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Our Own Set of Wheels



By Camille Kennard

Having a van of our own has really come in handy! Neighbors Helping Neighbors acquired a full size Ford van as a donation from the Deseret Industries and the W.D. Goodwill Family Foundation. The van has been used to make home visits to program participants, pick up and drop off supplies for community service projects, car pool volunteers to their monthly volunteer meetings, transport practicum students to professional aging luncheon presentations, student field trips to the Salt Lake County Aging Services, and to transport seniors and volunteers to the symphony and a theatrical production. Recently, all five practicum students became officially "certified" to drive the van. The van

hasn't been without its minor repairs, but we hope it will continue to be reliable. This full sized Ford van was donated to us from Deseret Industries and the Goodwill Family Foundation. With much to do, we are ready to go!!

Our new catchment Area:

**We include people age
65 and older who live
Between state street
and 700 East.
1300 South to 2100 South.
2100 South to 2700 South.
State Street and 900 East**

CALENDAR OF EVENTS

February

Feb. 13th Conference "Assessing Mental Health of Older Adults"

Columbus Senior Center:

Feb. 11th Foot Clinic (9:15-10:15) \$5 donation

Feb. 12th Health Clinic (10:00-12:00) Bone Density (\$5 donation) and Pulmonary Vascular Disease donation \$2

Feb. 13th Valentine's Day Dance (with live band) 10:30 with Buffet lunch

Feb. 24th Medicare Information 10:45 and Legal Services 11:00

Feb. FREE pancake breakfast 9:00-10:00

March

Sat. March 1st "Family Hawaiian Luau" (5:00-7:00pm) Columbus Center Auditorium \$3 per person. Live entertainment, party favors. For more info call Columbus Center Parks and Recreation Office at 412-3217.

Mar. 26-27 "Uniting Utah 2003" Conference on Volunteerism

May

Thurs. May 29th. Project C.A.R.E. Resource Fair, Liberty Senior Center. More Information to come...

"NEIGHBORLY" NEWS

Food and Nutrition Services

Free Food and Nutrition Classes for low-income Families. Call (801) 468-3183 for more information.

Valley Mental Health-Master's

Program (provides out-patient services to senior's with depression) has moved to a new Location at 4460 South Highland Drive, Suite 100 Salt Lake City, UT

Project C.A.R.E.'s "Read with Me" Program

Project C.A.R.E. is sponsoring an after-school homework and reading program in collaboration with Lincoln Elementary School and the Liberty Senior Center. The program runs Tuesday and Thursday afternoons at the Senior Center. For more information or if interested in volunteering, please contact Nancy Lester (532-5079) or Monet Steen (468-2734).

"Love Story Contest"

People age 60 and over are invited to submit an original love story for a Valentine's Day contest. Winners receive a gift certificate for a Dinner for Two at Chuck-a-Rama. Deadline is **Feb. 14th**

MESSAGE FROM THE DIRECTOR

Happy New Year!! A new year and another issue of the Neighbors Helping Neighbors (NHN) newsletter!! Having a second issue of the newsletter is a good sign of the evolution and success of the program! This issue highlights some of the program activities from this past fall, including a volunteer community service project that helped one of the program's participants



Nancy Kelley-Gillespie,
Director of W. D. Goodwill's
Neighbors Helping Neighbors
Program

fix up the exterior of her home and yard—a feat too much for her to handle on her own. The efforts of these volunteers are commended and go to show the need for and the variety of ways in which people can support NHN! In addition, there is a proud article reporting on the program's van and how such a luxury was acquired through the help of Deseret Industries and the W. D. Goodwill Family Foundation! We have had a busy academic year so far working with five new social work student intern—one BSW student (Ryan Engar), three first year MSW students (Jann

Nishimoto, Natalie Harris, and Poloko Mmonadibe), one second year MSW student (Marci Guevara), and a wonderful new receptionist (Camille Kennard)! We also recently expanded the program's catchment area to 2700 South and 900 East! With these changes and all of this people power, we hope to be able to expand the program's

activities and accomplish more of its goals! There are many exciting things planned for the near future! We are excited to share with you our progress, so be sure to check out future issues of this newsletter. If you have ideas of things you'd like to see included in the NHN newsletter, including information for our calendar of events, or of people who should be added to our mailing list please let me know! I am open to suggestions! In the meantime...Happy Reading!
Nancy Kelley-Gillespie

COMMUNITY RESOURCES AND HELPFUL WEBSITES

H.E.A.T. Program- The Utah Home Energy Assistance Target program for 2002-2003 is a federally funded program which offers utility assistance to low income families to help pay some of the cost of winter heating. The program dates are Thurs. Nov. 1st, 2002 thru Friday March 31st, 2003. In **Salt Lake County** call (801) 521-6107 for more information.

U.T.A.P.- The Utah Telephone Assistance Program. This program formerly called **Lifeline**, provides a partial discount on monthly local, basic phone service and one-time hook-up fees, to those who qualify. Question Call **Qwest** at 1-800-244-1111.

www.alz.org- The National Alzheimer's Association

www.arrow.gal.berkeley.edu- Center on the Economic and Demography of Aging

www.gu.org- Generations United

www.family.net.com- The Retirement Net

www.americaguide.com- America's Guide: Retirement and Senior Care

Www.shpm.com/articles/aging/index.shtml- Aging and Aging Parents: Self-Help and Psychology

Www.themcic.com- The Managed Care Information Center

Www.rxlist.com- Searchable index on drugs/medications

SERVICE PROJECT SPOTLIGHT

“Working as a Team”

By Natalie Harris

Last October, Neighbors Helping Neighbors teamed up with some great volunteers from the Lowell Bennion Community Service Center to spruce up the home of one of the program participants. The wood trim around her windows, patio, and roof was peeling off. Some great volunteers scraped and sanded, while other volunteers painted and prepped the surface. The backyard was also growing a forest of weeds. The volunteers cut down and dug up the weeds, making piles as tall as themselves. After the initial work was done some of the Neighbors Helping Neighbors practicum students went back a few days later and swept up all the paint chips, swept and straightened the patio, and sprayed weed preventor so that the same challenge doesn't exist this Spring. Other

volunteers went back again and painted the front porch. All the work made such a difference in the look of the home and the feelings of the senior community member. People teamed up together to volunteer and made a big difference in the life of one of our elderly neighbors. That is what it is all about.

VOLUNTEER CORNER

The Neighbors Helping Neighbors Program is always looking for additional volunteers and help. We have various projects that are either on-going or on an as-needed basis. Here is a list of individual and/or group volunteer opportunities.

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

WAYS YOU CAN LEND A HELPING HAND

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

Things to do:

- Wash walls, ceilings, and windows
- Clean and hang curtains
- Paint the exterior of a home
- Paint a front porch
- Paint a fence and a gazebo
- Paint a kitchen and a bathroom
- 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

Needed Items:

- 2 wedge cushions
- Curtains
- Phone with big numbers and ringer amplifying device

**W.D. Goodwill's Neighbors
Helping Neighbors**



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OF UTAH

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ABOUT NEIGHBORS HELPING NEIGHBORS

The mission of Neighbors Helping Neighbors is to improve the health, safety, and quality of life of community-dwelling elders through the promotion and maintenance of independent living by building community partnerships among neighbors, local businesses, groups, and organizations.

Neighbors Helping Neighbors recognizes the gap between formal aging service networks and the needs of 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 as well as tap into valuable resources within the informal support networks of their own neighborhood by creating partnerships with community leaders and members.

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's Graduate School of Social Work

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.

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