



# THE HELPING HAND

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## Message from the Director

I have been a part of Neighbors Helping Neighbors in a variety of ways since its inception back in 1997. As the new director, I am looking forward to contributing fresh ideas while maintaining the current direction and goals which Nancy diligently pursued.

This spring, we have five graduate students bringing exciting and creative ways to interact with and serve our participants. One of these students, Yorokee Kapimbua, is an international student from Botswana, Africa. I asked Yorokee to write an article discussing care giving differences and similarities between the culture he grew up in, and the culture he has experienced in the United States over the past two years. All of our other students, including Yorokee, are the heart of Neighbors Helping Neighbors and its success. Thank you to those who have welcomed them into your homes. As you know, there are many benefits that result from a single visit by people who care.

NHN has retired our old 1982, 16 passenger van. It was sad to say goodbye. In my previous role as Nancy's Associate Director and Community Service Specialist, I got to know and appreciate the old brown van. Some of you may have experienced the van in the past, however its days of scaring the gray out of the hair of ambitious seniors out for a walk with its earthshaking back-fire are over! We acquired a 2000 Dodge van which is quiet and dependable. We are excited to take our program participants on field trips or out for a scoop of ice cream in our new van. We would like to express a special thanks to the Dean of the College of Social Work, Jannah Mather, for her continued support of our program.

There have been some changes in Neighbors Helping Neighbors staff over the past few months. First, I would like to thank Carolyn Moore for all she did for NHN in her role as Associate Director to Nancy. Carolyn resigned a few months ago and will be greatly missed. Second, I would like to welcome Paulette Beeny as our new Administrative Assistant. Nathan Judd and Scott Candelaria have joined our team as Community Building Specialists and will assist in completing all community service needs, as well as coordinating volunteer groups.

Thanks to all of you who quietly serve your neighbors. It is immeasurable, the effect one phone call, one house call, one smile, or a couple hours of work in the yard has on all who participate in such efforts.

We appreciate the support we receive from our community partners as well as from those who receive this letter. We look forward to working along side you in our different capacities.

Happy New Year from all of us at Neighbors Helping Neighbors.

Ryan G. Engar, MSW  
Director of Neighbors Helping Neighbors



## Cultural Courtesies

By Yorokee Kapimbua

Diversity characterizes all societies and is the domain of social work practice. As a student on exchange from the University of Botswana in Gaborone, Africa, I have a somewhat different perspective on the care of older adults. Exploring some similarities and differences in cultures is a fascinating thing one can do; indeed, the world is interconnected in various ways. One such aspect is the concept of elder care.

I have observed that people across cultures are bound by a sense of kinship, a general feature of humans to meet the need to give, receive and reciprocate in order to create social bonds.

It is always an honor to have a senior in the household in Botswana, Africa, for it is believed they are the moral guardians and can pass their wisdom to grandchildren. Regardless of their age, health condition, and financial situation, seniors are often respected because they have made a contribution to society. In America, seniors appear to want to remain in their own homes as long as possible. If that is not a possible option, families often place them in rest homes or nursing homes.

These are the general observations I made from both the US and Botswana in terms of elderly people care issues; people care about each other, there is a devotion for reciprocity, people have a sense of fairness and an aversion to inequity and inequality.

My experiences in both countries indicate that life is not made up of great sacrifices and duties, but of little things, in which smiles and kindness given habitually are what win and sustain the heart and secure comfort. It is the love, compassion, and sense of community that shines a light of hope and acceptance to those who are home-bound, sick, or lonely. For love cures people – both the ones who give it and the ones who receive it.

Above all, nothing is ever lost by courtesy. It is the cheapest of pleasures, costs nothing and conveys much. It pleases him who gives and receives, thus, like mercy, is twice blessed.



The quality, not the longevity,  
of one's life is what is important.

~Martin Luther King, Jr.

## Community Resources

- Friendly Neighborhood Senior Center – Thrift Store is open Monday through Friday from 9 am to 3 pm.
- The Alternatives Program (TAP) through Salt Lake County Aging Services – Currently adding new clients. In-home services are available county-wide. Call (801) 468-2459 if you, or someone you know, might benefit.
- Home Energy Assistance Target (HEAT) Program – Get help with your heat, electric, and phone bill between November and April. Call (801) 521-6107, or Paulette at (801) 581-4174.

## Old Folks are Worth a Fortune

By Dear Abby - Abigail Van Buren

Old folks are worth a fortune: With silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs.

I have become a lot more social with the passing of the years; some might even call me a frivolous old gal. I'm seeing five gentlemen every day. As soon as I wake, Will Power helps me get out of bed. Then I go to see John. Then Charley Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. (He doesn't like to stay in one place very long, so he takes me from joint to joint.) After such a busy day, I'm really tired and glad to go to bed with Ben Gay. What a life!

P.S. The preacher came to call the other day. He said that at my age I should be thinking about the hereafter. I told him I do – all the time. No matter where I am – in the parlor, upstairs in the kitchen or down in the basement – I ask myself, "Now, what am I here after?"



## Ways to Lend A Helping Hand

Following is a list of specific participant and program needs that you can fulfill.

### *Things to do:*

- Light housekeeping (vacuuming, dusting, etc.)
- Yard work (raking, weeding, mowing, planting, trimming, edging, etc.)
- Mow lawns and shovel snow

### *Needed items:*

- 2 wedge cushions
- Shovels, rakes, edger, hedge cutter, leaf blower
- Holiday decorations
- Extension ladder
- Lift chair
- Birthday gifts
- Special event tickets
- Paint and paint supplies

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## 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



Neighbors Helping Neighbors

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### About Neighbors Helping Neighbors

Neighbors Helping Neighbors (NHN) strives to enable older adults 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-residing older adults 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 older adults. 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 (eg. neighbors, local businesses, social groups, religious and civic organizations).

### Special Thanks to our Sponsors and Partners

#### *Sponsors*

- W.D. Goodwill Family Foundation
- University of Utah College of Social Work – W.D. Goodwill Initiatives on Aging
- Rowland Hall – St. Mark's Upper School

#### *Agency Partners*

- AARP
- Columbus Senior Center
- Friendly Neighborhood Senior Center
- Hilda B. Jones Center
- Jewish Family Services
- Journey at Willowcreek
- 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
- University Neighborhood Partners
- Valley Mental Health
- Youth Care

#### *Community Partners*

- AAA Fair Credit Foundation
- Americorps Vista
- Anchor Printing
- Carr America
- Certegy
- Construction Consulting
- Deseret Management Corporation
- Ebay
- Gateway Academy
- Hunter High School
- Intravarsity Faith Group
- LDS Church
- Mark Miller Subaru
- Marriott Guest Services
- New Pilgrim Baptist Church
- Party America
- Price Waterhouse Coopers
- Accounting, Inc.
- 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)
- Wal-Mart
- Wasatch Advisors
- SIFC-U
- Zions Bank
- Zurcher's Party Store