

Senior Companion Program SPONSORS



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A Leader in Service, Research & Advocacy
for Older Adults



Advocacy. Assistance. Answers on Aging.



SENIOR COMPANION BIRTHDAYS

AUGUST

- Mary Jones, 8/02
- Lizzie Howell, 8/05
- Rafail Kleshchevskiy, 8/06
- Ola Mitchell, 8/06
- Veria Crump, 8/12
- Barbara Morthorst, 8/13
- Joyce Adams, 8/22
- Thelma Taylor, 8/24
- Mattie Roberts, 8/25

SEPTEMBER

- Dorothy Jones, 9/03
- Williestine McBride, 9/07
- Katie Cork, 9/18

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



Mary Golden, 9/20

Ollie Bryant, 9/23

Barbara Galbraith, 9/29

OCTOBER

Ora Robinson, 10/09

Ida Bell, 10/12

Terry Simmons, 10/31

FOOD DRIVE UPDATE:

696 Pounds of food collected since January 2010.
Thank you SCP Volunteers!
We have 4 more months to go.
Our new goal is 1000 pounds of food by December 21, 2010.
That means 304 pounds of food to go.
GO TEAM SCP!



The Senior Companion Digest

SUMMER/FALL 2010

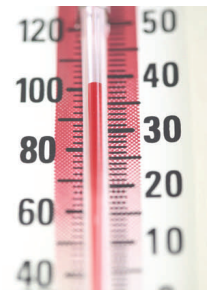
FROM THE DIRECTOR'S DESK

Is it hot enough for you?

Guess what? It 's only going to get hotter. We look forward to the cooler months but, until they arrive here are some tips to stay cool:

1. Drink plenty of water—Water helps replenish all of the fluids that you body loses when you sweat.
2. If you are going to exercise (walking or jogging) make sure you plan for early in the morning if outdoors. During the summer that is the coolest time of day. Early afternoon to mid afternoon is the hottest time of the day. If you are walking indoors, don't forget your water.
3. If you are volunteering on a extremely hot day. Dress for the occasion. Wear light clothing

(shorts, t-shirt, Capri's, etc.) and light colored clothing (white, tan, cream, etc.) because dark colors attract heat.



Don't forget If you have changed your phone number in the last 2 to three months, call the program and let us know. Many of you did not get a called on the last Safety Day due to disconnected numbers and Emergency Contact person's number is disconnected as well. Please update your information as soon as it changes.
4. Last but not least, have fun! Summer is a very short season in Cleveland , enjoy it before the

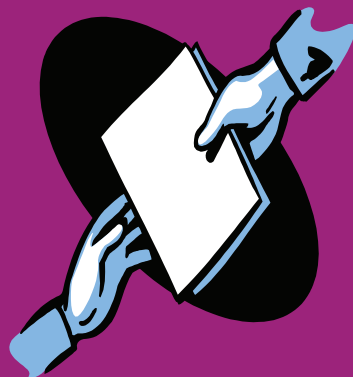
MARLENE'S CORNER

Hello everyone ! Our program has been growing by leaps and bounds, this year especially. We have TWO training classes coming up in the fall so if you know of anyone who is interested in becoming a Senior Companion, please have them call me at 216.373.1762. With two new classes we will also need more companions to mentor. Please check with your clients/station and consider this. You went through the process when you were new. You also earn a little extra money. I hope you are enjoying the summer. I know it has been hot but fall is just around the corner. I much prefer summer over winter. This reminds me of the kind of summer we had when I was a kid and that was without air conditioning. Somehow, we survived. However, if you feel it is too hot for you to go out, you can take a bad weather day if you have any left or a benefit day. Lynda closed the program once this summer because of the heat, humidity and heat index. If you suffer from breathing problems and your client does not have air conditioning or you can't wait for the bus in the heat, please take time off, but call your client/station, me, and your case manager. We don't want anyone to get heat stroke.

IMPORTANT REMINDERS

1. Please be mindful regarding your documents that are due to the program on an annual basis. Keeping your documents current allows us to receive federal and state funding. These funds are what pay your stipend! If YOU don't turn in YOUR documentation in YOU can be terminated from the program.

2. When you receive a notice from the Senior Companion Program Coordinator please read it right away. This notice contains important information that is relevant to your volunteering!



SENIOR COMPANION RECRUITMENT

Calling all older adults, 55 and older! The Senior Companion Program of Benjamin Rose Institute on Aging needs YOU!

You know how much you value independence in your own lives? Now you can help others stay independent too. By becoming a companion to a frail person, you help that person stay in their own home and you will join with thousands of others to help control the rising cost of health care. Whether you are giving families or professional caregivers a much needed break, running errands, or simply being a friend, you'll make a difference that strengthens and helps preserve an individual's independence.

Think about it! Your kindness can change the lives of several individuals in your community. If you or someone you know is interested in the program please call Marlene McClain at 216.373.1762. She will send you out an application and get the process started!



REMEMBER:

Senior Companions Make Independence a Reality!

FUN TV TRIVIA QUESTIONS



1. What was the name of the physician in the *Incredible Hulk*?
2. In *Happy Days*, what was Fonzie's full name?
3. In 1949, approximately how many TV sets were in the USA?
4. What was Bill Cosby's first TV show?
5. *The Marcus Nelson Murders* was a pilot episode for a show introducing which detective?
6. Dean Martin and Jerry Lewis's first ever show was hosted by whom?
7. What was Aaron Spelling's first comedy back in 1977?
8. In which city was *Laverne and Shirley* first set?

Answers: 1. Dr. David Banner, 2. Arthur Fonzarelli, 3. One Million, 4. I Spy, 5. Kojack, 6. Ed Sullivan, 7. The Love Boat, 8. Milwaukee

UPCOMING EVENTS

AUGUST EVENTS

- August 11 — SCP Advisory Council Meeting
- August 17 — SCP Monthly In-Service (Picnic)

SEPTEMBER EVENTS

HISPANIC HERITAGE MONTH

- September 6— Labor Day
- September 8 — SCP Advisory Council Meeting
- September 13— Grandparents Day
- September 21-SCP Monthly In-Service
- September 22 — Autumn Begins

OCTOBER EVENTS

- October 11 — Columbus Day
- October 13 — SCP Advisory Council Meeting
- October 19 — SCP Monthly In-Service
- October 31 — Halloween

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



MY REASONS FOR BECOMING A SENIOR COMPANION

Do you remember?...

When you first heard about the Program?

Someone told you about a volunteer program with paid training, benefits and a stipend where retired seniors help homebound seniors.

How you couldn't wait for the training to begin so that you could find

out everything you needed to know to be prepared to help your clients?

I really like this training! I had no idea that learning could be such fun. I'm meeting new friends and I'm getting paid too!

How you couldn't wait for the training to end so that you could begin to volunteer?

I really enjoyed my mentoring. Now I know just what kind of assignment that I want...

Usually, there is a thrill associated with doing something new. As the Coordinator, it is exciting for me to see the enthusiasm that a new class has during Orientation. However, some Senior Companions do not continue to feel positive and enthusiastic about their volunteer experience.

Often, the new Senior Companions comment upon how negative and complaining the experienced Senior Companions are. You complain about many things and you show a lack of respect for fellow Senior Companions and presenters during the In-Service meetings.

Acting out and showing a lack of respect for others is typically a sign of unhappiness, low self-esteem, depression and possibly illness. Being insensitive to the feelings of others is actually mean and cruel.

In our Senior Companion Handbook under the section entitled

B. Immediate Termination ... this is grounds for immediate termination:

f. Abuse or mistreatment of clients, co-workers or staff.

When your enthusiasm is gone, it is time for you to reevaluate your reasons for becoming a volunteer. If the Program is no longer a positive, beneficial volunteer experience for you, if this doesn't bring you happiness and fulfillment then you should do everyone a favor and leave. Otherwise, at some point in the near future you are sure to be terminated.