



Welcome to **Quinn O'Leary** Volunteer Massage Therapist for Sage Program *by Louise Anderson, Program Manager*



Quinn O'Leary is no newcomer to volunteering. For six years she was a volunteer with the Minnesota AIDS Project, providing massage to clients with HIV-AIDS, as well as with Project Hope, a program serving female prisoners.

LBFE's Sage program has expanded its counseling efforts from the traditional one-on-one counseling to a more multidimensional approach, which includes massage therapy, pet therapy, group therapy, and music therapy. So, since August of 2007, O'Leary has been with LBFE's Sage volunteer counseling program, and is providing free massages for Sage clients who are experiencing anxiety.

Born, raised, and educated in Minnesota, O'Leary chose nursing as a career. She is a licensed practical nurse, and is currently a urology nurse at a Park Nicollet Clinic. Her interest in massage therapy began fifteen years ago, and so she extended her nursing knowledge and training to include massage therapy.

After being away from the volunteer arena for awhile, O'Leary missed her volunteering activities. Since joining the Sage program she says, "It feels good to give back (volunteering)."

Although nursing and massage therapy are definitely among her pleasures, O'Leary's first love, after her husband, Bob Carolus, is her dog, Cooper. Cooper is a Shih Tzu breed. O'Leary also finds time to enjoy gardening, international travel, cooking, and biking. And she notes that she is "a passionate liberal and loves to argue politics."

LBFE welcomes O'Leary to the Sage program, and we thank her for her compassion and volunteer spirit.