



Catholic Social Services  
 Older Adult Services  
 Senior Health Building  
 5361 McAuley Drive  
 P.O. Box 995  
 Ann Arbor, MI 48106

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www.csswashtenaw.org

Fall, 2009

# Older Adult Services

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

**Older Adult Services**  
**734.712.3625**  
**Director: Jill Kind, LMSW**

<b>Office Manager</b> .....Kathy Densel	<b>Blueprint for Aging</b>
<b>RSVP</b>	Director.....Jill Kind, LMSW
Program Manager.....Sue Monet, LMSW	Project Manager .....Virginia Boyce, LMSW, MPH
Program Coordinator.....Rachel Dewees, MSW	Pilot Project Coordinator ..... Rachel Dewees, MSW
Student Intern.....Kristen Anderson	Pilot Project Specialist..... Amy Ruddock Bleed, MSW
<b>Tax Assistance</b>	<b>Medicare/Medicaid Assistance</b>
Program Manager.....Sue Monet, LMSW	Program Coordinator..... Stephanie Levijoki, CMMAPC
Training & Consultation .....Joe McCadden, MA	<b>The Oaks</b>
<b>Grandparents As Parents (GAP)</b>	Program Manager.....Gregory Perkins, MA
Program Manager.....Sue Monet, LMSW	Activities Coordinator.....Lisa Gdaniec, LBSW
Program Coordinator.....Angela Holman, LLMSW	Program Assistant ..... Unvonne Gardener
<b>Interfaith Volunteer Caregivers</b>	Program Assistant ..... Judy Mateja-Kopa
Program Coordinator.....Connie Hoffman, LBSW	

## VOLUNTEERS IN RSVP



*Lola Ashby is a beloved, steadfast presence in the office every Monday*

The RSVP office itself is a great example of the benefits volunteering holds for the community as well as individuals. Every week Lola Ashby, Ruthmary Brewer, Barb Maes, and Maryanne Anderson help keep the program running smoothly. They take calls, sort time sheets, and provide clerical support among other responsibilities. Art Messiter and Esther Reilly put in hours of data entry for the program. And when we need additional help on specific projects, we call in the big guns: Doug & Sally Smith and Dick & Cora Delano. Volunteers get to know staff and we get to know them along the way. We eat lunch together, we laugh a lot, and we get volumes of important work done. We literally could not do it without our volunteers. Thank you! We hope every RSVP volunteer is as valued and appreciated as ours are.

This fall we welcomed Kristen Anderson to RSVP. Kristen is a student at Eastern Michigan University doing her internship with RSVP. Hopefully you will have a chance to speak with or meet her during the course of the school year.



*Ruthmary Brewer wearing the official office leopard print shrug*

Please give us a call if you have a friend, neighbor, or family member who might like to volunteer. Or maybe you'd like to supplement what you're already doing by trying something new. We're here to make volunteering meaningful for volunteers and helpful to the community.

Please call us with any suggestions you have for the upcoming  
 2010 RSVP annual Recognition Event!  
 734.712.3992

## RSVP Volunteer Opportunities

**THE HOUSING BUREAU FOR SENIORS** is looking for volunteers to provide information and assistance to older adults and their family members regarding the wide variety of housing and care options. Volunteers in HBS's **Elder Care and Cost Assistance Program** should have some financial background and an interest in helping people solve problems. Volunteers with flexible schedules are requested to commit two to three hours a week over the course of a year. Volunteers will be involved in a variety of activities that help people find resources and services to meet their needs. Training, support, and direction in using community resources and resource materials provided.

**FRIENDS OF THE ANN ARBOR DISTRICT LIBRARY** is seeking volunteers to work the cash register, restock shelves, and sort books donated to the Ann Arbor Public Library to be sold in the Bookshop. Cashiers can work on weekend sale days during one of three shifts: Saturday from 10:00 am to 1:00 pm, Saturday 1:00 pm to 4:00 pm, or Sunday from 1:00pm to 4:00 pm. Cashiers usually work once a month. Sorter shifts are available on the following days: Monday or Tuesday afternoons; Wednesday, Thursday, or Friday mornings. Weekend shifts are available for sorters. Sorting requires some heavy lifting and pushing book carts.

**GENERATIONS TOGETHER** is seeking flexible, empathetic, patient, and friendly volunteers to help seniors enjoy themselves in their intergenerational day program. This can be accomplished by initiating activities, participating in activities, or simply talking. Training addressing the specific needs of seniors in the program, and the unique nature of the Intergenerational Program is mandatory for all volunteers. Shifts available Monday through Friday between 10am and 3pm. Consistency is more important than quantity, so one or two days a week during the above times would be greatly appreciated.

**FOOD GATHERERS** needs warehouse volunteers to work on-site sorting produce and canned goods. Volunteers are also responsible for repackaging bulk items and keeping the warehouse clean and food-safe. The schedule is very flexible; volunteers can work once a week, once a month, or once in awhile. Most shifts are from 9am-11am, or from 1pm-3pm M-F. Warehouse help requires some light lifting and it is essential that volunteers are not afraid to get a little dirty!

**WILD SWAN THEATER USHERS** are needed for the 2009-2010 season! This is a fun one-time volunteer opportunity that has the benefit of taking in a show free of cost. Come alone or bring a group to help out. Arrive 45 minutes before showtime wearing black pants and a white shirt. Ushering lasts about one hour. Upcoming shows:

Little Women (Grades 3-12)

Thursday, December 10, 2009: 10 am

Thursday, December 10, 2009: 12:30 pm

Friday, December 11, 2009: 12:30 pm

Saturday, December 12, 2009: 2 pm

Sunday, December 13, 2009: 2 pm

### ATTENTION RSVP SITES!

*Would you like assistance preparing bulk mailings (stuffing and sealing envelopes, affixing labels and stamping as needed)? An RSVP Special Projects team can help you.*

## H1N1 Virus and Older Adults

**Why aren't people 65 and older recommended to get early doses of 2009 H1N1 vaccine?**

- People age 65 and older are least likely to get sick with this virus.
- There will be limited amounts of vaccine available at first, so the first doses are recommended to go to those who are most likely to get infected and become very ill.

**Will people age 65 years and older be able to get the 2009 H1N1 vaccine this season?**

Yes. The U.S. government has purchased 250 million doses of 2009 H1N1 vaccine, so anyone who wants to get the vaccine will have the opportunity to do so.

**Should people age 65 and older get the regular flu vaccine this year?**

Yes. CDC's priority for people 65 and older is to have them get their regular, or "seasonal," flu vaccine as soon as possible while we are waiting for more doses of the 2009 H1N1 vaccine. Seasonal flu viruses are expected to circulate along with 2009 H1N1 viruses this season. People age 65 and older are at increased risk for complications from seasonal influenza compared to younger people and are recommended for annual seasonal flu vaccines. This year is no exception.

For more information about swine flu and prevention, go to the Centers for Disease Control and Prevention site: [http://www.cdc.gov/h1n1flu/vaccination/vaccine\\_seniors.htm](http://www.cdc.gov/h1n1flu/vaccination/vaccine_seniors.htm)

## Program Note

**Please consider helping the RSVP program reduce waste and expense. Here's what you can do:**

- Receive this newsletter electronically via email. Please send a message to Rachel (rdewees@csswashtenaw.org) and you will be added to the growing email list.
- If you are **not requesting mileage reimbursement**, submit your hours by phone or email. If by email, you will be sent a monthly reminder to submit your hours.  
**Call:** 734.712.2586  
**Email:** rdewees@csswashtenaw.org
- If you are **requesting mileage reimbursement**, we can send your time sheet electronically with a monthly reminder. Just print, enter your hours and mileage, get site supervisor's signature, and mail to address below (saving postage for the program).

**Blue sheets are sent to this address:**

RSVP Program

Senior Health Building

5361 McAuley Drive, PO Box 995, Ann Arbor, MI 48106

Please recycle this newsletter—give to a friend who might like to learn about RSVP.

**What does volunteering mean to you? We'd like to include quotes and stories from YOU in this newsletter. Send any submissions with your blue sheet or contact Rachel at 734.712.2586 or rdewees@csswashtenaw.org.**

## Featured Volunteer Site

### ANN ARBOR PUBLIC SCHOOLS PARTNERS FOR EXCELLENCE PROGRAM

*Would you like to be a part of providing supplemental education opportunities for Ann Arbor youth? Are you willing to commit to two hours a week for sixteen weeks? If you answered yes to both of these questions, one of the following jobs may be for you!*

**Academic Assistant:** The greatest need for students is proficiency in reading, writing, and math. It is important that students receive the help they need in these areas to achieve their academic goals. An academic assistant can provide help to students at either the individual level or the group level. Assistance is provided for students in all educational levels.

**Teacher's Assistant:** Teachers never seem to have enough hands to go around. Come and be an extra set of hands for teachers by doing general tasks for them such as copying and organizing materials.

**Bilingual Assistant:** There are currently seventy two languages spoken in the Ann Arbor public school system. All languages are welcome and encouraged for this position. Come and provide extra help for students who are English Language Learners by translating for students, parents, and teachers.

**Story Time Player:** Story time can be special for both the student and the volunteer. Classic children stories are brought alive through story-time theater fashion throughout all of the Ann Arbor elementary schools. Come and share your love of reading and performing with the students, and take a trip down memory lane with the stories we all grew up hearing.

**General Assistance:** There is a wide range of opportunities available under this title. If none of the above opportunities appeal to you, do not be discouraged. If you are interested in helping young people in Ann Arbor, and meet commitment requirements, there may be something for you!

### Could your site use extra help with mailings? Are you a volunteer who'd like to join the Special Projects Team, helping nonprofits with mailings?

*"I just wanted to express my thanks for such great work from the group that came on Monday. A morning with them saved me days of work and we were able to get our mailing out on time even with the delay from the printer. Thanks again for offering this service to non-profits!"*

*Karen Rendell, Leslie Science Center*

## Older Adult Services News & Volunteer Positions



The **Blueprint for Aging** is giving local volunteering a presence on the web through the development of [www.VolunteerWashtenaw.org](http://www.VolunteerWashtenaw.org) a website allowing users to search for volunteer opportunities to match their skills, preference in agency mission, and amount of available time. When the right opportunity pops up, the user can send a message to the volunteer coordinator expressing interest in the volunteer work—all from their familiar surroundings and personal computer.

Visitors to **VolunteerWashtenaw.org** can learn about **RSVP**, view pictures and stories of volunteers working and attending the Annual RSVP Volunteer Recognition event, and contact the program coordinator.

Although adults eligible for RSVP are highlighted on the site, there are opportunities for people of all ages. Find an opportunity to visit the site with your children or grandchildren, and see what good things are happening in Washtenaw County. Let's nurture the volunteer spirit in every generation.

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**The CSS Respite Program** is seeking volunteers to relieve family caregivers for 2-4 hours once a week. Name your preferred day and location and we can find someone urgently in need of your time. No particular talents required – just your caring and friendly self!

**The Grandparents as Parents (GAP) Program** is looking for volunteers to provide childcare during our support groups. The group meets twice a month from 6—8 p.m. on the first and third Wednesday of each month (in December the group meets on the 2<sup>nd</sup> only). Volunteers will provide supervision, games and activities for children aged 4 to 12 while their grandparents make connections with other grandparents, expand their support networks, and gather information to assist in raising kids experiencing loss and disruption. There are usually about 8 children at meetings and at least one other worker is present.

**CSS Tax Aid Program** wants to know:

Will you be in town this winter, with free time during the day? Are you handy with words and numbers? Would you enjoy helping lower-income older adults one-on-one, while using and developing your skills? **The Tax Aid Program of Catholic Social Services/Older Adult Services** helps seniors obtain Michigan tax credits; we also prepare basic income tax forms. Additional volunteers are needed for the coming tax season. Scheduling is flexible; training is provided. We work at many Washtenaw County sites, including several near your home!

If you know someone who might be able to help, please help to spread the word. Last year, we served more than 1,000 low income residents of Washtenaw County and were able to bring \$600,000 back to those low income households. Thank you to all the RSVP members who helped last year. You have given a tremendous amount to the community! Please consider helping this year in any way you can.

**Another important job we need to fill** is answering the phones in the office. Our office manager, Kathy Densel would be glad to talk to anyone who might be able to help! We expect more people than ever to need our help this year. In poor economic times, it is wonderful to see RSVP pitch in to help those in need. Contact Sue or Joe for more information at 734.712.3625.

## Discounts for people 55 and older

Many local businesses offer discounts to older adults (the definition of older adult varies). To find a more complete list, go to <http://www.mlive.com> and enter "senior discounts". Here are some examples:

**ENTERTAINMENT:** The Performance Network Theatre offers a \$3.00 discount on tickets for seniors who are sixty or older. The theatre is located at 120 E. Huron St. in Ann Arbor, Michigan. Call (734) 663-0681 for more details as ticket prices vary depending on the show and the date.

**GROCERIES:** Plum Market has introduced "Senior Tuesdays" at its Ann Arbor store. Seniors sixty-five and older qualify for a ten percent discount on everything in the store except gift cards, prescription medications, beer, and wine. Plum Market is located at 375 N. Maple Rd. in Ann Arbor, Michigan. Call (734) 827-5000 for further information about Senior Tuesdays.

**SPECIAL EVENTS:** Host your next party, reunion, or family function at the Ann Arbor Senior Center. The Senior Center offers a discount of ten dollars on room rentals for seniors 55 and older. The Senior Center is located at 1320 Baldwin Ave. in Ann Arbor, Michigan. Call (734) 794-6250 for further information.

**DINING:** Denny's Restaurant offers a special menu for seniors fifty-five and older. The menu includes entrees, beverages, and deserts at a discounted price. Denny's is located at 3310 Washtenaw Ave. in Ann Arbor, Michigan. Call (734) 971-0090 for further information.

**BEAUTY:** CK Nails and Spa offers ten percent off all services for seniors sixty-two and older. Treat yourself to a day at the spa located at 3678 South State Street in Ann Arbor, Michigan. Call (734) 994-9690 for information about spa services and hours.

**LODGING:** The Marriott Hotel in Ypsilanti, Michigan offers a discount for seniors who are sixty-five and older. The discount varies depending on the date. The Marriott is located at 1275 S. Huron St. in Ypsilanti, Michigan. Call (734) 487-2000 for further information.

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**For free printable coupons** in a variety of categories, visit:  
[www.coupons.com](http://www.coupons.com)

### Did you know?

40% of Washtenaw County older adults aged 55-59 report excellent to good health status;  
38% of those 70 and older report the same high levels  
*Blueprint for Aging 2009 Older Adult Data Book*

## RSVP Volunteer Opportunities

**GROWING HOPE** needs volunteers with a financial background to join their Finance Committee. CPAs are encouraged as well as those with experience in accounting, non-profit budgeting, forecasting, and fiscal policy. They are asking for a commitment of three hours per month over a six month period of time. The Finance Committee recommends fiscal policy to the Board of Directors, oversees monthly financial reports, and provides general oversight and accountability.

**GROWING HOPE** is seeking volunteers for the **Downtown Ypsilanti Winter Farmer's Markets**. They are need of greeters, people to assist with set-up, clean-up, and signage. The dates for the Winter Markets are: November 10<sup>th</sup>, November 24<sup>th</sup>, December 8<sup>th</sup>, and December 22<sup>nd</sup>. The market takes place from 3pm to 7pm at the Corner Brewery and set up begins around noon. This is a great opportunity to explore the market, socialize with people, and give back to the community at the same time.

**ARBOR HOSPICE** is seeking volunteers to assist the Interdisciplinary Team in identifying family/patient needs and then to participate in developing creative solutions for patients and their families. They are also seeking volunteers to help in the following areas: care-giver relief, light house-hold chores, meal preparation, and family support through letters and phone calls. Arbor Hospice is asking for a six month commitment upon the completion of volunteer training.

**UNIVERSITY OF MICHIGAN HOSPITAL** is looking for volunteers to provide therapeutic visits to patients with their dogs. Volunteers must have their own dogs and be approved for visitation by Therapaws of Michigan, Inc. Visits occur at the Taubman Center, Mott Children's Hospital, the Cardiovascular Center, or at the University Hospital. This is a great opportunity to spend time with your furry friend and give to the community .

**RIDECONNECT** is starting a volunteer-based transportation service and needs people to provide transportation to people in need in Washtenaw County and surrounding areas. Volunteers should enjoy being with people and be willing to obtain a chauffeurs license (cost reimbursed by Rideconnect). The hours and days are flexible. However, those with open availability may receive same day trips. Volunteers may use either their own vehicles or vehicles that Ride Connect has reserved for these trips. Volunteers will gain satisfaction from working with people in need, and receive reimbursement for mileage at the state's current rate.

*With one phone call, Rideconnect provides county-wide information about public and private transportation options. You can speak to an operator by dialing 1.866.977.9423 or check them out online at:*

[www.rideconnect.info](http://www.rideconnect.info)

### Did you know?

Older adults represent 19% of Washtenaw County residents, nearly half in the 55-64 age group, suggesting that in greater numbers younger retirees choose to live here  
*Blueprint for Aging 2009 Older Adult Data Book*