

Spring 2013

Caring Hands

A Program of John Muir Health



Don Kimura and Catherine Crow



Gifts of Love from Two in Love

By Roxanne Foster, Director, Volunteer Services, John Muir Health

Recently a very special friend of *Caring Hands* passed away. Madeline Park had been a philanthropic supporter of *Caring Hands* and its important mission since inception. Madeline made a legacy gift of \$10,000, which we received as part of her estate. In 2011, *Caring Hands* had received another special gift of \$20,000 from the estate of Robert Clough. You see, Bob and Madeline were two very special people in love with each other, both of whom loved to provide charitable gifts to programs that improved the community.

Because *Caring Hands* is a community collaborative program, a portion of operating funds each year must come from the contributions of organizational funders and generous individuals such as Madeline and Bob. Over the years, other special friends of *Caring Hands* like Miriam LaRieu and Ruth Steiner, who also believed passionately in the mission of *Caring Hands* and made gifts annually during their lives, also made legacy gifts through their estates.

We give special thanks and recognition to Madeline Park for her generous contributions to *Caring Hands* and the important services our volunteers provide to seniors in Contra Costa County. Her legacy lives on.



Celebrating Your Legacy with *Caring Hands* and



Caring Hands is partnering with John Muir Health Foundation's Office of Legacy Planning to provide charitable giving resources to help you with your own legacy planning – free of charge and with no obligation.

Mike Crvarich, the Foundation's Vice President of Legacy Planning, is available to provide information about various giving vehicles and help you determine which may be best for you based on your financial and philanthropic goals. In fact, did you know John Muir Health Foundation is now offering Charitable Gift Annuities?

Establishing a charitable gift annuity can be a great way to make a charitable contribution to *Caring Hands* while receiving a partial tax deduction AND receiving fixed annual income for life.

Mike understands that *Caring Hands* is special to all who give and receive care. Please feel welcome to contact Mike by phone at 925-941-2120 or michael.crvarich@johnmuirhealth.com to discuss charitable legacy planning options.

Save the date!

Friday, June 28, 2013

Time: 2:00 pm – 4:00 pm

Caring Hands

Afternoon Tea

Caring Hands Seniors,
if you would like to attend,
even if your volunteer can't
make it, call 925-952-2999



Caring Hands Celebrates 14 Years of Helping Seniors



Photographs were taken by Captivating Photos

On March 11, 2013, over 130 individuals gathered at the Ball Auditorium at John Muir Health Medical Center – Walnut Creek. There was a feeling of overwhelming compassion and collaboration in the room. This was an opportunity to thank our volunteers who give selflessly of their time to put a smile on the faces of over 330 seniors who are helped by them. Linda Groobin, Program Manager, welcomed everyone and thanked the volunteers as well as the many donors who help make this program so successful. Volunteers were also congratulated by Cindy Silva, Walnut Creek Mayor, Mike Thomas, President, John Muir Medical Center – Concord, Patrick Carew, President, John Muir Health Foundation, who all recognized that John Muir Health could not support these seniors without the wonderful volunteers and donors.

Debbie Pendergast, Senior Vice President of Patient Services and Roxanne Foster, Director of Volunteer Services and founding Program Manager of *Caring Hands* gave heartfelt praise and thanks.

A new video was premiered featuring interviews with volunteers and their care receivers showing examples of the sincere friendships that are created through *Caring Hands*.

When *Caring Hands* was first in the planning stages, many people were instrumental in making it happen. Pastor Dwane Michael, Director of Pastoral Care, John Muir Health, Walnut Creek Campus, said that in its infancy an RN by the name of Lois Peacock suggested that we needed to find a way to get seniors to their appointments and to keep them independent as long as possible. She has been invited each year to attend the dinner, but because of



scheduling problems she has not been able to attend. This year she was there.



Remain Independent

Caring Hands has a way of getting into peoples' hearts and many volunteers and staff are still active in the program since its inception in 1999.

Volunteers Jean Walsh, Marcella Colarich and Stella



Ruybalid, from St. Agnes Catholic Church in Concord, all joined in 1999 and all were in attendance at the dinner.

Linda Groobin once again emphasized the need for volunteers to meet the increasing need of seniors. She encouraged people to consider joining the *Caring Hands* team. The next two trainings, May 24 and July 26, will both be held at John Muir Medical Center in Walnut Creek. Call 925-952-2999 for more information.

A Message from Linda Groobin

Isolation and loneliness can affect everyone. Recent studies show that, especially with the aging population, this can not only affect ones' health but ones' longevity as well.

Caring Hands is unique in that the volunteers don't just provide a ride to the doctor or to the grocery store; they often create a very special long-term bond and friendship with their care receivers.

Our **mission** is to keep seniors independent and in their own homes as long as safely possible. Our **vision** is to be sure there are no lonely seniors.

Each month we ask the volunteers to provide a time sheet indicating what they have done with their care receiver. I read them all. There are rides to the doctor and errands that are so necessary. But when there is no appointment our volunteers often take them on an outing. Here are some of the recent quotes I have read:

- She joined us for a Sunday dinner
- We always end our time together with a cup of coffee in the Sun Valley Mall – watching people
- We'll go to a matinee and each pay our own way
- I love hearing about her previous life in Italy
- No outings anymore. We just play cribbage! She loves it!
- We love the free concerts in Clayton during the summer

These inspiring events are happening every day – volunteers making someone's life less lonely.

Resources from our Licensed Clinical Social Workers

Rainbow Community Center (RCC) 925-692-2056 • www.rainbowcc.org

RCC is serving the Contra Costa's Lesbian, Gay, Bisexual and Transgender community and offers Counseling Services, Health and Wellness Services, Senior Services, Youth Programs and Social and Support Groups.

Senior Peer Counseling (SPC) • 925-521-5640

SPC offers both individual counseling and support groups to residents of Contra Costa County 55 years of age and older. Through trained peer counselors, they offer support to help through life's problems, challenges and crises. All services are free of charge and can be provided in the senior's home.

Rotary Home Team • 925-956-7396 www.rotaryhometeam.com

Basic **HO**me **M**aintenance for **E**lderly provided by your local Rotary Club, free of charge!

- Light bulbs in hard to reach places
- Batteries for your smoke alarms
- Leaky or running toilets or faucets
- Squeaky or stuck doors, windows, drawers
- Loose drawer pulls, latches, screens

Family Caregiver Alliance (FCA) 800-445-8106 • www.caregiver.org

When you are caring for a chronically ill loved one, it's easy to forget to take care of yourself. FCA offers free and low cost services to family caregivers such as: Information and Referral; Free Family Consultation and in home assessment of the individual needs; Workshops and Classes.

I hope these quotes and ideas will inspire each of you to try a new activity with a senior or a loved one in your life. With this beautiful weather, a walk in the park or a trip to a local farmers' market will put a smile on their face and yours.

If you would like some ideas of places to go and things to do, please call our office at 925-952-2999. Many activities are free and after all, you can only watch so much TV. Let us know what you did so we can pass these ideas around.

Caring Hands Advisory Committee

Joe Bettencourt *Interim Healthcare Staffing, Chair*
 Sue Fordon *Hospice of the East Bay, Vice Chair*
 Ray Zenoni *Pleasant Hill Community, Secretary*
 Catherine Chodorow, MSW, LCSW *Lafayette Community, Program Subcommittee Chair*
 Linda Doll *Christ the King Catholic Church, Caring Hands Outreach Committee Chair*
 Rita Clancy, LCSW *Jewish Family & Children's Services of the East Bay*
 Roxanne Foster *Director, Volunteer Services, John Muir Health*
 John Gardella *Walnut Creek Community*
 Ken Gray *Bay Point Ambrose Park and Recreation*
 Harry Jayasingha *Lafayette Orinda Presbyterian Church, Lafayette*
 Nancy Lewis, LCSW *Geriatric Care Coordinator, John Muir Health Senior Services*
 Rev. Dwane Michael *Pastoral Care, John Muir Medical Center-Walnut Creek Campus*
 Grala Warren *St. Matthew Lutheran Church, Walnut Creek*



Caring Hands Staff

Roxanne Foster *Director, Volunteer Services, John Muir Health*
 Linda Groobin *Program Manager*
 Maria Behera, LCSW *Intake Coordinator*
 Kathy Friend, LCSW *Social Services Coordinator*
 Lilian Kotz *Department Secretary*
 Bernice Russ *Volunteer Support Assistant*



2013 Upcoming Events

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

May 24	New Volunteer Training.....	JMMC-Walnut Creek Campus	8:45 – 2:30
July 26	New Volunteer Training.....	JMMC-Walnut Creek Campus	8:45 – 2:30
September 27	New Volunteer Training.....	Brentwood	8:45 – 2:30
November 22	New Volunteer Training.....	Walnut Creek.....	8:45 – 2:30

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

For all interested volunteers immediately following each New Volunteer Training Session 2:30 – 3:15

Volunteer Refresher Training Sessions *(For existing volunteers)*

August 27 JMMC-Walnut Creek Campus 6:00 – 8:00

Continuing Volunteer Training Sessions *(For existing volunteers. Classes may be taken more than once)*

June 18	“Meditation for Healthy Living”.....	JMMC-Concord Campus	2:00 – 4:00
September 17	“The Best Friends Approach to Dementia Care” ..	Walnut Creek.....	2:00 – 4:00
October 24	Rich Relationships.....	Brentwood	10:00 – 12:00

Special Events

May 31	“Out of Isolation – The Mobility Connection”	JMMC-Walnut Creek Campus	12:00 – 3:30
June 28	Afternoon Tea.....	JMMC-Walnut Creek Campus	2:00 – 4:00

Currently Caring Hands has more than 60 seniors waiting to be matched. Please consider helping. Call 925-952-2999



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