

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*



Jacie Jones
*Latino Outreach
Coordinator*



Lilian Kotz
*Department
Secretary*

Congratulations to Caring Hands' Volunteer Carolyn Schick Culture to Culture Foundation Senior Volunteer Award Celebration



October 17th was a very special day for *Caring Hands* as one of our volunteers, **Carolyn Schick**, was among the top six winners to be awarded "Volunteer of the Year" by the *Culture to Culture Foundation*.

The third annual event was held at The Kensington in Walnut Creek. More than 100 people were in attendance including friends and family members of the 27 nominees. *Caring Hands* has been well-represented in the past, with previous award winners: **John Gardella**, **Harry Jayasingha**, and **Ray Zenoni**.

Carolyn has been volunteering at *Caring Hands Caregivers Program* for the past 11 years, volunteering more than 2,300 hours assisting seniors and providing program support in Contra Costa County. She is currently seeing her fourth long-term care receiver. The seniors she has assisted are individuals living independently. With her support they were able to get to doctors' appointments, pick up medications, and most importantly, had a friend who visited them weekly, religiously!

Carolyn also hosts fundraisers and is actively involved with Philanthropic Educational Organization, a nonprofit group advancing women through providing better access to higher education. For the past three years, she has also served as the financial manager at Hope Lutheran Church in Rossmoor.

As you can see, Carolyn lives a life of service and is committed to serving the young and the young at heart.



John Gardella



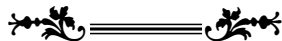
Harry Jayasingha



Ray Zenoni

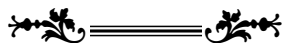
An Elderly Wish Foundation "Making Senior Wishes Come True"

It is our mission to enrich the
final days of the
terminally ill elderly
by making a life-long wish
come true.



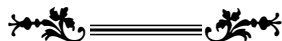
Program Funding:

- Individual contributions
- Corporate donations
- In-kind contributions
 - Planned giving
 - United Way



How wishes are granted:

- Must be over 60 years
or older, living in
Contra Costa County
- Condition must be
life-threatening or terminal,
certified by a physician.
- Can be referred by anyone
 - The Board of Directors
will be the final authority
on the wishes granted



Contact Information:

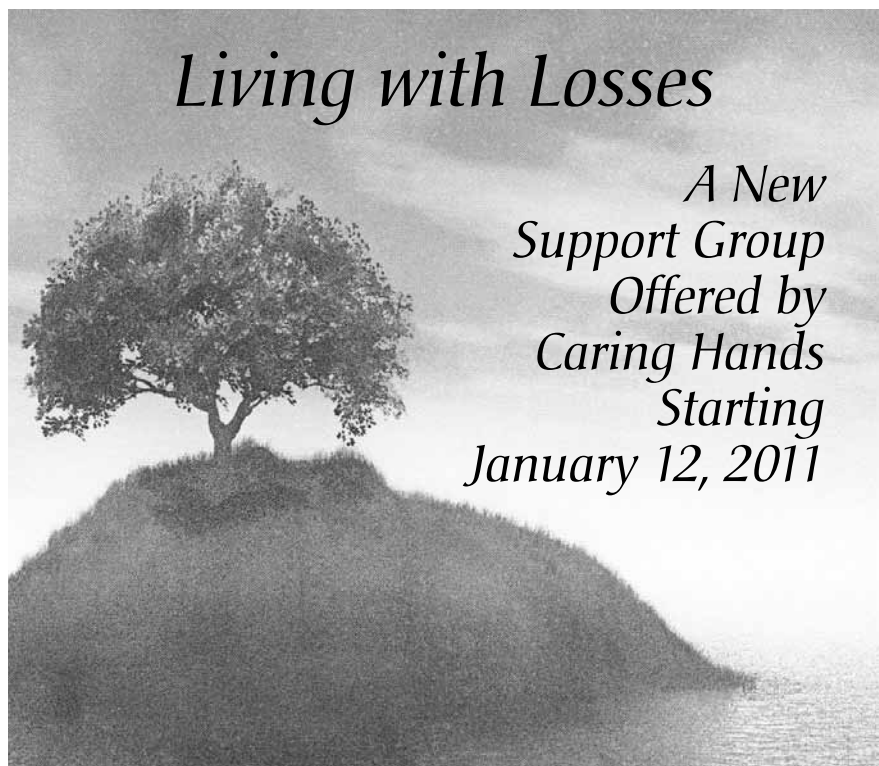
Call: 925-978-1883

Mail: P.O. Box 4365
Antioch, CA 94509

Email: info@elderlywish.org

Visit us at: www.elderlywish.org

*An Elderly Wish Foundation
is not affiliated with John Muir Health*



Living with Losses

*A New
Support Group
Offered by
Caring Hands
Starting
January 12, 2011*

Grief can arise from any loss, not just from a death of a close loved one. Other losses that can trigger grief are:

- Loss of a cherished relationship or dream
- Loss of a job or of financial security
- Loss of health for yourself or a dear family member
- Loss of independence
- Loss of contentment
- Loss of a home

Losses, whether minimal or life-altering, whether losing someone or something, require a grief process that can be extensive and burdensome for many people. This support group will explore the grieving process following a loss. Participants will share their feelings and experiences in a supportive environment. They will learn the art of understanding their pain, letting go, self-care and moving forward to fulfill their lives and achieve happiness again. All disclosures are treated with confidence and respect.

The group will run for eight (8) sessions and it will meet on Wednesdays from 2-4 pm, twice a month, starting January 12, 2011. It is open to the *Caring Hands* community: our seniors, volunteers and their families. Participants must commit to all of the 8 sessions of the program. Maria Behera, Licensed Clinical Social Worker will be the facilitator of this support group.

Capacity: 25 people. Call 925-952-2999 to sign up.

Welcome Jacie Jones Latino Outreach Coordinator



I am a California native, born and raised in a small town in Northern California. I moved to Los Angeles for school, and later lived in Argentina and in Spain to study

for a few semesters as part of my Spanish major at Pepperdine University. My education allowed me the unique opportunity to translate for medical professionals offering free surgeries in developing countries. These experiences prepared me for my career in health outreach in medically underserved communities, especially those that are Spanish-speaking.

As Latino Outreach Coordinator I will be responsible for conducting outreach throughout Central, South and East Contra Costa County, in collaboration with the *Caring Hands* staff, to recruit Spanish-speaking volunteers and identifying Spanish-speaking seniors to participate in the Caring Hands Volunteer Caregivers Program as well as the Senior Transportation Program.

I look forward to being a part of this great team.

We Need Your Assistance



Caroline and Heidi

At this time of Thanksgiving words cannot express how grateful we are for our giving and caring volunteers.

The words we often hear from our seniors are: "You sent me an angel." "I don't know what I would do without him." "She always has a smile on her face and is happy to see me."

There is a growing need for volunteers who can provide a couple of hours a week to lend a hand with a ride to an appointment, shopping, giving a caregiver a break or just being a friend who can listen to an interesting life story. We are looking for bi-lingual volunteers for the Latino community as well.

If you are already a *Caring Hands* volunteer, would you consider helping another care receiver? Please also ask a friend or neighbor if they might be able to help. We have volunteer opportunities for weekly matches and for occasional rides providers as well.

We all feel like we could use a little assistance now and then. Imagine how you might make someone feel who has stopped driving, whose family may be out of the area or might be too busy to help as often as they would like. You have the potential to make a huge difference in someone's life.

Caring Hands has volunteer trainings throughout the year. Our first one for the new year is January 21, 2011 in Walnut Creek. We will have a Spanish-speaking training April 8, 2011 in Brentwood. A pre-registration, orientation interview and a background screening need to be completed by January 14 in order to attend the Walnut Creek class.

Consider making this a New Year's resolution! Contact Linda Groobin or Jacie Jones at 925-952-2999 or visit our website at www.johnmuirhealth.com/caring_hands.

Notice 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 to Lilian Kotz at 925-952-2999

If you need time sheets, please contact Lilian Kotz.

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>

2011 Upcoming Events

2011 Volunteer Training Sessions *(For new volunteers on a one-time only basis)*

January 21	Mandatory Volunteer Training	JMMC-Walnut Creek Campus	8:45 – 3:00
March 25	Mandatory Volunteer Training	JMOC-Brentwood	8:45 – 3:00
April 8	Mandatory Volunteer Training <i>(Spanish-speaking)</i>	JMOC-Brentwood	8:45 – 3:00
May 13	Mandatory Volunteer Training	JMMC-Concord Campus	8:45 – 3:00
July 22	Mandatory Volunteer Training	JMMC-Walnut Creek Campus	8:45 – 3:00
September 9	Mandatory Volunteer Training <i>(Spanish-speaking)</i>	JMOC-Concord	8:45 – 3:00
September 23	Mandatory Volunteer Training	JMOC-Brentwood	8:45 – 3:00
November 18	Mandatory Volunteer Training	JMMC-Concord Campus	8:45 – 3:00

2011 Wheel Chair Training

January 21	Wheelchair Training	JMMC-Walnut Creek Campus	3:15 – 4:30
March 25	Wheelchair Training	JMOC-Brentwood	3:15 – 4:30
May 13	Wheelchair Training	JMOC-Concord Campus	3:15 – 4:30
July 22	Wheelchair Training	JMMC-Walnut Creek Campus	3:15 – 4:30
September 23	Wheelchair Training	JMOC-Brentwood	3:15 – 4:30
November 18	Wheelchair Training	JMMC-Concord Campus	3:15 – 5:00

2011 Continuing Education Sessions

January 11	Let's Talk About Your Match*	JMOC-Brentwood	10:00 – 12:00
February 3	Senior Fraud Prevention	JMOC-Brentwood	1:00 – 3:00
April 21	Let's Talk About Your Match*	JMMC-Walnut Creek Campus	10:00 – 12:00
June 7	Fall Prevention	JMMC-Concord Campus	2:00 – 4:00
August 4	Activities for Seniors	JMMC-Walnut Creek Campus	2:00 – 4:00
October 14	Losses, Transitions, and Moving	JMMC-Concord Campus	10:00 – 12:00

Special Events

March 3	12th Annual Appreciation Dinner	JMMC-Walnut Creek Campus	6:00 – 8:30
May 20	Spring Tea	The Kensington/Walnut Creek	2:00 – 4:00

**Please join our Caring Hands social workers and to discuss your match. Attend both if you would like.*



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Caring Hands is a program of John Muir Health
