

# Home Services Herald

*Dedicated to helping elders at home, where they really want to be...*



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## Message from Rosemary Van Houten, Program Director

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There has been a change for our program as we relocated our office to the new Pine Island Senior Center. We are excited about the move and feel the new location will have a positive impact for the program and senior citizens. The Senior Citizen Building will provide a place to connect with the Pine Island Senior Citizens Group and Semcac Senior Dining and be a gathering place for socialization, nutrition, services and resources. Socialization is an important part of keeping elders active and improves mental well being which in return can improve physical health.

The new building will allow us to have continuity in having a

central location to hold presentations, classes, meetings and educational offerings. Although our program helps meet elders needs to stay safe and independent in their home, we would like to focus more on healthy living and nurturing healthy aging. We will collaborate with the senior citizens to offer more educational opportunities and activities to help maintain or improve health.

Planned presentations are listed in our newsletter and a schedule and more information will be in the Community Education Booklet.

A "Food Safety for Seniors" class is being organized

and we are collaborating with the Pine Island Fire Department to offer carbon monoxide detectors. For more information see the separate articles and watch for more information in the News Record and on the cable channel.

We hope you will all stop by to see our new office space and also learn more about our program.

I am available for in-home visits to elders who are in need of services or would just like more information about our program.

## Message from Cathy Murphy, Volunteer Coordinator

It seems that I just wrote my first article a few weeks ago but in fact it has been almost eight months! After experiencing several fundraisers, organizing numerous rides, classes, clinics and many phone calls with both clients and volunteers, I am happy to say that I jumped in, got my feet wet and am enjoying the swim!! Not everyone is fortunate enough to be able to go to work each day with a smile on their face and looking forward to what challenges the day will bring and then leave still having a smile on their face and feeling a great sense of contentment at having been able to make little differences in many other peoples day. I can't tell how many times a day I am lucky enough to be told "thank you". Such a simple word that means so much to all in-

involved. It seems that when I say the word in return to all who continually answer my calls for help it doesn't seem like enough or begin to express the gratitude that is felt. Our program is so fortunate to be considered a worthy project by our many selfless volunteers. Our programs success sets our community apart from others and makes this a special place for our clients to continue to live.

We have now moved to the new Senior Citizens Building and are excited about the many new opportunities that this change will bring and the chance of greater exposure for our program. We are planning a volunteer recognition picnic at the center towards the end of August. This

will be a fun event and offer us the opportunity to say "thank you" while enjoying tasty picnic fare! Schwans has graciously offered ice cream treats for dessert! Look for your invite in the next few weeks.

This year we tried a new idea for a fundraiser, we had a garage sale in our building during City Wide Garage Sale Weekend. All items were donated by friends of our program and many shoppers found "treasures"! It was a great success and far exceeded any of our early expectations. Keep in mind we will be doing this again next April, so while you are doing your spring cleaning save that special treasure to donate to our sale.

### Mission

#### Statement:

*Dedicated to providing unbiased volunteer and professional services to promote home-based living for the elder citizens of the Pine Island and Oronoco areas.*