



Hope

NEWSLETTER

Keeping you updated on the news and celebrations of Catholic Charities

ISSUE 11 | FALL 2018

Improving Quality of Life for Seniors and the Disabled

Hazel didn't want to give up her home of 60 years. But the 80-year-old widow didn't know what else to do. Even though the house was paid for, it needed repairs, and she wasn't able to do them herself. Relying solely on her social security check, Hazel had limited finances. Her children lived across the country and had limited resources themselves.

Hazel's health issues made it difficult for her to use the front stairs to her home's entry and she relied on help from friends and neighbors to navigate the stairs. This kept her nearly home-bound since she didn't want to be "a bother" to others.

One of her friends recommended she contact Catholic Charities Volunteer Services to see if they could help her solve some of her issues.

"I was so happy after I called them. They were out to the house to see what work was needed. In no time at all, they had scheduled volunteers to clean up my yard, fix a leaky faucet, and they even built a ramp so I could use my wheelchair to come and go. I was in tears, I was so, so relieved," Hazel said.

Additionally, Hazel now looks forward to volunteers who help her with housework once a month.

"These ladies are such a Godsend. I have always kept my house clean and neat, but lately it has been so difficult and these angels come in and make things right. I am so fortunate."



Hazel also learned of the Catholic Charities' Senior Companion (*see*

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Quality of Life | *continued from front page*

article below) program and now looks forward to her visits with the volunteer who has become a good friend to her.

“For me, Hazel’s experience epitomizes the spirit of what I hope Volunteer Services symbolizes,” Leah Dillman, Volunteer Services coordinator in Wenatchee said. “Whether it is a one-on-one client/volunteer relationship or a one-time group effort on behalf of a client, I get the joy of seeing this goal realized daily as our clients are surprised and delighted to hear that we care and we can help “bring hope to life.” for the vulnerable adults in our community.

Senior Companions Make a Crucial Connection through Kindness, Friendship, and Service

The Senior Companion Program is a free service through which senior volunteers provide assistance and friendship to elderly and adult individuals who are homebound with special needs and generally live alone. Taking care of simple chores, providing transportation, and offering connections to the outside world helps these individuals to live independently.

Volunteers must be at least 55 years of age and enjoy helping people in need. To receive a volunteer stipend, you must meet income eligibility requirements.



Retired Senior Volunteer Teams Aim to Help Low-Income School Children

The Retired Senior Volunteer program (RSVP), established in 1971, is a Corporation for National and Community Service, Senior Corps program. It is one of America’s largest volunteer networks for people age 55 and over.



RSVP volunteers can choose from a variety of locations such as Meals on Wheels, local food banks and hospitals to serve and meet community needs. Catholic Charities RSVP serves Benton, Franklin, and Walla Walla counties.

S.H.A.K.E. (Seniors Helping All Kids Education) is a Catholic Charities' RSVP program. Project SHAKE volunteers collect school supplies for low-income children in Benton, Franklin, and Walla Walla counties. Distribution of the school

About Volunteer Services:

We believe that the elderly and disabled deserve dignity and respect. From companionship programs and volunteer services that help with day-to-day chores to relief for overburdened caregivers, we offer services to help this often marginalized population. While transportation and help with physical tasks make a great difference, connection to others plays a central role in the well-being of those served. Catholic Charities provides both help and connection, and we believe these friendships and gestures of kindness truly improve the quality of life for both those who serve and those who are served.

Volunteer Services is a partnership between caring volunteers and low-income elders and adults with disabilities to help them continue living independently, safely, and with dignity in their own homes. Volunteers help with minor home repairs,

yard work, wheelchair ramps, transportation, light housekeeping, grocery shopping, and more. Volunteers receive training, encouragement, and support from our staff, as they use their skills and talents to help others.

Those over the age of 60 who qualify as low-income, or between the ages of 18 and 60, low income and disabled, are eligible to receive services.



supplies is based upon the amount of free/reduced lunches at each school. Each year, SHAKE collects and distributes school supplies for more than 32,000 local students.

In addition to school supplies, S.H.A.K.E. teams with Operation Homefront and the Dollar Tree to collect and distribute over 11,000 Christmas toys and supplies to local veteran and military families.

Adult Respite Care Provides Much-Needed Rest for Caregivers and Fun for Seniors

Being a caregiver can be challenging. The **Respite Adult Day Center** provides much-needed rest for caregivers and offers seniors being cared for at home the opportunity to make new friends and participate in enjoyable activities in a safe and comfortable environment. Secure in the knowledge that their loved one is receiving excellent supplemental care, the caregiver is able to enjoy some personal, renewing time which aids in improved mental and physical well-being. It has also been found that sharing the

responsibility of caregiving with a respite center actually helps the family lovingly fulfill their responsibilities and maintain a quality relationship with their loved one. The staff also offers support and community referrals as needed.

A team of caring staff and volunteers provide personalized support, encouragement, and assistance for participants, while helping them feel happier, more connected to the community, and more interested in life.

To learn how to qualify for this service or become a volunteer, call 509.965.7105 or 800.246.2962.



Inga Rogers recently celebrated her 102nd birthday! She has been attending the Respite Adult Day Center for almost three years. The center is open on Tuesdays and Thursday from 10 a.m. and 2 p.m. We currently have openings for participants and volunteers.

Activities for Respite Adult Center:

- A social setting with activities that build self-esteem, encourage socialization, and stimulate cognitive skills
- Mild chair exercises to promote range of motion and maintain strength
- Special guest entertainers
- Occasional outings
- Activities with on-site preschool
- Nutritious lunches
- Routine health monitoring
- Coordination of transportation

Request Services or Become a Volunteer!

In Benton and Franklin Counties
509.946.4645 or 888.586.7418

In Chelan and Douglas Counties
509.662.6761 or 800.261.1094

In Kittitas and Grant Counties
509.929.3057 – Kittitas County
509.765.1875 – Grant County

In Klickitat County
509.773.4345 – Klickitat County
509.930.9314 – Trout Lake

The Yakama Nation
509.865.5121 Ext. 4480

In Yakima County
509.965.7105 or 800.246.2962
509.839.8260 – Lower Valley



Volunteer Opportunity:
Leaf Rake Project in Yakima
November 17 | 9 a.m.
McClure Elementary Gym

Help low-income elders and low-income adults with disabilities. Last year 45 yards were raked with over 100 volunteers. Volunteers will be given assignments in the morning and return for a pizza lunch. We receive donations of pizza, Coca Cola products, apples from Johnson Orchards and juice from Tree Top.



Catholic Charities

SERVING CENTRAL WASHINGTON

Catholic Charities – Yakima

5301 Tieton Drive, Suite C
509.965.7100

Catholic Charities Housing Services

5301 Tieton Drive, Suite G
509.853.2800

Catholic Charities – Tri-Cities

2139 Van Giesen
509.946.4645

Catholic Charities – Wenatchee

145 South Worthen Street
509.662.6761

St. Vincent Centers and Food Bank – Union Gap

2629 Main Street
509.457.5111

St. Vincent Centers – Kennewick

120 North Morain Street
509.783.7020

Postage
indicia



Our Mission

*Motivated by Christ's love,
we bring hope to life,
especially for those most in
need.*

Would you like to join our mailing list
and stay informed? Email
jdeccio@catholiccharitiescw.org



www.catholiccharitiescw.org

Vision

We envision communities where people are treated with dignity and respect, their basic needs are met, and they are empowered to enhance the quality of their own lives.

Values

- We affirm our faith in God who calls us to serve.
- We celebrate the uniqueness and dignity of people.
- We nurture children and strengthen families.
- We provide quality services to those in need.
- We serve people of all faiths.