

Volunteer Voice

Enriching the lives of seniors.



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**CHRISTIAN LIVING
COMMUNITIES**

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Aged to Perfection

Mark your calendar for this year's Aged to Perfection on Thursday, April 20 at Holly Creek. This annual food and wine tasting features a silent auction and is a not-be-missed evening as we celebrate successful aging.

You can help make this year's Aged to Perfection a huge success. We are currently gathering items for our silent auction, mystery gift boxes and wine pull, and you can help out.

Consider donating a bottle of wine, a gift card valued at \$25 or less for our mystery boxes or a silent auction item. Popular auction items:

- Electronics –iPad, Nook
 - Overnight stays at cabins or vacation properties
 - Airline tickets or points
 - Golf equipment or outing
 - Restaurant Gift Certificates
- Proceeds help older adults throughout the CLC organization continue to receive the exceptional care and dignity they so greatly deserve, even after they have run out of assets to fully fund their care. Remember, your friends, family and acquaintances can also donate, or perhaps a business that you often patronize.

To make a donation, contact Director of Donor Relations Olivia Mayer at 720.974.3675 or omayer@clcmail.org.



Grateful hearts for Christian Living Communities' Volunteers

It's the time spent visiting, sharing laughter, enjoying a mutual past-time together or serving others through simple mending, serving coffee, or accompanying residents for a successful outing; those seemingly small gestures are incredibly appreciated. We are grateful to all volunteers throughout Christian Living Communities and we can count on you to brighten everyone's day. Thank you for sharing your gifts, talents and time with our CLC Communities. You are deeply appreciated!

Throughout 2016 many volunteers chose to serve Holly Creek, Clermont Park and Someren Glen

and we don't take that for granted. As a non-profit organization, residents who call the Christian Living Communities their home do so because of our mission to minister to senior adults through a continuum of services and care that reflects Christian love, respect and compassion and that enriches the lives of each individual. Volunteers working side by side with employees help fulfill that mission. You are an integral part of our community and the hours you spend volunteering contribute to our non-profit 501(c)3 status. In 2016, Someren Glen's community of 135 volunteers donated 13,963 hours, Holly Creek



volunteers donated 14,152 and Clermont Park volunteers donated 12,224 hours! Incredible! So when you see volunteers, whether they are resident volunteers or those coming in from other parts of the community, take a moment to thank them.

Congratulations and Thank You



Congratulations to the Clermont Park volunteers for recording 12,224 volunteer hours in 2016. You continue to amaze us with your tireless service to others and dedication to our community!

I would like to dedicate an excerpt from the poem, Time and Memories, by volunteer Gayle Morlan, as a reminder of how volunteering is a wonderful way to create and share precious memories:

*While in our hearts, we're
always young and want to
remain,*

*The carefree girl, the handsome
boy, so free of hurt and pain.*

*Yet we must grow in wisdom as
the years add on the lines,*

*And know that all our youthful
joys are things we left behind.*

*And in their place we have
instead, that "something" we
can't lose.*

*For memories of joy and love,
are there for us to choose.*

Colorado's End of Life Options Act

As you know, Colorado voters passed Proposition 106, the End of Life Options Act, in November. It became effective early this year upon the Governor's proclamation accepting the election results. The Act allows a "qualified individual" – a terminally ill adult, 18 years of age or older, who has the mental capacity to make informed medical decisions, is a resident of Colorado and who has fulfilled the requirements of the law – "to obtain a prescription for medical aid-in-dying medication to end his

Volunteer Spotlight: Sally Frontera

Sally is a wonderfully unique volunteer who knows that the "small" things often make a BIG difference! Due to the numerous states that she called home during her earlier years, she understands the comfort that a new friend can offer and loves to help others. She is very active throughout the entire Clermont Park community. She was invaluable to our Concierge team this holiday season by delivering packages and good cheer on a daily basis. She also helps with Dining Service napkins and silverware and is always willing to help deliver a hot meal to a neighbor. Sally's smile and quick wit brightens our staff and guests days. A woman of deep faith and unfailing kindness, Sally lives to serve others. We are truly blessed to have her call Clermont Park home.



Welcome New Clermont Park Volunteer: Lu Paauw

Lu Paauw volunteers twice a week at the Town Center Concierge desk. She is a natural at her position! She greets guests with a warm and friendly smile and capably directs calls, but most importantly, she has fun while doing a very important job. Lu is the kind of person who enjoys all the unexpected simple joys that life throws her way. Just one look at her holiday card below lets you know that Lu has a great sense of humor. She understands that a priceless Christmas photo with great grandkids is a true gift to share with others. Stop by the Town Center and say "hi" to Lu, it will certainly brighten your day.

Lu Paauw and her two great-grandkids, Jessa and Landon



or her life." The qualified individual must be able to voluntarily request and self-administer the medication.

The mission and values of CLC promote love, respect, and compassion while enriching the "quality and dignity of life for each individual." Also, the founding policy of the CLC Biomedical Ethics

Committee states "that life is a precious gift of God and therefore we will not condone the deliberate taking of human life; that death is a natural part of life, and therefore we will not promote the prolonging of life without

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Someren Glen Retirement Community

Mitzvah Volunteers – A Community of Caring

Over the Christmas holiday a group of Mitzvah volunteers organized by Jewish Colorado came to Someren Glen to help serve the residents and provide support for life enrichment activity. This thoughtful gesture allowed life enrichment staff to take the day off and spend Christmas day with their loved ones. On behalf of the entire community at Someren Glen “Thank you from the bottom of our hearts.” We wish all of you the very best in the New Year.

Arapahoe County Sheriff’s Department visits The Suites of Someren Glen

Recently the Arapahoe County Sheriff’s Office paid a visit to The Suites of Someren Glen. They brought with them an assortment of Christmas gifts to give to those who might not otherwise receive a Christmas gift. Surprising residents, the gifts and visit truly lifted their spirits and brightened their day. A heartfelt “Thank you” goes out to the folks at the Arapahoe County Sheriff’s Office for this generous and most kind outreach.

Volunteer Spotlight: Knitting 101 Donates Hats for the Homeless

It is with great pride and admiration to share with you the accomplishments of the Knitting 101 Group. With permission from Helen Lenda I’m sharing excerpts from a letter recently sent to Tim Rogers, Executive Director of Someren Glen.



Recently the ladies from Someren Glen’s Knitting 101 group completed their “Hats for the Homeless Project” by turning in 208 hand-knit hats. Helen Lenda Knitting 101 Instructor and volunteer at Someren Glen challenged the ladies to knit 100 hats from May 1 to Dec. 1; they didn’t think they could ever reach that goal. However, at the end of July they made that goal of 100 hats. The ladies wondered how many more they could do by Dec. 1. As of Nov. 8, the ladies reached their goal of 208 hats! They wanted their hats to go to women and children living in homeless shelters.

Champa House of Denver received 30 hats, Family Tree House of Hope in Englewood received 40 hats and Winter Shelter Network of Douglas County received 138 hats. The ladies were particularly excited to give hats to the Douglas County program because it is a new organization made up of 10 area churches in Highlands Ranch, Parker and Castle Rock. While it resides in one of the wealthiest counties in Colorado, they have a very high volume of homeless seeking shelter. On Nov. 28, all the hats were delivered to the

three chosen programs along with knit gloves that were anonymously donated. These gifts were gratefully received as each and every hat was created with great love.

In addition, these knitters made 19 prayer shawls for their newly formed prayer shawl ministry which is coordinated with Someren Glen’s chaplain, Tara Henderson. This amazing group of women have given so much time, energy and love to these projects it is inspiring. These ladies are a blessing to not only Someren Glen but to the community at large. Thank you ladies!

High Tea for Resident Volunteers

On Nov. 22, the Volunteer Advisory Committee hosted a tea party for resident volunteers to thank them for their time and energy they lavish on their community and fellow residents.



Without resident volunteers special events like the Captain’s Dinner or the Veterans Day displays or Dr. Landry event would not be possible.

Visiting resident volunteers faithfully cross the glen to visit fellow residents living at The Suites of Someren Glen. This not only creates community connections but touches the lives of fellow residents in very meaningful ways. Helping out with chapel, welcoming new comers to the community and providing leadership in councils or in sub-committees are just a few of the amazing ways resident volunteers invest in the community. The Volunteer Advisory Committee wanted to especially recognize these amazing volunteers. On behalf of the Volunteer Advisory Committee “Thank you”.



Holly Creek

Savvy Seconds

In acknowledgement of Christian Living Communities commitment to responsible stewardship to our residents, the Holly Creek Volunteer Advisory Committee organized Savvy Seconds several years ago as an

ongoing benefit for our residents. Savvy Seconds is a fundraising thrift store which has very few operating costs and capitalizes upon the inherent resources present within our community.

- Savvy Seconds provides an opportunity for new and current residents and resident family members to engage in seasonal cleaning or down-sizing and to part with unwanted possessions in the convenience of our own community.
- Funds raised from the ongoing resale store will directly benefit the residents.
- Christian Living Communities is a 501(c)3 nonprofit corporation. Donated items are tax deductible.
- Savvy Seconds is run by resident and community volunteers who participate in sale organization (pricing, display, etc.). We always welcome new volunteers. Please contact Kitty Dobbs for more information.

Desirable Donations

- Donations of gently used small furniture, home accessories (e.g. lamps, tables, paintings, shelves, decorator items) and house wares.
- For health concerns, small appliances such as mixers, blenders, toasters, etc. much be in excellent condition and clean.

We cannot accept the following:

- Clothing
- Mattresses, bedding, drapes, blinds



- Outdated electronics
- If you would like to make a donation to Savvy Seconds, please contact Kitty Dobbs, 5616. Savvy Seconds is open every Friday from 11:30-2:30 on the 3rd Floor South.

Volunteer Spotlight on Adhithya Basker

For two years, Adhithya Basker, has been

volunteering on a regular basis in our Meadows Community playing classical Indian music on his violin. He plays during the dinner hour and the residents look forward to his soothing music. The best way for him to play is sitting cross legged on the floor. Adhithya started playing the violin seven years ago. Adhithya is a high school senior who is very active at Grandview High School. He



is a member of the National Honor Society, Speech and Debate clubs, Technology Association, math honor society, tennis team, and does peer tutoring. He maintains over a 4.0 grade point average and he not only

volunteers at Holly Creek, but at the Denver Museum of Nature and Science as a museum ambassador. He is also a finalist for the Boettcher Scholarship. Thank you, Adhithya, for taking the time to share your beautiful music with our residents.

Holly Creek Wish List Purchases for 2016

Thank you to all who have been customers at Molly's and Savvy Seconds during 2016. Your patronage has allowed us to make the following Wish List purchases:

1. Floor parties	\$1,462
2. Bell Hop Cart	865
3. Utility Cart	762
4. Floral Arrangements for Elevator lobbies	680
5. Needles & Threads	1,000
6. Rock-a-bell (Bell Choir)	120
7. Suites Cart	216
8. Digital Picture Frame	110
9. Bell Choir Music	122
10. Library Book End	27
11. Meadows Gardening	101
12. Paperback bookshelf	218
13. Suites Life Enrichment-Art supplies	178
14. Centennial Raised Gardens	7,238
15. Library computer	236
16. Meadows CD player/turntable	113
17. Low Vision Reader	3,795
18. Hospitality Parties	500
19. Christmas Tea Centerpieces	100
Total	\$17,843

Calendar of Events

April 2017

- Aged to Perfection -- April 20 Holly Creek
- Holly Creek Volunteer Appreciation Brunch -- April 26

May 2017

- Someren Glen Volunteer Appreciation Breakfast -- May 4

7000 East Bellevue Avenue, Suite 250
Greenwood Village, Colorado 80111



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dignity.” In practice, CLC has applied these principles in the intentional development and active facilitation of a resident-directed culture.

In December, the CLC Board of Directors passed a resolution to acknowledge the legal right of residents/clients to take medical aid-in-dying medication without endorsing or participating in the process.

What this means is CLC’s volunteers, along with our associates and contractors, will not counsel or recommend a resident/client take medical aid-in-dying medication or directly assist the resident/client in accessing or obtaining resources to end his/her life. An exception is made if a volunteer is also a family member or legal representative of a resident/client choosing medical aid-in-dying. Then, the volunteer may assist in that resident/client’s medical aid-in-dying process as allowed by the Act.

If while volunteering, a resident/client asks about the Act please direct them to the Executive Director or Associate Executive Director of the community who will explain CLC’s position and refer the person to his/her primary care physician for more information. If you have questions about the Act and/or CLC’s position please contact your local Volunteer Coordinator.

If you have a volunteer story you’d like to see highlighted in a future issue of the *Volunteer Voice*, or are interested in volunteer opportunities, please e-mail us: [Jeanette Preston](mailto:jpreston@clcmail.org) (Someran Glen Retirement Community) — jpreston@clcmail.org, [Kitty Dobbs](mailto:kdobbs@clcmail.org) (Holly Creek) — kdobbs@clcmail.org or [Mary Ann Schrader](mailto:mschrader@clcmail.org) (Clermont Park) — mschrader@clcmail.org.

For more information about CLC, please visit us online at www.christianlivingcommunities.org or call 720-974-3555.