



*Cindy Prete, Bourne Meals on Wheels Coordinator, has the cooler full of meals ready for volunteer Amanda Nee.*

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# Volunteers... You make the difference!



Money Managers  
Long-Term Care Ombudsman  
Meals on Wheels  
Senior Dining Centers  
Office Support and Special Projects  
RSVP Senior Service Corps  
Elder Services' Board and Advisory Councils

Elder Services of Cape Cod & the Islands, Inc.  
thanks our 1,500+ volunteers  
in honor of  
National Volunteer Week  
April 19, 2009 - April 25, 2009

## Senior Service Corps



The Senior Environment Corps has received several congratulatory messages from our service partners this year that demonstrate the value of volunteer service from. One project that received notice was the monitoring and census keeping of

the bluebird boxes found on two bluebird trails at the Massachusetts Military Reservation in Bourne, Massachusetts. The project reached a milestone in 2008 with the number of fledged Eastern bluebirds from these nesting boxes exceeding over 100 for the first time since the boxes were first monitored in 2002.

The towns of Cape Cod are semi-rural to rural and there a lack of accessible public transportation. Fortunately, through our partnerships with the American Cancer Society, the Dennis and Yarmouth Councils on Aging, the Nauset Region FISH drivers, the Parish Nurse Ministries and Sight Loss Services seniors are driven to their medical appointments where they can receive the treatment they need. There are 120 RSVP volunteers on Cape Cod who have provided close to 700 rides. By providing this valuable and necessary service, the volunteers are helping individuals to maintain their independence in the community.

The rabies baiting program, directed by Dr. Janet Martin of Tufts University School of Veterinary Medicine writes, "Of the 107,500 baits distributed by hand 31,000 were distributed by Senior Environment Corps volunteers."

The 3R's Program continues to grow with tutors in the Eddy and Stoneybrook Elementary Schools and Nauset Middle School.



*Meals on Wheels driver, Jeannette Leupold, and Ruth Raila, Senior Service Corps office volunteer*

## Seeking Volunteer Long Term Care Advocates for Nursing and Rest Homes

A Long Term Care Ombudsman is an advocate for residents in nursing and rest homes. Ombudsmen offer residents a way to voice their concerns and have their issues addressed. They seek to help residents live their lives with dignity and respect. When a resident, family member or friend expresses a concern and asks the Ombudsman to assist, the Ombudsman works with the resident and facility staff to resolve the issue.

Long Term Care Ombudsman Volunteers are people just like you who have an hour or two a week to spare. In Massachusetts, there are 350 Ombudsmen visiting residents in nursing and rest homes on a regular basis striving to resolve issues about quality care and life of these citizens. Volunteers receive extensive training and support.

If you want to help residents live their lives with dignity and respect and you have compassion and common sense, then you could be an Ombudsman Volunteer.

To learn more: contact Cheryl Gayle, Program Director, Long Term Care Ombudsman Program @ 1-800-244 4630, x220 or email [cheryl.gayle@escci.org](mailto:cheryl.gayle@escci.org).

## Money Management Program

Volunteers in the Money Management Program provide assistance to income eligible seniors aged sixty and older who may be at risk of losing their independence due to their failure to pay rent, utility or other basic bills on time.

Seniors who benefit from the program are people like Jane. Jane is 92 years old and lives alone. Her only source of income is a social security check and she has always paid her own bills promptly and efficiently.

Lately Jane has forgotten to pay some of her utility bills. One month she wrote the checks and forgot to mail the payments. Companies began to contact Jane regarding her overdue bills, making her worried and anxious. In addition, she had been contacted by some companies and had agreed to purchase items over the telephone, not understanding that money would be automatically deducted from her bank account each month.

When the Money Management volunteer started working with Jane she was overwhelmed with paper and mailings and, for the first time, not being able to cover her monthly expenses. The Money Management volunteer was able to get Jane's utility payments back on track, call the bank and have the overdraft charges reversed and contacted the companies to cancel anything that Jane may have agreed to buy, and then follow through with reimbursements. The volunteer also suggested that Jane apply for fuel assistance to help her reduce her monthly utility costs and checked to make sure that she was receiving senior rates on her utility bills.

Jane now looks forward to her volunteer arriving every month to help her sort through the mail, write checks, balance her account, investigate any problems she may be having, and put her payments in the mail.

She is no longer worried or anxious about her money running out before the end of the month or being forced into a more restrictive environment due to her inability to manage her household finances. Working in partnership with her volunteer, Jane was able to retain her independence.

The Money Management Program currently has 42 volunteers serving seniors on Cape Cod and the Islands. Volunteers are always needed for the program. Volunteers are trained in accordance with guidelines established by the American Association of Retired Persons (AARP).

**Would you like to make a difference in the life of a senior?**

**Do you know someone who would benefit from having a Money Management Volunteer assist them?**

If so, please contact Martha Waldo, Money Management Program Manager, at 508-394-4630, ext.156.



*In October, the Oak Bluffs Library on Martha's Vineyard hosted our "Fall into Volunteering" event. ESCCI representatives were available to talk with potential volunteers about the different volunteer opportunities available.*

In March, volunteers from the Cape and Islands Senior Environmental Corps were among volunteers that helped to plant more than 60,000 culms of beach grass on Joseph Sylvia State Beach on Martha's Vineyard.

## NUTRITION DEPARTMENT

The national *March for Meals Campaign* is underway! Every March, this campaign raises awareness of the Meals on Wheels programs across the country. As part of this campaign, we ask the “Mayors” of each town on the Cape and Islands (Town Administrators, Selectmen, Town Representatives, etc.), to help deliver Meals on Wheels in their Town on the same day. This campaign raises awareness about elder nutrition, helps recruit volunteers, and helps raise money to support the Meals on Wheels Program in each community.

The following Town Managers, Administrators, and Selectmen have already committed to deliver meals March 18, 2009:  
John Klimm (Barnstable),

Charles Sumner (Brewster),  
Jennifer Petit (Chatham),  
Richard White (Dennis), Sheila Vanderhoef (Eastham), James E. Merriam (Harwich),  
Rene Read (Mashpee), Sharon Lynn (Provincetown), George Dunham (Sandwich),  
Robert Lawton (Yarmouth), Katherine Stillman (Truro).

### Volunteer Resource Center

If you are interested in volunteering for Meals on Wheels as a driver or a packer, or at one of the nutrition sites helping with Senior Dining, please call Debbie Machon, Volunteer Resource Center Manager, at 508-394-4630, ext. 213.

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



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