HEARTS 4 HEROES USA

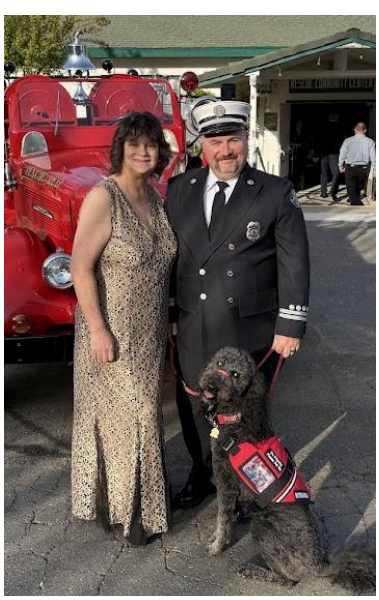
Founded by First Responders for First Responders!

Ambassador
Karen West - Our #1 Volunteer with a Heart of Gold



Some people make a difference in their community, and then there are people like Karen West, who make a difference simply by being who they are. Karen is the true definition of *salt of the earth*—genuine, compassionate, dependable, and blessed with one of the biggest hearts you will ever meet.

Karen has a special way of showing up for the people around her, always ready to lend a helping hand, offer a kind word, or be the friend someone needs. Whether she is supporting our Therapy Dogs and the comfort they bring, showing appreciation and care for our first responders, giving back to our community, brightening a child's day, or simply being there for a friend, Karen gives from the heart. She doesn't need recognition to do what she does; helping others is just who she is.



Her kindness reaches across generations and touches so many lives. She understands that sometimes the smallest gestures make the biggest difference—a little encouragement, a warm smile, a listening ear, or simply showing up when it matters most. Karen reminds us that a strong community is built on love, compassion, and people who genuinely care about others.

To know Karen is to know a true friend. She has a gift for making people feel seen, valued, and loved, and her willingness to serve others is a beautiful example of what community spirit should look like.

Her family means everything to her, especially the love of her life, her grandbaby and mini-me, Delaney. Most know her as **“**Costco Karen,” where she has worked for 35 years. She has supported UC Davis Children's Miracle Network for 25 years and Special Needs Night with Santa for four years. In 2026, she served as Grand Marshal of the Folsom Pro Rodeo and was later honored

as The Legend of the Folsom Pro Rodeo. She has also served at multiple events with the Folsom Chamber/Choose Folsom and Leadership Folsom. One of her most impactful missions is her work with Hearts 4 Heroes USA, where she serves as an Ambassador and sponsor, as well as our beloved Nana #2 to all the Therapy Dogs—especially Captain Charlie with the Roseville Fire Department.



Karen West isn't just our #1 Volunteer; she is a blessing to our community. Her heart for others, her unwavering kindness, and her willingness to show up wherever she is needed make her someone truly special. We are grateful for all she does, for the lives she touches, and for the love she pours into the people and causes that mean so much to us.

Thank you, Karen, for being you—for leading with your heart, loving without limits, and reminding us all that the world is a better place because of people like you.







