



SENIOR SCROLL

SENIOR RESOURCE SERVICES

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Mission Statement

We are a non-profit organization assisting the elderly and their families in addressing the issues of aging.



Claudia Winters Receives 1st Athena Award

April is volunteer appreciation month and we held a brunch for all of our wonderful volunteers on Saturday, April 25.

The Board and our Volunteer Coordinators have been busy getting donated gifts and gift cards to present to our volunteers at the brunch. During the recognition brunch our first Athena award, named after DeeAnn Grove's mother, was given out to the volunteer who gave the most hours assisting our Seniors. Claudia Winter was named the recipient of the Athena award. Claudia has been a volunteer for SRS since November, 2007 and has given 228 hours assisting our Senior clients. The reason Claudia volunteers is to give back for all that she has received. Claudia received a framed certificate and her name on the Athena Award plaque displayed in the SRS office. She also received a special gift to pamper herself.



Grandma's Goodies

Senior Resource Services is creating a cookbook entitled Grandma's Goodies. There are no better cooks than our elderly who have tried and true recipes. We would like everyone involved with Senior Resource Services (clients, volunteers, Board Members and Employees) to send us some of your favorite recipes and maybe a little description on why you sent that particular recipe. After we gather the recipes, we will print our Grandma's Goodies cookbooks and sell them as a fund raiser. Please participate in this worthy cause.

Senior Resource Services

Trying Economic Times

We are certain that you are aware of the difficult times that all non-profits are facing. We write grants that cover 90% of our expenses and unfortunately the foundations have less money to give, and we receive less to assist us with our expenses. We also have a Cycle for

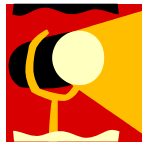
SENIOR RESOURCE SERVICES

Seniors fundraiser hosted in September on Grandparent's Day and we're going to sell Grandma's Goodies cookbooks.

This is just a reminder that we do accept donations and please remember Senior Resource Services when giving memorials. This is such a valuable service for our elderly and the community.

What to Expect From Your Volunteer

Senior Resource Services is so appreciative for our many volunteers. These volunteers are giving of their time to help you. You can show your appreciation by being ready to leave your house at the prearranged time. Do not ask the volunteer to stop at additional places. The volunteer may have time constraints. You can always call the office and schedule a time and volunteer for your additional stops. In case of inclement weather, we encourage the volunteers to cancel, for example the recent snow storm. We do not want the volunteers to take the additional responsibility of you out on the roads and icy sidewalks during snowstorms. The volunteer or client may call the office at 970-352-9348 to cancel the day of the event. Please be considerate and not cancel your outings once a volunteer has been assigned. We understand if you have requested a volunteer to go to the doctor and the doctor changes your appointment, or you are ill. These are certainly understandable reasons for you to cancel or reschedule.



Volunteer Spotlight

Ed Gibbs

Diane McVicker

David Jackson

Ed Gibbs was the recipient of the December volunteer drawing for submitting his Activity Log on time. Ed received an Egg & I gift certificate to thank him for his dedication to volunteering. It is nothing new for Ed to volunteer as he helped the Weld Food Bank and is active in the Lions Club. Ed has been volunteering for SRS since September 2008 and we're very thankful his wife got him involved.

Diane McVicker was the January recipient of pretzel snacks and note pads. Diane worked in the office for SRS from Sept. 2007-March 2008. I'm sure many of you will recognize her voice. Diane is a retired school teacher and volunteers helping our elderly. Diane has also volunteered in the past for Meals on Wheels, Partners and Visitors and Convention Bureau.

David Jackson received a free car wash in the February drawing. David's story is unusual because he came to us asking to volunteer. David is a UNC student and wanted to spend some time with our seniors and learn from them and hear about their amazing lives. We need more young people like David that are willing to give back.

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F.A.S.T. Way to Recognize a Stroke

A stroke can happen to anyone, anywhere at any time. If you aren't sure what to look for or what to do, memorize this: F.A.S.T.

F=FACE: Face the person and ask them to smile. Is the smile symmetrical?

A=ARMS: Have them hold their arms out. Is the person able to hold both arms out at an equal height?

S=SPEECH: Have them repeat a simple sentence such as "Today is Friday," or "It is raining outside." Do they have difficulty speaking?

T=TIME & TELEPHONE: Make a note of the time you first noticed symptoms. Medical personnel will want to know.

If you note that the person has difficulty with any of these exercises call 911 immediately. DO NOT WAIT TO SEE IF SYMPTOMS GET BETTER. This will waste valuable time that you can't get back.

Volunteers

As our client base grows so must our volunteers. There are so many seniors needing assistance that we need additional volunteers. If you should know of an individual that will spend a few hours a week with a Senior, please send them our direction. We never want to turn away a Senior.

We want to welcome our newest volunteers and thank them for their willingness to give of their time to help others. They are Wavia Grubaugh, John Keyser, Mary Douglas, Patrick Risk, Milena Rodionov and Anne Wellman. We now have 56 volunteers and 82 clients.

Senior Resource Services wants to thank the following businesses for donating to SRS so we can show our volunteers how much we appreciate them: Village Inn, Perkins, Quality Lube, Wash at Market Square, Lolly's Hallmark, Egg & I and Contemporary Cook.

Flower Gardens

Along with Spring comes yard duties. Do you need assistance with planting flowers? A Rotary organization has the mission to assist Seniors and will help you. Please call us to arrange a time.

Senior Scroll Newsletter

As you all know, postage is going up in May. Postage is one of Senior Resource Services biggest office expense. In order to remain within our budget, we are going to change from a quarterly newsletter to a semi-annual newsletter. Look for the next *Senior Scroll* in October. We hope you have enjoyed the newsletter. We feel that it is a great tool to use to communicate to our clients and volunteers in order to keep them abreast of the support SRS provides to the senior community.