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Volunteer Picnic: Oct. 11



Calling all picnic lovers! It's time for our annual Fall Volunteer Picnic and Weiner Roast. We provide the hotdogs, buns, condiments, paper plates, and the fun, and volunteers bring a covered dish. This is your time to show off your favorite recipe and cooking skills!

When: Saturday, October 11
Where: Delaware Mingo Park Three Seasons Room
 (the same place as last year)
Time: 4 to 6 p.m.

Jane Luzadder will have a fun new game for everyone to enjoy. We hope you can make it! RSVP to the Volunteer Line at (740) 203-2375 and let us know how many people you are bringing.



We Did It!



We are sure you've heard the good news that the August 5 senior services levy passed with overwhelming support from our community. The passage of the levy was a real team effort. Thank you all for the important contributions that you made to this great success!

An exceptional effort was made by our volunteers on The Committee to Save Senior Services, which was led by chair Joan W. Lawrence. The members of this committee did a wonderful job of planning and implementing this year's campaign. To all of you who distributed yard signs, handed out levy materials, helped register voters, assisted the homebound with absentee voting, wrote letters of support to the newspapers, sent cards and emails to friends, and generally helped us get out the word – we salute you and thank you.

Through the efforts of all of our volunteers, local funding is secure for five more years and will enable us to continue our important work. Words can not describe how much your participation and support is appreciated by our board, our staff, and our clients. You have helped continue our tradition of excellence with volunteers leading the way, and you have again have proven what a small group of people can do when they work together. Thank you all very much.



WELCOME

NEW VOLUNTEERS FOR JULY & AUGUST!

Joyce Bastin
Thomas Blackburn
Marcia Boger
Sandra Bordick
Chad Campese
Maria Carr
Carolyn Connors
John Cross

Chelsea Dailey
Adam Doehrel
Elizabeth Duckwitz
Jennifer Foreman
Kinsey Foreman
Sarah Gray
Gary Heinze
Carissa Krauss

Edward Kramer
Shirley Kucinski
Stan Kucinski
Joe Liston
Richer Malboeuf
Lois Marino
Romy Riebe
Sandy Scherer

Fred Schmidt
Jane Schmidt
Mindy Schumann
John Scott
Sally Shiner
Peter Smith



Kudos!

We received a thank you from Tessie, one of our clients, who said, "Thank you to Girl Scout Troop 1803 for the lovely butterfly clip they made. These little handmade gifts make us shut-ins feel important. God bless you for the good job you do."

"Just a THANK YOU for arranging to have the group from the Delaware Christian Church do chores for us yesterday," said clients James Z. and Art K., who sent thank-you notes along with a donation to the Council for Older Adults!

From Scott Early, Facilities Manager at COA: "The Delaware Christian Church volunteers did an exceptional job washing windows and cleaning up our flowerbeds. Thank you!"

Mildred, a client, said, "Thanks for doing my windows outside. You did a good job!"



Ask Amy

Dear Amy:

What do we do if a client asks us to complete additional tasks for them?

Good question! Whether you are a meal driver or perform home chores, errands, or transportation, you are to direct all clients to contact their care consultant at the Council for Older Adults for future requests. I know that many times it is hard to say no, but all requests need to be referred back to the Council for Older Adults. You are only expected to do the tasks that we ask of you. If you'd like, you can tell clients that they can request you for future opportunities, and we will contact you first to see if you are available.

WIN A PRIZE WITH THE SECRET WORD!

The Secret Word for this month is "Mingo." 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:

Melissa & Leigh Hurley



Mom Leigh Hurley (left) and daughter Melissa Hurley (right) are active in the community and at COA.

Melissa and Leigh Hurley are a dynamic mother-and-daughter team who have volunteered for the COA for the past three years. They have performed home chores and are working with the Senior Farmers' Market Voucher Program. Melissa and Leigh are both very active with volunteering in other places in the community, as well. Melissa, age 18, has started a Daisy Brownie troop for her Silver Award Project. She is also in 4H and belongs to the Blue Ribbon Winners 4H Club, along with volunteering at COSI. Leigh has been a Girl Scout leader for six years. She is also a 4H advisor for the Blue Ribbon Winners 4H Club and enjoys helping the kids with their projects and watching them get excited for fair judging. Both women volunteer at the Humane Society, and their family is fostering another puppy this week.

When asked why they enjoy volunteering, they said, "We both enjoy volunteering because it is a great way to help wonderful people. It truly takes so little time and effort to help people and make a difference. There have been a few times that all of my volunteer worlds have collided, and that is ok. So far, it has worked out! We try to help my Girl Scouts plan activities to get them involved in volunteer activities, whether it is with other troops, Make a Difference Day, nursing homes, or even with their church. When I see or hear them get excited about what they are doing or who they meet while volunteering, it makes it all worth it!"

Leigh says, "My volunteer activities are my hobbies. They really do not cost anything other than time – and we all have time."

The Hurleys enjoy camping as a family. Their perfect vacation would be to Walt Disney World, and Melissa would prefer it to include a cruise! That would be a great reward for this hard-working volunteer team for all of their community service. Congratulations, Leigh and Melissa, and thank you for all that you do!

New Volunteer Opportunities



Here we grow again! We are ready to split two meal routes, and new drivers are needed. Every time we split a meal route, we need 5-10 drivers to cover the new route. Please let us know if any of your friends and neighbors are looking for a fun volunteer opportunity. Have them contact Amy at amyb@growingolder.org or (740) 203-2355.

Internships available for college students. Do you know any college students looking for a volunteer internship or a work-study opportunity? Many times we can arrange these with the local colleges either for credit or work-study. The COA has developed two internships (one in our Volunteer Office and the other in Food & Nutrition Services), and we will evaluate interested candidates. Call Amy for more information.

Do you know sign language? We are looking for someone to offer sign language interpretation on an as-needed basis for our workshops and trainings. If you have these skills, contact Sue at (740) 363-6677.

Bookworms Needed! We're in search of someone interested in helping us organize and catalog books and other materials in our Resource Center. Some knowledge of online library services would be helpful. For more information call Sue at the Council.

Have fast (and accurate) fingers? We are looking for a volunteer to perform data entry functions. Must have experience with Microsoft Word and Access software. Call Amy and let her know if you are interested.

Board of Directors openings. New executive board members are being sought. If you are interested, please contact Bob Horrocks at (740) 203-2359 for additional information or visit our website at www.growingolder.org.

National Volunteer Day of Service

October 25



Make a Difference Day is the nation's largest day of individual and organizational volunteering which builds stronger communities. This year, Saturday, October 25, has been set aside as the day to lend a helping hand. Connections Volunteer Center is organizing a countywide search for volunteers and projects and is making a concerted effort to involve as many people as possible who will give a little time to make a big difference.

Join Connections for a fun-filled day, beginning with a kickoff breakfast at the Delaware Area Career Center North Campus at 8:30 a.m. and begin volunteering by 9 a.m. As Coach Jim Tressel and Ohio First Lady Frances Strickland, Co-Chairs of Make a Difference Day Ohio said, "Volunteering is

contagious, and we hope that even more Ohio citizens catch the spirit and take the opportunity to pay it forward. Please join us in making our communities, and our state, a better place to live!"

It's time to get involved. Make A Difference Day is an opportunity to be a role model to your grandchildren, neighbors, and friends. It is a day to connect with your community and a day to "make a difference in Delaware County."

The Council for Older Adults will be partnering with Connections by providing projects for Make a Difference Day volunteers. Volunteers will be doing outside home chores for home-bound seniors who are clients of the Council for Older Adults.

For more information or to volunteer, please call Connections Volunteer Center at (740) 363-5000 or email spingry@helplinedelmor.org.

Did You Know?

- ? The membership of the Activity Center at the Center for Older Adults is growing by leaps and bounds since its opening! In December 2007, there were about 750 members. Now the membership for the Activity Center is almost 2,500! (The Activity Center is managed by Senior Citizens Inc. of Delaware County.)
- ? Between 1990 and 2000, Delaware County's older population grew by 46%, compared to 4% in Ohio overall.
- ? The County's population as a whole is projected to increase by 90% from the year 2000 to 2020.
- ? The older population will increase from 12,734 in 2000 to 42,896 in the year 2020 - a 337% increase!
- ? By 2020, one in every five Delaware County residents will be age 60 or older.

With a growing older population like ours, you can see why our volunteers are both needed **and** appreciated!

And the Incentive Contest Winners Are...

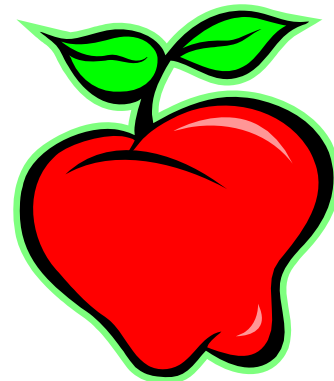
"Make a Difference Everyday"
July - Hazel Miller
August - Leonard Waugh

"Go the Extra Mile"
July - Pat Milner
August - Bob Bishop

Each winner received a \$25 gas gift certificate.



Tasty News from Food & Nutritional Services



Please remember to wear your name badge each day you deliver! It is very important that we are identified when entering our clients' homes. In the near future, it will be necessary to have your badge when redeeming your lunch ticket, so please get in the habit now.

Drivers Corner

Here are a few tips and reminders for our delightful and dedicated drivers:

- Please be sure to read the delivery instructions for each client every day, as they may change.
- Remember to use the insulated pillows in the delivery bags to ensure safe food temperatures. Never remove the pillows from the delivery bags.
- Please do not pull under the loading canopy until it is time for your group to go out. If you pull in before your assigned time, you may prevent a driver that is in an earlier group from loading and departing for their route.

Here's what our volunteers have been doing

10th Annual Wine Tasting Fundraiser Sept. 4, 2008

Many COA volunteers pitched in to help the Committee to Save Senior Services with its 10th annual Wine Tasting Fundraiser on Sept. 4. Volunteers helped with every aspect of this memorable evening - from gathering donations and coordinating the silent auction, to assisting with guest registration, set-up and tear-down. Please accept our gratitude for all your help. A great evening was had by all, and we couldn't have done it without YOU!



Left to right: Joni Paxton, Margie West and Sue Baumgardner (staff) of the Wine Tasting Silent Auction Committee



Left to right: Edie Balsler of Senior Citizens Inc. enjoys a delicious light meal with volunteers Leonard & Ruth Waugh.

Beginnings

by Deb Parker

A beginning is defined as “a process of coming, or being brought into being.” The passing of the recent senior services levy sparked memories for volunteer Luella Yarnell. She reminisced about the process of beginning the Council for Older Adults and of the first Council levy. Luella, as a volunteer and as the second COA president, lived through each step of those beginnings.

Luella said everything started in the early 1990s when a large group of people active in serving the citizens of Delaware came together to discuss senior services in the county. She attended the first meetings. This all-volunteer group defined a need for an organization that would support older adults in finding services spread out over many organizations. The organization would also be committed to keeping people in their homes. The Council started and grew because of the focus on these very important needs in the county.

Those early days of forming the Council involved lots of work as well as some exciting moments. The first organizers met wherever they could find a room. An early step in the process of creating the Council was to bring on Bob Horrocks as Executive Director. The volunteer group needed a leader - and they chose the right one! Luella explained, “Bob is so informed. He stays with things to see that they get done correctly.”

The early offices consisted of three little rooms with a card table, a desk and some chairs. It was all the Council could afford, and it sufficed. However, raising money was the next vital step in the process. The first levy campaign was organized out of those little rooms, and at one point they were stuffed full of yard signs. According to Luella, the volunteers went house to house to explain the Council to citizens. There were not many people working with the Council at that point, and the information campaign took lots of energy. Some volunteers even stood on street corners to get the word out to educate the voters in Delaware County!

Imagine the excitement when that first senior services levy passed. On election night, everyone involved in getting the council going met in the basement of a pizza place and celebrated.

Now think of all the good that came out of this work. The Council for Older Adults is “one stop shopping” for our older citizens. The Council publishes the Senior Services Directory, operates the Meals on Wheels program, and provides in-home services like chores and personal care. Its list of services and achievements goes on from there. Luella marveled at Bob’s ability to find the right people for the right jobs. Step by step, the Council has grown to support older adults to help them stay in their homes by providing access to services as they are needed.

Don’t forget the fun, either! Luella continued to volunteer after being President and enjoys working with others. Nowadays she invites older adults to come into the new Council offices at the Center for Older Adults to see what the Council and Senior Citizens, Inc., have to offer. Delaware County’s older people have so much available to them as a result of those simple, focused beginnings.



Left to right: Judy Barber, Luella Yarnell, Bob Horrocks, and Joan Holland were only a few of those who worked to pass the first senior services levy in 1994.

Eileen Fogel: Medical Mutual's Outstanding Senior Volunteer



Every year, Medical Mutual of Ohio recognizes those individuals who devote their time and energies to others. And this year, Medical Mutual recognized our own Eileen Fogel as Central Ohio Outstanding Senior Volunteer! Eileen Fogel was nominated by the Council for Older Adults for the outstanding volunteer work that she gives to our organization. Eileen brings joy to all those around her. Eileen has been a volunteer at COA since June 2006.

One way that Eileen lends a hand at the Council is by coordinating volunteers to assemble mailings. Several times a month, Eileen rounds up the help needed to ensure that the Council's publications will go out as scheduled to thousands of recipients. She also volunteers for the Senior Farmers' Market Voucher Program which distributes vouchers to older adults to purchase fresh fruits and vegetables. In addition, she works one day a week as a dining room assistant in our Studio 60 dining room at the Center for Older Adults. Eileen is always pleasant and comes in to volunteer with her "can do" attitude.

When Eileen won the "Rookie of the Year" award last year, she said that she did not deserve such a great honor. We think differently! She is always available to assist, no matter what the project, from mailings to special events, in the dining room, and at the farmers' market; there is no job too big or small for Eileen.

Eileen is a mother and grandmother and works part-time at Buehler's grocery store. She is a joy to work with and is always looking for additional ways to assist us. The Council staff looks forward to the days each week when Eileen comes to the office to volunteer. Eileen, thanks for all you do!

Upcoming Events

9th Annual Insurance Seminar. Oct. 22, 8:30 a.m. -12:30 p.m. Registration begins at 8 a.m. This is a free seminar for older adults, caregivers, or anyone interested in Medicare insurance. Free Continental breakfast provided. Learn the ABC's of Medicare as well as Preventative Benefits, Part D Drug Coverage and get your questions answered concerning Reverse Mortgage and Long Term Care Insurance. You can pick up a flyer with a registration form at COA or to register online, go to www.growingolder.org/insurancesignup.asp. Registration deadline is Oct. 8.

Caregiver Retreat. The 4th annual Caregiver Retreat, the "Pack Up Your Cares Get-A-Way," will be held Nov. 8, from 8:30 a.m. to 2:30 p.m. at the Center for Older Adults, 800 Cheshire Rd. Activities will include a cooking demonstration, jewelry making, chair massage, facials and more. Registration fee is \$15 and includes breakfast and lunch. RSVPs are due by Oct. 24. For more information, please call Jen Spicer at (740) 363-6677.

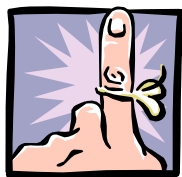
2007 Tax Return Required for Economic Stimulus Checks. Some people may have already received checks from the Economic Stimulus Package, yet many of you or your friends may be unaware of the Stimulus Package, or the tax return requirement. **In order to receive a rebate, you MUST file a 2007 tax return (even if your income is normally too low to file a return).** In order to receive a check, recipients MUST file by Oct. 15, 2008. Stimulus Payment checks will not be available after 2008. For more information and to apply call Tara, Insurance Specialist, at the Council for Older Adults at (740) 363-6677. (Tara can also assist older adults by preparing tax returns on their behalf!)

This Volunteer Newsletter is published by:



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Dates to Remember



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.

Upcoming Trainings & Events:

Sept. 11 from 6-8:30 p.m. - Mission, Vision, and Values Orientation

Sept. 17 from 10 a.m.-12:30 p.m. - Mission, Vision, and Values Orientation

Sept. 13-20 - Stop and see us at the Delaware County Fair! (Our booth will be in the Merchants' Building.)

Oct. 2 from 6-8:30 p.m. - Mission, Vision, and Values Orientation

Oct. 11 from 4-6 p.m. - Annual Volunteer Weiner Roast & Potluck

Oct. 15 from 10 a.m.-12:30 p.m. - Mission, Vision, and Values Orientation

Oct. 22 from 9 a.m.-12:30 p.m. - Insurance Seminar

Oct. 25 from 8:30 a.m.-12 p.m. - Annual Make a Difference Day Project, Delaware Career Center (North Campus)