



For Immediate Release

GlamourGals Foundation, Inc.
Eileen Yoon
eileen@glamourgals.org
631-525-3339

Continuing Connections During the Pandemic
Commack High School Senior wins Grammy Scholarship Award

Commack, NY, May 25, 2021 — Katerina Efthymiou, a senior at Commack High School, won the Grammy Scholarship Award for her involvement with the GlamourGals Foundation. This year on May 22nd, the 17th Annual Grammy Scholarship Awards was celebrated virtually and Efthymiou was awarded a \$1,000 scholarship.

Efthymiou reflects on the connections she has made through her volunteer experience with GlamourGals, a nonprofit that establishes relationships between teens and seniors and has been continuing programming virtually because of the pandemic. “By stepping out of my comfort zone, I was able to form these amazing intergenerational relationships,” said Efthymiou, who joined GlamourGals her sophomore year of high school and now serves as the Public Relations Officer. Efthymiou will be attending Georgia Tech this fall to study civil engineering.

During the pandemic, Efthymiou helped organize the Baking Stories project to continue connecting with seniors. Seniors sent cookie recipes and then baked with teens over the phone. “It has been a challenging and unexpected year for all of us but that hasn’t stopped GlamourGals from making an impact in the community,” said Efthymiou, regarding the Baking Stories project.

“Being isolated during the pandemic has made me realize how lonely it can get and how important connection is and the impact that GlamourGals is having on these seniors. The seniors are now 100% isolated and need connection and interaction more than ever. Continuing to volunteer during the pandemic has taught me that the difficult times are when we need to step up and help our community in any way we can. Compassion is our greatest tool in times of hardship and that is the most important thing that GlamourGals brings to the community,” said Efthymiou.

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GlamourGals is a 501(c)(3) nonprofit whose mission is to inspire and organize teen volunteers to provide ongoing companionship and complimentary beauty makeovers to women living in senior homes. We are creating a movement of compassionate teen leaders working to end elder isolation.