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Our Daily Drive to Topeka, Kansas

I know that as a volunteer you hear us cite many different numbers that we track here at the Council. You are used to hearing about the number of people who volunteer, the total number of volunteer hours, the number of meals that we serve each month, and so forth. Well, the number we are talking about this month is the number of miles that our volunteer meal drivers travel every day delivering meals. That number is 732. That's right - our volunteers drive 732 miles each day, which is the equivalent of driving through five states from Delaware, Ohio, to Topeka, Kansas, every day.



This is a good number to remember if someone asks you why the senior services levy is on the ballot and why we are seeking increased millage. We are not only trying to keep pace with soaring food and fuel costs as we prepare and deliver an average of more than 16,000 meals each month, but we are also trying to keep pace with soaring numbers of older adults in Delaware County who need our services.

It is a very tough time to be on the ballot, but every five years we are required by state law to seek voter approval to continue providing services. We have little choice but to play the hand that we have been dealt and to do our best to educate as many as possible about the need for the services that we provide.

Please help the levy campaign committee spread the word.

- Visit www.saveseniorservices.org to learn more about the levy - and email the web address to your friends.
- Place a levy yard sign in your front yard, and help us identify others who will do the same.
- Pick up some "friend to friend" postcards from the Council office and drop your friends a note about the senior services levy.
- Talk to everyone you know who lives in Delaware County about the importance of this levy.

Remember, this senior services operating levy is focused on maintaining our in-home and community services for older adults and their families in Delaware County. Together you can help ensure the availability of these vital services for those in need both now and in the future.

Thanks for your dedication and support!

Robert Horrocks

Robert Horrocks, Executive Director

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken.



WELCOME

NEW VOLUNTEERS FOR MAY & JUNE!

Devon Bentley
Martha Beyer-Cox
Jack Buchan
Mary Cross
Kim Dailey
Michele Fought
Skylar Fought
Girl Scout Troop #1894
Ellie Heingartner

Carol Jefferson
Katherine Kelley
Lori Kelley
Peggy Kissel
Sheila Ann Logan
Nancy McGillivray
Joanne Middendorf
Penny Mims
Ally Morrow

Christine Myers
Noreen Rohda
Claire Rohda
Deryll Rohda
Max Rohda
John Schalip
Kathleen Schalip
Jenna Shiner
Tommie Stranahan

Linda Tedrahn
Debbie Volpe
Charles Walker
Charles Weis
Gabriel Wernz
Frank Wise



Kudos!

Client, Barb A., called to thank the family of Lynn and John Foreman for the great job they did cleaning her windows! She made a donation to the Council for Older Adults as a result of their great work.

Thanks to all of the volunteers for helping us make the 2008 Summer Festival a huge success!



Special thanks to those volunteers who helped us turn a borrowed hay wagon into the USS C.O.A., which set sail in Delaware's Bicentennial parade! Lead engineers Bill Luzadder and Marvin Philpott and the fantastic shipbuilding team of Sandy and Tom Gardner, Howard and Annette Augenstine, Shirley Philpott, and Jane Luzadder created a great float that took a second place trophy. Thanks also to the over 35 volunteers that showed up to walk in the parade and ride on the float!



Quandel Becomes a Partner

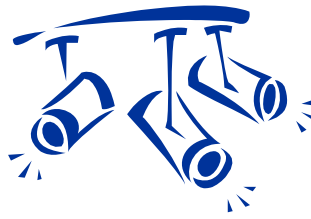
The Quandel Group has stepped up to the plate and has become a corporate partner as volunteer meal drivers. Jane Luzadder and Amy Brown took a road trip to train 7 of their employees to deliver meals. Each employee will take a turn delivering meals on Thursdays. What a great way to promote teamwork! If you know of a company that would like to deliver meals, please contact Amy Brown or Jane Luzadder.

WIN A PRIZE WITH THE SECRET WORD!

The Secret Word for this month is "Vote." Be one of the first 10 people to find the Secret Words and you will be eligible for a prize! Contact Jane Luzadder at (740) 203-2431 with your guess.



Volunteer Spotlight: Heather Lane



Heather Lane believes that we are all part of the community, and that whether you are a child, a teen, an adult, or an older person, you can do something to help your neighbor. She wants to instill this belief in her children by setting a good example. Marshall (15) and Brian (8) are homeschooled and have assisted with delivering meals each week since 2006. The family is also active in river and roadside cleanup. They do this not only when it is an organized effort but also when they are just walking down the road. Their family feels that you should help your community whenever you can and not get caught up in being so busy that you don't know your neighbors.

Both Marshall and Brian are active in karate. Marshall has achieved an adult rank green belt, and Brian has a youth blue belt. Marshall also writes music, plays the guitar and bass, draws, and paints. Brian enjoys science and nature. They

hosted a Japanese exchange student for a six-week period last year and will host a 17-year-old Japanese student for an entire year beginning in July. Of course, he shares their interest in karate.

Heather enjoys spending time with her family, which includes Marshall and Brian, her husband Andy, her two older sons Matthew and Cory Ward, and her four dogs. She tends large vegetable and flower gardens, and works part time as the "everything Girl Friday" for Interior Installations. She and the boys are very busy but find the time to help others. As well as weekly meals delivery, they have helped with the Summer Festival, the July 4th parade, and many other events for the COA. They feel this is a great place for families to get involved and help the community.

New Volunteer Opportunities



Levy volunteers are still needed. If you would like to distribute brochures or postcards in your neighborhood or to deliver signs, call Amy at (740) 203-2375 or send an email to amyb@growingolder.org.

Do you want to put a sign in your yard to show you support the levy? Please call (740) 203-2375 or e-mail Amy at amyb@growingolder.org, and let us know if you would like it delivered or if you plan to pick it up (from 8 a.m. to 5 p.m., Monday thru Friday).

We also have openings for new meal delivery drivers, kitchen assistants and dining room assistants.

Our Volunteers Made Summer Festival 2008 the Best Ever!

Thank you



DATA volunteers serving food on the outside food lines.



COA volunteers working hard at the Health Fair registration tables.



Reg and June Moncur assist with volunteer registration.



Connie Sager and Rachel Mumaw are all smiles at the Pig Roast.



Leonard and Ruth Waugh taking a well-deserved rest after scoopin' up ice cream.

Did You Know?



Bob VanAntwerp and Dee Watren are Nascar Fans.

Jane and Bill Luzadder are becoming Tai Chi experts (or "learners," as Jane would say)



Marvin Philpott spreads the word about the levy.



Duane and Sandy Miller keeping cool at the information table.



And the Incentive Contest Winners Are...

"Make a Difference Everyday"
May - Frank Jackson
June - Dave Confer

"Go the Extra Mile"
May - John Wright
June - Dee Watren

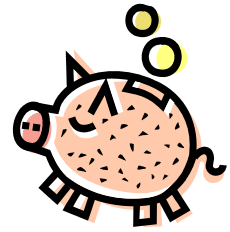
Each winner received a \$25 gas gift certificate.





Money Matters!

Adapted from the RSVP Spring 2008 Newsletter



Gas prices are through the roof! Consumers are being pinched in just about every possible way now. Here is some advice on how to buy and save smart.

Gasoline

- Know about local construction zones so you won't get stuck in a traffic jam which wastes fuel.
- Going on a trip? Pack light, every 100 pounds added can increase fuel consumption by 2%. Rooftop bins have been shown to reduce fuel economy by 21%!
- Use regular gasoline and save 10-20 cents per gallon. According to AAA, there is no harm done to your car when Premium is not required.
- Stick to your car's maintenance schedule.
- Plan your errands to maximize what you can accomplish in one trip.
- Check your tires! Proper tire inflation insures a safe journey and helps your car run better, improving its efficiency.

Groceries

- Don't shop on an empty stomach.
- Make a list...and stick to it!
- Buy fresh fruits or vegetables in season
- Use in-store discount cards, shop discount stores or clip coupons
- Buy in bulk only if needed and what you can use.

That money talks
I'll not deny
I heard it once:
It said, "Goodbye."
~ Richard Armour

Here's what our volunteers have been doing



Over 35 volunteers helped spread the word about the upcoming levy election by walking, riding, and distributing literature during Delaware's Independence Day parade.



Volunteer Deb Parker helps at the COA's farmers' market table.

Beginnings

Special Thanks to Deb Parker, Volunteer Advisory Committee Member, for contributing this new monthly feature!

Transportation volunteers do more than pick up older adults, take them to medical appointments, and then drive them back home. The volunteers connect with the clients in special ways. Regardless of whether the adult needs one-time assistance for a doctor's visit or multiple trips for a series of procedures, the volunteers in this program speak enthusiastically about the meaningful relationships that develop.



Transportation volunteer
Frank Jackson.

One of the transportation volunteers is Frank Jackson. He explained that he is a history buff, and the time he spends going to and from medical appointments lets him, "spend hours, not just a few minutes," hearing about other people's lives. For example, two of the men he transported are World War II veterans. Frank's father was a WWII veteran and a hero in his son's eyes. These older adults are also heroes, and as Frank said, "We owe our freedom to them." The admiration comes through clearly in his voice. Frank said he is grateful to be able to assist in this way. He feels he gets more from them than they do from him.

So how did this wonderful service begin? Sue Baumgardner said the transportation program started with the Council for Older Adults identifying an unmet need in Delaware County. The DATA bus service and taxicabs provide pickup and drop-off services, but they don't go inside to help someone put on a coat or prepare to leave. Bus and taxi services also do not stay with the client in a waiting room, or help weave back through a maze of medical building hallways to return to where the taxi or bus is waiting.

Sue explained that the first thing she did when faced with beginning a new service was research - lots of research! After collecting information from other organizations, the insurance industry, and clients, the Council paid attention to making sure they used best practices. The staff thought through all the steps. Consequently, an extensive training program was developed so the transportation volunteers would have all the skills they might need to be of assistance.

A volunteer from the very first training class is Carolyn Ballenger. She said the program has changed and grown from those initial days, and now she has lots of time to get to know the older adults. The time spent driving goes by quickly because the stories are so interesting, and the clients make her feel very appreciated. Carolyn says she really enjoys her transportation assignments.



Transportation volunteer
Carolyn Ballenger.

The transportation program is growing, and we continue to look for additional volunteers. The extensive training includes sessions on assisting older adults, defensive driving, and American Red Cross CPR and First Aid. There is no cost to volunteers for any of these classes, and the information learned is useful both for volunteer work and for daily living beyond the Council. Most importantly, as transportation volunteers have explained, this program is about more than getting from here to there... it's about what happens on the journey.

Tasty News from Food & Nutritional Services

Please remember to use the insulated pillow on top of all cold food bags. It is particularly important in the heat of the summer when we struggle with extreme temperatures. This pillow should be on top of all cold food carriers at all times, but particularly in the summer months.



Be sure to use color coded bags appropriately - Blue/Cold Packs; Green/ Evening Meal. This will enable accuracy in deciphering the evening meal from the condiment pack that goes with the hot meal.

Please, be considerate of other drivers and stay within your group when loading.

New meals summary. We created the small meals summary below for some drivers who were creating this on their own each day. It is intended to be a helpful tool for you to use if you choose to, but it certainly isn't required. If it helps you, please feel free to use it! These are available for you at the sign-in table.

<input type="checkbox"/> regular (2% milk)	<input type="checkbox"/> chop	<input type="checkbox"/> evening cold meal
<input type="checkbox"/> ground		
<input type="checkbox"/> diet (Skim milk)	<input type="checkbox"/> chop	<input type="checkbox"/> frozen
<input type="checkbox"/> ground		
<input type="checkbox"/> low sodium (2% milk)	<input type="checkbox"/> chop	
<input type="checkbox"/> ground		

Good News! There has been an increase in the mileage reimbursement rate beginning in the final six months of 2008. The rate will increase to 58.5 cents a mile for all miles driven from July 1, 2008, through Dec. 31, 2008. This is an increase of eight (8) cents from the 50.5 cent rate in effect for the first six months of 2008.

Driver's delivery records: accuracy is a necessity. Please remember to complete your meal route delivery record correctly. Our auditors look these records over very closely when they review our program, and your assistance is greatly appreciated.

1. Your route starting time is when you get the meals from the kitchen, and your route ending time is the same time you put down beside the last meal you deliver.
2. Don't forget to check off each food item you deliver and put your delivery times down in the spaces that are provided on the delivery record.
3. Remember to sign your name on the bottom of the sheet; if you have two sheets, you will need to sign both sheets.
4. If you have a client that is not home, do not leave the meal. Call the Nutrition Office to report the "no show," and write "no show" on the delivery record where you would normally put the delivery time.

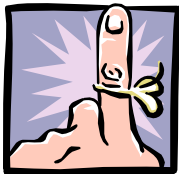
While it seems to be a lot of detail, the details affect our reimbursement. You are such a vital part of making the Meals on Wheels program such a success. We sincerely appreciate your dedication. Thanks for a job well done!

This Volunteer Newsletter is published by:



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Dates to Remember

At COA Office:

July 16 10 a.m.-12:30 p.m.
Mission, Vision and Values Class

July 28 1:30 - 3:30 p.m.
New Driver Meals Training

August 7 6 - 8:30 p.m.
Mission, Vision and Values Class

August 8 1:30 - 3:30 p.m.
Meals Training

August 20 10 a.m. -12:30 p.m.
Mission, Vision and Values Training

August 25 1:30 - 3:30 p.m.
Meals Training



Don't forget to VOTE August 5!