Spring 2016

Caring Hands

A Program of John Muir Health





17 Years of Caring and Compassion

On February 26, the *Caring Hands*Volunteer Caregivers Program held its
17th annual volunteer recognition dinner.
They gathered at John Muir Medical
Center – Walnut Creek.

Linda Groobin, Manager of *Caring Hands*, welcomed all the guests, which included volunteers, donors, and 10 members of the John Muir Health leadership team.

Michelle Lopes, Senior VP Patient Care Services and Chief Nursing Officer, JMMC-WC spoke on behalf of the hospital and health system. She thanked the volunteers and expressed her respect and admiration for the *Caring Hands* program and for the many benefits the volunteers offer to the seniors who they serve.

Ray Nassief, Senior VP Hospital Operations and Support Services, introduced Walnut Creek Mayor, Loella Haskew. Mayor Haskew also thanked the volunteers and was especially grateful to John Muir Health for 17 years of support of the senior population in the local community. Her theme for her term as Mayor is "Walnut Creek works" and she felt *Caring Hands* was a shining example of what works in our community. At the conclusion of her speech, she presented Linda Groobin with a proclamation from the City of Walnut Creek.







One of the highlights of the evenings was hearing from one of the *Caring Hands*

volunteers, Lisa Vitalone. She was accompanied by her two seniors, one who is 97 and the other in her 70's. All three spoke of how something that started as a volunteer helping a senior has blossomed into true friendships. (continued on page 2)



"It has been my delight to be a driver for Caring Hands and wish more elected individuals would become involved in direct community service to our seniors. It is a constant reality check away from the public political storms about what community really is."

Edi Birsan, Concord City Councilmember



Celebrating 17 Years of Caring and Compassion

(continued from page 1) The second speaker was Robin Gordon, a volunteer who has been with Caring Hands since the beginning, 1999. She has been matched with and has helped a family, first the mother and then the daughter who were Holocaust survivors. Robin has remained close to this family and now the granddaughter, Rita Clancy, LCSW, serves on the Advisory Committee of Caring Hands and Robin considers her a dear friend. Recently Robin decided that being matched with just one person was not enough. She wanted to meet more of the seniors and now serves as an occasional driver and so far has helped over 60 seniors. She says she loves to drive.

Ms. Groobin then honored each and every volunteer for their service and mentioned that since 1999 *Caring Hands* volunteers have provided 89,650 rides and have reported over 277,800 hours of service, Out of the 380 seniors served by *Caring Hands*, five are over 100 years of age and 65 are in their 90's most in their high 90's. All of these seniors live independently!









Kimberly Bellinger, External Relations Director, John Muir Health Foundation, expressed her sincere appreciation to all of the individuals, foundations and corporations whose philanthropic contributions generously support *Caring Hands*, especially John Muir Medical Center Auxiliary, the Contra Costa County Area Agency on Aging, Contra Costa Transportation Authority, the Concord/Pleasant Hill Health Care District, Dean and Margaret Lesher Foundation, Ken and Barbara Meehan, and Ken and Tammy Anderson.



At the end of the evening there was a "special presentation". Roxanne Foster, Director of Guest and Volunteer Services and founding Manager of *Caring Hands* provided her heartfelt thanks to all who make *Caring Hands* such a success, the volunteers, the donors, the staff, and especially John Muir Health for its continued support of the program. Roxanne then brought Linda Groobin back to the stage where she announced that this would be Linda's last dinner as Manager of *Caring Hands*. She will remain with the program until April 22, 2016, which is the date of the annual Spring Tea. Ms. Groobin expressed that the decision to leave was a very difficult one for her as

Caring Hands has been in her heart since she started as a volunteer in 2001. She said that it has been an honor to represent such a wonderful and unique program for nine years. She plans to take some time for family and friends but promises she will not go far.

It was then announced that the program will be in good hands as Maria Amadea, LCSW, has accepted the position of Manager effective April, 3. Maria has been with Caring Hands for 12 years and comes with a wealth of experience and knowledge of Caring Hands and the needs of our senior community. (continued on page 3)















(continued from page 2)
It was wonderful evening and celebration of Caring Hands. John Muir

Medical Center – Walnut Creek Nutrition Services delighted the guests with a delicious dinner and the Pacific Mozart Ensemble, directed by Tom Carpender entertained the group.

Caring Hands continues to have a long waiting list of seniors who need a volunteer. Please consider volunteering or donating to Caring Hands. Information can be found at Johnmuirhealth.com/caringhands or by calling (925) 952-2999.



JOIN US AND PLAN TO ATTEND!

JMMC HONORS VOLUNTEER MONTH

April 11, 10:30 A.M. – 12:30 P.M. JMMC – Walnut Creek Campus

CARING HANDS SPRING TEA FOR VOLUNTEERS & SENIORS

April 22, 2:00 P.M. – 4:00 P.M. JMMC – Walnut Creek Campus

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, LCSW Lafayette Community, Program Subcommittee

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 of Guest and Volunteer Services, John Muir Health

Ken Gray Tri-Delta Transit

Natalie Herbert Senior Vice President, Poms and Associates, LLC

Harry Jayasingha Chaplain, John Muir Medical Center-Walnut Creek, Lafayette Presbyterian Church

Nancy Lewis, LCSW Geriatric Care Coordinator, John Muir Health Senior Services

Elizabeth Masten Retired, Federal Reserve Bank

Rev. Dwane Michael Retired, Pastoral Care,

John Muir Medical Center-Walnut Creek Campus

Grala Warren St. Matthew Lutheran Church, Walnut Creek

Caring Hands Staff

Roxanne Foster Director of Guest and Volunteer Services,

John Muir Health

Linda Groobin Manager

Maria Amadea, LCSW Intake Coordinator

Kathy Friend, LCSW Social Services Coordinator
Lilian Kotz Department Secretary







Continuing Education Classes

LET'S TALK ABOUT YOUR MATCH

- Share successes and difficulties
- Learn to set clear boundaries for yourself to prevent burnout

Tuesday, April 12, 2016 • Time: 2:00 pm - 4:00 pm • JMCC - Walnut Creek Campus • RSVP by April 4

LET'S TALK ABOUT YOUR MATCH

- Share successes and difficulties
- Learn to set clear boundaries for yourself to prevent burnout

Wednesday, May 11, 2016 • Time: 10:00 am - Noon • JMOC - Brentwood • RSVP by May 4

LOSSES, TRANSITIONS, AND MOVING

- Coping with life changes: loss of home, sense of security, living independently due to decline in health. aging, or financial problems
- Feel free to bring your care reciever if you know they are interested in learning about this topic

Wednesday, October 12, 2016 • Time: 2:00 pm − 4:00 pm • JMOC − Brentwood • RSVP by October 7

2016 Upcoming Training

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

The waiting list for seniors needing a volunteer is growing. Please consider helping. Call 925-952-2999.

