

# CARING HANDS

Winter 2009

2855 Mitchell Drive #100, Walnut Creek, California 94598

## *A Caring Hands' "Match"*

**Robin Gordon** has been volunteering with *Caring Hands* since 1999 and has given nearly 1,700 hours of service to seniors in our community who need a helping hand. She first learned of *Caring Hands* when it was being created from her Rabbi, **Raphael Asher**. She was previously involved in the respite program for Alzheimer's patients at the Jewish Community Center and Rabbi Asher felt she would be an excellent volunteer for *Caring Hands* – and he was right! She also volunteers with the John Muir Medical Center Auxiliary at John Muir Medical Center – Walnut Creek Campus where she has been a member since 2004.

Robin has been "matched" with three care receivers since 1999, and with **Eunice** since 2004. Robin provides her assistance with grocery shopping and errands, as well as transportation to medical appointments, friendly visits, and as Eunice says, "Is my guardian angel! I couldn't manage without her. She is always there whenever I need her." Eunice is 94 years old and has lived in Rossmoor for many years, but no longer drives. "I greatly appreciate this assistance from such a caring person."

What's remarkable about Robin is that she is so completely dedicated to *Caring Hands*. She was in a



**Eunice and Robin**

major car accident in January 2009 and barely took a break. She was back in action and helping Eunice almost immediately. "I just believe in what *Caring Hands* does," she said.

Our heartfelt appreciation and recognition goes out to Robin for her continued service to *Caring Hands* and her on-going commitment to Eunice. Thank you, Robin!



# Caring Hands' Day at the A's



It was a beautiful day at the ball park on Saturday, October 3rd as *Caring Hands Volunteer Caregivers Program* of John Muir Health hosted its fifth "Day at the A's" to benefit local seniors in need. The Oakland A's took on the Los Angeles Angels.

to support our program and appreciates the work we do for seniors who are struggling to remain in their homes, and **Ray Thibodeau of Cantor Fitzgerald** learned of this event on our web site and called to purchase tickets for the families of the men and women in our armed services serving our country over seas."



"Through the generous support of our community, we raised nearly \$9,000 from this fundraising event," said **Carol Louisell**, program manager of *Caring Hands*.

"We serve more than 250 seniors each week with the support of more than 250 volunteers," said Louisell. "Our program continues to grow each year as our population ages and is needed now more than ever as government funded programs for seniors are being substantially cut or eliminated completely."



There was a private barbeque, silent auction, and raffle prizes for people who purchased tickets to this event. "We did remarkably well despite today's challenging economic conditions."



*Caring Hands* would like to thank our sponsors: Security Pacific Real Estate and Cantor Fitzgerald. "Their donations made all the difference," said **Mary Roberts**, Chair of the *Caring Hands Fundraising Committee*. "**The Clancy Family of Security Pacific Real Estate** continues





*Congratulations to Caring Hands' Volunteer  
John Gardella  
Culture to Culture Foundation  
Senior Award Celebration*

October 25th was a very special day for *Caring Hands* as one of our volunteers, **John Gardella**, was among the top four winners and awarded Volunteer of the Year by the *Culture to Culture Foundation*. **Kermit Sveen**, nominated by Summerset, and **Leo Vardas**, nominated by the Pleasant Hill Community Center, were also recognized for their dedication to serving seniors in our community. (They also happen to volunteer for *Caring Hands*!)

This second annual event was held at Saint Paul's Episcopal church in Walnut Creek. More than 100 people were in attendance including **Gerald Richards**, Chair of the Area Agency on Aging, **John Cottrell**, Director of Contra Costa County Aging and Adult Services, and many friends and family members of the nominees were there to celebrate.

John was nominated by *Caring Hands* because of his willingness to serve in leadership roles on the *Caring Hands* Advisory Committee as well as on the Community Action Team representing Walnut Creek. He has been a volunteer caregiver since 2004; has served nine care receivers; and has contributed more than 1,000 hours of service.

He also donates hundreds of hours to many additional worthwhile organizations such as the *John Muir Medical Center – Walnut Creek Campus*; *John Muir Outpatient Center, Tice Valley/Rossmoor*; *Tony La Russa's Animal Rescue Foundation*; and the *Performing Animal Welfare Society*. Every organization speaks so highly of John – he is truly a gift to each organization with which he volunteers.

Additionally, a new "Super Senior Award" was presented to **Sarah Baggarozza** who is 103 years of age for her faithful volunteering at the Antioch Senior Center. This is a great indication that you're never too old to volunteer!



**Sue and John Gardella, Caring Hands Caregivers**



## Caring Hands Advisory Committee

Rafael Quintero	<i>Security Pacific Real Estate, Chair</i>
Sandra Lemmons	<i>ResCare Home Services, Vice Chair</i>
Ray Zenoni	<i>Pleasant Hill Community, Secretary</i>
Angelica Ariza Castri	<i>St. 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>
Linda Groobin	<i>Volunteer Coordinator</i>
Maria Behera, LCSW	<i>Intake Coordinator</i>
Kathy Friend, LCSW	<i>Social Services Coordinator</i>
Lilian Kotz	<i>Department Secretary</i>

## 2010 Upcoming Events

### 2010 Volunteer Training Sessions *(For new volunteers on a one-time only basis)*

January 22	Mandatory Volunteer Training	JMMC-Concord Campus	8:45 – 3:00
March 13*	Mandatory Volunteer Training	JMMC-Concord Campus	8:30 – 5:00
March 26	Mandatory Volunteer Training	JMOC-Brentwood	8:45 – 3:00
May 21	Mandatory Volunteer Training	JMMC-Walnut Creek Campus	8:45 – 3:00
July 23	Mandatory Volunteer Training	JMMC-Concord Campus	8:45 – 3:00
September 18*	Mandatory Volunteer Training	JMOC-Brentwood	8:30 – 5:00
September 24	Mandatory Volunteer Training	JMOC-Brentwood	8:45 – 3:00
November 19	Mandatory Volunteer Training	JMMC-Walnut Creek Campus	8:45 – 3:00

### 2010 Continuing Education Sessions

January 27	Fall Prevention	JMOC-Brentwood	6:00 – 8:00
February 10	Let's Talk About Your Match**	JMMC-Walnut Creek Campus	6:00 – 8:00
March 26	Wheelchair Training	JMOC-Brentwood	3:15 – 5:00
April 20	Senior Fraud Prevention	JMMC-Walnut Creek Campus	10:00 – 12:00
June 3	Let's Talk About Your Match**	JMOC-Brentwood	10:00 – 12:00
June 4*	To Be Determined	JMOC-Brentwood	7:00 – 8:30
August 16	To Be Determined	JMMC-Concord Campus	6:00 – 8:00
October 25	Let's Talk About Your Match**	JMMC-Concord Campus	10:00 – 12:00
November 19	Wheelchair Training	JMMC-Walnut Creek Campus	3:15 – 5:00
December 3	To Be Determined	JMOC-Brentwood	12:00 – 2:00
December 8*	To Be Determined	JMMC-Concord Campus	7:00 – 8:30

### Special Events

February 25	11th Annual Appreciation Dinner	JMMC-Walnut Creek Campus	6:00 – 8:30
May 14	Spring Tea	To Be Determined	2:00 – 4:00

\*Spanish-speaking Sessions

\*\*Please join Caring Hands' social workers and volunteer caregivers to discuss your match. Attend all three if you would like.



Caring Hands is a program of John Muir Health