

The Center for Volunteer Caregiving Neighbor to Neighbor News

www.volunteercaregiving.org (919) 460-0567

Summer 2007



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Bowling Ball 2007 a BASH! A swell time was had by all



It was a packed house at the AMF South Hills Bowling Center for the 5th annual Bowling Ball on March 24. Crazy chicks in "Pink Lady" jackets, poodle skirts and bright lip stick danced with cool cats in leather jackets, bowling shirts, white socks and penny loafers. Elvis crooned "Love me Tender" and other favorites. There was hula hoop twirling, bubble gum blowing, some fabulous dancing, and finally the grand crowning of Kieran and Tina Shanahan as the 2007 Bowling Ball King and Queen. Special thanks go to our sponsors, members of the Royal Court, emcee Donna "Angel" Gregory, and event coordinators, Patrick "Daddy-O" Toal and Cathy "Rosie" Rosebaugh-Jennings.

Thanks to everyone's fun and hard work, we raised over \$25,000! A record high!

2007 Bowling Ball Sponsors

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David Downing
Kathy Rosebaugh
Patrick Toal
Ellen Schneider
Mary Williams Stover
Mary Markovich
Jim Huggins
Helen Papageorgiou
Doug Richmond
Hilda Pinnix Ragland & Al Ragland
Tina & Kieran Shanahan
Marla Dorrel & Gary Craven
Anne & Stephen Arella
Diane & Ingemar Lanevi



Home Makeover for a Care Receiver

Longtime care receiver Earline Willis had a special day on July 10 thanks to Center partner, Genworth Financial. About 30 volunteers from Genworth worked in the summer sun to pull weeds, scrub walls and paint some rails.

Mrs. Willis was very moved by the kindness and hard work of the volunteers. "They're a team working together, and that's beautiful. God is

here, and it's amazing. It makes me feel good," she said. Genworth initiated the project which drew the attention of local network news programs.

Along with Mrs. Willis, The Center is very appreciative of our good friends at Genworth. THANK YOU!



The mission of The Center for Volunteer Caregiving is to provide volunteer services to help Wake County seniors, family caregivers and adults with disabilities maintain independence, dignity and quality of life.

Thank You to Our Financial Supporters!

Board of Directors

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Ex-Officio Members:

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Blue Cross Blue Shield of NC

Doug Richmond
Volunteer with The Center

Upcoming Events

Volunteer Orientations:

**Please note that if less than 5 people register for an orientation session, it will be cancelled and anyone registered will be notified a week in advance of the session.*

Tuesday, Aug. 21 12:00-1:00 at
The Center office

Call Susan Reed
at 919-460-0567 for more
information.

Alzheimer's Respite Care Training

Thursday, Sept. 6, 9:30-1:30 at
White Memorial Methodist
Church, Raleigh

Call Lou Paules at 919-460-
0567 for more information.

The Center for Volunteer Caregiving expresses its sincere thanks to the following individuals and organizations for their generous contributions between January and June 2007.

Mary Altpeter
Susan Alvarado
Karla & Mario Anderson
Anne & Stephen Arella
Carol & Bryan Aupperle
Paul & Linda Bamford
Shirley Bartlett
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Doris Young

If a contributor was omitted or incorrectly noted, please accept our apology and notify us of the correction by calling (919) 460-0567 or emailing caregiving@ctrvolcare.org

"The Center is awe-inspiring. I have no one and without this service and the wonderful volunteers who are kind and courteous, my life would be very different and much more difficult."

- Hazel, Care Receiver in Raleigh



Staff News

Jennifer Link, former Program Manager, left The Center in April 2007 to join the Triangle J Area Agency on Aging as a Regional Long-Term Care Ombudsman. She is an advocate for people in nursing homes, assisted living, and other long-term care facilities. We miss her but are grateful for all the gifts she brought to The Center and that she is still only a phone call away.

Susan Meador assumed the role of Program Manager in April 2007. She joined The Center in September 2006 as the Services Coordinator.

Dorothy Tom transitioned from volunteer to staff in November 2006

and is our Transportation Coordinator. Dorothy brings many skills and gifts as she has both an MBA and a law degree. Needless to say she keeps us on the "straight and narrow!"

Susan Reed joined the staff in May 2007 as the new Services Coordinator. Susan is no stranger to the non-profit world having served for 11 years as Executive Director of The Arc of Wake County which assists people with mental retardation and developmental disabilities and their families. She holds a Master of Education in Adult Education with a concentration in gerontology. Susan is a great fit with The Center and we are happy to have her on board.

And last but not least, **Susan Moore** interned with The Center for the 2006-2007 academic year. She is a "dual degree" student, working on a Master of Divinity from Duke Divinity School and a Master of Social Work from UNC-Chapel Hill. Her internship was through UNC. This was our first experience in having an intern and thanks to Susan and her staff supervisor, **Lou Paules**, it was a huge success. Susan was a natural at The Center and a delight. She worked closely with Lou and our respite program, assisting with trainings and assessments of care receivers. She was a blessing to us and the next intern will have a tough act to follow!

Disaster Preparedness

This summer The Center has participated in two events focusing on disaster preparedness for older adults and people with disabilities. After major disasters such as Hurricane Katrina, it is now recognized that existing disaster preparedness plans have not sufficiently taken into account the special needs of vulnerable populations. Several initiatives are underway to address these concerns in North Carolina.

The Blue Cross/Blue Shield of North Carolina Foundation funded 10 post-Katrina demonstration projects in the state this past year with senior adults and adults with disabilities as the focus. One of these grants, Triangle Agencies Anticipating Disasters, was received by Triangle J Area Agency on Aging, in partnership with Triangle United Way. The grant had two goals: helping individuals themselves be better prepared, and helping service providers prepare their own disaster plans in order to minimize the disruption of services during a disaster. On June 18, we participated in a forum with other service providers in this area to learn from each other and look at best practice materials created under the grant initiative.

The DEEM (Disability & Elderly Emergency Management) Initiative is a state level, multi-agency effort to strengthen emergency preparedness and response for older adults and people with disabilities living in North Carolina. On July 10, we took part in one of 7 forums around the state sponsored by the DEEM Initiative. These forums were designed to gather input about the concerns of the stakeholders and also to share information about efforts already underway in some communities.

The forums were designed as a beginning step in developing a statewide strategic plan to strengthen North Carolina's ability to respond to the emergency management needs of persons with disabilities and the elderly prior to, during, and following man-made or natural disasters. The DEEM Initiative is funded through the U.S. Department of Homeland Security

For more information on disaster preparedness for older adults and adults with disabilities, check out the website for the Triangle J Area Agency on Aging, www.TJAAA.org.

Some Tips for Caregivers

For caregivers of people with dementia, keep in mind that our olfactory sense (smell) is closely related to memory in the brain, and it often evokes powerful long-term memories in people whose short-term memories have failed them. Use it to structure routine, as in coffee in the morning to get someone to the table for breakfast, or redirect behavior for anxious or upset patients.

Remember to bend from the knees and use the large leg muscles to assist in transferring care recipients from beds to wheelchairs, and vice versa. It is often helpful to hold onto waistbands

of pants, and have the care recipient hold you around your shoulders, if possible, while leaning forward, "nose over toes". (Although, volunteers, please remember that you are not to transfer a care receiver.)

For those who transport your care receiver, roll down the window on the passenger side before your care receiver gets in your car. It is often easier for them to grab the door frame when the window is down in order to steady themselves, rather than to grab the edge of the car door.

Thank you volunteer, Phyllis Hayden, for your contributions to these tips.

Center Partners

FAITH PARTNERS

- Church of the Nativity
- First United Methodist, Cary
- Garner Church of Christ
- Good Shepherd Lutheran
- Our Lady of Lourdes
- Sacred Heart Cathedral
- St. Andrew the Apostle
- St. Francis of Assisi
- St. Michael the Archangel
- St. Paul's Episcopal
- The Prince of Peace Episcopal
- Wake Chapel

COMMUNITY PARTNERS

- Genworth Financial
- NCSU Park Scholars

FINANCIAL PARTNERS

- Alzheimer's Association - Eastern NC Chapter
- City of Raleigh
- National Family Caregiver Support Program/Triangle J Area Agency on Aging
- Resources for Seniors, Inc.
- Wake County Community Partnership
- The Stewards Fund
- Town of Cary

For a more complete list of our partners, please visit our website at www.volunteercaregiving.org

Center Affiliations/ Memberships

- Faith in Action/AARP Partnership
- NC Center for Nonprofits
- State Employees Combined Campaign
- Combined Federal Campaign
- Triangle United Way - Additional Giving Options

The Center for Volunteer Caregiving

"Neighbor Helping Neighbor"

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E-mail: caregiving@ctrvolcare.org

Website: www.volunteercaregiving.org

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For your Consideration

There are many ways for you to support The Center.

Volunteer

We always need volunteers, especially if you are available on weekdays to serve Care Receivers or to help in the office.

Our Wish List

Gas Gift Cards [to assist our transportation volunteers]

Gift Card to Home Depot, Lowe's, etc. for minor home repairs

Office Supplies [paper, envelopes, toner]

First class stamps, blank greeting cards, get well cards, thank you cards

Employee Giving Campaigns

Triangle United Way - Please see the list of nonmember agencies for the designation code on the Triangle United Way's website: www.unitedwaytriangle.org

State Employees Combined Campaign - Code 3520

Combined Federal Campaign - Code 98677

IBM current and former employees

Log your volunteer hours with The Center onto IBM's On Demand Community. If you log 40 hours or more during a five month period, your contribution to The Center doubles! The Center could receive \$1000 in cash or free computer equipment. Or team- up with 2 other IBM employees and create a technology plan for The Center and the agency will receive \$7500!

To find out more, please contact Lynn Templeton at ltempleton@ctrvolcare.org.

Matching Gift Programs

Many corporations will match employee contributions of volunteer time or monetary donations! Please check with your employer.

Yes, I would like to help!

Name: _____

Address: _____

Phone: _____

Email: _____

Please accept my donation of \$ _____.

Please make this gift in memory of:

- I would like someone to contact me about volunteer opportunities with The Center.

Mail your check to:

The Center for Volunteer Caregiving

975 Walnut St., Suite 311

Cary, NC 27511

Estate Planning

Please consider including The Center for Volunteer Caregiving when planning your estate.

All contributions to The Center are tax-deductible. Financial information about this agency & a copy of its license are available from the State Solicitor's Licensing Bureau at 1-888-830-4989.

**"...because of their [volunteers] kindness and generosity, the world is a brighter place."
- Brenda, Care Receiver in Raleigh**