



January 5, 2014

To Whom It May Concern,

I am pleased to offer a letter of recommendation for the *Forty Under 40* nomination of Mary McCarthy. I have had the opportunity to work with Mary for the past two years at Wesley Acres. I have seen the great work that she does with the residents, staff, and volunteers who are a part of Wesley Acres' wellness initiatives.

In her years of serving as the Wellness Director at Wesley Acres, Mary has elevated the concept of wellness and wellbeing to new levels incorporating programs in collaboration with Des Moines University, LeadingAge Iowa, and the Wellness Councils of America to name a few. Mary received recognition for her efforts in achieving the Silver, Gold and most recently the Platinum Well Workplace Award. This work toward the Well Workplace Award was not just to add another award to her resume. Mary truly believes in helping the residents and staff of Wesley Acres be the best they can be. Mary's efforts in achieving this level of recognition have benefited not only the Wesley Acres' wellness program but also the greater Des Moines community as she promoted the understanding of wellness and wellbeing beyond our walls.

Mary was invited to speak at the LeadingAge annual conference on wellness in the workplace last year. As I listened to her presentation, I realized that I was witnessing her great passion to help promote wellness as well as her passion for helping others in our field be successful. Mary has a passion for helping others. She has a passion for helping her field. She selflessly teaches, mentors and gives back by promoting a healthy lifestyle in mind, body and spirit.

I have been blessed both personally and professionally by Mary's desire to be the best she can be. Mary would be an ideal participant in the *Forty Under 40* program.

Sincerely,

Shareen K. Anderson  
Executive Director  
Wesley Acres  
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January 7, 2014

I am pleased to be writing in support for Mary McCarthy as one of Des Moines' "Forty Under 40." As an academic advisor and internship coordinator with the University of Iowa Health Promotion program, I have been fortunate to work with Mary for the past five years as she has reached out to, mentored and supervised UI students doing internships for credit.

Our students are among the more than 50 interns from schools around the Midwest for whom Mary has taken the time to provide a valuable experiential learning model. Mary engages students beginning with her generous willingness to come to campus to present the WesleyLife internship option in my Preinternship Seminar course. Even those who do not end up pursuing the internship describe how they are shaped by Mary's thoughtfulness, passion, insight and vision for health promotion in a retirement community context. The reflections of one of my students from fall 2013 summarize Mary's influence well: "It was exciting to see a person so willing and eager to help future graduates in their career."

The students who have completed the WesleyLife internship have rated the mentoring by Mary as what most helped them develop as a new professional. Mary's optimism and care for the individual intern allows for connections and opportunities to occur that best fit the strengths and needs of each student. Mary also effectively encourages interns to extend beyond their comfort zones by skillfully balancing challenge and support and creating an environment that maximizes student learning and development.

Mary is a model of how to prioritize the values of work, family, community involvement and outside interests. The UI department of Health and Human Physiology is grateful for how she has allowed our students to connect in meaningful ways to the Des Moines community. Through her initiative, she has remained an important member of UI alumni community and has become both a valued colleague and friend.

Thank you for your time and consideration of the impact that Mary McCarthy makes on Des Moines, the state, and the next generation of community leaders.

Sincerely,

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January 2, 2014

To the Forty under 40 selection committee:

I had the distinct pleasure and privilege to work alongside Mary McCarthy, Wellness Director at Wesley Acres. During that time, Mary and I worked on the same leadership team and on a number of projects that positively impacted the lives of our residents and neighborhood community. Which meant, I had a front row seat to observe and learn from Mary. Here are a few of the things I learned from Mary that I believe qualify her as a candidate for Forty Under 40.

Dedication – Mary is a rare gem who doesn't give lip service to her deep values. She consistently lives them because they're woven into her very fabric. She is a devoted mother; a leader who mentors young co-workers who enter the senior health and wellness program she leads; and is a dedicated leader at Wesley Acres – where she's often the first to volunteer to help others. By being true to herself, she makes a big difference in people's lives daily.

Passion – Mary has an enormous heart. One that seems to naturally guide her in being an extraordinary example of servant leadership wherever she goes. Whether she is helping older adults maintain their health through wellness activities, volunteering in the community through Yoga in the Park, producing and distributing her own Yoga DVD, arranging a team building activity or being a listening ear to others – you can't help but feel her devotion and energy for serving others.

Integrity – You can count on Mary. She follows through on promises, no matter how small or large. More than that, she does the right thing each and every time – even when it's hard.

Mary is smart, articulate, isn't afraid of a challenge, empathetic and a rare friend. She'd make an important and unique contribution to the 2014 Forty under 40 class. I highly recommend you include her in the class.

Best regards,

Tim Hayes  
Forty under 40 Class of 2012

40 UNDER 40  
Mary Mc Carthy Nomination

January 7, 2014

To Whom It May Concern:

Mary Mc Carthy has been educated in wellness, works in wellness promotion, and lives a wellness lifestyle for herself and her family along with promoting healthy living in the community.

In her professional work Mary integrates Yoga in the Wesley Acres wellness program for older adults both residents and community members from 2004-2013. In 2002 she helped design the yoga space and begin the yoga program at Principal Financial.

Outside her professional work, her personal practice of Yoga led to a desire to become an instructor in Des Moines in 2000 with classes at Plymouth Church. I met Mary as a student in one of her classes and am still a regular attendee. She has an ability to instruct students of all ages and abilities. Her instruction is detailed, concise, and delivered with insight into application to the individuals in her classes. Yoga is critical in my own personal world and Mary helps me and others integrate into our body and mind creating an inner serenity that contributes to our well being. It seems appropriate that our practice takes place within a church (my church) as it becomes part of a spiritual practice for some of us.

Mary has expanded her teaching into the community as a volunteer instructor for Yoga in the Park 2009-2012, Yoga on the Lawn in WDM 2010-2013, Girl Scouts 2008, and Downtown DMPS students 2007.

She has been a presenter of "Intro to Yoga" programs to groups as a speaker for the Speaker's Bureau. She was an adjunct professor at DMU teaching a 6 week Intro to Yoga to PT (Physical Therapy) students as part of an "alternative therapy" class from 2008-2011.

Continuing education is a constant with Mary. Since 1999 she has regularly attended yoga workshops in the Greater Des Moines area to enhance her teaching. Currently she is working to complete a 200 hour Teacher Training Program.

I am pleased to support Mary's nomination for 40 Under 40, she will be a credit to the program.

Sincerely yours,

Barbara Madden-Bittle, BSN, MPA

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