



Community Caregivers
Neighbors Helping Neighbors

Community Caregivers Volunteer News & Notes Winter 2012

Winter Greetings!

So far, winter has treated us rather kindly. Without the snow drifts, life is a bit easier for all of us, but especially for those of you who help out in all seasons: driving clients to doctor's appointments, picking up prescriptions, or running other errands on behalf of Community Caregivers' clients. I don't know about you, but I still expect that Mother Nature will blanket our area with generous snowfall before the daffodils bloom outside my back door. It will be welcomed by all the skiers but maybe not by the rest of us!

As a volunteer, it is always your call as to whether you wish to drive in inclement weather. Sitting here in the office, we will not second guess your decision about driving. We serve a large and geographically diverse area in Albany County: we understand that road conditions in your neighborhood -- and in the area you are travelling through to pick up a client -- can be a world apart from conditions outside our window.

Finally, in case you have a bit of extra time this winter and wonder whether there is life after football, think of us! There are many ways you can serve and an education series you can attend. In this issue of News & Notes, I am highlighting a few of our more urgent needs and the opportunity to volunteer for a 'new' role as a Marketing Volunteer. Please note our calendar items, too.

I hope you enjoy the rest of winter and would look forward to meeting you at one of our events!

Sincerely,

Linda Miller
Volunteer Coordinator

In This Issue

[Our Urgent Needs](#)

[New Service Opportunity](#)

[Volunteer of the Month](#)

[Welcome New Volunteers](#)

[Calendar](#)

Our Most Urgent Needs for Service

We have numerous requests for volunteers who can do friendly visits, provide respite for family caregivers or provide shopping for essential groceries this winter. Please let us know if your schedule would allow you to help out with any of these needs. We also have an increase in requests for rides and visits in the Delmar area, so if you live in or near Bethlehem, we can use your help! Please call Mary at 456-2898 or send an email to mary@communitycaregivers.org.

Thank you!

We Are Creating a New Opportunity for You to Serve!

Marketing Volunteer

Help us market the great news about Community Caregivers by signing up to distribute our new brochures to locations near you. This assignment has maximum flexibility, takes a short amount of your time, and helps us get the word out in a targeted and efficient manner. We ask that you visit only convenient locations near your home or workplace and we provide the list!

Are you interested? Please contact us by calling 456-2898 or by sending an email to linda@communitycaregivers.org.

Announcing Volunteer of the Month

We offer our sincere congratulations to the following individuals who have been chosen recently as Volunteer of the Month.

November - Andy Tinning, a long-time volunteer who joined us at the Gala

December - Elizabeth Vandercar, who is a Community Supports Navigator volunteer and also provides transportation for Community Caregivers' clients

January - Walt Addicks, who provides lawn care help in good weather and also assists with household chores this time of year

Congratulations and Thank You to Andy, Elizabeth and Walt!

Welcome To Our New Volunteers:

Robert Forster, Joan Forster, Sue Ann Hart -- Albany
Susan Baker -- Delmar
Christine Duffy, Diana Edelson, Evan Reid -- Schenectady
Tiffany Lewis -- Troy
Donna Hoglund -- West Coxsackie

Community Caregivers Calendar

Here are a few upcoming events we'd like you to know about:

Volunteer Training for the Community Supports Navigator (CSN) Program

Monday, February 27, 2012

Help coach older adults as they make the transition from a hospital stay back to their home. The CSN Volunteer provides guidance, advocacy, and assistance for up to three months. Tasks include assisting with the understanding of health information and helping to connect clients with community services. Once the CSN volunteer is matched with the Navigator client, the time commitment is typically 2 hours a week.

Training will take place from 9 am - 1 pm at the Albany Guardian Society, 12 Corporate Woods Blvd., Albany, NY 12211.

For additional details about the Community Supports Navigator role, please contact Chris Damon, Community Caregivers Program Director, at 456-2898 or

chris@communitycaregivers.org.

Caregiver Information Series at the Guilderland Public Library

Jointly sponsored by the Alzheimer's' Association & Community Caregivers. Registration is required. To register for any of the free sessions, please call Jamie Mott at 518.867.4999 x209 or email jamie.mott@alz.org.

Thursday, March 1 at 1 p.m.

Validation Theory and Therapeutic Fibbing: A 90-minute, interactive discussion about how to use validation to enter the world of a person with Alzheimer's disease. Your loved one may not be able to come back and live in your reality, but you can take trips into hers/his.

Thursday, April 5 at 1 p.m.

Managing Difficult Behaviors: A one-hour program outlining some common behaviors that may arise as a result of Alzheimer's disease, and some strategies to manage them. You may wonder: Is it a dangerous? What is the possible cause? How do I respond?

We will help figure it all out!

Thursday, May 3 at 1 p.m.

Dealing with Caregiver Stress: A one-hour, interactive program designed to help caregivers recognize, understand and combat stress.

Learn how to follow the flight attendants' rule:

"First, put on your own life vest so you can better help those around you."

SAVE THE DATE!

Monday, June 18th, 2012

Community Caregivers Golf Tournament will be held at the Orchard Creek Golf Club in Altamont. Golfers - Mark your calendars now!

Please check www.communitycaregivers.org for calendar updates.