



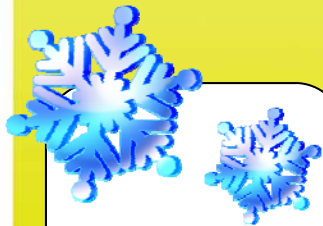
Council for Older Adults

# Volunteer Viewpoint

Jan. 2009

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*If we had no winter, the spring would not be so pleasant!*

*~Anne Bradstreet*



## We're Seeing Stars!



We're starting a new Star Volunteer Program to recognize those who are "caught being a star volunteer." Nominations can be made by anyone in the organization and will be displayed in the volunteer office and also in the meal delivery location. Nomination forms are available at both locations. Nominate someone today!

Current Stars for January:

- Richard and Rose Robinson filled in on a meals route. They dropped everything and came to deliver in just half an hour!
- Betty & Les Schinke delivered on Christmas Eve Day even though Betty was baking for guests. She turned off the oven and made it here in 20 minutes to deliver the route.
- Carroll Yarnell came in on two extra days to lead a group of new drivers so we could split another route!
- Eva Vaghy is a great volunteer; she is always smiling and eager to help when she can.
- Eileen Fogel is so involved with older adults and does any task to keep folks active and involved. She provides friendship, transportation, and anything that is needed.
- Deanna Parish makes beautiful music in the senior center. She is always friendly and smiling. She leads the Caring & Sharing Grief Group and is genuinely interested in how you are doing and feeling.
- Thanks to Barb Terry, Dee Watren, Becky Kyle, Ken & Vicki Mills, Bob Van Antwerp and Carrie Curtis for packing over 1,500 emergency meals.
- The following volunteers did an outstanding job of setting up and serving for the Celebration Breakfast: Vicki & Ken Mills, Jerry Cavinee, Norm Lisle, Pat Milner, Becky Kyle, Kathy Amos, Les & Betty Schinke, Jackie & Dave Berry.
- Thanks to Bob Backus and Carol Rohde for donating a Christmas tree.
- Frank Phillips, thanks for covering for Ellen being off in the dining center. And thanks for helping to get over 350 meals out for the day.
- Beth Caldwell noticed the lack of interesting wall art and lent us a beautiful picture of Delaware downtown scenes.
- Bob Bishop helped when the regular driver did not show up to deliver a route in Sunbury. He called his wife, changed his lunch plans, and went and delivered meals.
- Phil Koons covered for a driver that had a flat tire; he dropped everything and came to help.



# WELCOME

## NEW VOLUNTEERS FOR NOVEMBER & DECEMBER!

Ron Beach  
 Melissa Binkley  
 Janice Briggs  
 Betsy Brown  
 Linda Buschler  
 Michael Buschler  
 Cody Clark  
 Ed Coleman  
 Pat Coleman  
 Adrienne DeAngelis  
 Lynn Duffee

Amy Graham  
 Judy Ford  
 Russell Gorrell  
 Gail Hall  
 Don Jenkins  
 Cheri Johnston  
 Wes Jordon  
 Phil Lash  
 Bob Long  
 Donna McLane  
 Jim McLane

Joe McMillian  
 Sharon Moitis  
 Ann Osterfeld  
 Carla Perfect  
 Paul Pfeiffer  
 Julie Rothenbush  
 Paula Race  
 Donald Ray  
 Bob Rhoden  
 Traudi Rhoden  
 John Schmansky

Laura Sewalk  
 Ruth Shirk  
 Loy Smith  
 Pam Smith  
 Tom Syzmkowiak  
 Jim Tharp  
 Patsy Tharp  
 Judy Wheeland  
 Dale Wilgus  
 Theresa Wilgus  
 Jeff Williams



### WIN A PRIZE WITH THE SECRET WORD!

The Secret Word for this month is "Christmas Tree." Be one of the first 10 people to find the Secret Word and you will be eligible for a prize! Contact Jane Luzadder at (740) 203-2431 with your guess. (Remember, if you won in the last newsletter, you are not eligible.)



## Volunteer Spotlight: Pat Milner



Pat Milner has been delivering meals for so long that she can't remember where she first heard of the program. She began bringing smiles and meals to our clients in July 1996. She was a beautician at a salon near Grady Hospital for 31 years and thought maybe one of her customers may have told her about it. She has also volunteered at hospice since 1992. Pat has volunteered for both agencies on a regular basis with little time off except for a short leave for open heart surgery in 2004. Prior to retiring only three years ago, she adjusted her work schedule for volunteering.



Pat loves to have her family in, and we hear that she makes the best potato salad when they come! But she says she has too many other things to do to cook and clean for herself and "Mario LeMew," her cat. Her family consists of her daughter, Sandra, who lives with her husband and family in South Carolina, a son Gary and his wife who own Milner's Sports Store, eight grandchildren, and eight great-grandchildren who also keep her busy. Pat's other son, Tim, passed away in 2000.

A dream vacation for Pat would be to Hawaii or Alaska. "If I could just win the lottery," she says. She loves to drive and for 20 years drove a friend to Florida each winter and back each spring. She enjoys playing cards, doing any kind of crafts, and helping in Gary's store. In years past when her husband, Bob, was living, they enjoyed square dancing. She enjoys her independence and feels that her volunteer work is very rewarding. The best part is the people and the opportunity to serve others.

### Our Sympathies

Our sympathy goes out Bob Erlandson in the loss of his beloved wife, Joan M. Erlandson, who was one of our wonderful volunteers. Joan was also the mother of volunteer Elise Tietjen and the grandmother of Caleb, Hanna and Luke Tietjen.

# New Volunteer Opportunities

If you're interested in any of the following volunteer opportunities, please contact Amy Brown at (740) 203-2355, or via email at [amyb@growingolder.org](mailto:amyb@growingolder.org).

Do you like a good party? The Food & Nutritional Services staff is getting ready to incorporate a new group of special event catering volunteers. These volunteers will be called upon when the Council has special events. If you are an organizer and like setting up and getting ready for parties, let us know! Contact Amy if you would like us to put you on the list to be contacted in the future. Let the good times roll! Don't miss out on these fun volunteer opportunities.

# Training

New Volunteer Orientations are held on the first Thursday of each month from 6 - 8:30 p.m. and on the third Wednesday from 10 a.m. to 12:30 p.m. Please call Amy Brown at (740) 203-2355 if you would like to refer a friend.

## Kudos

Freda, a client, said, "Thank you for sending Greg Blatt to wash our windows Saturday. He and my daughter had them all cleaned in two hours. I washed all the curtains and they are back up. I do appreciate all the help I am getting from the Council for Older Adults."



## 2009 Mileage Rates



Beginning January 1, 2009, the new mileage reimbursement rate is 55¢ per mile.

## Volunteer Viewpoint is Changing

To conserve resources (both financial and environmental), we're changing the way we distribute *Volunteer Viewpoint*. Beginning in March 2009, the newsletter will be accessible in one of the following ways:

- **Online** via our web site at [www.growingolder.org](http://www.growingolder.org). Sign up to receive our monthly *Senior Minutes* e-newsletter which contains links to new issues of *Volunteer Viewpoint*. To sign up, leave a message in the volunteer office giving us your updated email address.
- **In print.** Newsletters will be available in print **by request only**. Leave a voicemail in the volunteer office and let us know you'd prefer to continue receiving the printed newsletter.

Please call the volunteer office at (740) 203-2375 to let us know your choice. Remember to leave your email address if you are signing up for our e-newsletter. Thanks for helping us save on paper, time, and money!

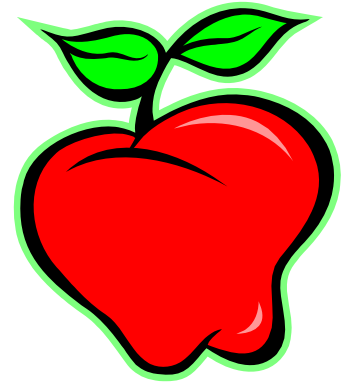
### And the Incentive Contest Winners Are...

	"Make a Difference Everyday"	"Go the Extra Mile"
Nov.:	Fred Oehler	Caroll Yarnell
Dec:	Bob Backus	Kathy Packham

Each winner received a \$25 gas gift certificate.



# Tasty News from Food & Nutritional Services



## **WEATHER ALERT**

We want to be sure we deliver meals every day that it's safe to do so. Occasionally, we are able to deliver food even when the schools close. There may be times when Studio 60 (the dining center at the Center for Older Adults) and Jj's Café will remain open even if other dining centers are closed, so that we can serve those who are here at our location.

When there is inclement weather, the Meals On Wheels program will monitor road conditions to make a decision about closing. We will deliver shelf-stable emergency packs of food in advance for you to use in the event of an emergency or if the program is closed.

If we close the Meals On Wheels program, this information will be on our telephone voicemail at (740) 203-2432 or (740) 203-2433, on all three local television stations (NBC channel 4, WBNS channel 10, and WSYX channel 6), radio station 610 WTVN, and on five other area radio stations. You will see "Delaware County Meals on Wheels," which means the entire program is closed. If it is possible for some or all of the dining centers to remain open, that will be announced on television, as well. Anytime we close, our Care Consultants will attempt to contact clients by phone to check on their ability to get food.

Call us with any questions at (740) 203-2432.

## **NEW STAFF IN NUTRITION**

We have filled one of the openings in Food & Nutritional Services. Toni Dodge started with us on January 5 and will serve as the Nutrition Supervisor. Toni is no stranger to Meals on Wheels programs. She served in this same capacity at LifeCare Alliance in Columbus for eleven years. Please join us in making her feel welcome!

## **UNITED WAY UNDER 60 MEALS**

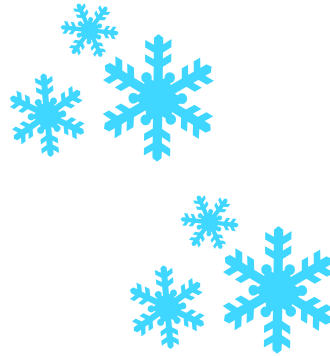
As you know, we deliver meals to a group of clients under 60 years old through a grant from the United Way of Delaware County. These clients must meet eligibility requirements similar to our senior population.

At the present, we have two openings in this program. However, there are times when all of the vacancies have been filled and we must create a waiting list. The clients on the waiting list are prioritized according to their nutritional needs and are served as quickly as possible. If you encounter someone who you feel may qualify for these meals, please refer them to the nutrition staff.

# Here's what our volunteers have been doing

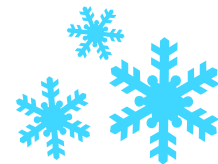


Above: Volunteer board members Pete Shears, Joe Girard, and Larry Harris enjoy breakfast at the Annual Celebration.



Above: Shirley and Marvin Philpott also enjoyed the Annual Celebration. (Marvin entertained us with his reindeer costume.)


Right: Janet Van Antwerp models a new blue Council sweatshirt. (Thanks to Janet for helping fold all of the sweatshirts to keep our meal drivers toasty and warm!)



**Volunteer Celebration: Save the Date!**

When: Tuesday, April 21  
 Time: 5 p.m. to 7 p.m.  
 Where: Council for Older Adults  
 800 Cheshire Road  
 Delaware, OH 43015

We are going Hollywood this year with our theme, "Our Volunteers are Stars."



"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

# New Year's Resolutions: Going Green

COA is developing a facility-wide committee to focus on how we can do a better job of conserving resources and becoming a more environmentally friendly facility. The committee will be charged with studying current practice, identifying green alternatives, and recommending policies. Bob would like to have all parts of our facility involved in this work because ultimately we all will be affected. He does not anticipate this taking a big time commitment – maybe an hour every couple of weeks, and less frequently as time goes on. If you are interested in this opportunity, please contact either Bob Horrocks or Amy Brown at (740) 363-6677.



Let's do our part in reducing landfill trash. Volunteers can bring in their paper and magazines to be recycled at the Council for Older Adults. The container is located on the east side of the building close to the parking for meals drivers.



Do you have an old cell phone sitting in a drawer? Bring it in to be recycled! Place it in the specially designated bin in our main lobby. (Don't forget to erase any contact numbers you may have saved.)

If you want happiness for an hour, take a nap.  
If you want happiness for a day, go fishing.  
If you want happiness for a year, inherit a fortune.  
If you want happiness for a lifetime, help somebody.

Chinese Proverb

## Senior Choices

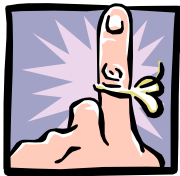
Have you ever wondered how older adults become clients of our SENIOR CHOICES program? Becoming a SENIOR CHOICES client is an easy but thorough process that assures clients will receive services to help them remain in their own home. Formal enrollment into the SENIOR CHOICES home care program begins with our Intake and Referral Specialist. Usually this person will ask general questions and gather basic information about prospective clients. Referrals for service can be made from the prospective client, family members, volunteers, and community professionals. The prospective client must be in agreement to accepting the services before the initial home visit. At this point, a Care Consultant will be assigned and make contact with the client to arrange for the in-home assessment. Our Care Consultants' first priority is to help clients address their individual needs. Care Consultants make all arrangements for in-home services, monitor that assistance to ensure quality, and adjust services as needs change. Eligibility for SENIOR CHOICES services is not based on income. Those whose income and personal assets prevent them from affording services privately are eligible for assistance through our senior services levy at a reduced cost or no cost at all. To learn more or to begin the enrollment process, please call (740) 363-6677 or (800) 994-2255.

**This Volunteer Newsletter is published by:**



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## *Dates to Remember*



Please make note of the following training sessions, orientations, and office closures. (All events occur at the Center for Older Adults unless otherwise noted.)

January 21	10 a.m.-12:30 p.m.	Mission, Vision and Values Orientation
January 26	1:30 p.m.–3:30 p.m.	New Meal Driver Orientation
February 5	6 p.m.–8:30 p.m.	Mission, Vision and Values Orientation
February 9	1:30 p.m.-3:30 p.m.	New Meal Driver Orientation
February 14	<b>Happy Valentine's Day!</b>	
February 18	10 a.m.-12:30 p.m.	Mission, Vision and Values Orientation
February 23	1:30 p.m.-3:30 p.m.	New Meal Driver Orientation
February 27	2 p.m. – 3:30 p.m.	Transportation Volunteer Orientation