

THE HELPING HAND

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Summer 2003

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CAREGIVING: A MONUMENTAL RESPONSIBILITY

By Ann Iroz

Each day Betty wakes at 5am showers, dresses, and feeds her 85 year old disabled father, her children, and herself, all before heading off to work for the day.

Currently more than ten million elderly Americans require aid to get through the day. They need help with tasks such as getting around, laundry, bathing, shopping, cooking, cleaning, and medical care. Ninety percent of the assistance they receive is done by family members. That means that approximately one in four of us is caring for elderly parents, and this number is escalating. For most care givers, this is being done along with working and raising families.

With the advancement of medicine and technology, our elderly are living much longer. It is estimated that by the year 2015 more than half of us will be caring for an elderly parent or grandparent.

The care givers

will have to address concerns such as emotional stressors, finding good medical care, dealing with spiraling medical costs, and guilt from not being able to provide all of the care required for family members. The care giver will be faced with difficult choices of knowing

when a parent needs a higher level of care. Care givers will be asked to redefine the roles of parent and child and will have to deal with sibling conflicts. There will be legal considerations and other challenges, such as determining when an elderly parent or grandparent is no longer a safe driver. In addition, the care giver will have to learn how to access community resources.

As care givers, we will have to find new coping strategies and more comprehensive support, and increase family communications. We will have to make difficult choices of dividing our time between our parents and our children. Most importantly, with so many relying upon the care giver, we will have



to learn to take good care of ourselves. Many people find support through groups of caregivers like themselves. Others take time to enjoy recreational activities away from the responsibility of care giving. Whatever you do make sure that you care for yourself so you can care for others.

Caregiver Support Resources

- Salt Lake County Aging Services' Caregiver Support Program- **468-2880**
- Utah Coalition for Caregiver Support Calendar of Events- www.caregiverevents.utah.gov
- Rocky Mountain Home Care Faith In Action Caregiver Support Program **397-4135**

CALENDAR OF EVENTS

SEPT

11th– Volunteer Meeting 6pm (U of U Social Work Bldg)

21st–27th National Adult Day Services Week

25th, 26th– Utah Gerontological Society Conference (BYU-Provo)

OCT

17th, 18th– Senior Expo (Southtown Expo Center)

25th–National Make a Difference Day

NOV

21st, 22nd– Senior Technology Showcase (Southtown Expo Center)

22nd – National Family Volunteer Day

Senior Center Activities:

Columbus Senior Center (412-3295)
(2531 S. 400 E. SLC 84115)

September

2nd– Wendover Trip leave 8:30am cost \$12

3rd, 4th– Defensive Driving Class cost \$10

5th– Diabetes Clinic 11:00am

18th– BINGO night 5pm

24th– Health Clinic

30th– Fall Foliage Tour 8:30am

October

15th– Flu Shots 9-12am

31st– Halloween Party 10:45am

FREE Computer classes Tues/Thurs.
10:30am-1:30pm

Exercise Class M, W, F 9:30am

Line Dancing Fri. 10:30am

Liberty Senior Center (532-5079)

(251 East 700 South SLC 84111)

September

“Harvest Bingo & Spagetti Dinner” 4th week in September (day TBA)

17th, 24th– Driving Safety Class (evening)

October

21st– Flu Shots Clinic

31st– Halloween Party

November

25th– Thanksgiving lunch

MESSAGE FROM THE DIRECTOR...



Nancy Kelley-Gillespie, Program Director

For some, summer is a time for fun and relaxation. For NHN, summer has been a very busy time. Although our administrative assistant, Camille,

was completing a practicum in Mexico all summer and all of the M.S.W. practicum students had moved on, I was very lucky to have some great summer helpers. I send all of my thanks out to Ann Iroz, Ha Khong, Sylvia Brunisholz, Ryan Engar, and Ashley Ritzman for all of your help in the office and field. I couldn't have made it through the summer without you!

Now that school is back in session, our students will be back in action. That's a good thing, because right about now I feel like a chicken with my head cut off! This school year brings the following M.S.W. students to NHN: Dan Lundquist, Guy Lushin, Ryan Engar, Taberlee Ried, and Fran Wilby. NHN welcomes you with open arms! There is more for them to do than ever before! Look for updates in our next newsletter on our current expansion activities to the Westside in partnership with the Sorenson Multicultural Center and with our development of the Teen Connect

program in partnership with Rowland Hall B St. Marks High School. We are very excited about these new projects and our ability to work with more older people in different ways!

In this newsletter you will read about what it takes to be a caregiver and some valuable community resources for those of you who are or know someone who is providing care to an elderly and/or disabled person. Also, check out the article highlighting one of the many community service projects coordinated with NHN this summer! I told you we were busy! And if you have ever wondered if volunteerism really works, check out below the re-creation of a recently received thank you letter from one of our program participants! Never underestimate the value of your efforts!!

Nancy Kelley-

Note of Thanks from the Heart

Dear Neighbor Helping Neighbors,

My husband and I want to thank Goodwill's Neighbors Helping Neighbors for the assistance given to us with several home repairs and fix-up projects. We are so very grateful for the efforts made by everyone who gave time, labor, and helpful attitudes on our behalf. The hand rails are all sturdy and tight now and are no longer a safety factor. This had been quite a worry for a long time.

We were impressed by Mr. Goodwill's interest and "hands-on" participation on the work process, stemming, no doubt, from his early awareness of the needs of the elderly. It is a wonderful service and we are thankful to have benefited from it. We certainly thank you Nancy for keeping on top of everything in such a pleasant and effective way.

Sincerely grateful and God bless you all,
NHN participant

(This letter was recreated in order to be more legible. Participants names were withheld in order to protect their identity)



“NEIGHORLY NEWS”

STREET LIGHT PROJECT

Liberty Wells Community Council and SLC Corporation are working on a CDBG grant for pedestrian level street lighting to be installed throughout the neighborhood. They are looking for signatures of support from community residents.

ELDER CARE PROJECT

University of Utah is sponsoring a web-based information and referral service for the university community (e.g., students, faculty, staff, alumni, retirees) who are caregivers for elderly relatives. Inquiries are responded to by a group of campus and community consultants knowledgeable about aging issues and resources. For more information, go to <http://uuhsc.utah.edu/eldercare/>.

OUR WEBSITES

The new websites for NHN and the W.D. Goodwill Initiatives on Aging unit at the University of Utah College of Social Work are up and running! Check them out at <http://www.socwk.utah.edu/neighbors/index.asp> and <http://www.socwk.utah.edu/aging/index.asp>

SUMMER OF SERVICE

NHN helped promote the Summer of Service youth volunteerism campaign sponsored by 2-1-1 and Salt Lake's Promise, encouraging youth to contribute 32 hours of community service between June 1 and August 31. NHN received more than 946 hours of service from youth this summer!

TELEPHONE SOLICITATION REGISTRY

To prevent annoying solicitors from calling your home register on-line at www.donotcall.gov or call 1-888-382-1222.

VOLUNTEER SPOTLIGHT

“SUMMERTIME SOUNDS OF SERVICE”



By Ryan Engar

This summer Neighbors Helping Neighbors had many youth groups volunteer to help the seniors in their neighborhoods. On June 28th we were pleased to receive a call from the L.D.S. youth group from the Taylorsville West Stake. This group consisted of one hundred and sixty five youth and supervisors. With this size of a

group we were able to make significant improvements to eight participants homes.

These strong young volunteers helped out in a variety of ways. Two participants were able to have their entire kitchens painted. Many trees were trimmed, grass was cut and weeds were pulled. Gardens and rose bushes were beautified as well as the interior of many homes. The supervisors were busy with minor repairs to closets and stairways while some joined the youth in getting to know the seniors they were serving.

All the while it was nice to see the youth feeling good about the service they were providing through laughter, smiles, and

teamwork. In one house there was even dancing as there was Elvis playing on the eight track to keep the young boys and girls hopping along.

While most of the youth were serving with their hands there were others who were just as important visiting with the participants and listening to many fun and interesting stories. At one point I walked by and saw about six photo albums spread out on the coffee table surrounded by intrigued youth. Others just sat in front of a fan and chatted over cold sodas.

Satisfied youth received a positive experience and felt appreciated by the participants. A common sigh of relief and gratification was heard from all of the



The youth will never truly know how greatly appreciated they are. Their hours of service will continue to lift the spirits of the seniors for months and years to come.



WAYS YOU CAN LEND A HELPING HAND

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

Things to do:

- Clean carpets
- Clean and hang curtains
- Paint the exterior of a home
- Do light housekeeping (vacuuming, dusting, etc.)
- Yard work (raking, weeding, mowing, planting, trimming, edging, etc.)
- Mow lawns/shovel snow

Needed Items:

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



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



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

College of Social Work
Neighbors Helping Neighbors
395 S. 1500 East Room 207
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Phone: 801-581-5162
Fax: 801-585-6865
Email: Nancy.Kelley@socwk.
utah.edu
Website: [http://www.socwk.
utah.edu/neighbors.asp](http://www.socwk.utah.edu/neighbors.asp)

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
- Neighborhood House Adult Day Care Center
- Faith-In-Action

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