free community resources and shares information on health, nutrition, safety and important developmental milestones. In addition, First Visitor provides families hand-crafted baby blankets and other helpful items for new parents. First Visitor partners with Bright by Three, a statewide organization that provides our evidence based materials and together our purpose is to help make Colorado the best place to raise a child under the age of three.

After retiring from a career in health care, Adams decided to continue to support and help those in her community, especially children. Adams volunteered with First Visitor for 17 years and hanging up her hook and yarn due to health conditions. Over the course of that time, she crafted 850 baby blankets; approximately one blanket a week. Adams shared, “I just enjoy crocheting the blankets for the babies; I do not do it for the recognition.” Her favorite yarn colors to crochet with were red and turquoise.

Previous to her volunteer work with Peak Vista’s First Visitor Program, Adams worked for 36 years as a registered nurse. She worked as a pediatrics and OB nurse; however, a majority of her career was spent as a live in and home visit nurse.

Learn more about First Visitor and volunteer opportunities at [www.peakvista.org](http://www.peakvista.org).

**About Peak Vista Community Health Centers**

Peak Vista Community Health Centers is a nonprofit organization whose mission is to provide exceptional healthcare to people facing access barriers. Established in 1971, Peak Vista now offers

primary medical, dental and behavioral health services to more than 82,550 patients annually in the Pikes Peak and the East Central Plains regions. To learn more about Peak Vista, visit [peakvista.org](http://peakvista.org).