

# CARING HANDS

A program of John Muir Health

Spring 2009

2855 Mitchell Drive #100, Walnut Creek, California 94598

## *The Four Year Run with Jim*

A Caregiver's Reflections *By Fred Pueringer*

When I first met Jim on November 8, 2004 he had been dealing with the recent loss of his wife of 59 years, and to make matters worse, he was no longer able to drive. Fortunately, Jim had a wonderful, caring live-in caregiver, Maryann, who was extremely supportive, but she did not drive.

Being unable to drive was very tough on Jim as he is a man of accomplishment – a father of five successful children, a graduate of University of California at Berkeley (chemical engineering) where he played on the basketball team, a commissioned army officer having served in the Philippines, a career executive



with Chevron, and upon retirement he led the United Way campaign in the greater Bay Area for seven years.

Initially, we spent some one-on-one time getting to know each other. Eventually Maryann joined us and was most welcome on our Wednesday afternoon errands. We would do some shopping, visit the senior center, the cemetery, do some mall walking, and often stop at any one of the several Starbucks locations around town for our grande caramel frappuccinos! Jim really enjoyed the XM satellite radio system in my Honda because of the music from the 1930's and 40's, and my wife and I attended several incredible birthday parties for Jim given by his five wonderful children.

On November 3, 2008 age and dementia caught up with Jim and he moved into a board and care home with 12 residents – and apparently he's fitting right in...It was a really great four-year run with Jim and Maryann!

## **PLAY BALL!**

*We are Seeking Sponsors!*

**Saturday, October 3**

**1:05 pm**

**A's vs. Angels**

**Tickets: \$42 each**

**All you can eat BBQ**

**Call 925-952-2999**

For more information about Caring Hands, try our website at [www.johnmuirhealth.com/caring\\_hands](http://www.johnmuirhealth.com/caring_hands)

Phone: 925-952-2999 • Fax: 925-952-2998

# Celebrating Ten



On Thursday, February 26 *Caring Hands Volunteer Caregivers Program* celebrated ten years of service to seniors in our community at John Muir Medical Center – Walnut Creek Campus.

It was a wonderful evening with more than 140 people in attendance. Volunteers who gave nearly 20,000 hours of service in 2008 to frail, isolated, and disabled seniors living in our community were recognized as well as donors who make this program possible.

Contra Costa County Supervisor **Mary Nejedly Piepho**, and top John Muir Health administrators including **Milt Smith**, President of the John Muir Health Foundation, and **Jane Willemssen**, President of John Muir Medical Center – Walnut Creek Campus, were in attendance to express their gratitude for such a dedicated group of volunteers and the generosity of our donors.

"*Caring Hands* has grown steadily each year to serve more seniors; expanded our social services support to our seniors as well as our volunteers; established our Hispanic Outreach Program whose mission is to provide the *Caring Hands* Program to our Spanish speaking community; created the Senior Transportation Program whose purpose is to provide occasional transportation services to medical appointments; created the "Community Action Team" to expand our volunteer recruitment efforts to the community-at-large; and so much more!" said **Carol Louisell**, Program Manager of *Caring Hands*.

Our roots are in the John Muir Medical Center – Walnut Creek Campus' Pastoral Care Program and we are a Faith in Action Program. "We are so grateful for the support we have received over the years from our interfaith partners in

Contra Costa County. This program would not be possible without their involvement," said **Dwane Michael**, Director of Pastoral Care. "You have been the foundation for our success."

**Carolyn Schick**, a *Caring Hands* Caregiver since 1999, was invited to share her *Caring Hands* story. "At 98 my Amazing Grace is still living on her own and had marked her calendar with BIG BOLD letters "Caring Hands Dinner." However, due to a fall a few days ago she's unable to be with us tonight. We share so many interests and we are always on the go." Unfortunately, Grace passed away on March 2nd. She will be missed by her family and many friends, especially Carolyn...

Eighteen volunteers surpassed 1,000 hours accumulatively in 2008, and nine were in attendance: **Mike Taflinger**, **Tiffany Than**, **Ray Van Stralen**, **Carl Kimmel**, **Ollie Anderson**, **Evelyn Ternstrom**, **Harry Jayasingha**, **Robin Gordon**, and **Carolyn Schick**. **Roxanne Foster**, Director of Volunteer Services and founding program manager of *Caring Hands* saw many of the same faces she recruited ten years ago. "This speaks volumes of your dedication to this program, and your commitment warms my heart!"

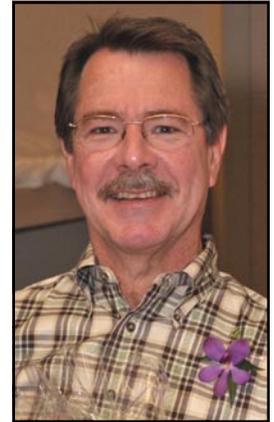
It would be impossible to recognize all of the individuals, corporations, and foundations who have supported our program financially over the years, but seven were in attendance: **Pastor Bill Barrett** (Saint Matthew Lutheran Church), **Dick Clancy** (Security Pacific Real Estate), **Bob Clough**, **Donna Lawson** (City of Concord), **Joy Moore**, **Sandra Nelson**, and **Rick San Vicente** (Contra Costa County Area Agency on Aging). Without their combined gifts and with those of other funders *Caring Hands* would not be in existence.

A few of our founding benefactors who deserve special recognition include **Ruth Arnhold Steiner**, **Miriam Lar Rieu**, **John**



# Years!

**Muir Medical Center Auxiliary**, and of course, **John Muir Health**. "We are so thankful for your continued support and belief in our program," said **Carol Louisell**. She added, "We are truly blessed by the *Caring Hands* staff, our volunteers who give so generously of their time, and our donors who are able to share their financial resources. It is my honor and privilege to be associated with such an incredible group of people. Thank you from the bottom of my heart!"



# Caring Hands Advisory Committee

Rafael Quintero	<i>Security Pacific Real Estate, Chair</i>
Sandra Lemmons	<i>Companion Care / ResCare Home Services, Vice Chair</i>
Ray Zenoni	<i>Pleasant Hill Community, Secretary</i>
Angelica Ariza	<i>Saint Francis of Assisi Catholic Church</i>
Joe Bettencourt	<i>Interim Healthcare Staffing</i>
Bob Fairbanks	<i>Walnut Creek Community</i>
Roxanne Foster	<i>Volunteer Services, John Muir Health</i>
John Gardella	<i>Walnut Creek Community</i>
Nancy Lewis, LCSW	<i>Senior Alternatives</i>
Rev. Dwane Michael	<i>Pastoral Care, John Muir Medical Center-Walnut Creek Campus</i>
Marge Perez	<i>Catholic Charities of the East Bay</i>
Cathie Ramey	<i>Walnut Creek Senior Club</i>
Mary Roberts	<i>Saint John Vianney Catholic Church</i>
Grala Warren	<i>Saint Matthew Lutheran Church</i>



# Caring Hands Staff

Carol Louisell	<i>Program Manager</i>
Lilian Kotz	<i>Department Secretary</i>
Linda Groobin	<i>Volunteer Coordinator</i>
Maria Tataru, LCSW	<i>Intake Coordinator</i>
Nancy Ramirez	<i>Hispanic Outreach Coordinator</i>
Kathy Friend, LCSW	<i>Social Services Coordinator</i>



## 2009 Upcoming Events

### 2009 Volunteer Training Sessions *(For new volunteers on a one-time basis only)*

May 29	Mandatory Volunteer Training .....	JMMC-Walnut Creek Campus .....	8:45 – 3:30
July 24	Mandatory Volunteer Training .....	JMMC-Concord Campus .....	8:45 – 3:30
September 19*	Mandatory Volunteer Training .....	JMMC-Concord Campus .....	8:45 – 3:30
September 26	Mandatory Volunteer Training .....	JMOC-Brentwood .....	8:45 – 3:30
November 13	Mandatory Volunteer Training .....	JMMC-Walnut Creek Campus .....	8:45 – 3:30

### 2009 Continuing Education Sessions

April 16	Older Drivers - What to Know.....	JMMC-Concord Campus .....	10:00 –12:00
May 7	Older Drivers - What to Know.....	JMOC-Brentwood.....	2:00 – 4:00
June 20*	Becoming a Donor & End of Life Issues....	Mercy Housing-Brentwood.....	7:00 – 8:30
June 30	Disaster Preparedness Training .....	JMMC-Walnut Creek Campus .....	6:00 – 8:00
July 23	Wheelchair Training .....	JMMC-Concord Campus .....	2:00 – 4:00
August 11	Successes and Challenges .....	JMOC-Brentwood .....	6:00 – 8:00
September 16	Mental Health Issues in Older Adults .....	JMMC-Walnut Creek Campus .....	10:00 –12:00
October 27	Fall Prevention.....	JMMC-Walnut Creek Campus .....	10:00 –12:00
November 11	Understanding Clutter & Hoarding.....	JMOC-Brentwood .....	10:00 –12:00
December 4*	Successes and Challenges .....	Caring Hands Office .....	7:00 – 8:30
December 8	Overview of Alzheimer’s Disease .....	JMMC-Walnut Creek Campus.....	2:00 – 4:00

### Special Events

April 20	National Healthcare Volunteer Day Brunch ..	JMMC-Walnut Creek Campus.....	10:30 –12:30
October 3	Caring Hands Day at the A’s.....	McAfee Coliseum Oakland: A’s vs. Angels.....	1:05 pm

\*Spanish-speaking Sessions



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Caring Hands is a program of John Muir Health