

A Caregiver's Reflections...

Don Kimura with Bruce Good and Katherine Crow

From the beginning when Bruce met Don Kimura in January 2009 a special friendship was created. Don visits Bruce every Monday religiously. If the weather is good, Don will take Bruce out in his wheelchair. Their favorite thing to do is visit the sporting goods store in the neighborhood to check out the latest new gear. Weather permitting, they will take a walk to Heather Farm just to enjoy the park and get some fresh air and reminisce. Before retiring, Bruce was an engineer and enjoyed photography and politics. He especially loves to sing...a perfect match for Don who often brings his ukulele along on his visits.

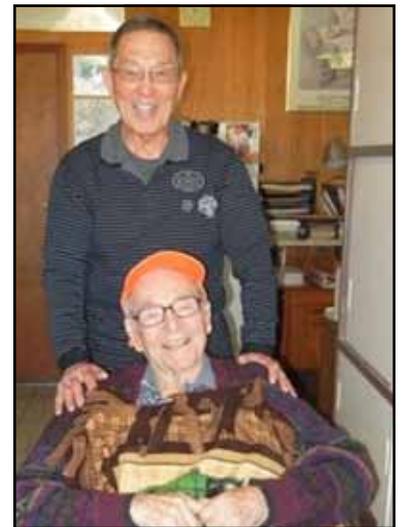
Recently, Bruce's love of his life, Dora, passed away. Don went to visit Bruce and they took a long walk at Heather Farm. It was a quiet, peaceful day for both men.



Katherine Crow was born in Columbia, Missouri. She was married to a Navy pilot and had four children, three daughters and one son. She moved to California in 2004 to be closer to two daughters. Katherine heard about *Caring Hands* from her friend Elizabeth at Shell Ridge Community Church. She called the office and indicated that she mostly needed help with transportation. Little did she know that she would get much more when she was matched with Don. They often go to the movies together or maybe a visit to the park. Katherine says that Don has become a great friend. Unfortunately, two of Katherine's daughters passed away in the last six months. She said Don has offered her comfort and support during this tough time and has told her he will be her friend forever. He sees Katherine every Tuesday and she says they are very compatible. Don wants

everyone to know that with a little planning, having two care receivers is easy.

Don has a special affinity for volunteering; often teasing his golf partners to try to coax them into volunteering. As well as the time Don spends with his two *Caring Hands* friends, he also volunteers for the Diablo Literacy Program and to date has donated 140 pints of blood! He stays healthy with daily workouts at the gym and his weekly golf game. Don is a special person with a great outlook on life and we are so happy to have him volunteer with *Caring Hands*.



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

In 2010 we were saddened by the loss of one of our dear friends, Bob Clough. "He was always a tremendous supporter of the *Caring Hands* program and he will be missed" said Roxanne Foster, Director of Volunteer Services for John Muir Health. We were advised that evening that he had left us a generous gift of \$20,000. His belief in *Caring Hands* continues.

Currently *Caring Hands* volunteers are assisting almost 400 seniors (whose average age is 84) to remain independent as long as possible. Many seniors tell us that what starts as a ride to the doctor often turns into a special friendship and that is an extra plus! As part of the program, Jack Butler, *Caring Hands* volunteer since 1999, and his care receiver, Doris Rillings (97 years of age) spoke about their special friendship. Doris expressed sadness when she had to give up her driver's license. She said, "I was only 90"! Jack was matched with Doris in 2004 and has been a source of joy and great humor to Doris all while getting her where she needs to go. She still lives on her own! Helene Aegerter, a member of our Senior Transportation Program since 2008, told her story that found her living in Walnut Creek and in need of occasional rides. Since she joined the program she

has been helped by 29 of the *Caring Hands* volunteers for that occasional ride. She expressed her gratitude and emphasized the importance of this program.



On Thursday March 10, 2011 *Caring Hands* Volunteer Caregivers Program gathered in the Ball Auditorium at the John Muir Medical Center – Walnut Creek to honor and thank our volunteers. We had a full house!

In 2010 our volunteers reported over 19,600 hours of service and provided over 8,000 rides! Our Senior Transportation Program volunteers provided over 900 rides alone. Numbers like that definitely change a community. We also thanked our many donors and John Muir Health who help to make it possible for us to continue this important program. Scott Danielson, Senior Staff Assistant, Contra Costa County Area Agency on Aging spoke about their support of the program and announced that they will support us again in 2011 with a \$30,000 grant.

In attendance was Sis Connolly, President of the John Muir Medical Center Auxiliary, who was thanked for the Auxiliary's continued support. In 2011 they will contribute \$30,000 to *Caring Hands* to assist with the transportation portion of our program.

Celebrates 12 Years!

On hand to join in the celebration was Walnut Creek City Mayor Cindy Silva who presented us a proclamation and spoke about the value of volunteering. She premiered a video the city made featuring our volunteer John Gardella and his care receiver Cliff Terry. It is a YouTube video that can be seen on the City of Walnut Creek website.

We honored all caregivers and made a special presentation to the volunteers who have been with us for over 10 years. Of the 29 people who are in that category, 18 were at the dinner. Also in attendance was Brian Hooker, Field Representative for Congressman John Garamendi. The Congressman was thanked for preparing certificates that were presented to these special volunteers. Harry Jayasingha, Advisory Committee member and volunteer since 2000, honored Roxanne Foster and said, "Roxanne is just someone you can't say no to".

John Muir Health executives, Jane Willemssen, President/CAO of John Muir Medical – Walnut Creek Campus, Milt Smith, President of the John Muir Health Foundation, and Ray Nassief, Vice President of Operations/Support Services for Walnut Creek and Concord each made presentations at the dinner and all emphasized the value of the *Caring Hands* program and thanked each volunteer for their contributions.

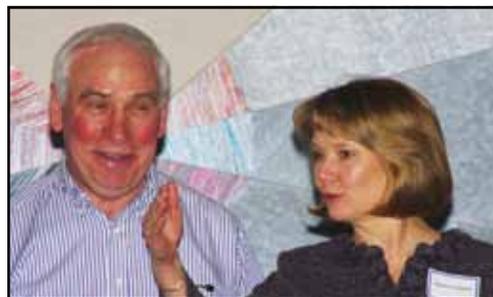
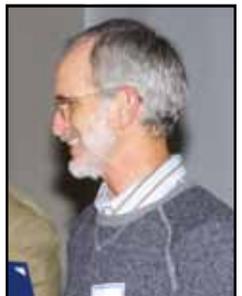
"Contra Costa County Supervisor Mary Nejedly Piepho continues to be our advocate", said Linda Groobin, Program Manager of *Caring Hands*. In her heartfelt letter

Ms. Piepho said, "Volunteering is a contribution of time and energy and without that personal commitment this wonderful caring program would not be the success that it is".

"Currently *Caring Hands* is turning away approximately 30 seniors a month who would qualify for a volunteer simply because we do not have enough volunteers", Linda Groobin said. "We hope to have a full class at the next *Caring Hands* training on May 13th in Concord."

We are thankful for a dedicated staff and for the many volunteers who come in religiously to help in the office.

For more information please contact Linda Groobin at 925-952-2999.



CARING HANDS DAY AT THE A'S



PURCHASE TICKETS OR BECOME A SPONSOR TODAY



Sunday, June 19, 2011 ~ Father's Day
Oakland A's vs. World Champion San Francisco Giants
Game Time 1:05 pm

***EACH CARING HANDS DAY AT THE A'S TICKET INCLUDES:**

- Admission to Game in Section 318
- A pre-game All-You-Can-Eat Clubhouse BBQ Fiesta lunch
- \$6.00 Voucher for use for concession or souvenirs

SPONSORSHIP OPPORTUNITIES

World Series/Presenting Sponsor: \$5,000

- 20 tickets*, drink tickets, and T-shirts featuring your logo as the Presenting Sponsor
- 4 parking passes
- Message on A's Scoreboard
- Full page ad in Caring Hands newsletter distributed to over 1,500 local residents
- Inclusion in all event publicity
- A \$3,943 tax deductible contribution to Caring Hands

League Champion Sponsor: \$2,500

- 12 tickets*, drink tickets, and T-shirts featuring your logo as a Sponsor
- 2 parking passes
- Half page ad in Caring Hands newsletter distributed to over 1,500 local residents
- Your company logo would be featured in the event program as well as in our Caring Hands newsletter
- Inclusion in all event publicity
- A \$1,871 tax deductible contribution to Caring Hands

Division Champion Sponsor: \$1,000

- 10 tickets*, drink tickets, and T-shirts including your logo as a Sponsor
- 1 parking pass
- Business Card size ad in Caring Hands newsletter distributed to over 1,500 local residents
- Your company logo would be included in the event program as well as in our Caring Hands newsletter
- Inclusion in all event publicity
- A \$485 tax deductible contribution to Caring Hands

Caring Hands Fan: \$275

- 4 tickets* and 4 T-shirts
- A \$109 tax deductible contribution to Caring Hands

INDIVIDUAL TICKETS GO ON SALE APRIL 15TH

Individual Tickets* are available for \$55

(includes a \$19 tax-deductible contribution to Caring Hands)

TO PURCHASE TICKETS, A SPONSORSHIP OR FOR MORE INFORMATION:

CALL (925) 952-2999

Caring Hands is a not-for-profit, 501 (c)(3) organization (Tax ID# 94-2650855)

Consider Giving an Occasional Ride

If you are already a *Caring Hands* volunteer, would you consider helping in our occasional rides program as well? If you can, call and let us know. We would call you once or twice a month to see if you are available to provide a ride to a doctor's appointment for one of the seniors who are in the Senior Transportation Program. If you are not available we would simply call someone else. This rides program has proven to be very popular and the needs are growing every month. Your occasional support would be appreciated.

This would also be a good time to ask a friend or neighbor if they might join *Caring Hands* as a volunteer. They could have a weekly match, be an occasional driver...or BOTH! Anyone can check us out online at www.johnmuirhealth.com. Click on "Get involved", scroll to "Volunteers" and click on "Caring Hands" or call the office at 925-952-2999.



Our next training is May 13, 2011 in Concord. A pre-registration and interview are required by May 6, 2011 in order to attend.

THANK YOU!

Caring Hands Volunteers Program would like to extend our thanks to the VHS West Coast Volunteers whose "Make A Difference" Project donated over 100 handmade fleece blankets to John Muir Health. Shown on the front page is a photo of Bruce Good with a John Deere print blanket.

Reminder to all Caring Hands Volunteers

It is important that you turn in your hours on a monthly basis. Here are three ways to help you:

- Fill out time sheets and email them as an attachment to linda.groobin@johnmuirhealth.com
- Fill out time sheets and mail them to: Caring Hands 2855 Mitchell Drive #100, Walnut Creek, CA 94598
- Phone in your hours: 925-952-2999

If you need time sheets, please contact Lilian Kotz at 925-952-2999.

R.S.V.P. REMINDER

The *Caring Hands* Annual Spring Tea will be Friday, May 20th, from 2:00 to 3:30 at The Kensington in Walnut Creek
R.S.V.P. "Yes" only

MULTIPLY YOUR GIVING TO CARING HANDS

Many companies match gift charitable donations made by employees and retirees . . . sometimes even as much as three times the gift amount!

Check with your Human Resources office to see if you can double or triple the amount of your contribution to Caring Hands today!

Caring Hands Advisory Committee

Joe Bettencourt	<i>Interim Healthcare Staffing, Chair</i>
Bob Fairbanks	<i>Walnut Creek Community, 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>

2011 Upcoming Events

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

May 13	Mandatory Volunteer Training	JMMC-Concord Campus	8:45 – 2:30
July 22	Mandatory Volunteer Training	JMMC-Walnut Creek Campus	8:45 – 2:30
September 23	Mandatory Volunteer Training	JMOC-Brentwood	8:45 – 2:30
November 18	Mandatory Volunteer Training	JMMC-Concord Campus	8:45 – 2:30

Wheel Chair Training Sessions

For all interested volunteers immediately following the Mandatory Volunteer Training Sessions.....2:30 – 3:30

Continuing Education Sessions

June 7	Fall Prevention.....	JMMC-Concord Campus	2:00 – 4:00
August 4	Activities for Seniors.....	JMMC-Walnut Creek Campus	2:00 – 4:00
October 14	Losses, Transitions, and Moving.....	JMMC-Concord Campus	10:00 – 12:00

Special Events

May 20	Spring Tea.....	The Kensington/Walnut Creek	2:00 – 3:30
June 19	Day at the A's	Oakland Coliseum: A's vs. Giants.....	1:05 pm

**Please join our Caring Hands social workers and to discuss your match. Attend as often as you would like.*



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Caring Hands is a program of John Muir Health