



Catholic Social Services
 Older Adult Services
 4925 Packard Road
 Ann Arbor, MI 48108-1521

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www.csswashtenaw.org

Summer, 2010

Older Adult Services

RSVP • Tax Assistance • The Oaks
 Grandparents As Parents • Interfaith Volunteer Caregivers
 Medicare/Medicaid Assistance • Blueprint for Aging

RSVP SAYS THANK YOU!

On June 22nd, about 130 of you came to the Senior Health Building for a morning celebration that included the entertaining Ed Marsh as emcee, an interesting talk about gardening and history from Amanda Edmonds, Executive Director of Growing Hope, a light brunch, and the traditional raffle. This year's theme, "Plant a Seed of Hope" highlighted the life that your talents, skills, time and energy breathe into our community. Thank you to **Hillside Terrace, Zingerman's, and Chelsea Community Hospital** for making the event possible. (See page three for a list of businesses that donated great gifts for the raffle).

Most attendees completed surveys and gave some great positive feedback. Many of you report enjoyment in volunteering and feel your efforts help the community a great deal. Also, many of you feel you have increased friendships and /or social networks through your work. About 50% of you have recommended RSVP to a friend. Consider the benefits to both the community and someone you know and let him or her know how to enroll and find meaningful volunteer work. Program Coordinator, Rachel Dewees, may be reached at 734.712.2586. Also, find information about an exciting, new local resource, VolunteerWashtenaw.org (page 3), if you know someone under 55 years of age who might like to volunteer.

TIPS TO STAY COOL AND SAVE ENERGY DURING HOT SUMMER MONTHS

- Do your cooking and use other heat-generating appliances in the early morning or late evening hours whenever possible.
- Place electronic appliances on sleep mode or turn off when not in use.
- Use fans over air conditioning and save energy (ceiling fans can make a room feel six to seven degrees cooler).
- Use a thermos to keep your coffee or tea warm instead of keeping the pot on all day.
- Open the windows on moderate temperature days. Cross ventilation is good to have and can help make your home breezy.
- Replace incandescent light bulbs with compact fluorescent.
- Seal air leaks around doors and windows.
- Turn up the thermostat when you are not at home or away for an extended period of time.
- Unplug certain appliances when not in use (television and other major appliances). Cell phone chargers are major culprits for wasting energy.
- Close vents and doors to unoccupied rooms if they don't need cooling.
- Wash full loads of dishes and clothes. Also, use new cold-water detergents to wash clothes with cold water.
- Choose Yahtzee, Scrabble, Sudoku, or a good book over television!

As a Reminder: Examine your appliances and home on a regular basis (at least once a month). Use this opportunity to change filters, replace bulbs and smoke detector batteries, dust, and check seals around windows and doors.

Source: Michigan State Department of Energy, Labor, & Economic Growth

"No one is more cherished in this world than someone who lightens the burden of another"
 ~Author Unknown~

Older Adult Services 734.712.3625

Director: Jill Kind, LMSW

Office Manager.....Kathy Densel

RSVP

Program Manager.....Sue Monet, LMSW
 Program Coordinator.....Rachel Dewees, MSW

Tax Assistance

Program Manager.....Sue Monet, LMSW
 Training & ConsultationJoe McCadden, MA

Grandparents As Parents (GAP)

Program Manager.....Sue Monet, LMSW
 Program Coordinator.....Chris Rockwell, MA

Inter-Faith Volunteer Caregivers

Program Coordinator.....Connie Hoffman, LBSW

Blueprint for Aging

Director.....Jill Kind, LMSW
 Project ManagerVirginia Boyce, LMSW, MPH
 Pilot Project Coordinator Rachel Dewees, MSW
 Pilot Project Specialist..... Amy Ruddock Bleed, MSW

Medicare/Medicaid Assistance

Program Coordinator..... Stephanie Levijoki, CMMAPC

The Oaks

Program Manager.....Gregory Perkins, MA
 Activities Coordinator.....Lisa Gdaniec, LBSW
 Program Assistant Karen Balanecki
 Program Assistant Judy Mateja-Kopa

Ways you can help in your community

Do you like to drive? Would you find satisfaction in helping people get the medical care they need? Several area programs are seeking volunteers to take people to medical appointments.

Adopt-A-Stream, a volunteer program with the **Huron River Watershed Council**, studies and protects the Huron River. Join in! Get outdoors. Protect the streams. Meet new people. Do real science with Michigan's premier river study program. A trained leader shows you what to do, and the activities are suitable for all ages, from children to seniors. You can volunteer for one day...or many.

Center for Independent Living is looking for computer tutors for Drop In Days, an employment assistance program for people with disabilities. Volunteers are needed for sessions on Tuesdays from 10 a.m. to 2 p.m.

Put your problem solving skills to very good use. Volunteer with the **Elder Care and Cost Assistance Program**, a program of **Housing Bureau for Seniors**. Volunteers are involved in a variety of activities to assist older adults and their family members learn about housing and care options including understanding care costs and public and private pay options.

Avalon Housing is a community-based, non-profit organization dedicated to developing and managing permanent supportive rental housing for people with extremely low incomes in Washtenaw County. There are two positions open to help support their mission. The agency needs help with filing for specific projects (a few hours each week) as well as experienced accounting support (ideally 4-8 hours each week). Beautiful work space!

Jewish Family Services is looking for Friendly Visitors who can dedicate 1-3 hours per week for at least a year and:

- Provide companionship, support, and socialization to socially isolated clients
- Maintain regular contact with client through weekly home visit
- Report to client's caseworker on monthly basis through written notes using JFS forms
- Report the number of hours and dates of volunteering to the volunteer coordinator
- Contact the caseworker as soon as possible with any concerns or problems

Would you like to use your skills to help someone find employment? **Jewish Family Services** needs people with computer and internet skills to assist clients in developing resumes, searching for jobs, filling out applications, etc.

If you enjoy getting your hands dirty, you could help Farmer JP tend the gardens at the **Growing Hope Center**. Hours and commitment are flexible and volunteers are encouraged to work at their own pace. Those who are interested in a more community-focused volunteer opportunity are invited to Tuesdays at the Downtown Ypsilanti Farmers' Market, where help tracking market attendance is always needed.

Do you have a background in accounting? There are two agencies in great need of your valuable help!

Interested in supporting your public library? Both the **Ann Arbor and Ypsilanti District Libraries** have strong, lively Friends groups where you can help out with sorting, organizing, and selling donated books. The proceeds benefit the library. Meet other people who share a passion for reading.

Do you want to make use of the wealth of experience you have accumulated during your business career? **SCORE** (Service Corps of Retired Executives) offers an incredibly rewarding volunteer experience by allowing you to share that knowledge with people ready to launch their own businesses. SCORE volunteers tailor free advice and counseling to meet the objectives of needs of small businesses. SCORE is a national program. Call to find out more!

"The road to success is not crowded. While most people are looking for ways to take, the truly successful people are finding ways to give. With a giving attitude, every situation is an opportunity for success."
~Author Unknown~

Older Adult Services News

Respite Program of Catholic Social Services

Respite volunteers needed 2-4 hours once a week to stay with an older adult in his/her home so that a family caregiver can get a break. No direct care required, just your friendly self. Also, please call for information if you, or someone you know, could benefit from this service.

Tax Program Notes

Congratulations to OAS's hard-working tax volunteers. For the third year in a row, we have helped over 1000 Washtenaw County households to file income taxes, and/or to claim Michigan tax credits. For the three years together, refunds and credits have totaled over two million dollars!

Two deadlines are fast approaching:

- 1) September 30 is the last day to file for 2009 Michigan Home Heating Credit. This credit is available to low-income homeowners and renters (even if heat is included in the rent).
- 2) October 15 is the deadline to file your 2009 income tax forms, if you couldn't file by April 15 and requested a six-month extension.

Tax tip: Withdrawing a large amount of US Savings Bonds or Traditional IRA in one calendar year can result in a large income tax liability. Consider cashing in over several years, or (better yet) taking just the minimum required IRA distribution (after age 70 1/2).

VolunteerWashtenaw.org



Volunteers come in all shapes, sizes, and ages. Do you have friends, relatives, or acquaintances under the age of 55 who envy your experience with RSVP? Would they like help finding their own volunteer position?

Inspired by your volunteer work, younger people will listen to you. Guide others in finding help. Let your children, grandchildren, church and organization members under 55 know about a local RSVP partner – **VolunteerWashtenaw.org**. This internet site offers a wide variety of volunteer opportunities and schedules, in a variety of settings, in communities throughout Washtenaw County. Search for jobs by days you are available, number of hours you have to offer, type of work, name of organization, and more! This virtual internet volunteer center will appeal to your computer-savvy family members and friends – and could support a great local cause. Spread the word!

A special thank you to the following local businesses who gave donations for the 37th Annual RSVP Recognition Event Raffle

Arbor Brewing Company	Michigan Theater
Ann Arbor Convention and Visitors Bureau	Monica Prince
Glacier Hills	Neighborhood Senior Services
Growing Hope	Paintings by Marilyn Marsh
Huron Valley Printing & Imaging	Panera Bread
Lexington Club	Priority Health
Lincoln Golden Ages	Purple Rose Theater
Mainstreet Ventures	Sam's Club
Matt Turner Photographs	Sensations Tanning, Nails, & Hair
Matthaei Botanical Gardens	Veterans Affairs Ann Arbor Healthcare System

"From what we get, we can make a living; what we give, however, makes a life."
~Arthur Ashe, American Tennis Player, Activist~