

BENJAMIN
ROSE
INSTITUTE
EST 1908

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



Senior Companion Program SPONSORS



Advocacy. Assistance. Answers on Aging.

Corporation for
**NATIONAL &
COMMUNITY
SERVICE**

SENIOR COMPANION BIRTHDAYS

FEBRUARY

Aleksandra Dvorkina, 2/20
Greta Gaffney, 2/21
Betty Williams, 2/22
Mary Ivy, 2/24

MARCH

Mary Harris, 3/05
Gayle Brown, 3/07
Marian Elder, 3/09
Muriel Fox-Haralson, 3/11
Ida Goodwin, 3/11
Freddie Lawrence, 3/12
Jan Schley, 3/13
Mattie Moody 3/17



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

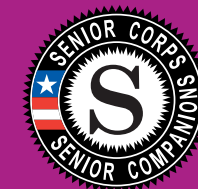
APRIL

Paul Renshaw, 4/01
Kathryn Nims, 4/02
Mary Poole, 4/11
Anne Thomas 4/14
Deloris Allen, 4/19
Henrietta DeRamus, 4/24
Shirley James, 4/24
Zella Stitt, 4/26

SENIOR COMPANION PROGRAM FOOD DRIVE UPDATE:

140 Pounds of food collected
for the months
of January & February

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The Senior Companion Digest

FROM THE DIRECTOR'S DESK

Well, old man winter is officially here. We have had some very sever winter weather and a whole lot of snow these last two months. During this season, I want you to keep in mind that the Senior Companion Program has an established protocol when it comes to Bad Weather Service hours (pg. 14, SCP Handbook) and Safety Service Hours (pg. 16, SCP Handbook). If you don't have your book handy here are the rules.

Bad Weather Service Hours: All active full-time SCs have the option of using 28 hours of bad weather time per calendar year. Bad weather service hours are permitted when **you** feel unsafe or at risk if you were to try to provide SC service, i.e., temperatures are well below freezing, temperatures are abnormally high, city streets are dangerous because of heavy snow or ice, etc.

Safety Service hours: Senior Companions may be asked by the SCP staff not to report to their volunteer assignments because an unsafe situation exists, i.e., temperatures are well below freezing, temperatures are abnormally high, city streets are dangerous because of heavy snow or ice and public transportation is unavailable. **Safety service hours are called at the discretion of the Administrator and you will be contacted as soon as that decision has been made.**

Please Note: If you are not scheduled to be with a client on the day that a safety day is called, you will not be contacted. **Only SCs who are volunteering that day will be contacted.** If you are in doubt as to weather a Safety Day has been called, contact the SCP staff before going to your client's home or volunteer site.

MARLENE'S CORNER

Hello. I hope everyone had a nice holiday. Today I would like to discuss SCP's policy on **bad weather** days. Everyone who works 8 hours a week or more is entitled to **bad weather** hours/days. The amount of time you are allowed off depends on the number of hours you work each week. Those days can be used all year long. Remember, we also have bad weather at the end of the year. You can use them for cold, ice, snow, heavy rain, heat (if your client has no air conditioning) etc. You can also use them if your client has snow and ice on his or her sidewalk or stairs. When Lynda closes the Program with a **Safety Day**, that is what you put on your time sheet. Please call your client/station and let them know. We **try** to call everyone who is working the night before. Sometimes we have to call early in the morning because the phone has been off the hook for hours the night before. This has happened to me several times. If you think we might call you, please make sure the phone is on the hook and your answering machine is on, if you have one. Please call me if you want to know how many hours you have for bad weather days and benefit time hours for 2010.

WINTER 2010

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, pg. 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, pg. 21)

SENIOR COMPANION PROGRAM COMMUNITY SERVICE PROJECT

Last year was a tough year. Millions of Americans lost their jobs and the ability to feed their families. The people here in Cleveland were affected by the thousands. At our Martin Luther King Brunch, we added a humanitarian component to our program, which was a food drive for the Cleveland Food Bank, and it was a success. We collected 140 pounds of food. The food that we collected will feed several families in the Cleveland area. This year the Senior Companion Program will attempt to help our fellow man by giving back. We will have a **year-long** food drive. At our SCP Monthly In-Service we will collect any non-perishable food items (canned goods, boxed meals, noodles, etc.) and donate them to the Cleveland Food Bank. **We are not asking you to clean out your cabinets every month, but we are asking that you contribute to our cause when you can.** Every month you will get updates on how much food was collected at the In-Service. Updates can also be found on the last page of this newsletter! This will be a year-long process so everybody will have a chance to donate. Remember: Be kind when you donate. Please read the labels for expiration dates.



The City of Cleveland thanks you!

I'M GLAD YOU ASKED THAT!

Question: How do I know when it is time to consider leaving the Program?

Answer: It is often difficult to know when it is time to leave the Program. Sometimes a LEAVE OF ABSENCE (LOA) is an option. An LOA is temporary (See Volunteer Handbook, Volunteer Status, Leave of Absence, pg. 19) and typically applies when a Senior Companion's personal circumstances conflict with his or her ability to volunteer. However, when LOA either extends beyond six (6) months or is not an option, retirement is usually the answer. The priority of the Program is to assure and maintain the safety and well-being of both the Senior Companion and the Client. When an assignment becomes too much for the Volunteer to handle, this is generally a good indication that retirement is necessary (See Volunteer Handbook, Volunteer Status, Retirement, pg. 19). For example, accommodations cannot be made to satisfy the individual volunteer's needs; there are extensive or unauthorized absences; inability to perform assignments; misconduct in the form of disrespect toward clients and/or staff; failure to abide by agency policies and procedures. In order to adhere to the established policies and procedures and maintain the integrity of the Program, it is mandatory for all participants to be willing to: be in good health, able to follow directions, accept directions from others, and have no physical/mental limitation that would hinder him/her from assisting older adults and willing to become involved as a team member (See Senior Companion Program Volunteer Description, Qualifications, Knowledge & Skills). Remember, participation in this Program is voluntary. Therefore, it is an option not an entitlement. The same policies and procedures that were applicable when you entered the Program are still applicable. If your circumstances change such that it is impossible to adhere to the established regulations, retirement — whether voluntary or administrative — is the only option.

UPCOMING EVENTS

FEBRUARY EVENTS

- February 2 — Groundhog Day
- February 10 — SCP Advisory Council Meeting
- February 12 — Abraham Lincoln's Birthday
- February 14 — Fredrick Douglas's Birthday / Valentine's Day
- February 16 — SCP Monthly In-Service
- February 22 — George Washington's Birthday

MARCH EVENTS

- March 10 — SCP Advisory Council Meeting
- March 17 — St. Patrick's Day
- March 20 — Spring Begins
- March 23 — SCP Monthly In-Service

APRIL EVENTS

- April 1 — April Fools' Day
- April 14 — SCP Advisory Council Meeting
- April 20 — SCP Monthly In-Service
- April 22 — Earth Day

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



LAFFY TAFFY JOKES



1. What happens when you cross a singer with a rocking chair? You rock the beat.
2. What has 10 letters and starts with gas? AUTOMOBILE.
3. When does it rain money? When there is a change in weather.
4. What do you call an avid gardener? Herb
5. How do you get a peanut to laugh? You crack it up.
6. What do you get when you cross a grape with a lion? A grape nobody picks on.
7. What time is it when an elephant sits on your fence? Time to get a new fence.
8. Do doctors make house calls? Only when your house is really sick!



9. Knock Knock
Who's there?
Cows say
Cows say who?
No silly cows say moo!

A JOKE A DAY HELPS KEEP THE DOCTOR AWAY!
LAUGHTER IS GOOD MEDICINE

