

Summer 2015

Caring Hands

A Program of John Muir Health



We NEED caring volunteers!

In response to the need, on July 21, 2015, fifteen dedicated volunteers and staff met over lunch to identify ways to help the growing number of seniors who need a little help from a *Caring Hands* volunteer. Currently there are almost 50 seniors on our waiting list. All in attendance agreed to help with recruitment efforts and many great ideas were shared. Each agreed to contact at least one person or group.

In 1973, Dr. Patrick Arbore of the Institute on Aging established a s e n i o r

Meet *Caring Hands*' new Committee Members

Left to right: Linda Groobin, Ann Sussman, Sonny van Westrop, Lily Williams, Grala Warren, Kathy Friend, Linda Doll, Peggy Sutter, Ferenc Kovac, Carolyn Schick, Chris Gill, and John Gardella. Ray Zenoni and Natalie Herbert (not pictured)

Friendship Line in San Francisco that is available 24/7 365 days a year. He says, "Social isolation is a risk factor; connection a protective factor." "We believe connections are what bind us to life," Dr. Patrick Arbore said. "We recognize you, we acknowledge your presence in the community," he said, as though addressing seniors. "You are not invisible to us." "Just one person who says, 'I'm here for you,' is profound."

Caring Hands volunteers do just that. By visiting or calling regularly, seniors know they matter. We all have lifelong stories to tell. Something as simple as enjoying an ice cream cone together can make that difference!



Don Kimura with Catherine sharing a simple pleasure.

Consider calling *Caring Hands* to get more information and find out how easy it can be to make a big difference in someone's life.

If you would like to hear Dr. Patrick Arbore speak, please join us on October 23, 2015 at John Muir Medical Center. See the details in this newsletter.

Contact Linda Groobin at 925 952-2999 or on the web at www.johnmuirhealth.com/caringhands



Caring Hands friends come together for a day of fun, food,



On April 24, 2015, 125 seniors and their volunteers gathered at John Muir Medical Center, Walnut Creek for our 9th annual Spring Tea. Once a year we set a date to celebrate special friendships.

Caring Hands currently has almost 200 of these special friendships. Volunteers are carefully connected with one person who they see once a week. While they often spend time getting to the doctor and the grocery store, when they don't have appointments, they do social things together. The tea is something that most say they look forward to each year.

All were entertained by the John Muir Health Chorus, directed by Sandra Peter, The Johnny Muir Dancers, directed by Maureen Bell, and the Dueto, Zeke and Julio. John Muir Nutrition services provided delicious tea sandwiches and desserts.

We want to thank The Kensington Vintage Senior Living and especially Steven Maddenly, Executive Director, for their 7th year of sponsorship.

Our guest speakers were Chris Gill and Lennie Galbreath. They shared stories of their adventures and Chris mentioned that she been blessed to have the perfect match.

With almost 50 seniors needing help, we are hoping that people might consider getting more information about becoming a *Caring Hands* volunteer. Hours are flexible and efforts are made to find someone who lives close by. One person can make a big difference in someone's life, as well as their own, in just a few hours a month.

Call Linda Groobin at 925-952-2999 to get more information about volunteering and/or donating to this special program. You can also get information at www.johnmuirhealth.com/caringhands.

Trainings will be held Friday, September 25, 2015 and Friday, November 20, 2015, both in Walnut Creek.



1. Lennie with Chris G.
2. Sharon O. with Ethyl
3. Jane with Karen G.
4. Elsie with Pete W.
5. Gerda with Kathy D.
6. Rogue with Betty K.
7. Lisa V. with Marjorie
8. Pat K. with Betty
9. George with David L.



singing and dancing.



6



7



8



9

Senior Mobility
Action Council
Invites you to
Mobility Challenges



**OCTOBER 23, 2015,
10:30 A.M. – 2:30 P.M.**

**John Muir Medical Center
1601 Ygnacio Valley Rd., Walnut Creek**

Mature Drivers and the Healthy Brain

Presented by Dr. Patrick Arbore

*Jefferson Award Winner
Center for Elderly Suicide Prevention,
Founder & Director*

When to Give Up the Keys and New, Automated Driver Testing at the DMV

Presented by Rosemary Robles

Senior Driver Ombudsman, DMV

**Free Box Lunches Will Be Provided
Parking Available**

RSVP by October 15, 2015
(space is limited)

**925-937-8311
or email: staff@mowsos.org**

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 *East County Liason*
 Nancy Lewis, LCSW *Geriatric Care Coordinator, John Muir Health Senior Services*
 Liz Masten *Martinez Community*
 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 *Program Manager*
 Maria Amadea, LCSW *Intake Coordinator*
 Kathy Friend, LCSW *Social Services Coordinator*
 Lilian Kotz *Department Secretary*
 Bernice Russ *Volunteer Support Assistant*



Continuing Education Classes

DELIBERATE DIALOGS

- Connect with deeper understanding, greater clarity, form stronger connections
- Learn to handle hard conversations with grace

Wednesday, October 21, 2015 • Time: 6:00 pm – 8:00 pm • JMMC – Concord Campus • RSVP by October 14

2015 Upcoming Training

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

September 25	New Volunteer Training.....	JMMC-Walnut Creek Campus.....	8:45 – 3:30
November 13	New Volunteer Training.....	JMMC-Walnut Creek Campus.....	8:45 – 3:30

U.S. News & World Report Ranks John Muir Health's Medical Centers Among Nation, State and Bay Area Best

John Muir Medical Center, Walnut Creek Ranks in Top 50 nationally for Orthopedics, Gastroenterology and GI Surgery, and Gynecology. John Muir Medical Center, Concord Ranks in Top 50 nationally for Diabetes and Endocrinology. Both medical centers ranked in Top 4 overall in San Francisco/Oakland area and Top 14 in the state. To read the entire article go to: johnmuirhealth.com

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

