

**RE: Sheryl Buttar**

“Wherever there is a human in need, there is an opportunity for kindness and to make a difference.” - **Kevin Heath**

I came across this quote and thought that it perfectly matched the amazing work accomplished by the talented **Sheryl Buttar**, and her program ‘**Music Movement Care**’. I have worked in geriatrics, from acute care settings to retirement and long-term care settings for over five years and have a background in medical social work. It was amazing to see how, at the young age of 16 years; Sheryl brings light and life into these settings that can sometimes feel institutionalized. Sheryl has brought her incredible Music Movement program to the community, to call it just a ‘program’ really diminishes the value of what it is – which is at its core, human connection through Music & Movement.

Sheryl is an empathetic, compassionate, young individual who truly has a heart for the volunteer work she has done. It is clear that she knows the audience she is presenting her engaging program to and can even tailor the music and activities depending on the care level of the crowd (ex, memory care, assisted living communities or independent residents & elderly population). Her program is the first of its kind that I have had the opportunity to witness throughout my career, and her willingness to put so much work forward out of the kindness of her heart is something truly remarkable that is not often seen in today’s time but that brings so much joy to the hearts of those in senior living communities.

When I thanked Sheryl profusely for bringing joy to our residents, she simply shrugged her shoulders and said “It brings me just as much happiness”, and I think that kind of genuineness is unparalleled and of paramount importance.

It has been and continues to be the absolute pleasure of myself, and **Amica Peel Village** to have Sheryl and her program take place – both in person prior to the pandemic and virtually since the year 2020 came about. Even in the era of social distancing, this program supports diversity and enables wellness through health and recreation, and she is able to make human connections with our most vulnerable members of the community. Sheryl’s passion for seniors has led to tremendous positive impact. She has uplifted residents during the challenging times of the COVID-19 pandemic.

She has inspired many youth members of our Brampton community by her statement “We should remind ourselves that in these trying times, when the world needs us to step up, giving back is no longer an option... it should be a way of life”.

Due to Sheryl's relentless commitment and dedication to the community through a myriad of volunteer efforts and for the significant contribution she has made to the community I believe she embodies the vision of the Citizen Award. I am truly honored to nominate her for the City of Brampton’s Citizen Award.

**Julie Hall,**  
Life Enrichment Coordinator Amica Peel Village