

MEDIA RELEASE

October 27, 2021



The Mustard Seed Director of Health and Wellness Samantha Lowe named Avenue Magazine Top 40 under 40

Calgary, AB – The Mustard Seed is proud that Samantha Lowe, The Mustard Seed’s Director of Health and Wellness, has been named Top 40 under 40 by Avenue Magazine. Lowe, an Occupational Therapist by trade, works to change the lives of individuals experiencing homelessness and poverty through innovative wellness programs at The Mustard Seed.

Under Lowe’s directorship, The Mustard Seed’s Wellness Centre, which provides accessible, client-centered wellness programming to individuals experiencing homelessness and poverty, serves more than 12,000 clients every year. This is up from 8,292 in 2019. The centre provides mental health and Indigenous counselling, tax clinics and ID services, and acts as a medical clinic, to name a few services.

In the early days of the pandemic, Lowe worked as part of a collective to provide safe spaces to individuals experiencing homeless when they had nowhere to go in the face of the pandemic. For over 13 months, The Mustard Seed isolation unit provided beds for 679 people. This helped keep Calgary’s most vulnerable safe from COVID-19.

“The Mustard Seed is very proud that Samantha has been acknowledged for her tremendous work,” explains Steve Wile, CEO of The Mustard Seed. “The recognition is well-deserved. We are very lucky to have her.”

Congratulations, Samantha Lowe, The Mustard Seed’s Director of Health and Wellness, of being recognized as Top 40 under 40 in Avenue Magazine!

About The Mustard Seed:

The Mustard Seed is a Christian non-profit organization that has been caring for individuals experiencing homelessness and poverty since 1984. Operating in five cities across Alberta and British Columbia, The Mustard Seed is a supportive haven where people can have their physical, mental, and spiritual needs met and grow toward greater health and independence.

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