



Council for Older Adults

Volunteer Viewpoint

Nov. 2008

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We Are Thankful for YOU!

I am thankful for many things: my wife and kids, my parents and the family that raised me, the people who along the way cared enough to invest their time in me. I am thankful for having a job that I enjoy so much, for the support of our community, for a great board of directors, and for my wonderful coworkers.

Obviously, each of you who volunteers for the Council is high on my list of people I am thankful for year-round. I know you've probably heard this before, but humor me because it needs to be repeated. We are thankful for you and your energy, your time, and your caring. It would be impossible to replace you and what you bring to our organization at any price.

You need to know this, because I know most of you feel that you receive more from your volunteer service than you give. I hope this is the case, but at the same time I hope you don't undervalue your service here. You should be reminded of just how much we need you and how much you are appreciated. The people you touch as you volunteer need you, and I know that as each gives thanks this holiday season, you will be in their thoughts.

I hope you have a long list of people in your life to be thankful for this Thanksgiving. I know there is a very long list of people who are thankful for you!

Have a wonderful Thanksgiving!

Gratefully,

Bob Horrocks
Executive Director



Wishing you a safe and happy holiday season!



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. 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!

WELCOME

NEW VOLUNTEERS FOR SEPTEMBER & OCTOBER!

Kathy Amos
Brooke Ashby
Jackie Berg
Thomas Berg
Chuck Copley
Inge Fenske
James Flanagan

Karyn Grieser
Emeri Schwartzfigure
Dorothy (Dottie) Holland
Beverly Hurst
Delma Jackson
Joy Kaser
Ben Krugh

Lorinda Ihle
Jean Lent
Levita Linton
George Lehrer
Karen Lehrer
Ken Mills
Jeanne Raciborski

Steve Schenck
Jim Smith
Aline Tannuzzi
Breanna Williams



Volunteer Picnic

The annual Volunteer Picnic was held on Saturday, Oct. 11 and was a fun-filled afternoon for all who attended. Who knew that we had so many great cooks! Master weenie roaster, Bill Luzadder, was on hand again to be our grill master. Special thanks go out to him for the great job he did. The potluck was delicious, and you always amaze us with the variety of dishes that you bring. Jane Luzadder again outdid herself in coming up with a fun game that was enjoyed by all. Participants earned "play money" and then used it to purchase white elephant gifts during an action-filled auction. We hear that Janet and Bob VanAntwerp will have some special toilet paper for the holidays now! Thanks again to the staff and volunteers that made this a great event.

(Photo at right: Grill Master Bill Luzadder and his dad fire up some weenies.)



Make a Difference Day



On Oct. 25, Connections Volunteer Center sponsored the annual Make a Difference Day. Over 150 volunteers came for a great fall morning to perform chores for various agencies in the Delaware County area. Volunteers completed over 35 chores for the Council's clients. Special thanks go out to all of the COA groups and individuals who participated. Make a Difference Day was a success because of YOU!

WIN A PRIZE WITH THE SECRET WORD!

The Secret Word for this month is "speed." 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.



Volunteer Spotlight: Greg Blatt



Greg is a relatively new volunteer who started helping with home chores in April. What makes Greg unique is that he is not afraid to tackle just about any task for our clients, from painting (his specialty) to caulking around tubs. Greg also volunteers with St. Bridget of Kildaire Church through the Knights of Columbus. He likes to be of service to those who need help and who otherwise might go without.



Greg recently washed windows for one of our clients and while she was talking, he could see in her a young woman walking into that house as a newlywed and then moving on to raise a family. Knowing that her family would appreciate someone taking good care of her makes Greg feel blessed. "That is what love is - the glue of society," he said. "Every time you do something to help another person, it holds society together."

Greg and his wife Becky have been married 20 years and have four daughters, aged 13 to 19. He says he also has a dog who is "not too bright," but who is a valued member of the family. Greg's hobbies include photography, praying, painting, watching the kids play sports, and finding ways to pay for his daughters' college tuition.

The last good book he read was *Get Real Selling* by Mike Boland, a book about what people want, what your service can do, and how to help them solve their problems. Greg feels blessed with a skill set that surprises him everyday, which includes mechanical, construction and painting skills. When asked what he thinks makes him unique, Greg replied, "I have discovered that I am the most un-unique guy you'll meet. Nevertheless, I do have a sense of humor. I am the youngest of 8 children." Greg says, "I better get busy living so they'll have something interesting to write in my obituary someday!"

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.



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, this is the perfect volunteer opportunity for you. Let the good times roll!

The snow is getting ready to fly, and many of our snowbirds have flown the coop for warmer temperatures. Have you thought about delivering meals, or know someone who may be interested? We need extra volunteers right now to help cover the routes that have been vacated by the snowbirds.

Is holiday decorating your specialty? The Center for Older Adults is going to have a contest for teams of people to decorate trees in the facility. We thought it would be fun if our volunteers joined teams and helped the staff decorate trees. If you would just like to donate items to decorate with, whether it is a tree or decorations, you can assist that way too. Please get in touch if you'd like to donate or decorate with us!



Do you know any college students looking for a volunteer internship or a work-study opportunity? We have internships available! Call Amy for more information.

Training

New Volunteer Orientations are held on the first Thursday of the month from 6 to 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.

THANKS!

We'd like to thank the volunteers who helped make 2008 another successful year for the Senior Farmers' Market Voucher Program. We registered and assisted 991 participants, about 300 more than last year. Your time and efforts are appreciated by the Council as well as by Delaware County's older adults.

Thanks to Eileen Fogel, Elli Heingardner, Carolyn Ballenger, Beve Reiner, Shirley Walker, Leah Ballenger, Deb Parker, Leonard & Ruth Waugh, Wes Parker, Beth & Tony Libertini, Rick Hoffine, Beth Kastle, Norbert Hawkins, Debbie Hoffine, Rachael Mumaw, Jeannie Horn, Carol Vantresca, Ginny Berry, Judy Demaree, Lyndsey Lambert, Alyson Zander, and Jackie Berry.

If we've missed someone, please forgive us! We have enjoyed working with all of you and have appreciated your enthusiasm as well as all you have given to the community.



You're Invited!

COA invites you to our 17th Annual Celebration on Wednesday, Dec. 10, from 7:30 to 9 a.m. at the Center for Older Adults. Please join us for a delicious breakfast buffet and festive celebration as we mark the passing of another successful year. Reservations are \$10 each, and seating is limited. Please RSVP by Dec. 3 at the Council office, or register on our web site at www.growingolder.org. We hope to see you at the Celebration!

Family Volunteer Day

Looking for a way to show your gratitude this Thanksgiving? Connections Volunteer Center is holding their annual Family Volunteer Day on Friday, Nov. 28 from 9 a.m. to noon. The Council for Older Adults will provide yard clean-up and raking chores for volunteers to complete for our clients. For more information on how to get involved, please call Connections Volunteer Center at (740) 363-5000 or email Margie West at mwest@helplinedelmore.org.

Volunteers are like Hallmark... They care enough to give the very best!

And the Incentive Contest Winners Are...

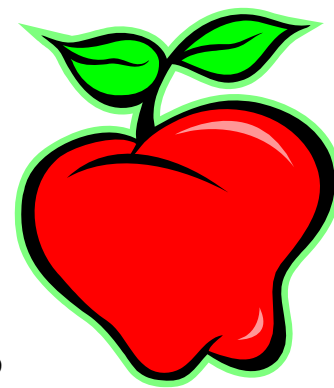
"Make a Difference Everyday"
Sept. – John & Kathleen Schalip
Oct. – Jo Simmons

"Go the Extra Mile"
Sept. – Carrie Curtis
Oct. – Dorothy & Keith Richey

Each winner received a \$25 gas gift certificate.



Tasty News from Food & Nutritional Services



A few important reminders to our meal delivery volunteers:

- ☞ With the cold weather coming, please pay particular attention to the hot meal bags. Please try to keep hot meal bags in your heated car and the cold bags in your trunk. This will make a huge difference in the meal temperatures. As always, be sure to put at least two ice packs on the top of the cold food and to remember the insulated pillow.
- ☞ We ask that everyone observe a speed limit in our parking lots of 5 miles per hour.
- ☞ Please do not leave food anywhere except with the client or in their refrigerator. There are no exceptions to this food safety rule. If a client makes a request to the contrary, please explain to them that this is not allowed and ask them to call the office for any additional information.

You've Got Questions? We've Got Answers!

One of the drivers asked why the freezer alarms were sounding when they load the food. She wondered if it was to alert us that the food wasn't cold enough. She also suggested we test our meal temperatures prior to them leaving the building. Here are the answers to those great questions! We are required to monitor food temperatures daily. Our cold food leaves the building at 32-36 degrees. The hot food leaves at 165-185 degrees. The alarms that the drivers hear are the freezers warning us that the doors are open. We load the food with the doors open so the food can remain in the freezers and refrigerators as long as possible. As always, thank you for your questions!

Many Thanks!

We would like to express our extreme gratitude to all the drivers for the additional help with meals during the power outage in September. Many of you left your own homes with no power to continue your commitment to our seniors. Thank you, thank you, thank you!

Lost & Found

Someone left a lightweight jacket in Nutrition. It is a red nylon jacket with black trim from Old Navy.

A Fond Farewell & Future Opportunities

As some of you may have heard, Jane Luzadder is retiring early next year. As much as we will miss her, we are happy for Jane and Bill to be able to enjoy their retirement together. We will be interviewing for her position beginning in November and plan to have the new employee start January 1. We are also hiring a new fulltime program supervisor who will assist in the daily management of Meals on Wheels. Please see Linda Lowe for any additional information. (Job descriptions are posted on our web site at www.growingolder.org.)

Here's what our volunteers have been doing



Our fun-loving volunteers enjoyed a lively auction and delicious food at the Volunteer Picnic.



Beginnings

by Deb Parker

Picture in your mind a Council for Older Adults client. She is benefiting from the Council's Chores Program, sitting at a table writing a thank-you note on a sunny day. In her correspondence she says that even though she only has four windows, it has been years since she's been able to clean them and see so clearly. Now as a result of having volunteer window washers, she writes with the sunlight shining into her home. What a wonderful gift she has been given!



This true story is about one of hundreds of older adults who benefit from the Chores Program. Tracy Whited from Leadership Delaware County shared the story above. The Council teams up with Leadership Delaware County as well as Connections Volunteer Center to provide spring and fall chore assistance for older adults. Council-trained volunteers perform indoor tasks, like changing light bulbs, replacing a door, or fixing dripping faucets. Other volunteers from church groups, Girl Scout troops and families work outside and perform tasks like spreading mulch and raking leaves. Any individual or group that is interested in lending a hand is warmly welcomed!

The Chores Program evolved over multiple years until now, when it revolves around three annual events: Make a Difference Day, held this year on Oct. 25; Family Volunteer Day on the Saturday after Thanksgiving; and Community Service Day on the first Saturday of May each year. In addition, Chores Program volunteers from the Council lend a hand with inside and outside work year-round. Older adults are encouraged to contact the Council if they have a chore request that does not involve the use of power tools.

Greg Blatt is one volunteer who helps any time of year. He said, "My work makes a difference, and not showing up would be noticed." He added that he has done enough window washing that he is something of an aficionado... though he never wants his wife to find out! Another Chores volunteer is Michael Paplaczyk who works with his fellow parishioners from Xenos. This is a home-group based church, and they are committed to giving back to the community. Leaf raking, tub caulking, and fixing a ceiling fan are a few of Michael's contributions. "This has been a very fruitful experience," says Michael, and, "It resonates that the world is good." In today's society he feels this is extremely important.



The Council is committed to maintaining a focus on the needs of individual older adults in Delaware County. People commonly reach out to others after natural disasters, but this is about reaching out even without the disaster. Clients' particular requests, both large and small, are addressed as much as time and volunteer availability allow. As the thank-you notes illustrate, Chores Program recipients are so pleased with the extra assistance because they take pride in their homes. Volunteers and older adults all gain from their involvement. It really does make a difference!

"Do what you can to show you care about other people, and you make our world a better place." ~ Rosalyn Carter

Kudos!

Thanks to Dee Watren! On 10/9, Dee delivered meals on **two routes**. She was scheduled to do the St. Michael's route but when the driver for Georgetown Apartments phoned to say that her car wouldn't start, Dee stepped in and did both. Great job, Dee!

Chef Dan needed a pancake flipper for the Saturday morning breakfast on 11/1. We phoned and asked Dave Ruddock. Dave phoned back and said yes and that he would bring his wife, Val, also. What great volunteers!

And here with smiling faces at 6 a.m. on 10/7 to serve the Delaware General Health District breakfast were Leonard and Ruth Waugh, Vicki Mills, Mary and Bob Sprengnether, Jackie and Dave Berry, Dick Miller, Frank Phillips, Bob VanAntwerp, and Marcia Boger. How helpful they were!

Kudos to the drivers who suggested that we store the delivery bags open. It gives them a chance to air out and they're less likely to hold odors.

Our client, Juanita B., wants to give praise to the group that did a wonderful job painting her shutters and pulling the weeds on her property.

Thanks to the following group of volunteers that referred new volunteers during the Max and Erma's contest in August: Buddy Walker, Pete Shears, Carrie Curtis, Frank Jackson, Buddy Walker, Vicki Mills, Harry Fenske, Karen Pillion, Nancy Larson, Ron Lester, Bob Backus, Eileen Fogel, and Chelsea and Kim Dailey.

Congratulations to Chelsea and Kim Dailey, who won a \$25 gift certificate to Max and Erma's!



Ask Amy

Where can I get a flu shot?

The next flu shots are on Wednesday, Nov. 26 from 9:30 to 11:30 at the Center for Older Adults. Shots will be given by the Delaware General Health District. For ages 65+ with Medicare, Medigold, Anthem, a medical card, or Medicaid, there is no charge. For those working and not on Medicare, the cost is \$8 if you are high risk. If you are under 65 and not high risk, the cost is \$18.50. Just drop in!



I heard you may have a noontime Weight Watchers Program. How can I join?

We're trying to gather enough people to have a noontime Weight Watchers program. So far about 12 people are interested. If you are interested in this program, please email or call Amy Brown at (740) 203-2355 or amyb@growingolder.com.

How do I earn a blue polo shirt?

The new polo shirts that have recently been given out are for volunteers reaching their 300 hours of service milestone. They were given out at the annual volunteer picnic. The next polo shirts will be given out at our annual volunteer recognition. Keep on racking up those hours, and you will soon earn one!



Bob and Mickey Ryan were married 50 years this month.

Jerry and Wanda Cavinee were married 50 years this month.

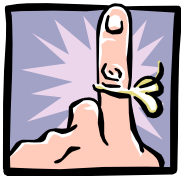
Driver Dee Dee Rister and her husband Don recently celebrated their 25th wedding anniversary.

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.)

- Nov. 15 New Volunteer Orientation, 10 a.m. to 12:30 p.m.
- Nov. 19 New Driver Training, 1:30 p.m. to 3:30 p.m.
- Nov. 20 Annual Home Care Recognition, 3 p.m.
- Nov. 26 Flu Shots, 9:30 a.m. to 11:30 a.m.
- Nov. 27-29 Center for Older Adults closed for Thanksgiving. No on-site meals or meal delivery.
- Nov. 28 Family Volunteer Day by Connections Volunteer Center. Call (740) 363-5000 for more information.
- Dec. 4 New Volunteer Orientation, 10 a.m. to 12:30 p.m.
- Dec. 8 New Driver Training, 1:30 p.m. to 3:30 p.m.
- Dec. 10 17th Annual Celebration, 7:30 a.m. to 9 a.m.
- Dec. 17 New Volunteer Orientation, 10 a.m. to 12:30 p.m.
- Dec. 22 New Driver Orientation, 1:30 p.m. to 3:30 p.m.
- Dec. 25 COA Offices Closed. No Meal Delivery
- Jan. 1 COA Offices Closed. No Meal Delivery