

Volunteer Voice

Enriching the lives of seniors.



**CHRISTIAN LIVING
COMMUNITIES**

Enriching the lives of seniors since 1972.

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Employee Scholarship Program

Did you know that Christian Living Communities team members who have been with the organization six months or longer are eligible for tuition assistance? Last year, \$22,500 was awarded to 11 team members through the Employee Scholarship program, which is made possible by the generosity of donors.

The amount per team member varies depending on how long they've been employed by CLC, their employment status and what they plan to study. The Employee Scholarship Committee, comprised of staff, residents and a board member, reviews applications and makes the final decision.

So if you happen to know of a team member who might benefit from this great opportunity, be sure to let them know. Or encourage them to contact the Human Resources department for more information. You can read more about last year's recipients on CLC's website under News found in the About section. The CLC Website and Facebook are great places to find out more about the CLC community as a whole and also about each individual community.



We Thank Our CLC Volunteers!

Individually, you might think that what you do is a "little thing" and "no big deal." Perhaps you think the small gesture of care or a simple visit with a resident in the hallway or lobby is just an "ordinary" part of the day as you help others with a life enrichment activity. We call these "intentional acts of kindness" and they do matter because taking the time to visit resident friends creates connection and companionship and this grows in the soul of daily life. Visiting friends consistently creates loving companionship and sharing time and life experience guards against loneliness while giving purpose and meaning to everyday living. So these "little things" make all the difference in the world for our residents and that is the heart and soul of volunteering.

A very special thank you to our dedicated and truly cherished Clermont Park volunteers for recording 12,103 volunteer hours in 2018. In addition, the Windmill Boutique proceeds provided an \$8,000 gift to Clermont Park for Wish List items. This amount reflects the wonderful year-round fundraising efforts of our Windmill Boutique volunteers. In addition, the volunteers will be donating \$1,000 toward the CLC Employee Appreciation Fund. Outstanding job!

In 2018, volunteers logged 13,900 hours at Holly Creek and 13,650 at Someren Glen. We are very grateful for these volunteers who share their time and talents to make both Holly Creek and Someren Glen great retirement communities.

Holly Creek Volunteer Wish List Purchases for 2018

Each year the Volunteer Advisory Team grants Wish List requests using the money raised in Molly's, Savvy Seconds and the Fashion Show. We thank all those who have made this possible by shopping at Molly's and donating to Savvy Seconds as well as attending our annual fashion show. You've helped make a difference at Holly Creek.

The following items were purchased by volunteer funds in 2018:

- \$116.35 - Portable induction cooktop and cookware set for life enrichment in Meadows
 - \$736.65 - Suites gardening supplies
 - \$140.91 - Yoga straps & blocks
 - \$634.48 - Four Easels
 - \$462.99 - Mobile Single Mirror for Infinity Rehab
 - \$3,000 - Cottager Music Program
 - \$248.59 - Organization supplies for Holly Creek Radio
 - \$695.31 - Hospitality Committee
 - \$200.00 - Timbers garden design
 - \$342.03 - Recycle Containers
 - \$310.63 - Podium for Theatre
 - \$1,000 - Park Bench Installation
 - \$2,147.50 - Handbell Repair
 - \$1,500 - Needles & Threads
 - \$68.08 - Centennial garden hose
 - \$500 - Resident 100 Birthday celebration
 - \$229 - Floral Arrangement for Holly Creek entrance
 - \$87 - Coupons to Japan
- Total - \$12,419.52

Volunteer Spotlight: The Many Faces of Judy Winans

You have probably seen Judy every Tuesday morning in the Durango Room cutting coupons, laughing and talking with a group of residents! She has been doing this project for six years! She makes sure all the coupons are sorted and ready for the residents to cut. Each month they send 12 pounds of coupons to the Naval Base in Yokota, Japan. This is a great help to our military families overseas who use the coupons in the commissary. The coupon clippers would like to invite anybody who would like to help clip to join them on Tuesday mornings in the Durango room from 9:30-10:30. It is a great time to socialize and get to know others in the community.

In addition, Judy is now calling bingo on Sunday afternoons in Alpine. Judy is a retired school teacher and has three grandchildren of her own which keep her busy running to their different events. She loves children so she has participated in our pen pal program with Cherry Hills Christian School each year.

Thank you, Judy, for your commitment to Holly Creek. You are making a difference not only at Holly Creek, but in the greater outside community.



Molly's Mercantile Celebrates Its' 10th Anniversary!

It is hard to believe that Molly's Mercantile is now 10 years old. It opened at the same time that Phase Two of Holly Creek opened. Polly Snow and Marie Erickson were instrumental in setting up and managing Molly's in the beginning as they both had managed gift stores in hospitals. Lynda Gumeson has also been our seasonal decorator and shopper since we opened. The decorations on the top shelf in Molly's is all her doing! There are many wonderful memories of shopping with these three ladies at the Denver Mart where they were not afraid to try new items, but also knew what would be hot sellers! They also knew how to display items so that our customers just couldn't resist buying! Marie knew how to pick the jewelry that everyone would want to buy and Polly was always finding the fun items to have in the store such as crazy animals that rolled around on the floor laughing and bath balls which exploded all over the shop when we tried to demonstrate. Lynda was always finding unique items to add to our collection. In addition to these ladies, we have had many wonderful volunteers over the years who have been totally committed to Molly's and so willing to help all of our customers find what they want. All of our Molly's volunteers today have been with us for many years which contributes to the ongoing success of this store. Molly's is a favorite shopping destination for many of our residents. New items appear on a monthly basis. Watch for information about Molly's 10-year Anniversary Celebration in the future!

Volunteer Spotlight: Gayle Morlan

The list of Gayle's numerous volunteer efforts since moving to Clermont Park is extensive. It has included; Adult Day helper, Assisted Living outings, Resident Wellness Fair hostess, Resident low-vision reader, contributor of original poems to the Volunteer Voice, Windmill Boutique Sales Associate and for the past three years, the evening substitute volunteer for our Town Center Concierge, Ian.

While it is apparent that Gayle is truly amazing, she is equally private and opposed to having anyone make a fuss over all the ways she contributes to our community.

Therefore, as a way of saying thank you with words from the heart, we offer her the following poem:

Volunteer's Creed

Though my troubles and my worries
are sometimes all that I can see -
still I always must remember
life's not only about me.
Other souls are also hurting
and I know that it's God's plan
to reach out to help another -
to extend them my hand.
With this purpose as my focus -
to be a comfort to a friend -
all my troubles and my worries
seem to fade out in the end.
It is one of God's true lessons -
how my walk is meant to be -
true happiness I find when
life's not only about me.

-- Unknown



Welcome, Harriet Norton!

Clermont Park is pleased to announce that Harriet Norton is volunteering for Dining Services by wrapping the silverware on Friday mornings! She has a great attitude about "lending a hand"

where she is needed. Thank you for joining the Mile High Rollers!



Welcome, Meg Kenny!

We are so pleased to have Meg as a new member of our Clermont Park volunteer team!

Meg is active at our Adult Day program several times a month.

In addition, she has a true interest in being

helpful in any area of our community that may have a need for a volunteer. Meg's obvious delight in making new friends brightens everyone's day. Her positive energy is a gift to those who get to know her. Meg's enthusiasm for fun, music, dance, trivia and fitness is contagious. She is equally comfortable leading a group event or visiting quietly with someone who may need a kind and caring friend to listen. She is "good company"- that very unique someone who adds something special to our days.



The Two Minute In-Service: Quick tips for Remembering Names

Volunteers bring a friendly and warm touch to the lives of residents, staff and visitors at each of our communities. At a recent in-service training session focused on person-centered care, it was mentioned that remembering names can be a difficult challenge for most of us. Remembering names is important because it shows that you care, offers respect and helps build personal relationships with others. Listed below are a few simple suggestions and techniques to help with remembering names:

- Pay attention when you are introduced to someone. Be a good listener and don't worry about introducing yourself. You already know your name.

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Volunteer Opportunities at Someren Glen

The Village Square Gift Shop at Someren Glen is a delightful boutique full of essential sundries and an assortment of women fashions, home décor, cards and house-warming gifts. If you enjoy merchandising and engaging with seniors this is a fun opportunity to do both! In addition, the revenues from the Village Square Gift Shop go towards Wish List funding for extra's that enrich the quality and dignity of life for seniors in the community.

The Volunteer Advisory Committee is a dynamic fun group of people who love to create fun events for Someren Glen residents on a quarterly basis like Bronco parties, create surprises for special holidays for residents, host volunteer appreciation events and grant Wish List Requests. It's a fun group to get involved with and we would love to have more members. If you would like to know more about this opportunity or the Village Square Gift shop call Jeanette Preston, Volunteer Coordinator, at 720-974-3519. Thanks!

An Exceptional Year for Knitting 101

For the Knitting 101 knitters and crocheters, 2018 was a wonderful year. Despite the loss of two dear knitters, who surely are knitting something heavenly, The Knitting 101 women have exceeded all expectations in

what they accomplished. Their passion to knit or crochet for family and friends is wonderful and the enthusiasm to do something special for a new grandchild or great grandchild infuses the group with renewed energy.

However, what is truly amazing is their desire to do community service projects and are proud to give back to their community charities locally and globally. To date, they have handmade and donated 5 blankets to Alternative Pregnancy Centers, 36 hats to homeless women and children's shelters, 225 hats to Terranova, Zambia, School Children. In addition, they made forty prayer shawls for the Someren Glen Prayer Shawl ministry including 6 specifically for veterans, 30 dish clothes for Someren Glen New Resident Welcome Bags and 15 knitted bird nests for Arapahoe County Project.

As if that were not enough, the women knitted or crocheted for themselves and for loved ones 4 scarves, 7 afghan blankets, 1 cable-design pillow, 7 felted hats, 8 knitted beanies, 3 baby blankets and 1 vest! These woman's hands are never idle, with knitting needles clicking away and crochet hooks hooking you never know what they are about to accomplish. They are truly amazing women.

Special thanks goes out to Helen Lenda for her leadership, enthusiasm and humor. Knitting 101 women love you and so does Someren Glen Community. Thank you, Helen!

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- Once introduced, repeat the person's name out loud. Use the name immediately and try to use the name several times during your conversation.
- Try to associate the name with a physical feature or connect a name to a common word that you will remember. Maybe you know someone else with a similar name that reminds you of this person.

- Imagine writing the name. Franklin Roosevelt, greatly admired for his memory, used to imagine seeing the name written across the person's forehead.

Try using these techniques one at a time. You will need to practice in order to be successful. Remember that you aren't bad at remembering names; you just need to find a system that works for you!



CALENDAR

- April 18 -- 9 Health Fair, Someren Glen
- May 3 -- Volunteer Appreciation, Holly Creek

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 email us: Jeanette Preston (Someren Glen Retirement Community) — jpreston@clcmail.org, Kitty Dobbs (Holly Creek) — kdobbs@clcmail.org Mary Ann Schrader (Clermont Park) — mschrader@clcmail.org