

THE HELPING HAND

Volume 1, Issue 5

Fall 2003

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EXPANDING HORIZONS AND BRIDGING GENERATIONS

By Dan Lundquist

Neighbors Helping Neighbors (NHN) program is pleased to announce two major developments! First, as of September, 2003, NHN has expanded its catchment area to include seniors who live between 1300 East and Redwood Road, 900 South and 2700 South! We have partnered with the Sorenson Multicultural Center where we have our first "satellite" office site!

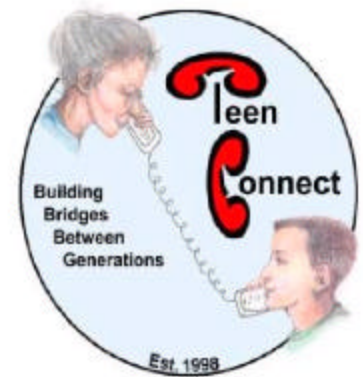
Secondly, NHN is collaborating with Rowland-Hall St. Mark's High School to implement a new service component called TEEN CONNECT. TEEN CONNECT is an intergenerational project that matches youth from Rowland-Hall St. Mark's High School with elderly

participants from NHN in a mutually beneficial relationship.

Youth will have the opportunity to provide community service by calling community-dwelling seniors on a weekly basis and providing socialization over the phone as well as safety checks. Through participation in the program, the youth will gain knowledge, experience, and skills that will help them throughout their lives. The youth volunteers will find that their stereotypes of the elderly will be challenged. New opinions will be formed and an increased sensitivity for the elderly will develop.

Additionally, youth will learn first hand about the issues and problems facing the elderly. Youth will also find that their communication skills will improve as they converse with people out of their normal peer group. The best part of their learning and increasing of skills is that it is done through service to others.

The elderly participants in TEEN CONNECT will find that there is more for them in the program than just a chance to help teens. The



elderly may experience a decrease in loneliness, anxiety, and depression, as they converse with the youth. They may feel a little more connected to the "outside" world. They may also find that stereotypes they hold about teens are challenged. They will get a chance to pass on wisdom, learned through personal life experience, to today's teens. TEEN CONNECT offers seniors the chance to still contribute to their community by building relationships with local youth.

NHN is proud to partner with Sorenson Multicultural Center and Rowland-Hall St. Mark's High School. We look forward to seeing relationships form that will help bridge the gap between the young and the elderly.



**SENIOR CENTER
EVENTS**

Senior Center Activities:
Columbus Senior Center
(412-3295) (2531 S. 400 E.)

- ? Dec. 22nd– Legal Service, 11:00
- ? Dec. 23rd– Favorite Christmas Stories, 10:30am
- ? Dec. 29th– History through the Decades 11:00 am(1940-1949)
- ? Dec. 30th– Growing up in the Depression 11:30am
- ? Dec. 31st– New Years Eve Party, 11:00am

Sunday Anderson Senior Center
(538-2092) (868 W. 900 S.)

- ?Computer, internet, geneology, and word processing classes.
- Call Sunday Anderson 538-2092
- Exercise Classes**– Mon., Wed, Fri, 10am
- ? Dec. 22nd– Beehive Statesmen Men’s Choir, 11:30am
- ? Dec. 29th– Kwanza Presentation, 11:30
- ? Dec. 31st– Happy Noon Year Party, 11:30

Friendly Neighborhood Senior Center
(468-2781) (1992 S. 200 E.)

Square Dance Lessons for further information call Conrad Lloyd at 414-4723 or 750-8190

MESSAGE FROM THE ASSOCIATE DIRECTOR...



Carolyn Moore
Associate Program Director

“What? You’re asking them to give...why some of those folks qualify to get services! It is incredulous! It’ll never work!”

There were skeptics. Well, it does work! And Neighbors Helping Neighbors is an example, where asking people to give actually helps them. Many of our senior recipients didn’t need our services a few years ago.

In fact, they were the ones who often were serving others. They expressed their care in their younger and more energetic days by getting involved in their churches, youth groups, civic organizations, and neighborhoods. Now life has brought them to another stage of their lives and the tables are turned.

Some elders think if they accept our service, they would be accepting charity. Of course, this can be demoralizing and lead to a “helpless victim” way of thinking. Actually, we ask for an exchange. Seniors *can* contribute. Their

giving may not be in the same manner as in the past, but it is just as helpful and valuable. They can educate our volunteers about the challenges of aging, provide companionship, and serve as role models. Through them we can see how to accept the help of others and life’s limitations gracefully. These are valuable insights and worthy of the exchange. NHN’s new TEEN CONNECT project is one way this exchange can happen.

So, during this holiday season— as well as throughout the coming new year, let us not be so narrow in our thinking, that we doubt the capability and desire of those we serve, to also contribute. Sometimes the best thing we can do is to ask them to give.

Carolyn Moore

**CITY LIBRARY
EVENTS**

2:00pm-4:00pm ALL LOCATIONS

- **Dec. 27 th** - “Kwanzaa”- Celebration of culture of African Americans
- **Dec. 30th** - “Sweet Reads” Bring something you’ve enjoyed reading to this new book group.

University of Utah Health and Aging Study

Married couples are needed to participate in a National Institutes of Aging funded research study examining marital relations and cardiovascular health. For more information contact the University of Utah, Health and Aging Study at 585-5219.

Requirements:

- One spouse must be between ages of 40 and 50 years or 60 and 70 years
- Age difference between spouses no greater than 10 years
- Married at least 5 years or longer
- In good health, not currently taking heart medications

The study is conducted at the University of Utah, involves three appointments, and a time commitment of approximately 7-8 hours. **Compensation includes:**

- Payment for time and travel
- Results of blood lipid analysis and coronary CT scan

“NEIGHBORLY NEWS”

- **Utah Donor Registry**- “You’re never too old to be a donor. You’re never too old to be a hero.” -Lavell Edwards To sign-up for organ, eye and tissue donation, visit the Utah Donor Registry at www.yesutah.org or call 1-866-YES-UTAH.
- **Volunteer with Salt Lake County Aging**– RSVP- “Retired and Senior Volunteer Program”at 468-2490.
- **Utah Cares**- New website helps you find state and community services. Check it out at <http://www.utahcare.utah.gov>.
- **Do you qualify for Reduced Phone Rates?**- **Utah Low-Income Telephone Assistance Program** -discount on your monthly phone bills and hook-up fees. Qwest telephone customers call your local phone company directly for an application.
- **High Costs of Energy Bills getting you down?**- Assists eligible households in meeting the rising costs of home heating. Call H.E.A.T. at 521-6107.
- **Weatherization**– helps qualified low-income persons to make their homes more energy efficient by providing home energy evaluations, insulation, air sealing, furnace repairs, and emergency furnace replacements. Call 359-2444.
- **H.E.L.P.** -specifically for qualified Utah Power/PacifiCorp customers. Provides up to an \$8 discount each month on the customer’s electric bill. Call 1-866-205-HELP (4357).

VOLUNTEER SERVICE SPOTLIGHT: “FALLING LEAVES BRING LIFTING HANDS”

By Ryan Engar



With the change of seasons and the holidays at our front door, the spirit of selfless giving is here. The Neighbors Helping Neighbors participants are proud recipients of such service.

In November, NHN received a call from a group who said they had 72

people that would like to make a difference in the lives of seniors in the Salt Lake area. Groups this size do not come along very often. NHN quickly assigned work for them to do.

The name of this group is Wasatch Advisors. They were able to make considerable changes to seven different homes. Many yards were weeded, pruned, and raked clean. Rain gutters were cleared for the coming rain and snow, and windows were cleaned. The Wasatch Advisors insisted on purchasing and supplying all of the materials needed

to accomplish their tasks. This list included renting a dumpster for garbage removal, new blinds, cleaning supplies, tools and much more, not to mention the many donated hours of capable, hard working, and dedicated volunteers.

What a success this project turned out to be! The overwhelmed and heavy burdened seniors were given a fresh start.



Their hope was replenished and faith restored. Now they are able to enjoy the holidays in clean, safe homes knowing there are people in their own community who care about their safety and well-being.

VOLUNTEER CORNER

On-going Activities

- Befriend participants; provide home visits and companionship
- Telephone reassurance
- Accompany participants on walks
- Run errands/shopping
- Care for pets
- Light housekeeping
- Provide transportation
- Conduct recreation and leisure activities
- Assist with writing/organizing family genealogies

As-Needed Activities

- Spring cleaning
- Seasonal yard work
- Home repairs, maintenance, and safety modifications
- Interior/exterior painting
- Provide holiday/birthday visits
- Make special purchases/donations
- Provide special entertainment

Administrative Activities

- Maintain newspaper ads, volunteer websites, church bulletin inserts, and other PR efforts
- Distribute flyers, brochures, and other program materials throughout the program's catchment area
- Maintain a community resource file/loan library
- Filing and data entry
- Organize and maintain picture files and scrapbook
- Mass mailings
- Follow-up with internet resources and information
- Create flyers and cards on computer

**WAYS YOU CAN LEND
A HELPING HAND**

Below is a list of specific participant needs that volunteers can fulfill.

Things to do:

- Clean carpets
- Sand/varnish a front door
- Do light housekeeping (vacuuming, dusting, etc.)
- Yard work (raking, weeding, mowing, planting, trimming, edging, etc.)
- Mow lawns/shovel snow routinely
- Paint living room, kitchen, & hallway

Needed Items:

- 2 wedge cushions
- Lawnmower
- Vacuum Cleaner
- Lift chair





NONPROFIT ORGANIZATION
 U.S. POSTAGE PAID
 PERMIT NUMBER 1529
 SALT LAKE CITY,
 UTAH

Neighbors Helping Neighbors
 395 S. 1500 East Room 207
 Salt Lake City, UT 84112-0260

Phone: 801-581-5162
 Fax: 801-585-6865
 Email: Nancy.Kelley@socwk.utah.edu
 Website: <http://www.socwk.utah.edu/neighbors.asp>

ABOUT NEIGHBORS HELPING NEIGHBORS

NHN strives to enable elderly individuals to reside in the community for as long as possible. The *mission* of NHN is to improve the health, safety, and quality of life of community-dwelling seniors through the promotion and maintenance of independent living. NHN uses a community building approach to mobilize various entities within the community to participate in meeting the needs of neighboring seniors. Recognizing that formal aging service systems are often overwhelmed by the demand for services and lack of sufficient resources, NHN attempts to bridge this gap by accessing resources from the informal support network (e.g., neighbors, local businesses, social groups, religious, and civic organizations).

“Never Doubt that a group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

-Margaret Mead

SPECIAL THANKS TO OUR SPONSORS AND PARTNERS

NHN would like to thank the following sponsors and community and agency partners for their time and contributions.

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W.D. Goodwill Family Foundation
 University of Utah College of Social Work– Initiatives on Aging
 Sorenson Multicultural Center
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 Utah Division of Aging and Adult Services
 Valley Mental Health Services

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 University/Neighborhood Partnership
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