



Hyannis Rotary delivers daffodils to our Meals on Wheels consumers.

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68 Route 134
South Dennis, MA 02660
508 394-4630 or 800 244-4630
volunteer@escci.org
www.escci.org

ESCCI Volunteer of the Year Awards

At the thirty-fifth ESCCI Annual Meeting held on May 6, 2008, at the Cape Codder Resort in Hyannis, nine volunteers received the award of "Volunteer of the Year". Each volunteer/organization honored exemplifies what it means to be a volunteer. Their enthusiasm and willingness to help others as well as the commitment of their knowledge, skills, and time make them a role model for all of us in our Cape and Islands' communities.

JANE GUNNERY

Jane Gunnery has been a regularly scheduled Meals on Wheels driver for a Hyannis route since 2000. Additionally, for the past two years, Jane has taken on an additional route during the winter months to replace a "snow bird" driver. All of her additional assistance often leads to three or more times a week that she presents her cheerful self to the site ready to roll. Jane has also recruited her husband, Tom, as a driver, and frequently refers others to the program either as a driver or consumer.

TOM HILLER

Tom Hiller of Edgartown has been a stalwart Meals on Wheels volunteer for as long as anyone can remember. Delivering meals three times a week, he frequently changes his schedule to cover another volunteer's need to change days. Tom is a mainstay of the Martha's Vineyard program. An ambassador for Meals on Wheels, Tom has taken selectmen, new volunteers, and University of Massachusetts Medical Student Rural Scholars along on his route, introducing them to consumers and the program with enthusiasm and pride.

HYANNIS ROTARY

The Hyannis Rotary group has been assisting and supporting the Meals on Wheels program since the fall of 2002. Initially, the group began to drive for a specific route once a week and their interest and enthusiasm has grown so much, they now have provided coverage five days a week for the past four years. Numerous Rotarians have become our "emergency go to drivers" for those inevitable last minute fill ins. Additionally, each spring Hyannis Rotary provides bouquets of daffodils for each of our consumers on National Daffodil Day, bringing even more smiles and happiness to our consumers.

ESCCI Volunteer Recognition Day

On May 1, Elder Services of Cape Cod and the Islands hosted five simultaneous Volunteer Recognition Events on Cape Cod and the Islands. This year's theme, "Volunteers.....The Heart of Elder Services" was in tribute to our 1500 volunteers that help to keep the mission of ESCCI moving forward. Celebrating National Volunteer Week, the events took place from 1:30 to 3 p.m. in Waquoit, Dennis, Wellfleet, Oak Bluffs, and Nantucket. At each event, ESCCI staff was on hand to thank volunteers, hand out giveaways, and offer refreshments.



Volunteers, Ute Reinholz and Ed Howard, enjoying the Recognition Event in Dennis.

ESCCI Volunteer of the Year Awards

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CAROLYN KENNEDY

For over four years, Carolyn Kennedy has distinguished herself as one of the Senior Environments Corps' most active and enthusiastic volunteers. In this short period of time, she had logged over 2200 volunteer hours. A tireless advocate for the Cape's fragile environment, Carolyn has volunteered for efforts of safe and clean water, environmental education, habitat monitoring, and protection. She has worked on twenty homes with Habitat for Humanity, the Cape Cod Museum of Natural History, and the Cape Cod National Seashore. As a result of her many efforts, she has brought great credit to the Senior Environment Corps.

JUNE MECKEL

June Meckel has been a member of the Senior Service Corps and a volunteer for Elder Services of Cape Cod and the Islands since early 2000 when the Nauset Regional Fish became a service partner. FISH, a non-denominational group that serves people of all needs, currently provides transportation to doctors' appointments for close to one hundred individuals living on the lower Cape each month. June is not only a volunteer for FISH, but has stepped up to a leadership role and is now secretary, coordinating over one hundred volunteer drivers and dispatchers. Additionally, she volunteers each year for the "Dress a Live Doll" program for our service partner, the Salvation Army. June exemplifies a dedication to volunteerism that is rarely paralleled.

EVE MARTIN

Eve Martin has been a Money Management volunteer since 2005. She goes above and beyond for her clients. Eve spent the better part of last year helping a client secure a reverse mortgage and then helped to hire the contractors to complete the repairs on the client's home. Another one of Eve's clients stated that "Eve takes the stress off of me. She gives me peace of mind. I depend on her and she delivers." Eve handles all of the client's billing, spending money and is regarded as a friend.

JANICE VINTRO

With a long history of volunteer service, Janice Vintro became a certified volunteer Ombudsman in October, 2003. She is assigned to the Pavilion in Hyannis and is well known by both residents and staff. One of her greatest strengths is her ability to listen. She follows up on all of the residents' concerns and works with the facility in finding a resolution. She makes unannounced weekly visits to the facility while working full-time and with the support of her employer, Hyannis Marina. Residents light up when they see her, as she brings warmth and caring.

CARMELLA WAGNER

Carmella Wagner has been volunteering with the Senior Service Corps at Elder Service of Cape Cod and the Islands since 1993, putting in over 5000 hours as a part of the Three R's Program. She is a tutor at the Ezra Baker

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ESCCI Volunteer of the Year Awards

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School in South Dennis. Additionally, Carmella donates her time and energy to the “Dress a Live Doll” for our service partner, the Salvation Army and each year during the December holiday season, Carmella is counted on to volunteer for gift wrapping at Border’s in Hyannis. Last year, a parent of one of Carmella’s students called to express her appreciation for Carmella’s help with her son’s fear of reading in a group setting. She noted that for the first time, her son enjoyed going to school.

ROBERT WELSH

Robert Welsh had been a volunteer for Harwich Meals on Wheels for the past seventeen years. He was a dedicated volunteer with our program, delivering both the daily and weekend meals every Friday. He exemplified the post office slogan “Rain, shine, snow or sleet,” Bob was always on his feet. In March, Bob was taken to Cape Cod Hospital and diagnosed with a serious illness. While being assessed, he asked his daughter to call and cancel “Meals on Wheels.” Realizing Bob’s age of 87 years old, the cardiac nurse assumed that he was receiving meals and told him not to be concerned about his food delivery. He told her, “I don’t get them: I deliver them!” After Bob passed away, his daughter called ESCCI and stated that her Dad had already written his St. Patrick’s Day letter for the seniors on his route and needed to know that his last duty would be fulfilled. It was delivered to those on his route.

Elder Services of Cape Cod and the Islands is currently participating in the 2009 Statewide Needs Assessment Project. A questionnaire is being made accessible to the general public by the Executive Office of Elder Affairs. The survey is an opportunity to make your voice heard about service needs for elders, adults with disabilities, and caregivers. It takes about five minutes to complete. Persons interested in responding to the survey can access the questionnaire from, <http://www.800ageinfo.com/>, by clicking on [Survey of Elder Service Needs-Your Voice Counts](#) located on the home page.



Barnstable Meals on Wheel coordinator, Carole Koepp, and volunteer, Sally Gunnery, at the ESCCI Annual Meeting.

Seeking Advocates for Residents for Nursing Homes and Rest Homes

Long Term Care Ombudsman program seeks volunteers to serve as advocates for nursing and rest home residents on Cape Cod and the Islands. Volunteers attend a three day certification training, visit their assigned facility on a weekly basis, and participate in a monthly staff meeting. A one year commitment is required. October 20, 21, and 22, 2008, is our next scheduled training.

Join a team of committed volunteers who advocate for quality care in nursing and rest homes and protect resident’s rights, and serve as a voice for nursing and rest home residents. For more information, contact Cheryl Gayle, Ombudsman Program Director at 508-349-4630, ext 220 or email at cheryl.gayle@escci.org.

Senior Service Corps

The Senior Service Corps at Elder Services utilizes the life-long skills and education of persons 55 years of age and older to fulfill unmet needs of our Cape Cod and Islands communities. Anyone 55 or over is eligible to join and will discover a world of volunteer opportunities such as environmental projects, coaching children in reading and math and helping out our neighbors in need. Some projects are longer term than others but there are many to choose from that will match your interest. Camaraderie, training, and support are also an important component of the program. If you are interested in using your skills and knowledge to improve Cape Cod and the Islands, please contact Eiren Menhennitt, Volunteer Coordinator, Senior Service Corps, 1-800-244-4630, Ext. 177

NUTRITION DEPARTMENT

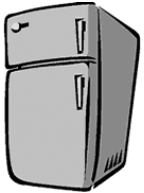
The Nutrition Department of Elder Services of Cape Cod and the Islands has some helpful tips to share.

Emergency preparedness during the hurricane season

What to do when the power goes out? How safe is my food in the refrigerator and freezer?

What should I save and what to throw away?

First :



- ▼ Keep refrigerator door closed as much as possible to keep food as cold as you can.
- ▼ If unopened - A refrigerator can keep food cold for **4-6 hours**. A freezer can keep food cold for **2 days**
- ▼ Discard any perishable food left out at room temperature for **more than 2 hours**

Second :

Once power is restored follow these guidelines:

Throw out all perishable food if temperature over 45°

- ▼ Re-freeze if there are still ice crystals
- ▼ Allow time for the temperature to reach below 40°
- ▼ Throw out food that is moldy or smells bad

Third:

Keep the following on hand:

- ✓ Flashlight and radio with batteries
- ✓ Candles and matches
- ✓ Oil lamp or Coleman lantern
- ✓ Bottled water and canned drinks
- ✓ Extra supplies of prescription medicines
- ✓ Canned foods and a manual can opener
- ✓ Milk or soy boxes and non-refrigerated pudding cups
- ✓ Cereals, breads, bagels, muffins, trail mix, crackers and other single serving snacks



Keep safe!

Susan Lellis, RD

The Volunteer Resource is printed on 30% recycled paper with soy based ink.



Elder Services of Cape Cod & the Islands, Inc.

Volunteer Resource Center

68 Route 134

South Dennis, MA 02660

508 394-4630 or 800 244-4630

volunteer@escci.org • www.escci.org

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