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Volunteer Voice

Enriching the lives of seniors.

Mark Your Calendars for This Year's Aged to Perfection -- October 3 -- featuring the Earthen Vessel Award

We hope you can join us for Aged to Perfection featuring the Earthen Vessel Award on Thursday, October 3 from 5:30-8:30 p.m. at CU South Denver in Lone Tree. This year's theme is Back to the Future as we celebrate our history, our present-day successes and the expansion of our mission.

We will pay homage to our Earthen Vessel Honoree Erby Kenerson, a Someren Glen volunteer whose outstanding service has enhanced the lives of residents beyond compare. And, we will celebrate long-time former team member Jan Roth, who will receive our Distinguished Service Award.

The evening features food tastings and a complimentary glass of wine or beer, live music, limited silent auction and games! New this year is a Live Auction and Fund-the-Mission paddle raiser – by raising your paddle, you're funding the Mission. Proceeds from the event will go to our



mission of enriching the lives of older adults. Whether it be for resident financial assistance, team member scholarships or community enrichment, our mission has always been to enhance the quality & dignity of life for older adults.

Reservations for residents and team members are \$75 per person and \$100 for friends and family. Contact Lucy Floyd in Donor Relations at 720.974.3642 or by email lfloyd@clcmail.org for more information.

Distinguished Service Honoree – Jan Roth was one of Christian Living Communities original employees as she began her CLC career in the dining room at Clermont Park when the community opened. She eventually advanced to the Vice President of Talent Resources. During her lengthy career, she was a tireless advocate for team members and residents alike.

Earthen Vessel Honoree – Erby Kenerson has been a staple at Someren Glen for the past 7 ½ years. Nearly daily he stops by to spend time in the Evergreen Neighborhood visiting with residents. When he's not visiting residents, he's pitching in as needed – calling bingo, playing cards or cribbage or joining residents on a field trip. He also volunteers at the University of Colorado hospital where he visits with patients.



Distinguished Service Honoree - Jan Roth



Earthen Vessel Honoree - Erby Kenerson

Youth Making a Difference

A big thank you goes out to the Boys Team Charity (young men and their parents) who came in weekly during the summer and cleaned all the patio tables/chairs in all of our seven patios at Holly Creek. They did an awesome job making sure everyone had a clean table to eat on!!

Garage Sale Without a Garage

The Holly Creek Garage sale minus the garage was a big success this summer. The Hospitality and Volunteer Committees sponsored the event. A total of \$800 was made in two days. All proceeds were deposited to the Volunteer Wish List Fund to be used to benefit the residents of Holly Creek. We want to thank all those that donated to the sale and also those that shopped the sale. Thank you to all the great volunteers who helped setup and take down the sale as well as oversee sales for two days. We also thank Linda Platt's daughter and son-in-law for hauling all the leftovers to ARC for us! We will look at having another sale next year in the Spring! In the meantime, there is SAVVY SECONDS for all those items that you no longer need or want. You also just might find a treasure there so come check us out!!



Savvy Seconds

Savvy Seconds is open again every Friday from 11:30-2:30 on 3rd floor south. We took the month of August to clean out, organize, and refresh Savvy Seconds so we could make room for new items! We take donations every weekday but Thursday. Please contact Kitty Dobbs, 5616, if you have a donation/question or come by when we are open on Fridays. We take the following items in good condition and clean: small appliances, kitchen utensils, dishes and glassware, decorative items, small lamps, small frames, purses, games, jewelry, gift items or small furniture that can be easily moved.

Items that we are unable to take are: clothing, bedding, towels, pillows, and outdated electronics.

All proceeds from Savvy Seconds benefit the residents of Holly Creek.

Holly Creek Pen Pal Program Starts Soon!

The 2nd graders from Cherry Hills Christian School would like to be your pen pal! This will be the 8th year that we have partnered with Cherry Hills for the pen pal program.

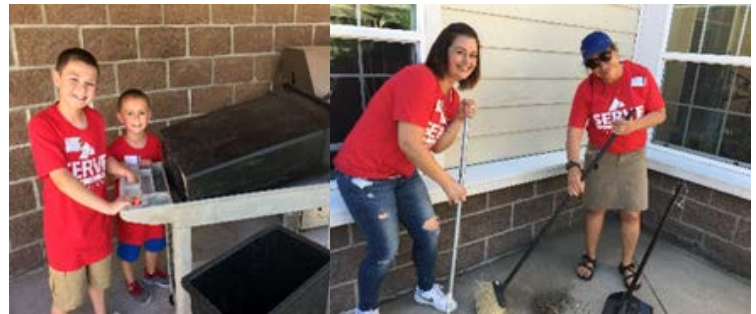
Volunteer Opportunities

- Suites Bingo Caller – Thursdays - 3:00-4:00 pm. Weekly or every other week.
- Concierge Subs – Relieve concierge for lunch
- Games – Sundays - 2 pm - Flexible on which Sundays
- Flower arranging or delivering – As needed

Please contact Kitty Dobbs (kdobbs@clcmail.org or 5616) for more info on these volunteer opportunities.

Annual Service Day

Holly Creek welcomed volunteers from the Summit Church, who returned again this year for their Annual Service Day to help in our Suites Gardens. It was a great group of eight who cleaned planting containers and utensils, hauled garden trash, watered plants, and dusted throughout the main areas in Holly Creek. They even filled their van with a large donation to ARC which they dropped off for us! Thank you, Summit Church, for sharing your time and talents with Holly Creek.



The children really look forward to exchanging letters with our residents. The school takes care of all the pickup and delivery so stamps are not needed! We will start in October and write a monthly letter. We will finish with a special visit by your pen pal the end of April. This is a wonderful way to make a difference in a child's life.

If you would like to be a pen pal or just want more information, please contact Kitty Dobbs, 5616.



Volunteer Spotlight: Emilie Wiersma



Emilie is the type of person who contributes as much as she can and as often as she can to everything she does. She truly loves life and all the beauty and wonder that blesses us. Her volunteer spirit and involvement at Clermont Park is nothing new. After retirement, Emilie and her late

husband, Ralph, dedicated many years to World Renew. This humanitarian agency focuses on worldwide community development and disaster response. Their volunteer service led them to areas in need of rebuilding all throughout the United States. Their love of travel continued through the years and they visited several wonderful countries all across the globe. But, Emilie still can truthfully say that fishing vacations at Lake City are as special as they come! She still loves birdwatching as a favorite pastime.

At Clermont Park, Emilie can be found volunteering in the Health Suites, lending a hand on outings, volunteering in the Boutique, wrapping silverware, and assisting with community events. Her energy and humor make her great company and someone you should get to know. She is friendly, honest and one of the most compassionate folks around. We are so happy that she makes Clermont Park her home.

Wow! Way To Go!

Clermont Park Honors

WOW – Windmill Boutique volunteer, Nona Brath, has been a CLC Volunteer for 16 years!

WOW – Sue Cady has been volunteering weekly in the Boutique for the past 8 years!

WOW – Libby Gammon has been actively volunteering at Clermont Park for 18 years. She now serves as the Volunteer Advisory Chair!

WOW – Craig Davis has been faithfully volunteering for 11 years and dedicates his Saturday mornings to being with his Assisted Living friends!

WOW – The Monday Quilting volunteers posted 368 hours from January to July 2019!

WOW – Honey, our International Therapy Dog, continues to do what she does best, spreading love and joy. And, Carol Walton makes it all possible!

WOW – Nancy Carlson and Sara Jo Cahill were outstanding greeters at a recent Brain Health event. They made Clermont Park beam with friendly smiles



New Clermont Park Volunteers

WELCOME – to Robin Dicker. Robin will be volunteering at Clermont Park during her sabbatical leave from St. Anne's Episcopal School.

WELCOME – Jan Bente to a new monthly sensory program at our Adult Day - Harvard Club.

WELCOME – to Dara VanKampen. We love having you here with us on Sundays.

WELCOME – Meg Kenny as our newest Windmill Boutique volunteer. Meg also volunteers at Adult Day!

WELCOME – Willows resident, Sara Jo Cahill, will now be serving as Volunteer Advisory Vice Chair.

WELCOME – Willows resident, Joan Betz, has joined our Aspen's Library volunteer team. Current volunteers, Nancy Carlson and Eileen March, and now Joan are keeping things in ship shape.

Infection Control

We want to thank all of our volunteers for helping us control the spread of infection at our communities. Since we are in the height of the season for illness, please remember the following:

- Volunteers have a responsibility to help prevent and control the spread of infection. If you are not feeling well, have a cold or flu symptoms, please call us and reschedule your visit.
- Hand-Washing is the single most important step we can take to prevent the transfer of infection.
- Universal Precautions and Hand-Washing Procedures are explained in more detail in the Volunteer Handbook.
- All volunteers must receive a flu vaccine by Oct. 31 of this year. We will need to have a copy on file of your shot. If you are unable to have a flu shot, please talk with your volunteer coordinator.

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Welcome Tika to Someren Glen's Internship Program

Investing in the future leadership for senior care communities is what Someren Glen's internship program through the Office of Volunteers is all about. This semester we are pleased to welcome Tika Adhikari, intern from Metropolitan State University of Denver. Tika is currently working on her Health Care Management degree. The internship is an immersive experience working with residents and management in a variety of disciplines that support Tika's career goals and course requirements. We are so pleased and delighted to have Tika join the team. Please welcome her as you see her throughout the community.



Toys for God's Kids - A Volunteer Spotlight!

Thanks to Dutch Van Maaren and all the resident volunteers who help make Toys for God's Kids possible! Toys for God's Kids recently featured on Fox 31, KDVR, and 9News, makes an impact spreading joy to kids throughout the world. Thanks to Dutch and his incredible team at Someren Glen and her sister communities, the little wooden cars assembled by volunteers and distributed through the military go out to kids around the world. Well done!



...Infection Control ...Continued from page 3

- Influenza is a viral infection that may cause fever, runny nose, cough, sore throat, fatigue and sometimes diarrhea and vomiting. Usually with the flu, but not always, there are higher fevers, more body aches, headaches and chills than seen with the common cold. The fever lasts 2-5 days, the runny/stuffy nose 1-2 weeks, and the cough 2-3 weeks. Flu symptoms start suddenly, often times with a fever greater than 101. However, it is important to note that not everyone with the flu will have a fever. You may not return to the community for 72 hours after flu symptoms have ceased.

We appreciate everybody's help in controlling the spread of infection in our communities.

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

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Mark Your Calendar!

Oct. 3 – Aged to Perfection - CU Health South (Formerly the Wild Life Experience)

Nov. 8 – Holly Creek Holiday Bazaar

Dec. 4 – Holly Creek Holiday Home Tour - sponsored by the Volunteers

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