



Catholic Social Services
 Older Adult Services
 Senior Health Building
 5361 McAuley Drive
 P.O. Box 995
 Ann Arbor, MI 48106

Return Service Requested

Non Profit Org.
 US Postage Paid
 Ann Arbor, MI
 Permit # 218



www.csswashtenaw.org

Summer, 2009

Older Adult Services

RSVP • Tax Assistance • The Oaks
 Grandparents As Parents • Interfaith Volunteer Caregivers
 Medicare/Medicaid Assistance • Blueprint for Aging

Older Adult Services

734.712.3625

Director: Jill Kind, LMSW

Office ManagerKathy Densel

RSVP

Program Manager.....Sue Monet, LMSW

Program Coordinator.....Rachel Dewees, MSW

Tax Assistance

Program Manager.....Sue Monet, LMSW

Training & ConsultationJoe McCadden, MA

Grandparents As Parents (GAP)

Program Manager.....Sue Monet, LMSW

Program Coordinator.....Angela Holman, LLMSW

Interfaith Volunteer Caregivers

Program Coordinator.....Connie Hoffman, LBSW

Blueprint for Aging

Director.....Jill Kind, LMSW

Project ManagerVirginia Boyce, LMSW, MPH

Pilot Project Coordinator Rachel Dewees, MSW

Pilot Project Specialist..... Amy Ruddock Bleed, MSW

Medicare/Medicaid Assistance

Program Coordinator..... Stephanie Levijoki, CMMAPC

The Oaks

Program Manager.....Gregory Perkins, MA

Activities Coordinator.....Lisa Gdaniec, LBSW

Program Assistant Unvonne Gardener

Program Assistant Judy Mateja-Kopa

Dear Reader,

I hope you attended this year's **RSVP 2009 Recognition Event** and, if not, that you'll join us next year as a new or returning volunteer. While it's impossible to adequately recognize all that RSVP volunteers do for programs, agencies, and schools in our community, it's fun to try! This year's event was a little different than those in recent memory with a new venue and activity. RSVP members were treated to a private showing of "Mr. Smith Goes to Washington" at the historic Michigan Theater complete with free popcorn, sweet treats (including petit fours and strawberries!), and pop as well as a welcome that included history about the film and its connection to civic engagement by Russ Collins, Director of the theater and co-host of "Cinema Chat" on WEMU. Everyone enjoyed the film about an idealistic young senator who encounters greed and impropriety in government, but takes a stand and, ultimately, makes a difference. Some things *never* change and the traditional raffle ensued after the movie with great prizes from area businesses enjoyed by many lucky attendees.



We received feedback on this event from those who attended, but welcome your ideas for consideration when planning next year's event. Call 734.712.3992 and leave a message with any ideas or input you have!

And check out a few pictures of this year's event on page 4.

Best,
 Rachel

Rachel Dewees
 RSVP Program Coordinator
 734.712.2586
 rdewees@csswashtenaw.org

*Unless someone like you cares a whole awful lot
 Things aren't going to get better,
 they're NOT! -- Dr. Seuss, The Lorax*

RSVP Volunteer Opportunities

Big Brothers Big Sisters is looking for caring volunteers who want to enrich the social, emotional and academic lives of children. The community-based program involves 2 visits per month while the school-based program involves a standing weekly schedule with visits taking place on school grounds. In both programs, the minimum commitment is one year.

Big Brothers Big Sisters is also looking for a friendly, competent volunteer to provide high-level customer service. Responsibilities include answering inquiries of parents and the general public, tracking contacts, sending program information, and entering data among others.

Arbor Hospice is in need of volunteers in the areas of direct patient/family service (this might mean assisting with light household chores or meal preparation, offering emotional, psychological or spiritual support, writing letters for patients) as well as administrative support (among available duties are answering phones, filing, mailings, property maintenance, fund raising).

Steps for Kids is looking for a **Fundraiser**. This person need not have professional experience. Activities will include helping to start kid-level fund raising, pursuing steps to increase our mailing list, and participating in Network for Good activities and seminars that assist nonprofit organizations in fundraising. Personal ideas and creativity are also welcome! Most of this work can be done at home or wherever the fund raiser has access to phone and computer, and ideas and tasks for beginning will be provided along with ongoing support from the Volunteer Coordinator. Hours are flexible to accommodate availability of the volunteer.

Steps for Kids is also looking for an **Assistant Volunteer Coordinator**. This person should be comfortable working with kids and understanding of developmental changes. Keyboarding and moderate computer abilities are needed, but no specialized skills are required. Duties include compiling a master list of sources of volunteers and helping to plan and supervise (if possible) monthly events. Complete training and supervision is provided along with frequent contact with the Volunteer Coordinator. Hours are flexible to meet the availability of the volunteer.

Lincoln Golden Ages Senior Center is looking for help with two events: a spaghetti dinner on October 2nd and a three-day poinsettia sale fundraiser November 23rd, 24th, and 25th.

Washtenaw Literacy has a variety of volunteer positions available for those who want to provide and support free literacy instruction customized to the needs of area adults. Volunteers provide individual and group tutoring in reading and writing skills. Volunteers may also help in the areas of special events and fundraising.

The University of Michigan Northwood Community English Language Program invites native English speaker to help international visitors practice speaking English as a Classroom or Conversation Partner. It only takes one hour per week! Informational meetings held September 22 and October 22.

ATTENTION RSVP SITES!

Would you like assistance preparing bulk mailings (stuffing and sealing envelopes, affixing labels and stamping as needed)? An RSVP Special Projects team can help you.

Program Note—Wasting less paper

- If you are **not requesting mileage reimbursement**, you may submit your hours by phone or email and save trees in the process:
Call: 734.712.2586
Email: rdewees@csswashtenaw.org
- If you **are** requesting mileage reimbursement, **send your blue sheet to this address:**
Older Adult Services
5361 McAuley Drive, PO Box 995, Ann Arbor, MI 48106
- If you would like to receive this newsletter electronically, send an email to Rachel Dewees: rdewees@csswashtenaw.org
- Recycle this by giving to a friend who would benefit from joining RSVP

Special note regarding reimbursement: RSVP is unable to reimburse for traffic violations incurred while volunteering

RSVP Volunteer BILL YEAGER Awarded State's Highest Honor

On June 18, Catholic Social Services of Washtenaw County (CSSW) volunteer Bill Yaeger was named *Michigan's Senior Volunteer of the Year* for his outstanding work for the agency's Medicare/Medicaid Assistance program. Yaeger was presented the State's highest honor for volunteerism by Governor Jennifer Granholm and First Gentleman Daniel Mulhern at a celebration held at the Governor's residence.



For the past 22 years, he has been a volunteer for the RSVP program, putting up to 60 hours per week as a counselor for the CSSW Medicare/Medicaid Assistance and Tax Assistance programs.

"Bill represents the highest level of volunteering—bringing a depth of knowledge with unwavering compassion and commitment. He's an exceptional human being and we are very lucky and proud that he works with Catholic Social Services," said Jill Kind, Director of Older Adult Services.

The father and grandfather of 16, Yaeger resides in Ann Arbor with his wife Lenore and also volunteers for St. Thomas the Apostle Church, Veterans Administration Hospital, Knights of Columbus and St. Vincent de Paul Society.

Bill puts it best: "People will miss the best part of their life if they don't do volunteer work."

What does volunteering mean to you? We'd like to include quotes and stories from YOU in this newsletter. Send any submissions with your blue sheet or contact Rachel at 734.712.2586 or rdewees@csswashtenaw.org.

Featured Community Nonprofits



The Ypsilanti Historical Museum and Archives gives the visitor a glimpse of life as it was in Ypsilanti in the 19th century. The museum, housed in a beautiful 1860 brick mansion overlooking the Huron River, is open to the public and admission is free (though donations are gratefully accepted). The Ypsilanti Historical Museum is run entirely by volunteers and is in constant

need of docents and help with special events. To be a docent, one must be a member of the Ypsilanti Historical Society (no cost) and have a personal interest in the history and development of the Greater Ypsilanti Area. Docents must commit to serving as a museum guide at least one time each month. Training is provided and all new docents are asked to serve an internship during which they have 3 assigned guiding experiences to gain knowledge from 3 qualified docents. Help with the events listed here is also needed. Consider becoming a part of this knowledgeable group of people preserving the past in Ypsilanti!

UPCOMING EVENTS

Underground Railroad Exhibit

April 1—October 31

Quilt Exhibit

September 27—October 11

Christmas at the Museum

November 23—December 31

Christmas Open House

December 6

HOUSE BY THE SIDE OF THE ROAD

Two volunteer positions are currently available at the House By the Side of the Road in Ann Arbor. Help this valuable community resource serve individuals and families in Washtenaw County in need of clothing, baby supplies and household items.

Positions Currently Available:

- Calling all seamstresses! Sew, knit, or crochet items for the store. Help also needed with repairing/mending items that have been donated. You can do this from home, or on site, where you can see your work helping others.
- Sort and prepare donations for display. They will be provided at no cost to needy individual and families in Washtenaw County.

Interested parties are asked to donate at least one 4-hour shift each week (this is flexible).

SITE HOURS

Clients served Monday – Friday

(Except holidays)

10:00 a.m. – 2:00 p.m.

*Donations accepted during store hours

LOCATION:

Washtenaw County Service Center
4133 Washtenaw Ave., Ann Arbor

Older Adult Services News

The **Blueprint for Aging** is sponsoring a series of workshops entitled



AGING WITH ATTITUDE

Getting to the Front Line of Mental Health: Strengthening the Care of Older Adults through Education. On Tuesday evenings from 6:00 p.m to 8:00 p.m. in September, the topic will be *The Complications of Substance Abuse in Older Adults with Mental Illness* with each workshop having a different focus.

To learn more, visit BlueprintForAging.org or call Amy Ruddock Bleed at 734.712.4169.

Responding to the need for easy access to definitive information about seniors living in Washtenaw County, the Blueprint compiled and recently released the BFA Older Adult Data Book. This data publication increases understanding of senior and community needs and strengths, establishes benchmarks for success, and contributes to planning efforts. Find it at BlueprintForAging.org.

The Oaks Adult Day Program, in conjunction with the Alzheimer's Association, is hosting a monthly caregiver support group. This group is open to any caregiver, regardless of the diagnosis of their loved one. Meetings are held on the 1st Wednesday of each month from 10:00 am to 11:00 am at The Oaks Adult Day program located at 2500 S. Main Street, Ann Arbor in the Ann Arbor Church of Christ (Neighborhood Church). Respite care is available for a loved one with at least one week advance notice. For more information, please contact Lisa or Greg at (734) 662-4001 or Igdaniec@csswashtenaw

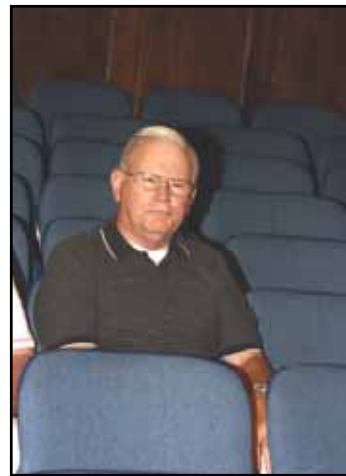
MMAP (Medicare Medicaid Assistance Program): REMINDER to All Seniors age 65 and older that the **Medicare Part D Drug Open Enrollment period is from November 15th to December 31st, 2009.** This is the **only** time during the year when a person can drop/add or change their Part D drug plans. Unfortunately, many of the plans change their premiums and benefits each year. Even if you are satisfied with the Part D drug plan you have now, it is a good idea to look for information from your plan telling you if there will be changes for the upcoming year 2010. Times and dates to receive Medicare part D enrollment assistance will be announced soon. You can reach the MMAP program at 734-712-3625.

The Grandparents as Parents (GAP) Program thanks RSVP members for donating school supplies! Have you heard that saying: "If you need help, ask a busy person"? We've proved it again: If you need people to give to kids, ask someone who already gives to the community. The families in GAP were thrilled with packages of paper, rulers, erasers, pencils and other supplies you donated. Your generous help made a big difference to these families.

Tax Aid Program Tax Deadlines & Other Notes:

- Michigan Home Heating Credit for 2008: Filing deadline 09/30/2009. Available to limited-income home owners and renters, even if heat is included in the rent.
- US Income Tax for 2008: If you weren't ready to file April 15, and applied for a six-month extension, your tax forms are due 10/15/2009. You will owe interest on any tax not paid by April 15.
- Federal Tax Withholding during 2009: Do you have tax withheld from your pension, but still owe at the end of the year? For 2009 the withholding rate is lower, but your tax rate is not lower; so you could end up owing more. To avoid this, you could ask your payer to increase withholding. (Logic?.. Don't ask!).
- Required Minimum Distribution from Traditional IRA, 401k, etc.: If you are over age 70 1/2, you have probably arranged with your service provider to pay you the RMD (most likely in December). For 2009 (only), this distribution is not required. If you wish to receive the distribution as usual, you need do nothing. If you prefer no distribution this year, notify your service provider.

2009 RSVP Annual Recognition Event



Top left to right: Older Adult Services Director Jill Kind raffles off prizes; Michigan Theater Director Russ Collins gives historical background on the film; RSVP volunteer Vivian Phillips; Organist Newton Bates entertains the crowd; Yvonne Fletcher; Doug Smith; Beverly Sanders has a winning ticket; Marlene Barr happy about winning cookies!

Thank you to the Michigan Theater and Hillside Terrace for providing refreshments for this event

Whatever you do may seem insignificant, but it is most important that you do it.
--M. Gandhi

RSVP Volunteer Opportunities

Would you like to use your time and skills making a difference to patients and their families? Our local hospitals, including **University of Michigan Health System**, **St. Joseph Mercy Hospital System** (Ann Arbor, Chelsea and Saline campuses) and **Veteran Affairs Ann Arbor Healthcare System** have a variety of volunteer positions available in the areas of patient, family, and visitor support as well as staff support (office/clerical services).

Ann Arbor Center for Independent Living is in need of volunteer receptionists to answer and route calls, greet visitors, make appointment calls, and assist with mailing and other projects at the front desk.

Do you love parties? **Sequoia Place**, a senior apartment community in Ann Arbor, is in need of a volunteer to plan monthly parties to celebrate the birthdays of residents.

If you enjoy the theater maybe you'd like to volunteer as an usher for an upcoming performance at **The Performance Network** or **Wild Swan Theater**?

Kiwanis Club of Ann Arbor need volunteers to pick up, sort, organize and price donated clothing and household items for ongoing rummage sale. Also needed are volunteers to launder and mend clothing and/or clean and repair household items.

Become an Ambassador at **Matthaei Botanical Gardens and Nichols Arboretum**! Volunteers welcome visitors on weekends, some weekday evenings, and during special events at the University of Michigan Matthaei Botanical Gardens and Nichols Arboretum (MBGNA). Responsibilities include providing visitors with general information about MBGNA, points of interest relating to our collections and exhibits, and informal learning opportunities. The Ambassador is a representative of the Visitor Services Department. Commitment to a regular schedule (minimum 2 hour block of time twice a month) and attendance at seasonal orientations and ongoing training required.

You could make a big difference in the life of an older adult. **Neighborhood Senior Services** is looking for drivers for their Medical Access Program. Volunteers provide non-emergency transportation to seniors with limited transportation options. This can be door-to-door or include accompaniment to the medical appointment. Drivers in all areas of Washtenaw County are needed, but especially outside of the Ann Arbor-Ypsilanti area.

Neighborhood Senior Services is also looking for volunteers to provide one-on-one companionship, grocery shopping, errands, and social outings for older adults in Washtenaw County.

I always wondered why somebody didn't do something about that.
Then I realized I was somebody.
--Lily Tomlin