

Caring Hands' 13th Annual Appreciation Dinner



On Thursday March 1, 2012 almost 140 people gathered in the Ball Auditorium at John Muir Health's Walnut Creek Medical Center to celebrate the *Caring Hands* volunteers' accomplishments for 2011! The theme was "Celebrating Blossoming Friendships" and the room was decorated with beautiful centerpieces of cherry blossoms and other spring flowers from Countrywood Florist in Walnut Creek.



Currently there are approximately 340 volunteers who regularly help over 380 seniors. Most often the volunteers are providing transportation to the doctor or the grocery store, but what sets these volunteers apart is that special relationships and deep friendships are created because of their regular visits.



The John Muir Health leadership team had 15 members in attendance who helped recognize this wonderful group. John Muir Health's President and CEO, Cal Knight, thanked everyone for coming and expressed his personal appreciation to all the volunteers for what they do to help seniors remain independent in our community as long as possible. Linda Groobin, Program Manager introduced Jane Willemssen, President and CAO of John Muir Medical Center, Walnut Creek who welcomed representatives from Congressman George Miller and Congressman John Garamendi's offices. Supervisor Mary Piepho was not able to attend but presented *Caring Hands* with a framed proclamation.



Milt Smith, President of the John Muir Health Foundation, thanked everyone who has donated to *Caring Hands*. Linda sincerely thanked John Muir Health for their ongoing support of the program.

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For more information about *Caring Hands*, visit our website at www.johnmuirhealth.com/volunteer

• click on "Caring Hands" or phone 925-952-2999

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Reverend Dwane Michael, one of the program's founding members, gave a moving invocation.

The "Snappy Cats", who range from 65 to 95 years young entertained us with singing and playing some favorite 'oldies' tunes and encouraged us all to sing along.

Maria Behera, Licensed Clinical Social Worker, (LCSW) introduced our special guests Sandi Lucchesi, and Rachel and Semyon Rapoport. This proved to be one of the highlights of the evening as they shared the story of their special friendship.



In 2011 the volunteers reported almost 19,000 hours of service and provided over 7,700 rides! Linda Groobin said that these accomplishments definitely honor our mission to keep seniors independent as long as possible and adds to our vision of there being no lonely seniors in our community. She also indicated that the program welcomes new volunteers who can help serve the ever-growing need.

Roxanne Foster, Director of Volunteer Services, made the following announcement, "In almost 14 years *Caring Hands* volunteers have gone from zero to over 200,000 reported hours of service — a major milestone!"

The guests were treated to a fabulous dinner prepared by John Muir Health Nutrition Services.

Linda Groobin recognized and applauded all volunteers, many who have been with the program for 10 years or more. Joe Bettencourt, Advisory Committee Chair introduced two new members to the committee, Robin Robinson, who will join the Fund Raising sub-committee and Catherine Chodorow, LCSW, who will join the Program sub-committee.

Special thanks were extended to the Kensington Vintage Senior Living, Diamond Terrace Senior Retirement Living, Interim Healthcare, Hillendale Home Care, Broadway Plaza, Peets' Coffee, Scott's Seafood Restaurant and Ray Zenoni for their donations of baskets and other prizes that were given away to the volunteers at the dinner.



Photos of the Volunteer Appreciation Dinner by Captivating Photos, Trey Steinhart.

Sharing a Caring Hands Story



In January 2005, Sandi Lucchesi saw a flyer about *Caring Hands* while volunteering for the St. John Vianney's hospital ministry at John Muir Health. Since joining Caring Hands, Sandi has visited several seniors.

Most recently Sandi was asked to invite the couple with whom she is now matched and to be the keynote speakers at the 13th annual appreciation dinner. All three accepted and everyone in attendance heard a great story of how volunteering turned into special friendships.

Rachel and Semyon were both born in Russia and have been in the United States for 32 years. Rachel is a retired Professor of Russian and Semyon is a retired engineer. When they moved to Walnut Creek to retire, they took public transportation, but some time later found it more difficult to take and that it took more time. They joined *Caring Hands* to help them get around. In January 2010 they were matched with Sandi and a very special bond was created.

Sandi helps them shop and go to the bank. Semyon calls her "the 'boss', because I have wheels again". Sandi calls them her "Mama and Papa". She said that sometimes they have some difficulty understanding each other, but always seem to figure it out and always with friendly smiles. They have given her much pleasure and joy.

At the Caring Hands dinner, it was quite obvious how much they care for each other. Rachel spoke and told everyone how special Sandi is to them. She thanked *Caring Hands* for bringing her to them.

Sandi closed by saying she gets more than she gives and "recommends *Caring Hands* to anyone who wants to broaden their life and put joy in their hearts".



Sincere Appreciation to
Roger Dill and Jody Bagno
of
Jazz Business Consulting, Inc.
for their generosity
and support of the
Caring Hands
Volunteer Caregivers Program.

Visit their website at www.jazzbc.com

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.

SPRING TEA REMINDER



For Volunteers and their Care Receivers

Friday June 8, 2012

2:00 PM to 3:30 PM

At the Kensington, Walnut Creek

(Call Kathy at 925-952-2999 if you
have a special talent to share)

RSVP "yes" only by June 1, 2012
925-952-2999

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!

**If you or someone you know has 1 to 3 hours a week to help a senior, consider joining *Caring Hands*,
Call 925-952-2999 for more information.**

Caring Hands Advisory Committee

Joe Bettencourt	<i>Interim Healthcare Staffing, Chair</i>
Sue Fordon	<i>Hospice of the East Bay, Vice Chair</i>
Ray Zenoni	<i>Pleasant Hill Community, Secretary</i>
Robin Robinson	<i>Management Consultant, Fund-raising Subcommittee Chair</i>
Catherine Chodorow, MSW, LCSW	<i>Lafayette Community, Program Subcommittee Chair</i>
Rita Clancy, LCSW	<i>Jewish Family & Children's Services 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>
Nancy Lewis, LCSW	<i>Geriatric Care Coordinator, John Muir Health Senior Services</i>
Rev. Dwane Michael	<i>Pastoral Care, John Muir Medical Center-Walnut Creek Campus</i>
Joan Schommer	<i>St. John Vianney Catholic Church</i>
Grala Warren	<i>St. Matthew Lutheran Church</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>
Bernice Russ	<i>Volunteer Support Assistant</i>

2012 Upcoming Events

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

July 20	New Volunteer Training.....JMMC-Walnut Creek Campus.....	8:45 – 2:30
September 21	New Volunteer Training.....JMOC-Brentwood.....	8:45 – 2:30
November 16	New Volunteer Training.....JMMC-Concord Campus.....	8:45 – 2:30

Wheel Chair Training Sessions *(Call to reserve a space)*

For all interested volunteers immediately following each New Volunteer Training Session	2:45 – 3:30
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Continuing Volunteer Training Sessions *(For existing volunteers. Classes may be taken more than once)*

June 5	Mental Health Issues for Older Adults.....JMMC-Walnut Creek Campus.....	10:00 – 12:00
August 10	Volunteer Refresher Training.....JMOC-Brentwood.....	10:00 – 12:00
September 11	Let's Talk About Your Match.....JMMC-Concord Campus.....	2:00 – 4:00
October 25	Losses, Transition and Moving.....JMOC-Brentwood.....	1:00 – 3:00

Special Events

June 8	Spring Tea.....The Kensington.....	2:00 – 3:30
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Caring Hands is a program of John Muir Health