

MINUTEMAN VOLUNTEER NEWS NOTES

FALL 2011

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Volunteers and Staff are welcomed!!

SAFE ASSIST/FALL PREVENTION TRAINING

Don't miss this FREE practical training program, designed for those who work with or care for seniors. Use what you learn right away!

Wednesday September 28, from 12-2 pm

Michelle Hughes, Registered Physical Therapist

Held in our Burlington Office: Light refreshments provided

Would you know where to stand to help a senior friend who must use a cane to go downstairs, what to do if he/she falls...and how to plan ahead?

You will practice how to offer an arm assist to a senior friend, review fall safety procedures and ensure safe transfers from walker to chair or car.

Michele Hughes is a popular hands-on trainer with many years of experience.

Please RSVP to 781.221.7023 by 9.20.2011 as space is limited

THE NUMBERS

As of June 30, Volunteer Caregivers include 33 active Friendly Visitors, 19 medical transport drivers, 12 Grocery Shoppers, and 80 special project volunteers such as the Holiday Gift Project. In addition, 18 office assistants apply their organizational skills at the front desk, or with mailings, phone surveys or other agency projects.

In FY'11, 205 Meals on Wheels drivers delivered meals to 858 seniors, and 145 Senior Dining Assistants created a welcoming community and also help set up/clean up at 12 meal sites.

NEW! CARFIT AT EMERSON HOSPITAL

Older drivers can improve safety by ensuring that their cars are properly adjusted (ie, pedals, mirrors). Takes 20 minutes. Emerson Center for Sports Rehabilitation, **Sat Oct 1 (rain date Oct 15)** Covers 12 point checklist. **978.287.8200**

VOLUNTEER OPPORTUNITIES MAKE A FRIEND: BE A FRIEND MAKE A DIFFERENCE

Spread the word to your friends/family who have an hour a week to deliver a meal, visit or shop once a week. **CALL 781.221.7023**

FRIENDLY VISITORS

A once a week visit with a friend is demonstrated to improve health and wellbeing! **20 seniors in Arlington, Woburn, Winchester and Lexington** are lonely and need a friend. Will you help?

MEALS ON WHEELS DRIVERS

Demand for meals has skyrocketed in this economic climate. We need drivers to deliver meals to grateful seniors who wait for your arrival, weekdays only---once a month or more. **Help seniors in your town** with this essential service!

FREE CERTIFICATION TRAINING IS AVAILABLE TO LEAD MY LIFE-MY HEALTH and MATTER OF BALANCE SELF-HELP PROGRAMS

SIGN UP and take advantage of free training opportunities to be certified as a lay leader for popular evidence-based, self management programs. Lay leaders are essential to delivering these well designed and results oriented programs. **Call Jen Beale @ 781.221.7014 for details.**

"My Life My Health" is a chronic disease self-management program developed by Stanford University. The training runs for 4 days on November 9, 10, 16 and 17.

"A Matter of Balance" is an 8 hour fall prevention lay leader training offered on December 1 and 2, 2011.

We pay the training fees and ask for your commitment to **co-lead two programs** in the next year with another certified trainer. Stipends may be available.

A Matter of Balance is designed to reduce the fear of falling, prevent falls, help seniors handle falls, and increase activity levels with exercises designed to increase core strength and balance.

The program runs for 8 weeks, often in Senior Centers or Hospitals, and meets once or twice per week for two hours per session.

My Life-My Health Chronic Disease Self-Management program provides tools for healthy living for people with chronic health conditions, including diabetes, arthritis, asthma and heart disease. The program provides support for normal daily activities and dealing with the emotions that chronic conditions may bring. Sessions are held for 6 weeks for two and a half hours.

NEW WELCOME GUIDE/MANUAL AND CONFIDENTIALITY GUIDELINES COMING YOUR WAY!

Commonwealth Corps member Geeta Kannan pulled together a **Volunteer Welcome Guide**, which will be sent out this fall by each program manager. The Guide includes common areas of information as well as the specifics for each volunteer program. Updated confidentiality, screening and written data guidelines are included.

Because you have access to client information (names, addresses, etc.), volunteers need to be familiar with Minuteman's policy that went into effect in March 2010. The key points to remember are the following:

- o Client Information must be kept confidential
- o Any client information that you keep in your home must be secured and not accessible to others who are in the home.
- o Client information may not be emailed unless it is encrypted.
- o When disposing of client information it must be shredded.

Questions? Please contact Erin Weeden, Quality Assurance Director, 781.221.7030 e.weeden@minutemansenior.org

HOME SAFETY/ASSISTIVE DEVICES VOLUNTEER QUARTERLY MEETING

At our July meeting, we welcomed **Laurie Thibodeau, OT, Emerson HomeCare**, for a review of simple tools...high tech and no tech...that can help seniors remain living gracefully at home. **See the handy photo guide** to devices ranging from one handed can openers to weighted forks used to offset a tremor. One suggestion was to wrap rubberized shelf liner around utensils or tooth brushes for an easier grip. A list of suggested catalogues is also included. Why not share with your senior friend!