

December 2010



Neighborly
care network



Volunteer Voice

Volunteers lending a helping hand



Happy Holidays ...

*... to our hard-working volunteers.
A warm welcome also to our snowbirds.*

Another year is coming to an end, and as I look back, it amazes me to see how much we have grown. You are all responsible in some way for our success in improving health, wellness and independent living for individuals and families, as our mission states. Despite the unfavorable economy, many volunteers have come onboard to help us deliver meals to those in need. Volunteering is very rewarding. According to a survey reported in the September 2010 issue of "Success Magazine," volunteers had this to say:

73% said it lowers their stress level

92% said it enriches their sense of purpose in life

68% said it makes them feel physically healthier

88% said it provides networking/career development opportunities

This has proven to be true of our volunteers, too. We have some volunteers in their 90s who still drive and are completely dependable. Two such volunteers are highlighted in this newsletter.

It pleases me that we had many new volunteers join our program this year. But our need for more help and monetary donations continues to increase. Because of the deflated economy, we find that more people than ever are in need of our services. That is why we are so grateful to you for your generous support throughout the years.

Neighborly Care Network is a beacon in our community because of YOU. Here's hoping that the holidays bring you much joy and happiness. As you celebrate, please think of those less fortunate and how you can help to make a difference in someone's life.

I personally would like to thank you for your hard work and faithfulness to a worthy cause. May your happiness far exceed your sorrows! Make happy memories over the holidays...they last a lifetime!

Pat Hazell

Volunteer Recruitment Coordinator

SUNSHINE CORNER SPOTLIGHT

MURRELL GRAMMER: To look at her, you would never guess that she is 90 years old. To talk with her, you would be amazed at her survival story. To be in her company is to be touched by her. She is a phenomenal woman!

Murrell was born in Louisville, Kentucky, and grew up with four sisters and two brothers. She married at age 18 and had three wonderful children. Presently, she is the proud grandmother of seven, and great grandmother of 13. She loves all of them dearly. Murrell even has a generation necklace that represents each addition by birth.

This amazing woman has survived various cancers three times and is still ready to face life's obstacles with grit and determination. She does this all while still smiling because she knows that she will come through as a survivor.



Murrell is a volunteer at the Neighborly headquarters building. When Pat Hazell accepted the volunteer recruitment coordinator position at Neighborly, the first thing she learned about Murrell was never to underestimate her. She has proven time and again that she can work with speed and accuracy, and hold her own. Among other jobs, Murrell prepares the volunteer packets used for orientations and does so in record time. She has served our company for over a decade and has no plans of quitting.

For Murrell, there is never a day with nothing to do. She also volunteers at her church and finds time to pursue her hobbies of bowling (that's right -- bowling), playing cards, gardening, dining out with friends, and visiting her family in Kentucky.

About Neighborly, Murrell says, *"Everyone here is wonderful and a joy to work with. I try to fulfill whatever I have to do to help out."* We are really blessed to have someone like Murrell Grammer volunteering with us for the past 10 years. She has watched us grow as a company and now serves in our new building.

Murrell says, *"God has been good to me and I will continue to live my life to include Sunday school and church until He calls me home."*

Thank you, Murrell, for your years of giving to the work we believe in. Here's hoping you will be around for a long time!

Do you, or someone you know, have hidden talent that could be shared with the seniors at our sites/centers?

Call or e-mail Pat Hazell (573-9444, ext. 4190 - phazell@neighborly.org)

C'mon -- don't be modest! We know there are lots of talented people out there who could bring so much happiness to our clients/participants. Give us a call!

You're never too old to help those less fortunate!

Submitted by Betty Leiby (On Top of the World Volunteer Coordinator)

Elsie Colvin (On Top of the World in Clearwater) has a history of being a volunteer. She grew up during the depression years in a "giving" farm family, along with six siblings. She learned from her family what giving to others was all about.

Elsie started her volunteering as a "Candy Striper" in a Chicago hospital and nursing home. Since then, she has received many special awards for her volunteerism. As well she should be, Elsie is proud of her many award citations over the years. She was named "Volunteer of the Year" in 1996 for her work for Harbor Side Health. She has a record 15 years with Hospice, where she still volunteers every Friday.

While living in Chicago, Elsie was an officer at a golf organization that raised money for scholarships for talented children in need. The organization also wanted to work with hospitalized veterans. This led to Elsie's most interesting volunteer job. When they were first married, Elsie's husband taught her how to play golf. She used that acquired skill/hobby to teach blind veterans how to play golf, which she did for 25 years.



This year, Elsie's love of volunteering brought her to include delivering Meals on Wheels to our homebound clients at On Top of the World. They ADORE her, and she is available whenever we need her.

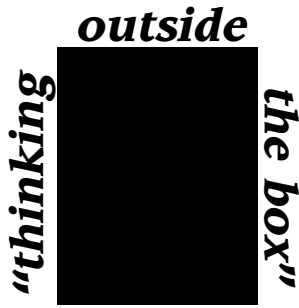
*At age 93, Elsie says of her volunteering,
"It gives me a good reason to get up in the mornings!"*

We wish to extend a special thank-you to all of our Meals on Wheels volunteers who delivered additional holiday meals to our clients.

Because of your generous gift of time, their holidays will be a little brighter.

AS ALWAYS, THANKS FOR YOUR SUPPORT!

HOW



RESULTED IN



A few months ago, Crystal Lakes Manor informed Neighborly that their clubhouse was scheduled to be renovated and expanded. For us, that meant the Senior Dining site and Meals on Wheels program at CLM would have to be relocated. After numerous inquiries, we realized that we were not going to be able to obtain a new location in the CLM area.

Subsequently, the Nutrition department had many discussions trying to resolve this dilemma. Neighborly has had lots of new and innovative ideas in the past, and this called for yet another one. Why did we need a physical structure? Perhaps a mobile solution would work!

Effective Monday, December 13, Meals on Wheels for the CLM area is being distributed from a van. Each day, it will park in the CLM lot next to the rental leasing office. Nutrition distributed flyers to the Meals on Wheels volunteers the week of December 6, with detailed directions to the van. This is just another example of thinking outside the box to help our neighbors in need.

With the Meals on Wheels distribution problem solved, we knew that our CLM senior diners would want to continue receiving their noontime meals and enjoy socialization. Therefore, we have arranged for the senior diners to be taken by bus to the sites that are nearest their homes.

We hope to return to Crystal Lakes Manor as soon as their renovation is complete.



Handy Information for Our Volunteer Drivers

If you are traveling in southern Pinellas County, here's a quick reference that will let you know whether you are traveling east and west or north and south.

If the address contains the following, the street is running in an **east-west** direction:

**Avenue
Terrace
Place
Boulevard**

If the address contains the following, the street is running in a **north-south** direction:

**Street
Lane
Way
Court**

Don't become a holiday fire casualty.

Selecting a Tree for the Holiday

- **Needles on fresh trees should be green** and hard to pull back from the branches, and the needles should not break if the tree has been freshly cut. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long, has probably dried out, and is a fire hazard.
- **Caring for Your Tree:** Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Be careful not to drop or flick cigarette ashes near a tree. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.
- **Disposing of Your Tree:** Never put tree branches or needles in a fireplace or wood-burning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.
- **Artificial Trees:** If you are using a metallic or artificial tree, make sure it is flame-retardant.

Holiday Lights

- **Maintain Your Holiday Lights:** Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.
- **Do Not Overload Electrical Outlets:** Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires -- they should not be warm to the touch.



Holiday Decorations

- **Use Only Nonflammable Decorations:** All decorations should be nonflammable or flame-retardant and placed away from heat vents.



- **Never Put Wrapping Paper in a Fireplace:** It can result in a very large fire, throwing off dangerous sparks and embers that may result in a chimney fire.



FUN TRIVIA

1. What famous document begins: "When in the course of human events ..."?
2. What current branch of the U.S. military was a corps of only 50 soldiers when World War I broke out?
3. Who said: "I'm the president of the United States and I'm not going to eat any more broccoli."?
4. What president was shot while walking to California Governor Jerry Brown's office?
5. Who earned infamy for noting: "A billion dollars isn't worth what it used to be."?
6. What ethnic group was largely responsible for building most of the early railways in the U.S. West?
7. Who was the last president of the Soviet Union?
8. Who saw the turtleneck he wore at cease-fire talks in Bosnia fetch \$5,000 at auction?
9. In what California city did the last Pony Express ride end?
10. To what civil rights leader did Dorothy Parker leave the bulk of her estate?

Trivia Answers

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|-----------------------------|------------------------------------|
| 10. Martin Luther King, Jr. | 5. J. Paul Getty |
| 9. Sacramento | 4. Gerald Ford |
| 8. Jimmy Carter | 3. George Bush |
| 7. Mikhail Gorbachev | 2. The U.S. Air Force |
| 6. The Chinese | 1. The Declaration of Independence |

Thought for the Day:

Wherever a man turns he can find someone who needs him.

- Albert Schweitzer
*Missionary, Surgeon, Humanitarian,
and Nobel Peace Prize Winner*

Visit the Neighborly Care Network Web site at www.Neighborly.org

This issue, as well as past issues of Volunteer Voice, are posted on the "Volunteer" page. If you have content ideas for this Web page, please tell your site/center coordinator or contact Pat Hazell.

