

THE HELPING HAND

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NHN CELEBRATES VOLUNTEER RECOGNITION/STUDENT APPRECIATION

By Nancy Kelley-Gillespie

Neighbors Helping Neighbors (NHN) was proud to have its 3rd annual Volunteer Recognition and Student Appreciation dinner on Thursday, April 16th, 2003! Twenty-five community and student volunteers and five practicum students were honored for their time, energy, and commitment to the program during the past twelve months.

Two volunteers were named as "Volunteer of the Year" (Ha Khong & Paul Jenkins). This event was a *small* way of showing appreciation for making *big* differences in the lives of our program participants as well as really contributing to building our community. Community members and students are truly the backbone of NHN— they are the ones who are out in the community discovering what the needs of the elderly are, bringing those needs to the attention of NHN, and helping to coordinate efforts to meet those needs. A total of 1,711



Front (from left to right): Lindsey Johnson (volunteer), Marci Guevara (practicum student) Back (from left to right): Jann Nishimoto (practicum student), Carolyn Moore (Associate Director), and Natalie Harris (practicum student)

volunteer hours (valued at \$28,300) were contributed to NHN during the past year. Individual volunteers put in 1,126 hours toward friendly visiting and office help. Another 585 volunteer hours were done by 15 different community groups and organizations who completed 26 community service projects. Additionally, the practicum students contributed a total of 2,100 hours of their time. The hard work and dedication of these volunteers and students has not gone unnoticed and is much appreciated by all participants of the program. We commend you and all of

your efforts; you have truly been assets to the NHN program. We bid farewell to this year's practicum students and wish you the best of luck in your future endeavors! But, we look forward to continuing to work with the community and student volunteers!



Paul Jenkins is recognized as a 2003 "Volunteer of the Year" for his great service with NHN.

CALENDAR OF EVENTS

MAY

MAY is "National Older Americans Month"
25th- Memorial Day Concert (8:00pm -9:30pm) on PBS. Tribute to Americans who have risked death in military conflict
29th- Project C.A.R.E.'s Resource Fair (9:00am-1:00pm)
 Liberty Senior Center (251 E. 700 S. SLC)

JUNE

21st- "Join Hands Day"
 Youth and Adults Volunteering Together
21st- "Embracing and Encouraging the Care-giver" Free Conference (8:30am-3:00pm)
 For more information call 468-2460.
25th- "Aging Family Caregivers Workshop"
 For older caregivers and professional service providers who serve people with developmental disabilities. Location: Provo Marriott Hotel. For more information call 538-3926.
28th- Liberty Sr. Center YARD SALE and Chuckwagon Breakfast (251 E. 700 S. SLC) Call 532-5079 for more information.

AUGUST

1-3 "The Time of Your Life Expo." Products and services to meet the needs of adults 40 and over. Location: South Towne Expo Center Stage Presentations Friday, 12:00pm-10pm; Saturday, 10:00am-10:00pm; Sunday, 10am-6pm. Workshops will be held daily from 10am-5pm Admission is \$5.75 for adults, Seniors (60+) \$3.75, under 12 free. Discount coupons available at all 7-Eleven stores.
 For more information call 571-9012.

Mid-Career/Pre-Retirement Seminars:

May 29th- Provo City Council Room
June 12, 13- West Jordan City Council Room 8000 S. Redwood Road, 3rd floor
June 26, 27- Davis School District Offices, 70 E. 100 N. Farmington, 2nd floor
July 31, Aug 1- Smith Center Starlight Room Southern Utah University, Cedar City
 (Seminars run from 9am-4pm)
 For more information call 366-7700 or (800) 365-8772.

Friendly Neighborhood Center:

(1992 S. 200 E. SLC)
May 14th 12:45 pm Workshop for the Visually Impaired
May 21st 3:00 pm Workshop on Depression 10:00 am Trip to Red Butte Gardens
May 29th 10:45am Blood Pressure/Sugar Clinic

Liberty Senior Center:

(251 E. 700 S. SLC)
May 21st- Healthy Central City-improve health in your neighborhood, FREE DINNER
May 27th- Podiatrist 9:00am-11:00am basic foot care; suggested donation \$5
June 4th- Patient Medication Assist Program 10am-12:00pm
June 12th- Blood Pressure Check 10am-12:00pm
June 17th- Free Legal Consultation
June 19th- Blood Pressure Check 10am-12:00pm

MESSAGE FROM THE DIRECTOR...



Nancy Kelley -Gillespie, Program Director

This issue of the NHN newsletter is devoted to highlighting the efforts of volunteers and social

work practicum students who have contributed many, many hours of their time and energy to the program and its participants. Volunteers and students are wonderful resources on which NHN relies. The front page showcases the annual Volunteer Recognition and Student Appreciation event held this past April. On the third page, you will find a profile of one of this year's Volunteers of the Year (Ha Khong). NHN is in an excellent position to promote campus-community connections and offer learning experiences to a wide variety of

students. The student quotes on this page exemplify the opportunities and experiences offered to students. We look forward to continuing our work with our current volunteers and developing relationships with new volunteers and future practicum students. However, we bid farewell to this years talented and skilled students. Thank you for all you have done and good luck in your future endeavors! You will truly be missed!

Nancy Kelley-Gillespie

Practicum Students Say Good-bye to

From left to right: Jann Nishimoto, Natalie Harris, Marci Guevara, & Poloko Mmonadibe



of such a great and worthwhile work. I am grateful for all the seniors who opened up their homes to me and gave me a glimpse of their grace, strength, perseverance, humor, and kindness. My life has been touched by the beauty of their lives and I will never be the same. It has been a privilege to be a part of NHN, and I am grateful to have been with you all."
 -Jann Nishimoto (Distance Ed. 1st yr. MSW student)

"Interning at Goodwill's Neighbors Helping Neighbors has been a great year of learning experience. Working with senior citizens was quite interesting. I have come to understand how they are sometimes exploited and abused. Most importantly it enhanced my conscio usness about my practice as a social worker in the sense that I became aware of some of the dilemmas that usually emerge as a results of the conflict between senior's beliefs and the practice requirements, ethics and values. I also loved working with volunteers who were very dedicated to help improve the well being of senior citizens. I think that NHN has brought a remarkable change to the lives of many senior citizens with low income and it has brightened their well being in many ways. I am very glad that I was able to participate in that too."
 -Poloko Nugget Mmonadibe (1st yr. MSW student)

"This year has been great. I have loved working with Neighbors Helping Neighbors. I have enjoyed getting to know the seniors and have learned a lot from them. I have truly appreciated working with Bill and Nancy and all of the students. Thank you for this experience and your support."
 -Natalie Harris (1st yr. MSW student)

COMMUNITY RESOURCES

Estate Planning: Suddenly Single- legal and financial steps after sudden death of a spouse.
 Record of Important Papers and Valuable Property- guide your executor or family to important papers, properties, and obligations of your estate.
 Order **FREE** brochures by calling (801) 366-7372 or toll free (800) 753-7372

FRAUD ALERT: Fraudulent advertising campaign using the names of Bank One and Carat Press. The copy of the ad reads: "We can help all financial needs Small or Large Business" If you are solicited with this advertisement, please notify Bank One Corporate Security (602) 221-4757

Life Care's Home Security Project: Free Home Security Repair (e.g. deadbolt locks, peepholes, secure windows, install/repair lights, install smoke detectors, replace broken doors, etc.)
 Call **978-2452**

University of Utah Health and Aging Study: Married couples are needed to participate in research examining marital relations and cardiovascular health (one spouse must be between 60-70 yrs., age difference no greater than 10 yrs., married at least 5 years, and in good health) Receive up to \$400.00 per couple. For more information contact 585-5219.

Grandfamilies: Relatives As Parents Support Services. The Children's Service Society 124 S. 400 E. Ste 400 355-7444; Provides Support Groups, Informational Classes, Advocacy, and Family Fun.

Caregiver Assistance: Free classes, seminars and support groups (e.g., General Support Groups, Lunchtime Groups, Alzheimers/Dementia Groups, Powerful Tools for Care Giving). To register call 468-2840.

Internet Training for Seniors: MAY 28th. Main Library 210 East 400 South. Registration Required. For more info call 524-8200.

VOLUNTEER SPOTLIGHT

HA KHONG, NHN 2003 "VOLUNTEER OF THE YEAR"

By Ha Khong

I have been a volunteer with Neighbors Helping Neighbors since 2001. I first visited with one woman in her home twice a week until she passed away. I had a great time visiting her. I will never forget her and how friendly she was and the love she had for me. She made me realize that when we get old we have fewer friends and loved ones around for us to rely on. So, I continued to want to visit people. Now, I visit another lady who is quite lovely and friendly. I visit with her once a week and call her a couple times every week. I know she likes it when I visit and call because it's hard for her to say good-bye. No matter how busy I am, I still find some

time to volunteer. Volunteering is very important to me and it makes me feel good to help other people. I know I make a difference in the lives of the people I visit with and help! I also help Neighbors Helping Neighbors with other projects that help make the program more visible to the community as well as meet its growing development and administrative needs. For example, I have helped put together flyers, brochures, and mailings, made a display board, and made banners to celebrate volunteers, participants, and students. I have also



From left to right: Carolyn Moore, Associate Director, Nancy Kelley-Gillespie, Director, Ha Khong 2003 "Volunteer of the Year."

put together holiday packages to be delivered to some of the seniors in our program as well as doing research to find opportunities for grants and resources for volunteers and program participants. NHN has given me a lot of great experience for my future!

WAYS YOU CAN LEND A HELPING HAND

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

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

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

Things to do:

- Clean carpets
- Wash walls, ceilings, and windows
- Clean and hang curtains
- Paint the exterior of a home
- Paint a kitchen
- Paint a living room, hallway, and dining room
- Do light housekeeping (vacuuming, dusting, etc.)
- Yard work (raking, weeding, mowing, planting, trimming, etc.)
- Mow lawns/shovel snow routinely
- Replace carpeting

Needed Items:

- 2 wedge cushions
- Curtains
- Carpet

W.D. Goodwill's Neighbors
Helping Neighbors



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W.D. Goodwill's Social Work
Initiatives on Aging
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“Never doubt that a group
of thoughtful, committed
citizens can change the
world; indeed, it's the only
thing that ever has.”
-Margaret Mead

ABOUT NEIGHBORS HELPING NEIGHBORS

The mission of Neighbors Helping Neighbors is to improve the health, safety, and quality of life of community-dwelling elderly people by promoting independent living by building community partnerships among neighbors, local businesses, social groups, and religious and civic organizations.

Neighbors Helping Neighbors recognizes the gap between formal aging service networks and the needs of the elderly people residing in the community. In an effort to fill this gap, the program is designed to link older people in need with formal aging services when possible as well as tap into valuable resources within the informal support networks of their own neighborhood by creating partnerships with various community members and leaders.

SPECIAL THANKS TO SPONSORS AND PARTNERS

Neighbors Helping Neighbors would like to thank the following sponsors and community partners for their time and contributions.

Sponsors:

- W.D. Goodwill Family Foundation
- University of Utah College of Social Work- Initiatives on Aging

Partners:

- Lowell Bennion Community Services Center
- LifeCare
- Valley Mental Health Services
- Salt Lake County Aging Services
- Friendly Neighborhood Senior Center
- Jewish Family Services
- Project C.A.R.E.
- Columbus Senior Center