

THE HELPING HAND

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"Neighborhood Blitz" Kicked Off by Mayor Rocky Anderson in Honor of Martin Luther King, Jr. Day

By Nancy Kelley-Gillespie

January 19th, 2004 was a day of recognition for Martin Luther King, Jr. and his commitment and vision to community service. More than 70 volunteers from such groups as Americorps Vista, Rowland Hall-St. Mark's Upper School, Mayor Rocky Anderson and his staff, and



Sorensen Multicultural Center (SMC) to receive their assignments and words of encouragement from Mayor Rocky Anderson. Then, despite the cold weather, the volunteers canvassed Salt Lake City on foot only to return to SMC for hot cocoa and warm pizza when they were done. This



Neighbors Helping Neighbors (NHN) showed up to help distribute information door-to-door about NHN and voter registration. Approximately 2,000 packets of information were distributed throughout NHN's catchment area in Salt Lake City. The group of volunteers met at the

community service project was a huge success! NHN is very grateful for the time and commitment of all of the volunteers who helped with this event! We appreciate the opportunity to work with such a diverse group of volunteers and to be the recipient of the benefits of their great work. A special thank you for a job well done goes out to Shelly Beil from

Americorp Vista and Liz Paige from Rowland Hall-St. Mark's for their coordination of this event. NHN cannot help elderly people in need if they do not know about the program. This "blitz" is just one way of providing community members with information about resources available to the elderly, who may be themselves, their family members, or neighbors.



CALENDAR OF EVENTS

March

17th– St. Patrick’s Day
 27th– Diabetes EXPO (Southtown Expo Center 10am–4pm, \$3 for seniors, \$5 for adults)

April

5th–9th– Careers in Aging Week Exhibit (University of Utah College of Social Work, Room 207)

6th– Careers in Aging Week Panel Presentation (1-2:30pm, University of Utah College of Social Work, Room 207)

11th– Easter

18th–24th– National Volunteer Week

29th– NHN Volunteer/Student Recognition and Westside Open House (6pm, Sorenson Multicultural Center)

May

National Older Americans Month

9th– Mother’s Day

10th–14th– National Senior Center Week

24th–30th– Older Americans Mental Health Week

26th– National Senior Health and Fitness Day

27th– Project Care Resource Fair (9am–1pm, Liberty Senior Center)

31st– Memorial Day

TBA– TEEN CONNECT GALLA

TBA– Lifecare’s Spring Spruce Up

TBA– Sen. Hatch’s Senior Conference

A special thanks from NHN to Papa John’s Pizza for sponsoring the “Neighborhood Blitz”

**MESSAGE FROM THE ASSOCIATE DIRECTOR...
 “Looking Back and Moving Forward”**



Ryan Engar
 Associate Program Director

Spring is here, or at least the calendar says so! While the snow is slowly melting, NHN is getting ready for a busy spring and summer, with clean up projects, organizing groups for seniors, and responding to referrals. Some of the recent referrals we’ve received were in response to a “Neighborhood Blitz” on Martin Luther King, Jr. Day. Volunteers for this event came from the Mayor’s office, including Rocky Anderson himself, Americorps Vista, and Rowland Hall—St. Mark’s Upper School. Other past projects have proven to be a source of much happiness for our program participants through the winter months. As Salt Lake City was below freezing for days on end, many

of our participants were able to enjoy their clean, warm homes knowing that when all of the snow melts their trees and rose bushes will be ready for a new season having been trimmed and cared for.

Practicum students continue to support the elderly in our community this spring by facilitating small focus groups in senior centers and an adult day care facility. These groups will give the students a great learning experience. The group sessions will also benefit the attending seniors by teaching them a new skill or providing a new piece of information that (if applied) will enrich their lives. These groups are spotlighted on page 3 of this newsletter.

NHN is continually expanding. Generosity paves the road to program expansion and mission fulfillment. So far, the expansion trail has been paved by many caring, capable and service-oriented community members. Odd jobs have been completed, friendly visits have been made, small gifts have been given, and donated appliances have found new homes as NHN continues to fulfill its purpose. Those

involved with NHN now look forward to other service opportunities they can engage in that will improve the quality of life of our elderly neighbors.

There are multiple ways to expand. With the help of volunteers and community partners, the vision of community-based service will be continually painted to create an illustration reflecting the hard work of those involved. Contributions of time, money, donations, labor, and the like from groups and individuals make all the difference in the world!

Thank you participants for allowing NHN to be a part of your lives. Thank you staff, students, and volunteers for your creative thinking, hard work, and willing hearts. There is no other work more important than that of selfless service to those who are in need. May this newsletter find you healthy, happy, gratified, and ready to start another exciting year.

Ryan Engar

“NEIGHBORLY NEWS”

- **Earn Money, participate in Study of Brain Functioning-** Adults ages 40-50 or 60-70 interested in spending two hours performing cognitive tasks and filling out questionnaires for University of Utah Psychology Department. For more information contact Dr. Yana Suchy at (801) 585-0796.
- **Meals on Wheels-** Now Accepting Applications for meal service for homebound seniors 60 and older. Available to Salt Lake County’s older residents who are homebound or unable to prepare their own meals and unable to leave their residence without assistance. To begin meal service or find assistance for a loved one contact Aging Services Outreach program at 468-2480.
- **Nationwide Study Needs Participants-** for research study evaluating an investigational laxative for the treatment of chronic constipation. Must be 18 years or older and have experienced problems with constipation for at least three months. Qualified participants will be compensated for their time. Please call Mountain West Gastroenterology at 944-3165.
- **Study Participants Wanted-** Individuals with osteoarthritis knee pain for investigation of a novel treatment employing pulsed electromagnetic stimulation and involves treatment sessions 3 times per week for one month. FREE. Contact Shane Mangrum at 414-7701.

PRACTICUM STUDENTS SPOTLIGHT: FACILITATING SUPPORT GROUPS FOR SENIORS



By Susette Webb, Ryan Engar, Taberlee Reid, Guy Lushin, Dan Lundquist, and Fran Wilby

Practicum students have a wide variety of learning opportunities during their time with NHN. One of these learning opportunities is to participate in the

planning, preparation, and facilitation processes of a group activity. The groups are offered on a short-term weekly basis (4-10 weeks). The diversity of the groups that the students have created show off their creativity and interests. Group efforts of the students also offer another great opportunity for NHN to partner with other wonderful community agencies who share a focus of serving the elderly. One group is being co-facilitated by two students at Neighborhood House Adult Day Care Center; the focus of this group is on reminiscence, health, and fitness and includes a variety of activities, such as exercises, charades, and mind stimulation games. Another group being offered at Sunday Anderson Senior Center is called "Let's Twist!" This group aims to get seniors to focus on the

positive side of life experiences through their own narratives. Yet another student is working with Valley Mental Health's Master's Program to provide grief and bereavement support for seniors struggling with the loss of a loved one. The students have also coordinated several social group outings during the past few months (e.g., Red Butte Garden, Nutcracker, Christmas Light tours, Kingsbury Hall Travel Series). These group outings give seniors an opportunity to get out of the house and socialize with others as well as experiencing something new or going somewhere they maybe haven't been for a long time. These group experiences are mutually



beneficial for both the practicum students and the seniors who participate. They are a great way to support seniors with maintaining their independence and functioning in the community!!

VOLUNTEER CORNER

- | <u>On-going Activities</u> | <u>As-Needed Activities</u> | <u>Administrative Activities</u> |
|---|--|--|
| <ul style="list-style-type: none"> • 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, letters, or cards • Keep up to date with current events | <ul style="list-style-type: none"> • 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 • Put up and take down seasonal decorations • Coordinate special outings/activities | <ul style="list-style-type: none"> • 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 and program needs that you can fulfill.

Things to do:

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

Needed Items:

- 2 wedge cushions
- Shovels, rakes, edger, hedge cutter, leaf blower
- Holiday decorations
- Extension ladder
- Van
- Vacuum Cleaner
- Lift chair
- Birthday gifts
- Special events tickets



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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
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