

CONNECTIONS
VOLUNTEER CENTER
OF DELAWARE
COUNTY
740-363-5000

Senior NewsNotes

VOLUME 2, ISSUE 3

WINTER

Winter Blessings



"2009"

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Volunteer Spotlight

Connections would like to recognize their senior volunteers for the outstanding job they do, each and every day to make a positive impact on Delaware County. Whether they are preparing meals free community meals, donating kitty litter or dog food to the humane society, serving on the board of non-profit agencies, or reading to our youth; these volunteers give of their time and talents with love and passion for their volunteer program.

"It is a remarkable thing to see," Margie West, Senior Volunteer Coordinator said. "Often times agencies will call the volunteer center with little or no advanced notice with an urgent need for volunteers. One might think it would be an impossible task to locate volunteers. However, several dedicated volunteers often step forward and solicit their friends to help the organization. "The amazing thing about this senior generation," West said, "is its dedication and commitment. Volunteers who have just had surgery or are preparing for travel, do whatever they can to fill the community need." "It gives me a sense of purpose and that I'm needed," a volunteer commented. "I love what the agency is doing for the community and I want to be a part of their service."

Volunteering can take a little or as much time as you would like. Connections Volunteer Center has opportunities for everyone. Whether you like working with children, teenagers, or adults; enjoy reading, driving, construction, or helping animals...Connections can help you find the perfect fit. Volunteer opportunities range in time from a 2 to 3 year commitment as a board member to a one day, special event. As a volunteer one has the opportunity to expand their circle of friends, learn new things, and give back to their community. A volunteer can also be a role model and provide a much needed service to the community or individual. Volunteering can be flexible; you can do it on YOUR time. Please open your heart and give of yourself, the benefits can be indescribable and make a huge impact on your life as well as those in need.

Make a Difference Day Ohio

Saturday, October 24, 2009, was set aside to make a difference in YOUR community. This national day of service was established in 2000 and is Ohio's largest day of service. During this day hundreds of volunteers joined helping hands to volunteer. Here in Delaware County, Connections sponsored a morning event and encouraged volunteers of every age to get involved. To begin the day, a kickoff breakfast was offered to our local volunteers. Panera Bread, Krispy Kreme Doughnuts, Walmart, Meijer and Speedway donated items for a nutritious start to their day. For the third year, Connections partnered with Council for Older Adults and assisted their clients with outdoor chores such as raking leaves, cleaning gutters, painting, and washing widows. Nearly 40 homes received services from individuals or groups who gave of their time to help seniors with much needed fall chores. Home Depot donated leaf bags and rakes and Bargain Outlet provided gloves to help volunteers with outdoor chores. In addition, twelve non-profit agencies received help with special projects and events. Volunteers helped the Delaware City and Preservation Parks prepare for their annual Halloween events and much needed classroom cleaning and painting were done for Leads Head Start, Liberty Community Center, Camp Lazarus and Recreation Unlimited. Volunteers staffed the Common Ground Free Store and groups and individuals visited local nursing homes. Olentangy High School had over 60 volunteers collecting food for People in Need's Holiday Clearing House gathering over 2,700 pounds of food. After volunteers completed their projects, each volunteer received a coupon from either Culvers in Powell, Pizza Hut or McDonalds in Delaware or Sunbury.

All in all this day of service was a huge success and we look forward to expanding our outreach in 2010. We would like to thank our major sponsors for the days event: Council for Older Adults, Thrivent Financial for Lutherans, Educational Sales Management, and Home Depot. The Delaware Area Career Center North Campus also donated their Common Area for the kickoff breakfast and special project. Josh Baumbach of Lewis Center helped organized his scout troop to help with preparations and completed a special art project for Nationwide Children's Hospital as his Eagle Scout project.

Make A Difference Day Ohio is always held on the 4th Saturday of October. As you are getting your 2010 calendars, please mark October 23, 2010, as a day of reaching out to your community to do something good for others. Projects of your own are always welcomed and if you know of a particular need in a Delaware County community, Connections is always looking for new projects. The great things about volunteering is that it can be done anytime and by anyone. So until then, if you see a need—jump in and do something about it. If you want to volunteer, call Margie West at Connections (740-363-5000) to find the perfect opportunity to meet your needs. Volunteering is good for your health and good for the soul! So leap into action and make a difference in someone's life.



Things to be Thankful For:



As I sat in the quiet of my office, I began to think about life and the many blessings I have been fortunate to experience. It dawned on me that I'm too busy, too overwhelmed at times. Even when I'm on vacation, I have a list of things to do and places to go. I am so busy with life that I forget to "Stop and Smell the Roses." For those of you who know me, sitting still in quiet reflection is in my own words, "boring and a waste of time." However, as I starting thinking about my list of blessings I started to realize how blessed I have been over the years. Some of our blessings may be the same, some may not. The important thing I learned from this experience is knowing what has given me pleasure and joy in my life, and to give thanks for these blessings that have help mold me into the person I have become. Maybe you can make your own list.

- I am thankful for my family and the wonderful memories we have created and shared.
- I am thankful for the many friendships I have had over the years.
- I am thankful for living in a country with the freedoms and opportunities I so enjoy.
- I am thankful for my health, even though it's not as good as it use to be.
- I am thankful for the beauty the surrounds me every day and the ability to see it.
- I am thankful for smiles of friends and strangers who bring joy into my life.
- I am thankful for sweet, gentle music that stirs my soul.
- I am thankful for a fragrance that reminds me of home and simpler times.
- I am thankful for blue skies and puffy clouds that take me far away.
- I am thankful for the seasons; they bring needed change to my life.
- I am thankful for a baby's cry, new life, and new beginnings.
- I am thankful to live in a growing, supportive community.
- I am thankful for children who keep me young at heart.
- I am thankful for the serenity that surrounds me, when I let it.
- I am thankful for my ability to reach out to others; to help, to give, to love.

What are YOU Thankful for today???

Happy Thanksgiving!

"You don't stop laughing because you grow old. You grow old because you stop laughing." ~ Michael Pritchard

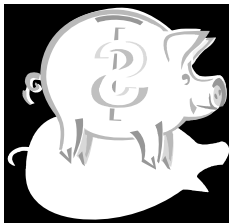




Senior Health Care Savings

With government focus on Health Care Reform, many are interested in steps we could be taking now to reduce our healthcare costs. Here are a few suggestions:

- Shop for the best health care plan available.
- Consider a high deductible plan unless you need a lot of medical attention.
- Bring a list of covered prescription medications to the doctor and seek less expensive alternatives if possible.
- Stay up-to-date with routine and well visits to your doctor.
- Use in-network doctors with your insurance company.
- Wear seat belts and other protective gear when necessary.
- Ask your doctor for drug samples and coupons.
- Take advantage of a tax-sheltered flexible spending account.
- Wash your hands often.
- Make sure you carry some type of insurance plan.
- Shop around for prescription glasses.
- Visit your dentist twice a year.
- Read your bills carefully and compare to the services you actually received.
- Go to a university medical school (OSU) for discounted treatment for regular checkups.
- Steer clear of the emergency room if possible and see your primary doctor.
- If your insurance company denies your claim, appeal the decision. It may be an incorrect coding that prevents the claim.
- Eat healthy and avoid being over weight.



County Assistance Programs 4 Seniors!

Elderly Home Repair Program

This program provides minor home repair/maintenance services to qualified seniors homeowners. Priority is given to repairs that focus on health and safety. Services may include: wheelchair ramps, plumbing, electrical repairs, roof repair/replacement and heating unit repair/replacement. This program is linked to other CAO and local programs in an effort to maximize funding efficiency and service provision.

<http://www.coaaa.org>

Documentation Needed:

- Proof of income
- Proof of home ownership
- Must be 60 or older

Home Weatherization Assistance Program (HWAP)

The purpose of HWAP is to assist low-income households with the conservation of energy through education and home weatherization services. Program activities include: application assistance, estimation/inspection, weatherization services and consumer education. This program is coordinated with other CAO programs and local rehab programs to provide the most comprehensive services.

http://www.odod.state.oh.us/cdd/oeer/res_hwap.htm

Documentation Needed:

- 1 year proof of income
- Award letter from HEAP (if applicable)
- Utility Account Numbers
- Proof of Home Ownership
- Renters must have landlord approval



Cook's Corner

Graham Cracker Bars (makes 24 bars)—*Better Homes & Gardens*

Ingredients:

3/4 C butter	1 C graham cracker crumbs
3/4 C granulated sugar	12 graham cracker rectangles
1/4 C milk	1 Tbsp. butter, softened
1 egg, lightly beaten	1/2 C powdered sugar
1 C chopped pecans, toasted	2 to 3 tsp. milk



Directions:

For filling, in medium saucepan combine 3/4 c butter, granulated sugar, 1/4 c milk, and egg. Stirring constantly, cook over medium heat until mixture comes to a full boil. Remove from heat. Stir in pecans and crumbs. Cool 30 minutes.

Meanwhile, place 6 of the graham cracker rectangles, side by side, on a foil-lined baking sheet to make a rectangle about 10 x 7 inches in size. Spoon filling in small mounds onto graham cracker rectangles. Carefully spread to an even layer being careful not to move crackers. Place remaining cracker rectangles on top to match up with bottom rectangles. Lightly cover bars with plastic wrap. Chill in the refrigerator at least 4 hours or until filling is firm. Cut into bars.

In small bowl beat 1 tablespoon of butter with whisk or electric mixer until smooth. Gradually whisk in powdered sugar and enough milk to make a thick drizzling consistency. Drizzle over bars. Let stand until set.

Pumpkin Crunch (A crunchy bar that is made with pumpkin, yellow cake mix, and chopped nuts.)

Ingredients:

- 1 Box Yellow Cake mix
- 1 lg can (28oz) pumpkin
- 1 lg can (10-12 oz) evaporated milk
- 3 eggs
- 2 sticks butter/margarine
- 1 c. sugar
- 1 tsp cinnamon
- 1 c. chopped nuts



Directions:

Melt butter. In a separate bowl, mix pumpkin, milk, eggs, sugar and cinnamon. Line 13x9 pan w/ tin foil, spray w/ cooking spray. Pour pumpkin mix into pan. Sprinkle cake mix (dry) over mixture. Pat down with spoon. Sprinkle nuts, Drizzle butter. Bake 1 hr at 350 F. Let stand at least 2 hrs or refrigerate to speed cool. Turn cake over, peel off foil, slice and serve w/ cool whip or ice cream.



10 Ways to Save Money This Christmas

With the economy and the need for all of us to watch our pennies this year, here are a few suggestions for a less stressful holiday season.

- 1. Set a budget, and stick to it.** Decide how much can you afford to spend on Christmas this year, realistically? Don't put your Christmas shopping on your credit card if possible — just spend what you can find within your regular budget. An idea once you've decided who to buy for is to put cash into an envelope with the person's name on the outside. Once you have used the cash, your shopping is done for that individual. If you feel the need to do more, use some of the following for other gift ideas.
- 2. Do an exchange.** This can drastically reduce costs, especially if you have a large family or group of friends or coworkers. Instead of buying something for everyone, you just have to buy one gift. Of course, that means you only get one gift too. But you can take your extra money, go shopping after the holidays, and get exactly what you want.
- 3. Make your own gifts.** Homemade picture frames, knitted scarves, a digital photo slideshow, a bookshelf, a freshly baked item; anything made with the heart will do.
- 4. Buy used if you can.** This may seem tacky to some, but you can get some amazing items that are better than new. Consider an antique piece of jewelry, a first-edition book, or look on Craig's list to find unwanted, unused treasures.
- 5. Just buy for kids.** Christmas gifts are really the most fun for kids. While adults love getting gifts, some of them might have to be returned and generally take up much needed space in our closets.
- 6. Volunteer.** Volunteering your time to help a charity costs you nothing but time, but it is completely satisfying. It also helps remind you what Christmas is really about. Give people the kind of gifts that really matter: love and kindness
- 7. Recycle wrapping paper or use part of your gift as packaging material.** Give a cloth recyclable bag as part of your gift this Christmas. It's "green" and a popular trend. Wrap a household gift in a towel, dishcloth, or for large items—a blanket. This way you don't buy expensive wrapping paper and the wrapping is considered part of the gift. Wrapping can also be old magazines, newspapers, or recycled wrapping paper as well.
- 8. Give home-made coupons.** This is one of my favorite gifts, because it costs nothing. It is creative and personalized. You can give people coupons promising that you'll wash their car, babysit, give them a massage, clean their gutters, or whatever you can do that they would like or need.
- 9. Freebies.** It doesn't get any cheaper than free. Be sure to check the internet or look for specials "Buy one/Get One Free" at the store. This way you can give more at no extra cost.
- 10. Potluck Christmas Dinner.** Instead of footing the bill for the entire meal, ask family members to bring their favorite dish. That way you spend less money, and have more time to enjoy the family. Everyone else benefits by sampling new dishes and possibly getting new recipes.