

BENJAMIN
ROSE
INSTITUTE
EST 1908

11900 Fairhill Road
Suite 300
Cleveland, Ohio 44120

Phone: 216.373.1751
Fax: 216.373.1814
E-mail: lowens@benrose.org

Caring for older adults...
and those who care for them



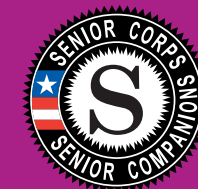
Senior Companion Program SPONSORS



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The Senior Companion Digest

FROM THE DIRECTOR'S DESK

Well fall has finally made it and winter is quickly approaching. It is time to start thinking about... THE FLU. Not the H1N1 Flu, but the regular flu. According to the Centers for Disease Control and Prevention (CDC), seasonal influenza can cause mild to severe illness, and at times can lead to death. Each year in the U.S., on average, 36,000 people die from flu-related complications and more than 200,000 people are hospitalized. Over 90% of deaths and about



60% of hospitalizations occur in people older than 65. That is why it is important to promote preventing the spread of the germs that cause influenza. The CDC has these helpful tips to offer to protect your health:

- Wash your hands with soap and water, especially after you cough and sneeze. Or when soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Keep away from others as much as possible to keep from making others sick.

If you have any questions call 2-1-1 (First Call For Help) and they will give you the latest information regarding the regular seasonal flu.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.

SCP ADVISORY COUNCIL

The Senior Companion Program's Advisory Council will be having its final meeting for the year on December 9, 2009 at 10 a.m. The Advisory Council is currently looking for a Senior Companion to sit on the council for the 2010 year. The obligation for this position will be to have an open mind and lots of ideas to stimulate the growth of the program. Anyone who is interested in joining the council will have to dedicate two years to the SCP Advisory Council. Currently the SCP Advisory Council meets the second Wednesday of the month at 10 a.m. The 2010 SCP Advisory Council Meeting Schedule is as follows:

January 10	May 12	September 8
February 10	June 9	October 13
March 10	July 14	November 10
April 14	August 11	December 8

If you have any comments, questions or concerns regarding the SCP Advisory Council, please call Lynda Owens at 216.373.1751.

MARLENE'S CORNER

Hello again. The holidays are fast approaching. Where did the time go? Speaking of the holidays, I wanted to remind you how timesheets are handled for the end of the year. Long-time companions know how this works but first timers need to hear my short speech. The accounting department closes its books on December 31. When you pick up your timesheets at the November in-service, the time period will run through December 31. Therefore, **do not** bring your timesheet to the December in-service as you will still need it. (The check at the December in-service will cover the period of 10/21/09 to 11/17/09.) I will give you an envelope to **mail your timesheet to us on December 31 or your last working day**. At the December in-service please pick up your January 2010 timesheet. Your end-of-year check will cover six weeks. I can't start working on them until January 4, 2010, so they **will not** be ready by the January in-service. The **December** check will be mailed to you. When you get your January 2010 check at the February in-service, it will cover about 2 1/2 weeks. Then finally we will be back on regular schedule! I hope you all have a great holiday and a wonderful 2010!

SENIOR COMPANION BIRTHDAYS

NOVEMBER

- Mary Bland, 11/05
- Annie Pruitt-Hunt, 11/07
- Corrine Powers, 11/11
- Shirley Cockrell, 11/21
- Johnnie Mae Hall, 11/24

DECEMBER

- Louise Cartwright, 12/01
- Joan Hodge-Yisrael, 12/03
- Lillian Williams, 12/17
- Christen Smith, 12/25
- Marva Miller, 12/25
- Patricia Green, 12/29

Happy Birthday to all
Senior Companions from
the SCP Staff and
Benjamin Rose Institute.



JANUARY

- HAPPY NEW YEAR!
- Mildred Henderson, 1/1
- Rose Mack, 1/4
- Maxine Davis, 1/5
- Carrie Jones, 1/9
- Irene Moore, 1/18
- Sharon Cross, 1/19
- Joe Rowe, 1/21
- Marian Key, 1/24



FALL 2009

SENIOR COMPANION PROGRAM SAYS GOODBYE AND WELCOME

In October, Nancy Calcott, the SCP Liaison for Concordia Care (East & West) sites announced that she would be retiring effective October 31, 2009. Nancy has served as the volunteer coordinator for the last 10 years and, may I add, this is her second retirement! Nancy will be missed by the Senior Companions who volunteered at her station as well as by her peers. While awaiting Nancy's replacement, the Margaret Wagner House Receptionist, Ashley Preston will assist Senior Companions with any of their concerns and signing off on timesheets. Ashley can be reached 216.791.3580. Maria Foschia will assist the volunteers at the Old Brooklyn site. Maria can be reached at 216.957.9505. Happy Retirement, Nancy! We will miss you too!

While we are saying good-bye to Nancy, let us welcome our newest addition to the SCP family: Linda Merriman. Ms. Merriman is the new SCP Liaison for the PASSPORT LTC program. She will officially join us at the beginning of the year. We celebrated these events at our last SCP Liaison meeting on September 8, 2009.



I'M GLAD YOU ASKED THAT!

Question: How do I know when it is time for a change?

Answer: Circumstances sometime necessitate a change. These circumstances can either be client-related or Senior Companion-related. Some client-related circumstances could mean that the Senior Companion's services are no longer needed, for example, the client moves, the client's health worsens, the client dies, the client becomes too possessive, the client decides to terminate services, or the care plan cannot be implemented. Sometimes there are Senior Companion-related circumstances. For example, the Senior Companion doesn't like the environment, the client, or the assignment. Or maybe the Senior Companion is having health issues of his or her own. As a Senior Companion, you find yourself calling in for more time off. Remember, the care plan and letter of agreement is signed by three (3) individuals. Everyone must be satisfied with the agreement.

Should you be uncomfortable with the volunteer task as defined in the care plan/letter of agreement, you should contact the SCP staff to discuss your concerns. You may request a modification in your assignment or request a new placement. The staff will assist you in resolving the assignment disagreement. (See Responsibilities: 2. Service Assignments, Page 12, paragraph 1) If any one of you changes your mind and the situation cannot be resolved, it may be time to change assignments.

See you next time for more on when it is time for a change.

Important Reminders:

Remember to "Call the Coordinator" regarding documents, placements and all placement-related issues. The Coordinator will confer with the Supervisor, regarding any issues and/or concerns as they relate to the Senior Companion and the client.

You must call your client, the Supervisor, and SCP staff when you are unable to see your client as scheduled. (see Handbook Section 1, page 10)

Who: ALL Senior Companions

When: You are unable to see your client as scheduled

Where: Wherever you are scheduled to volunteer (Home or Adult Care Center)

Why: You entered into an agreement where consistency of attendance is expected. Normally, you don't schedule an activity the same day. Therefore, if you anticipate a schedule change in two (2) weeks, tell your client. The client might want to schedule a substitute SC during your absence.

You need to know: Volunteers who do not adhere to the rules and procedures of the SCP, or who fail to satisfactorily perform their volunteer assignments are subject to dismissal. (see Handbook, Page 21)

UPCOMING EVENTS

NOVEMBER EVENTS

- November 11 – Veterans Day
- November 17 – In-Service Meeting
- November 26 – Thanksgiving Day

DECEMBER EVENTS

- December 9 – Advisory Council Meeting
- December 12 – Hanukkah Begins
- December 15 – Year End Recognition
- December 21 – First day of Winter
- December 25 – Christmas Day
- December 26 – Kwanzaa Begins
- December 31 – New Year's Eve

JANUARY EVENTS

- January 1 – Happy New Year
- January 10 – Advisory Council Meeting
- January 18 – Martin Luther King Jr. Day
- January 19 – Monthly In-Service



SCP IMPORTANT NUMBERS

Lynda Owens	SCP Director, 216.373.1751
Gwendolyn Byrd	SCP Coordinator, 216.373.1789
Marlene McClain	SCP Administrative Assistant, 216.373.1762

SCP WORD SEARCH

See if you can find all of the words listed below in the puzzle above.

Caring Friends Respect	Client Giving Stipend	Companion Healthy Well-being	Experience Independence	Family Mileage
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E	C	N	E	D	N	E	P	E	D	N	I
L	X	J	G	N	I	E	B	L	L	E	W
G	O	P	A	S	T	I	P	E	N	D	F
F	J	U	E	S	C	M	V	G	T	K	A
U	H	C	L	R	L	C	A	N	Y	F	M
I	G	N	I	V	I	G	D	I	H	R	I
A	F	O	M	F	E	E	I	R	T	I	L
E	S	N	K	T	N	M	N	A	L	E	Y
T	Z	V	B	D	T	K	U	C	A	N	P
C	R	E	S	P	E	C	T	O	E	D	I
C	O	M	P	A	N	I	O	N	H	S	P