



# 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.*

## Disney Volunteers

Disney is promoting volunteerism by offering a "Give A Day—Get A Day" program where volunteers receive a free one-day pass to DisneyWorld or Disneyland. This program allows people to research volunteer opportunities on-line and Senior Resource Services is a member of 1-800 Volunteer and presently has received 22 inquiries about volunteering. We currently have 5 Disney active volunteers who after volunteering 8 hours will receive a free Disney pass to one of their parks. This program runs through Dec. 2010 or until Disney gives away all of the passes.

If you have already been volunteering for Senior Resource Services and would like to receive the Disney information about joining the program, please call our office at 970-352-9348.

Senior Resource Services is very grateful to Disney for the volunteers who may not have found us otherwise and the best part is the Disney volunteers we have now want to continue to volunteer for SRS even after they receive their park passes. It just goes to show you that once you volunteer for SRS you're hooked. The companionship of our Senior clients create a bond with a new "Special Friend".

## Volunteer and Client Protocol

Senior Resource Services keeps growing and as we begin the 2010 year we are now serving 157 seniors. We're able to accomplish this with the help of our 90 compassionate volunteers.

All of our volunteers are covered by our Liability Insurance policy. If you would like more detailed information, call DeeAnn Groves at the Office, 352-9348.

Since some of our volunteers and clients have been receiving services since 2007, we wanted to remind you of our Emergency Procedures. If a client becomes ill, unconscious, or falls, the volunteer is to call 911. **The volunteer is not to lift the client.** After 911 is called the volunteer should call the SRS office at 352-9348 to report the incident and the Office will contact the client's family or emergency contact.

Transportation and Respite Care is a wonderful service provided to all Weld County seniors. It is the support of volunteers giving freely of their time that this free service is possible. Once a volunteer is scheduled, we ask that the client not cancel the appointment unless it is for health reasons, or inclement weather. We realize that doctor's offices change the appointments occasionally. If the client has cancelled a scheduled appointments 3 times for other reasons than those listed above, SRS will place the client on the inactive list and they will no longer be able to receive free services.

Remember clients, the volunteers have given freely of their time and we do not want to repeatedly cancel appointments that they have planned their days around your appointment

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### **Executive Director's Message**

Hello Friends,

Year 2009 – the last year of the first decade in the 21<sup>st</sup> century-is gone. Year 2010 is here and will be a wonderful year. You ask how? Senior Resource Services will offer our FREE services to more seniors, provide more volunteers with a warm feeling of satisfaction and be recognized by the community as a very deserving service for Weld County Seniors and their families.

As you know Volunteers are the back bone of our organization and I want to communicate to them the depth, breadth and magnitude of their contribution to our clients. Over the last 2 ½ years we have found the volunteer and client have become very good friends and when their friend passes away it is a deep loss to them. We have “Prayer Shawls” we give to our Volunteers to wrap up in and think of the good times they shared with their friend. If you know of anyone that would like to make some of these Shawls for us to give, please call our office.

It is my pleasure to be able to visit each of our clients in their own homes and listen to their stories. I have learned more about our communities in Weld County than I have in the last forty years of residency in Greeley. When we receive the client gratitude letters, there are tears in the staff’s eyes.

Three years ago, I had this dream and it is being fulfilled. Not only with the clients and volunteers, but also the many donors we have that believe what we are doing are worthy of their financial assistance. We say a Special Thank You to all of them. My present dream is to continue serving our seniors and their adult children in Weld County for many years to come and with our wonderful staff, that dream will come true.

If you know of anyone that could be helped by our service, or anyone that would like to volunteer, please call us at 352-9348. I hope you enjoy this edition of our *Senior Scroll*.

Regards to all—DeeAnn Groves.



### **Spring Will Come!!!!**

The snow will melt, the grass will be green and our days will be sunny. yard so we can enjoy this beautiful time of the year SPRING? UNC spruce up your yard this April. Clients, please contact the Senior like the students to come to your house for a “clean-up”.

What will we do about cleaning our students have volunteered to help Resource office, 352-9348, if you would

### **Volunteer Recognition Event**

Volunteers, please mark your calendars for April 24. Senior hosting a special event just for you to say thank you. We’re still in more details will follow, but we do know for sure there will be We hear daily from our clients about volunteers and how would like to share that information with the volunteers at the recognition event. Clients, please write us a note to say thank you to a special volunteer and we will share it with them at the event. Mail it to our office at 1802 16<sup>th</sup> St., Greeley, CO 80631



Resource Services will be the planning stages and food, fun and free gifts. wonderful they are. We

### **We Need Your Help!**

As most of you know we are creating a cookbook, “Grandma’s Goodies”. We have asked for you to turn in some of your favorite recipes. We have received a few, but we need many, many more. We hope to publish this cookbook and sell it to the community to raise funds for Senior Resource Services. Please take a few moments to jot down some of your favorite recipes and mail them to 1802 16<sup>th</sup> St. Greeley, CO 80631. We would love it if you included why this recipe is your favorite.

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### Annual Fundraiser

Our annual fundraiser, Cycle for Seniors is taking on an all new look. The only thing that will stay the same is that it is held on Grandparent's Day, Sept. 12 and we will have a parade of decorated children's bikes. This new event is being named, Sundae in the Park and as you can determine by the name, we will be serving ice cream sundaes with old fashioned cake walks, children's activities and music. The event will resemble an ice cream social held at Sanborn Park. Please mark your calendars for a fun family event on Sept. 12. Additional information will be shared in later newsletters.

### Volunteer Spotlight Diane McVicker, Jean Raile



If you are a volunteer and you mail, hand deliver, or complete your volunteer activity log by the 7<sup>th</sup> of each month then we enter your name into a drawing. In November Diane McVicker was the lucky winner of a meal from Contemporary Cook. Diane is a special volunteer as she began by working in the Senior Resource office the first year we opened our doors. She is also a retired school teacher and loves to travel. When Diane decided to substitute teach we were able to recruit her to volunteer in her spare time. We've heard from our Senior Clients that Diane is one of their favorite volunteers. This gift certificate to Contemporary Cook is just a small way to say thank you for helping our Seniors. Jean Raile won the drawing in December and won a free Fat Albert's pie. If you haven't had the opportunity to try these pies then you most definitely need to. Jean selected a peanut butter pie and served it to her 20 + guests at her Christmas Dinner. Jean has volunteered for SRS for several years now and she is one of our snow birds that head south in the winter. We anxiously await all of our snow bird volunteers' return.

### Senior Resource Services Survey

We have had our doors open for almost 3 years now and we would like you to tell us how we're doing. We will be conducting a phone survey that we would really appreciate you taking the time to chat with one of our office staff. We will be calling our volunteers and our clients to ask you how we can improve and also what we are doing right.

### Eating Well as You Age

Written by Laura Young

Through out the senior years, it is important to continue eating a variety of nutritious foods to help keep your body healthy and enable it to better fight diseases. Unfortunately, however, older adults sometimes have difficulty obtaining, preparing and/or eating nutritious foods. Some of the more common nutritional issues faced by older adults are a loss of appetite, oral health problems, and difficulty with shopping or cooking. Here are a few suggestions to help deal with these issues.

**Loss of Appetite:** There does not seem to be a single cause for why many older adults say they don't have an appetite. Some of the most common reasons are digestive problems, side effects from medications, anxiety, loneliness and depression. To perk up your appetite try:

- Eating four to six smaller meals during the day because smaller meals tend to be easier to digest.
- Increasing your activity level if you are able.
- Inviting a friend or family member to join you for a meal once a week.

**Difficulty Chewing and Swallowing:** Oral health problems, such as tooth loss or mouth pain, may keep older adults from eating a well-balanced diet. To combat these issues try:

- Visiting your dentist - many oral health problems are treatable.

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- Choosing softer foods that are easier to chew.
- Drinking water or other beverages with meals to make swallowing easier.

**Difficulty Shopping:** As you age, it may become more difficult to navigate the supermarket. To help minimize shopping hassles try:

- Shopping at times when the stores are not crowded, such as weekday mornings.
- Shopping at stores with battery-powered, sit-down grocery carts if you are less mobile.
- Asking a friend or family member to go with you to help reach items, push the cart, and carry the groceries.
- Calling Senior Resource Services

**Difficulty Cooking:** With age, it may become more difficult to hold and use cooking utensils as well as lift heavy pots and pans. If you are no longer able to cook try:

- Contacting Meals on Wheels, which delivers meals to people who are housebound for little or no cost.
- Taking part in group meal programs offered at many senior centers.
- Asking friends and family to help stock your freezer with individual-sized meals that can be microwaved.

### **Kids Say the Darndest Things!**

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him 62. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

**Senior Resource Services  
1802 16<sup>th</sup> St.  
Greeley, CO 80631**