

CARING HANDS

Summer 2010

2855 Mitchell Drive #100, Walnut Creek, California 94598

Spring Tea's Special Guest of Honor



Gwen Evans and Lavinia Lundy enjoy the festivities at the Caring Hands Fourth Annual Spring Tea hosted again this year at The Kensington. Lavinia, age 107, was the featured speaker.

The experiences of the special friendship between senior care receiver Lavinia Lundy and care giver Judy Weichold were shared with the crowd. Katrina disaster survivor Lavinia, 107 of Danville, also shared her secret to a long and happy life... bathing in the fountain of youth at a younger age... in Tampa, Florida!

Lavinia shared how she survived Katrina at age 103. She lost all her material possessions and her lifetime home. She moved to California and now lives with her niece Gwen Evans. Lavinia's courage and positive attitude were an inspiration to all.

See inside for the full story and more photos of the Spring Tea.

Caring Hands' Spring Tea



More than 150 volunteer caregivers and care receivers gathered May 14, 2010 to celebrate special friendships when the *Caring Hands Volunteer Caregivers Program* held its fourth annual "Spring Tea."

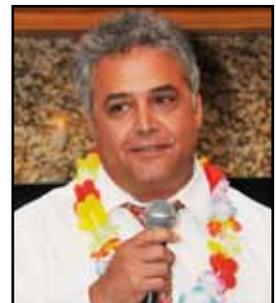
donating the wide selection of teas.

Roxanne Foster, Director of Volunteer Services for John Muir Health, expressed her gratitude to all the volunteers who give so generously of their time to seniors in our community. This sentiment was also expressed by Joe Bettencourt, *Caring Hands* Advisory Committee Chair, and Kevin Young, Executive Director of The Kensington.



Generously hosted by The Kensington – Vintage Senior Living, of Walnut Creek, the attendees were treated to delightful tea party sandwiches, scones, cakes and strawberries, while being entertained by Hawaiian Musicians and Dancers "Ono Like" who set the fun mood with their Island tunes and hula dances. Our special thanks go to the Harbor View Tea Society for

The highlight of the day however was the volunteers and their care receivers. "It is relationships that make life special, and make *Caring Hands* the unique and beautiful program that it is!" said Foster.



Celebrates Special Friendships



Volunteer Appreciation Dinner

On April 19, John Muir Medical Center, Walnut Creek Campus hosted a Volunteer Week reception for the Adult In-service and *Caring Hands* Volunteers. Hawaiian themed food was served and the music and dancing provided by Ono Like and the Hawaiian Ladies delighted and entertained.

A few weeks prior to National Volunteer Week, on February 25, the *Caring Hands Volunteer Caregivers*

Program celebrated its volunteers during their eleventh annual appreciation dinner. Volunteers for *Caring Hands* reach out to seniors in the community, providing them with companionship, transportation and escorting to medical appointments and services, assistance with shopping and errands and much more – all the time enabling them to remain independent in their own homes. Roxanne Foster, Director of Volunteer Services said, “Reaching out to our elderly community with compassion and providing connection and friendship really is the core of *Caring Hands*, and helps to meet the significant and growing need of

our community. We celebrate the achievements of our Volunteers in this special program, and the many hours they have donated.”



Caring Hands' Day at the A's – a Great Success!

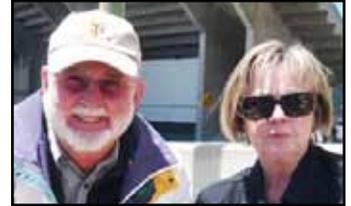
Over 235 people came together on Sunday, May 23 to raise money for the *Caring Hands Volunteer Caregivers Program* and enjoy at Day at the A's featuring the "Battle of the Bay" – Oakland A's versus San Francisco Giants at the Oakland Coliseum.

Roxanne Foster, Director of Volunteer Services for John Muir Health said, "We are so pleased to have held this popular event again this year, and during the exciting Battle of the Bay games series! We are delighted with our net proceeds of over \$9,000."

Supporters of *Caring Hands* dressed in green and yellow, orange and black, and a host of other colors, while enjoying the game, their BBQ feast and the prize drawings they purchased tickets for during the event.

Among the prizes donated by local businesses and individuals was a family "CalStar" Helicopter ride along with a one-year family subscription to their services for medical emergencies, won by Tina Bettencourt. JMH employee Joy Moore won a sail boat ride, and the Grape Stomp at PAWS was won by Diane Fairbanks.

"We are most thankful for the support local businesses and individuals show to the *Caring Hands Volunteer Caregivers Program*, not only during our fundraising events, but also throughout the year. Without them, this event would not have been such a success. And, special thanks go to the JMH staff who bought tickets for friends and family to support our efforts," said Foster.



Thomas A. Seeno Foundation



Ray & Karen Thibodeau
Walnut Creek



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>Senior Alternatives, 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>
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>
Mary Roberts	<i>Saint John Vianney Catholic Church</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>



We are pleased to announce the promotion of Linda Groobin, formerly Volunteer Coordinator, to the position of Program Manager

for Caring Hands.

Linda has been instrumental in the smooth and successful running of the program, helping to train and match caregivers and seniors for several years now, and will be expanding her current duties to include oversight of the program's day-to-day operations.

After 32 years in the marketing field Linda began her real passion – assisting seniors work towards healthy aging. Since 2001, Linda has been involved in the provision of services to seniors in nutrition, socialization and safety, and has previously held Program Manager/Director roles in this field. This coupled with her experiences as a Caring Hands Volunteer between 2001 and 2005 enables her to bring so much relevant knowledge and experience to this role.

2010 Upcoming Events

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

July 23	Mandatory Volunteer Training	JMMC-Concord Campus	8:45 – 3:00
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

August 16	Understanding Family Conflicts in Caregiving...	JMMC-Concord Campus	6:00 – 8:00
October 25	Let's Talk About Your Match*	JMMC-Concord Campus	10:00 – 12:00
November 10	Caring Hands/Pastoral Care Forum.....	JMMC-Walnut Creek.....	1:00 – 3:00
November 19	Wheelchair Training	JMMC-Walnut Creek Campus	3:15 – 5:00
December 3	Rich Relationships.....	JMOC-Brentwood.....	12:00 – 2:00

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



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Caring Hands is a program of John Muir Health