

bellevue lifespring's volunteer of the year

Yarrow Point's SHARON NORTHRUP

Written by Rachael Eichner.

Yarrow Point resident and longtime Bellevue LifeSpring circle member, Sharon Northrup, was honored this summer with the 2020 Trish Carpenter Volunteer of the Year Award!

The Volunteer of the Year Award is presented to an individual who has exhibited extraordinary support of Bellevue LifeSpring, often behind the scenes and without regard for acknowledgment.

Sharon, who is the current co-chair of the local Yarrow Point circle, is also a life member of the organization – a circle member who has served over 25 years with Bellevue LifeSpring. Sharon has served selflessly in many capacities as a volunteer for over three decades!

Her fellow circle members describe her as the “go-to” person whenever help is needed. “Sharon helps in countless ways behind the scenes and always with a fabulous attitude,” shared Fairweather circle member Maggie Vergien.

Being a circle member is something Sharon truly cherishes. “Circle membership has given me the opportunity to be part of a larger organization and allows me to give back to my community in a big way,” said Sharon. “The membership gives me a personal sense of belonging. Bellevue LifeSpring is a unique organization that truly forms a lasting bond between its members.”

Over the years, Sharon has appreciated the diverse set of opportunities to give back that Bellevue LifeSpring has to offer. Her high point is the Holiday Adopt-A-Family™ program, which provides gifts and food for families in need during the holiday season. Sharon loves being able to see the smiles and joy that the children and families experience.

Not only has Sharon donated countless volunteer hours to Bellevue LifeSpring, but her generosity also extends monetarily. She chooses to contribute to Bellevue LifeSpring for one main reason – its ability to adapt to the needs of the community's most vulnerable children. “Knowing that my contributions are going towards helping the most current and pressing needs of Bellevue's children is important to me,” said Sharon.

Outside of Bellevue LifeSpring, Sharon finds purpose in serving as the treasurer and board member of the nonprofit Pushing Boundaries, which she founded with her late husband, Allan Northrup. Pushing Boundaries is an intensive exercise therapy



center that focuses on clients with paralysis, brain injury, and neurological disorders.

When she's not volunteering, Sharon likes to garden, read and spend time with her five children, 11 grandchildren, and four great-grandchildren! “I'm very fortunate that I have a supportive family and lots of love around me,” shared Sharon.

“Being part of a community is like being part of a family and we take care of our family,” said Sharon. “One of the best ways I know of to do this is to be there for others and to help the most vulnerable children here in Bellevue. My high school motto was, “Give the best that you have to the world and the best will come back to you.”

Thank you, Sharon, for all you do for Bellevue kids!



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