

THE HELPING HAND

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“Volunteers are the Heart of Our Community:” Celebrating Voluntarism, Student Learning, and Community Involvement

By Nancy Kelley-Gillespie

The 4th Annual Volunteer and Student Recognition Dinner and Awards Ceremony was held on Thursday, April 29, 2004. This year, the event was held in conjunction with an open house at the Sorenson Multicultural Center in honor of their partnership with us in housing our first satellite office and assisting with our recent program expansion to the Westside of Salt Lake City. This year, 50 individual volunteers and 7 practicum students were honored for their contributions to NHN during the past year. Although every volunteer has contributed selflessly

and is priceless to our program, 3 volunteers were awarded special recognitions as “Volunteer of the Year” for their outstanding volunteer contributions- Vicky Story, Jessica Wathen, and Sylvia Brunisholz. Eight special awards were also presented to the following community organizations for assisting with building community partnerships and in recognition of outstanding community service to older adults: Sorenson Multicultural Center, Rowland Hall- St. Mark's Upper School, Friendly Neighborhood Senior

Center, Wasatch Advisors, Carr America, AAA Fair Credit Foundation University of Utah's Student interfaith Council, and the Taylorsville West LDS Stake Youth Group. All of these groups and individuals contributed more than 9,849 hours (valued at approximately \$169,304) of their time to helping older adults involved with NHN. Attendees of the event were all graced with the presence, stories, and music of Everitt Angle, and active participant of NHN. NHN has been fortunate to have such wonderful community involvement from dynamic groups and individuals who have really stepped up to the plate to help build and strengthen our neighborhoods. Volunteers truly are the heart of our community!!



CALENDAR OF EVENTS

June

22nd & 29th– 2:00 pm– Memory Enhancement Workshop, The Wellington Senior Residence

29th– 6:30-8:00pm free seminar “About Medicaid Eligibility,” 4601 S. 300 W., Washington Terrace- 621-5553

30th– 11:00-12:30am free seminar “About Medicaid Eligibility,” 155 N. Wasatch Dr., Layton- 621-5553

July

1st– 6:30-8:00pm free seminar “About Medical Eligibility,” 650 25th Street, Ogden- 621-5553

4th– Independence Day

6th-16th– Summer Institute in the Human Services, University of Utah College of Social Work

24th– Pioneer Day

28th-31st– National Institute on Social Work and Human Services in Rural Areas Conference, University of Utah College of Social Work.

August

11th– Disturbing and Disruptive Behaviors Conference, Wyndham Hotel, Salt Lake City

11th– 6:30pm “Focus on KNEE”-free 1 hour seminar hosted by T.O.S.H. (5848 S. Fashion Blvd. In Murray)- 536-0990.

September

6th– Labor Day

14th– 6:30pm “Focus on HIP”-free 1 hour seminar hosted by T.O.S.H. (5848 S. Fashion Blvd. In Murray)- 536-0990.

23rd-24th– Annual Conference of the Utah Gerontological Society, Fort Douglas, University of Utah.

MESSAGE FROM THE DIRECTOR...



*Nancy Kelley-Gillespie
Program Director*

Hello and Happy Summer to you all!! We have been busy this past spring and this summer with many activities that are helping NHN to expand its ability and progress toward its goal of assisting our neighboring older adults to feel better about themselves, their homes, and their current life situations. As you have read on the first page of this newsletter issue, we celebrated in April the many accomplishments of our volunteers, practicum students, and community

partners during the past year. It's always exciting to look back and recognize all of the hard work and commitment that these folks have contributed—

they have all made a big difference in our community! It's also

very bittersweet to see people move away from NHN and on to new endeavors; it's hard to lose good people who have helped so many in various ways. So, although we say goodbye and good luck to this year's practicum students (Guy Lushin, Dan Lundquist,

Taberlee Reid, Fran Wilby, Susette Webb, Ryan Engar, and Kevin Menard), we look forward to gaining new students this fall and sharing many more experiences with our new community partners, like Zion's Bank (see page 3), Carr America, Rowland-Hall St. Mark's Upper School, Sorenson Multicultural Center, Wasatch Advisors, Journey at Willow Creek, and the Hilda B. Jones Center. NHN is very fortunate to have such strong community support and interested students, who are our future leaders within the field of aging. So, once again, we dedicate this issue to these fine individuals and groups, as they are the heart of our community!

Nancy Kelley-Gillespie

"Neighborly News"

The Salt Lake City Corporation Office of the City Council has approved funding for the design and engineering of the Liberty Wells Street Lighting Project! The hope is for this project to be completed in the upcoming fiscal year!

"COMMUNITY AND INTERNET RESOURCES"

- <http://www.epa.gov/aging/> – “Aging Initiative” website created by the Environmental Protection Agency to 1) prioritize and study environmental health threats to older persons, 2) examine the affect that a rapidly growing aging population might have on our environment, and 3) encourage older persons to volunteer in their own communities to reduce hazards and protect the environment.
- Identity Theft: If you suspect a stolen identity, contact the Federal Trade Commission at <http://www.consumer.gov/idtheft> or 1-877-IDTHEFT (1-877-438-4338).
- <http://www.ut.regence.com> – Free Online Cancer Treatment Assistance with Regence BlueCross Blue Shield of Utah.
- If you are interested in getting less mail and telemarketing calls go to the following links to remove your name from the lists. There is a \$5 fee for this service: <http://www.dmaconsumers.org/cgi/offmailinglistdave> and <http://www.dmaconsumers.org/cgi/offtelephone>

COMMUNITY SERVICE PROJECT SPOTLIGHT: ZIONS BANK PAINT-A-THON



By Nancy Kelley-Gillespie

It doesn't take much to make a huge difference in the life of an older person—sometimes just a friendly smile and short visit from one individual makes all the

difference in the world. Sometimes a group of people with lots of friendly smiles, even while working hard at making home maintenance repairs and improvements, like painting, can be not only heartwarming but also life-changing to an older adult who is struggling to remain independent in his/her own home. This is exactly what happened to Rosina Martinez when approximately 50 employees of Zions Bank spent one week working on her home and yard as part of their annual paint-a-thon. Ms. Martinez was one of 47 individuals throughout the Salt Lake City area who

benefited from this community service project. Ms. Martinez expressed her gratitude for all of the efforts and contributions of Zions Bank employees by calling them “angels” sent from heaven. This is just one example of how working together, different “neighbors” in our community can really make a difference. Not only is Ms. Martinez’s home in better shape and cosmetically appealing, but her spirits have also been raised and she has regained a sense of pride in her home and



hope for the future. We are very proud to be partners with Zions Bank in their community service interests that benefit the people most in need in our community. Hat’s off to you for a job well done!

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, letters, or cards
- Keep up to date with current events

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
- Put up and take down seasonal decorations
- Coordinate special outings/activities

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 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
- Microwave and toaster
- Lift chair
- Birthday gifts
- Special events tickets
- Yarn





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/index.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

"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, contributions, and support.

SPONSORS

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

AGENCY PARTNERS

- AARP
- Columbus Senior Center
- Friendly Neighborhood Senior Center
- Hilda B. Jones Center
- Jewish Family Services
- Liberty Senior Center
- LIFECARE
- Lowell Bennion Community Services Center
- Neighborhood House Adult Day Care Center
- Salt Lake County Aging Services
- Salt Lake Valley Health Department
- Sunday Anderson Westside Senior Center
- Utah Division of Aging and Adult Services
- Valley Mental Health Services
- University/Neighborhood Partners
- Journey at Willow Creek

COMMUNITY PARTNERS

- AAA Fair Credit Foundation
- Americorps Vista
- Anchor Printing
- Anderson Lumber Company (formerly)
- Carr America
- Certegey
- Construction Consulting
- Faith-In-Action
- Hunter High School
- LDS Church
- Marriott Guest Services
- Murray High School
- Party America
- Project C.A.R.E.
- Salt Lake City Fire Department
- Salt Lake Community College
- Shaw Contract Flooring
- Salt Lake City Mayor's Office
- S.O.S. (Seasons of Service)
- SWERVE
- Wasatch Advisors
- Student Interfaith Council- University of Utah
- Zions Bank
- Zurcher's Party Store