

Excerpted from *The Contra Costa Times*, October 13, 2011, Dana Guzzetti, Correspondent

More Men Are Volunteering

Men and couples are increasingly joining the ranks of female volunteers who serve at John Muir Health and assist seniors through the *Caring Hands* Program.

Dorothy Moore, 92, is a lively care recipient with macular degeneration that keeps her from driving. Like many of the male volunteers, Ray Van Stralen turns up on a regular basis to take her to Hospice events, the doctor, hair dresser, and dance classes.

Dorothy models for Hospice fashion show fundraisers. After learning ballroom dancing at 55, and line dancing at 70, she now teaches line dancing at the Concord Senior Center.

"This (*Caring Hands*) is the most wonderful program. It has been a godsend." Moore says.

Van Stralen, 81, has been a *Caring Hands* volunteer for eleven years, including three with Dorothy.



Ray Van Stralen installs a storm window for home owner Dorothy Moore. (Photo by Dan Rosenstrauch, Staff/*Contra Costa Times*)



Ray Zenoni and Rik Riebling head to the grocery store. (Photo by José Carlos Fajardo, Staff/*Contra Costa Times*)

Artist and former scriptwriter Rik Riebling, 87, says he finds plenty to talk about when volunteer and former graphics business owner Ray Zenoni, 66, comes to visit him.

Once volunteers join, they tend to stay. Pleasant Hill resident Zenoni was an active volunteer for other senior-oriented organizations before signing up to help with *Caring Hands* three years ago. He also serves on the *Caring Hands* advisory committee.

For some, volunteering is a family affair. John and Susan Gardella are among the volunteers who serve in both organizations. John was happily matched five years ago with *Caring Hands* recipient Cliff Terry, and devotes the remainder of free time to serving at the John Muir Medical Center-Walnut Creek Campus and on the *Caring Hands* advisory committee.

Even with increased male participation, there are seniors awaiting word that a *Caring Hands* volunteer is coming. "We are turning away about 30 seniors a month who could benefit from our services, but we don't have enough volunteers to link them up with," *Caring Hands* program manager Linda Groobin explains.

Volunteers are asked for a six-month commitment and given an all-day training session in useful life skills for the elderly.

For more information about *Caring Hands*, try our website at www.johnmuirhealth.com

• click on "Get Involved" • scroll to "Volunteers" • click on "Caring Hands" or phone 925-952-2999



Caring Hands' Day at the A's



Father's Day, June 19, 2011 was a beautiful, sunny day... perfect for attending a baseball game between Bay Area rivals, the Oakland A's and the San Francisco Giants.

As always the *Caring Hands* sold-out event started with a rooftop barbecue and raffle, where with the help of our generous sponsors and 225 guests, the fundraiser grossed its largest amount ever. We want to thank everyone who participated. What a great group of people to spend the day with.

Oh, the A's won!



Ray & Karen Thibodeau
For the Servicemen & Women at Camp Dublin



Spring Tea: Friendships in Bloom



Volunteer caregivers and care receivers gathered May 20, 2011, to celebrate friendships in bloom when the *Caring Hands Volunteer Caregivers Program* held its fifth annual "Spring Tea."

Generously hosted by The Kensington – Vintage Senior Living, of Walnut Creek, the attendees were treated to tea sandwiches, cookies, and chocolate-covered strawberries. Entertainment by the joyful John Muir Health Chorus included a sing-along of standards, "You Are My Sunshine", "Don't Sit Under the Apple Tree", and "Let Me Call You Sweetheart." Our special thanks go to John and Gretchen Vander Kamp of Harbor View Tea Society for donating the wide selection of teas, and to Rik Riebling for sharing his beautiful paintings with us.

The Spring Tea is one way to show our appreciation to the wonderful *Caring Hands* volunteers and their care receivers. Thank you for all you do.



Caring Hands Advisory Committee

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|--------------------|--|
| Joe Bettencourt | <i>Interim Healthcare Staffing, Chair</i> |
| Grala Warren | <i>St. Matthew Lutheran Church, Interim Vice Chair</i> |
| Nancy Lewis, LCSW | <i>Private Practice, Secretary</i> |
| Angelica Ariza | <i>St. Francis of Assisi Catholic Church</i> |
| Rita Clancy | <i>Jewish Family & Children's Services of the East Bay</i> |
| Sue Fordon | <i>Hospice of the East Bay</i> |
| Roxanne Foster | <i>Director, Volunteer Services, John Muir Health</i> |
| John Gardella | <i>Walnut Creek Community</i> |
| Ken Gray | <i>Bay Point Ambrose Park and Recreation</i> |
| Harry Jayasingha | <i>Lafayette Orinda Presbyterian Church</i> |
| Rev. Dwane Michael | <i>Pastoral Care, John Muir Medical Center-Walnut Creek Campus</i> |
| Cathie Ramey | <i>Walnut Creek Senior Club</i> |
| Joan Schommer | <i>Saint John Vianney Catholic Church</i> |
| Ray Zenoni | <i>Pleasant Hill Community</i> |



Caring Hands Staff

- | | |
|--------------------|---|
| Roxanne Foster | <i>Director, Volunteer Services, John Muir Health</i> |
| Linda Groobin | <i>Program Manager</i> |
| Maria Behera, LCSW | <i>Intake Coordinator</i> |
| Kathy Friend, LCSW | <i>Social Services Coordinator</i> |
| Lilian Kotz | <i>Department Secretary</i> |



Special thanks to Ray Zenoni for all your help with the programs for "Day at the A's" and the "Spring Tea." You are the best!



Hard to reach lightbulb?

Leaky faucet?

Running toilet?

Smoke detector batteries need changing?

Screen door won't close?



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The Rotary HOME Team

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2011 and 2012 Upcoming Events

Volunteer Training Sessions *(For new volunteers on a one-time only basis)*

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|-------------|------------------------------------|--------------------------------|---------------|
| November 18 | Mandatory Volunteer Training | JMMC-Concord Campus | 8:45 – 2:30 |
| January 10 | Let's Talk About Your Match | JMOC-Brentwood | 10:00 – 12:00 |
| January 20 | Mandatory Volunteer Training | JMMC-Walnut Creek Campus | 8:45 – 2:30 |
| March 23 | Mandatory Volunteer Training | JMOC-Brentwood | 8:45 – 2:30 |

Wheel Chair Training Sessions

For all interested volunteers immediately following each Volunteer Training Session 2:45 – 3:30



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Caring Hands is a program of John Muir Health