

# outside in

## BRINGING THE OUTSIDE WORLD IN FOR SENIORS IN OUR COMMUNITY

**OUR MISSION:** "Using primarily volunteers, PeopleCare will assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services."

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A FUNDAMENTAL  
REQUIREMENT OF  
CAREGIVING IS,  
SIMPLY, TO  
BE THERE.

## Franklin Delano Roosevelt - Lessons on Aging and a Tough-Minded Spirituality *by Donald R. Hands*

Our current, fragile economy has been compared to the disastrous economy of the Great Depression, a time that our elders well remember. In the media, many political pundits are revisiting and mining the lessons of that era, as well as the presidency of FDR, Franklin Delano Roosevelt. Roosevelt's life and presidency holds lessons for us all, both young and old, not only about the economy, but about conquering fear - whether of our own mortality or about the aging process - and about facing the aging process with a tough-minded sense of spirituality.

All of us must face this human life and the fact of our aging, with its inevitable changes and

chances. Refusing to do so is a route to either mental anguish or to mediocrity. It does not matter whether the life challenge is predictable (like aging) or is unpredictable - the kind of calamity that seems to come out of the blue, like today's economic



*Roosevelt*

downturn (although many of our economic experts claim, in hindsight to have seen it coming).

Life's wildcard crises - the "acts of God," the car accidents, the dis-

eases - can feel unfair. Though we may protest our innocence when confronted with such "punishment," this resistance is useless. It could, possibly, make matters worse. How much of life's inevitable ration of suffering is augmented by the attitudes we choose to adopt?

In 1921, at age 39, Franklin D. Roosevelt was stricken with crippling infantile paralysis. He spent the next seven painful years recovering, physically and emotionally from bouts of depression and despair.

Spirituality often comes more quickly to us when we have been brought low by life's events. Many of us per-

**FDR** *continued from page 1*

severe, stretch our inner resources and find humility in our acceptance of an unexpected, learned lowliness. There are countless personal stories of people who have come to realize their individual spirituality this way: the lessons of lowliness can lead to transcending helplessness and hopelessness - a path toward a resilient spirituality.

Our experience of failure or loss can lead us to restoration, to a new and different kind of existence. If we are suffering, we must face life's limitations and actualities in order for the seeds of spirituality to take root and thrive.

Tough-minded spirituality, with its own power or dynamic, transcends the victory of simple acceptance. Mysteriously, our breakdowns can be transformed into breakthroughs as seen in the life of FDR. After such a traumatic diagnosis, many of us would have given up any hope of an active political career. Though Roosevelt despaired and struggled, he kept faith. He accepted the challenges of his infirmity. Though he could not walk or stand, he was elected president, eventually serving four terms. He put our ailing nation back on its feet and led it to victory in World War II. As Roosevelt grew both in competence and compassion, he developed a silent, strong and effective spirituality.

What stands out in Roosevelt's story is his silent courage, his unbounded optimism and energy even in his later years of life. FDR's tenacious spirituality can offer inspiration to all elders. He was brought low in body and mind, but his determined spirit transcended his personal tragedy - a feat more impressive than mere words could describe.

- an excerpt from **FDR, Aging and a Tough-Minded Spirituality**, by Rev. Donald R. Hands, *AGING TODAY*, July-August 2009



*Feel better fast...*

**Volunteer!**

Volunteering can be good for your health? Yes, according to a new report, people who volunteer enjoy longer lives, have higher functional ability, and lower rates of depression and heart disease than non-volunteers. And at PeopleCare feeling good about yourself could take you only **ONE HOUR A MONTH!**

Too simple you say? This can be exhilarating!! Our helping impulse is fundamental to us, and when we lock it inside, we do not flourish. Imagine how good you feel after you help someone do something, or put a smile on someone's face. That's how you could feel more often - that's the power of a PeopleCare hour."

Remember... that's **ONE HOUR A MONTH...** when **YOU** want to!! You can certainly find the time... I did.

*For more information on the power of a PeopleCare hour, please visit:*  
**www.peoplecareinc.org** or  
call **708-442-1223**.

*The journey of a thousand miles begins with one step.*

# REMEMBER PEOPLECARE

When you write or review your will, we hope you will consider making life better for those we serve by leaving a charitable bequest to PeopleCare, Inc., a 501(c)3 not-for-profit organization. Ask your attorney to include such words as: "I give or bequest to PeopleCare, Inc. X% of my estate, or the sum of X dollars, to be used for the general purposes of PeopleCare, Inc." For more information, contact People Care at **708-442-1223**.

## Silver Beat - Protecting Seniors Against Fraud

In order to ensure that seniors have the knowledge and tools they need to better protect themselves from con artists and deceptive business practices, the Attorney General's Office has launched the **Silver Beat** educational program. In partnership with **AgeOptions**, the Attorney General's Office trains a corps of older adults to recognize and avoid scams and, once armed with this knowledge, to educate other seniors.



To learn more about the program or if you are interested in attending or hosting a *Silver Beat* training, please contact Erin Ruebbelke, Program Specialist, in the Attorney General's office by phone at (217) 557-1982 or e-mail at [eruebbelke@atg.state.il.us](mailto:eruebbelke@atg.state.il.us).

For more information on all consumer issues, consumers can visit the Attorney General's website at:

**www.illinoisattorneygeneral.gov**  
or call the Consumer Fraud Hotline listed below.

**Chicago:** 1-800-386-5438  
**In Spanish:** 1-866-310-8398

5	9	1	3	4	8	2	7	6
3	2	7	5	6	6	4	8	1
6	8	4	7	1	2	5	3	9
4	6	8	1	2	5	3	6	7
9	7	3	6	8	4	1	2	5
1	2	5	6	3	7	8	6	4
3	1	3	2	4	6	9	5	8
7	4	7	8	5	3	6	1	2
8	5	9	2	7	1	4	6	3

## DONATION FORM

**YOUR GENEROUS DONATION WILL HELP  
PEOPLECARE TO CONTINUE THEIR GOOD WORK.  
THANK YOU!**

Amount of Gift:    \$15    \$25    \$50  
                            \$100    Other \_\_\_\_\_

Please make your gift checks payable to:  
**PeopleCare, Inc.** 60 Akenside Road, Riverside, IL  
 60546 or call, **708-442-1223**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

**Special Thanks to:** **Christopher Mark Florist** in Brookfield for helping out with the *3rd consecutive People Care Senior Social*. For help with your floral needs, please call them at 387-7112.

**PUZZLE ANSWER**  
**Summer time: BEACHCOMBER**

# VOLUNTEER *2010 Breakfast*

Volunteers and Staff enjoying  
the 2010 PeopleCare  
Volunteer Breakfast at the  
**Back in the Day Café**  
in Brookfield.





Back in the Day Café  
8801 Ogden Ave.  
Brookfield, IL  
708-485-8050

On Saturday, May 22, 2010, PeopleCare, Inc. held its **Volunteer Appreciation Breakfast** at the *Back in the Day Café*, in Brookfield. Thank you to all of our valuable volunteers for their time that they openly give.

Volunteers are the very heart of the PeopleCare mission. Without you we could not hope to reach our vision that no older person in the last third of life will feel abandoned and that they will be able to live out their life in the most productive way possible.

In our market area alone there are more than 11,000 adults 65 and older who may need the kind of attention and help you can offer. By joining the PeopleCare mission you will be touching the lives of those who need help, but are afraid to ask; those who need help but have no one; and those who are homebound and abandoned with no idea of how to get help. Your time, whether it's one hour or 5 hours, can make all the difference to someone who has no one.

Thank you for your gift of time and we hope that your volunteer service is as personally rewarding as it is necessary.

  
*PeopleCare* inc. *Thanks You* 

*(We would like to extend a special thank you to the **Back in the Day Café** for their support in hosting this event.)*

*The power of an hour at work!!*

## Nursing Home Superstar Proves Volunteering is Ageless

In August of 2009, The Chicago Tribune reported about a nursing home superstar that is still volunteering. Catherine Walker is 99 years old and if she wants to sing a song about beer, she'll sing it. If someone's bugging her, she'll say so. And if you ask about her carrot cake recipe, she'll tell you it's unrivaled.

"I make damn good cake." Her unblinking eyes suggest you not argue.

This white-haired woman's pep and vitality make her a force of nature and her devotion to a certain group at the senior living center where she resides, has also made her a source of unfailing goodwill.

Eschewing an array of daily activities and social events, she spends her time volunteering - often more than 40 hours a week - in the memory support area, a wing of the senior facility devoted to residents who have Alzheimer's disease.

It's there that she has found a late-in-life joy, lending her razor-sharp memory and shoot-from-the-hip humor to a room full of people who at times struggle to recall their last names.

"I love these people here," Ms. Walker says, standing at a table, helping a group of her friends make beaded jewelry. "There's my singing partner. We just have a good old time." And with a quick "Ohhhhh..." from Walker, the group breaks into song: "... I want a beer, just like the beer that pickled dear old Dad..."

The coordinator of activities at the center for residents with Alzheimer's states, "That lady's my right arm. You have people who live, who go through their lives and do amazing things and never get noticed. That's Ms. Walker. She's someone who has made a difference in all these people's lives. Without her around so much they might otherwise be sitting and staring into space. This keeps them going."

They meet daily in a small dining room

with a vaulted ceiling and ample natural light, and they play bingo, string beads, swap jokes and, above all, talk. Raised on the South Side and plagued by polio at 18 and told she'd never walk, Catherine proved the doctors wrong. She learned to drive stick on a 1925 Ford, made gas masks during World War II, worked nearly 20 years on the line at a radio factory, and led a

walkout over poor wages and won.

Although, married with no kids and her husband having died a quarter century ago, Ms. Walker kept going.

The only downside of such a long and headstrong life is that she has outlived all her loved ones. "I've lost all of my people. I've got no one left," Walker says, without a hint of self-pity. "This is my family now."

When asked if she'd consider helping out in the senior facility's

Alzheimer's wing, an area many other residents are hesitant to visit, Walker said she would give it a try. Her no-nonsense personality swiftly became memorable in a room where memories come and go. "There's empathy in her, this is where her heart is," the staff at the facility states. "This is where she likes to go because she can just be herself. She doesn't baby them. She's just their friend."

Walker often brings her beads with her, stringing colorful necklaces and bracelets while she talks to other residents. She sells her jewelry at a nearby hospital and at an annual bake sale at the assisted-living facility. The money helps pay for other outings and activities for her friends.

"When I come here, I have a ball," Walker said. "I like to be around people who are happy. I like life, and I think that's probably why I'm still living. You've got to have love in your life," she said. "And I'm lucky I've got so much."

- an excerpt from "Nursing Home Superstar",  
by **Rex W. Huppke**, Tribune Reporter, THE CHICAGO TRIBUNE,  
August 22, 2009.



## Do Well & Do Good

Donate to your favorite cause and get bargains in return. At [www.goodshop.com](http://www.goodshop.com), which connects to the sites of some 1,400 retailers including Target, Apple and Sears, up to 30 percent of what you spend is donated to your favorite charity. Choose the beneficiary from more than 84,000 listed, or add your own. Retailers offer coupons and discounts on GoodShop, some of which aren't offered elsewhere. A related website, [www.goodsearch.com](http://www.goodsearch.com), is a search engine that donates a penny to your favorite cause for every online search you make.

- by Sid Kirchheimer, *AARP*



## New PeopleCare Volunteers!!

Thank you to all of our new and existing volunteers for donating your valuable time to helping others. Your commitment makes a difference in the lives of so many.  
**Thank You!**

### New Driver Volunteers

Ruth Bernhardt-Kuehl  
Laureen Dunne  
Patrick Downey  
Jane Fiala  
Ruta Kublis  
Bill Pollick  
Paul Rand  
Ruth Strauss  
Joe Wanner

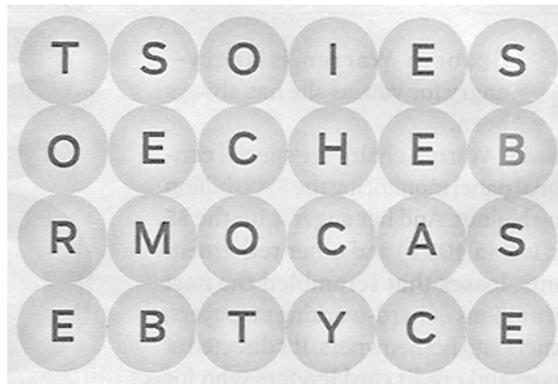
### New Visitor Volunteers

Maureen Colvin  
Laureen Dunne  
(also a PeopleCare VolunteerDriver)  
Angelica Villfuerte

## BRAIN EXERCISE ACTIVITIES

### Summertime

Find an 11-letter word hidden in the grid below. The 11 letters touch horizontally and vertically, but not diagonally. The first letter of the word is the "B" on the right.  
(answers on page 3)



← FIRST LETTER

### Sudoku

Fill in the grid so that the numbers 1 through 9 appear only once in every horizontal row, every vertical column and every 3x3 mini-box. Only one solution is possible.  
(answers on page 3)

		6			2		5	8
	1		3	5				
8	5			9				
		8				5	1	
5			4		9			6
	6	3				8		
				1			8	9
				6	5		2	
9	7		8			1		

FROM SUDOKU TO EXERCISE YOUR MIND BY FRANK LONGO (AARP/STERLING, 2006)



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If you would no longer like to receive this newsletter, please call PeopleCare at 708-442-1223 and we will remove your name from our mailing list. *Thank You.*

## CASH DASH - State Gift Card Law Protects Consumers

Illinois residents who received gift cards from previous holiday seasons may be able to redeem them for cash even once the gift cards expire, according to the Illinois State Treasurer.

Alexi Giannoulis's office is holding more than \$5 million in unused gift card balances for Illinois residents. According to state law, gift cards cannot expire for five years and businesses are prohibited from charging fees that diminish their value.

"Even when gift cards expire, consumers are entitled to the monetary worth of the gift card and can recover their money from the state," Giannoulis said. Owners of expired gift cards can search for their refunds on the state's unclaimed property database at [cashdash.net](http://cashdash.net) or by calling **866-458-7327**.

Even if a name is not listed, the state may still hold a consumer's unused balance. Most gift card retailers do not record the name or contact information for the purchaser or recipient. As a result, the

unredeemed balances come to the state marked as "owner unknown." In order to receive a refund for the unused balance, the purchaser or recipient must file a claim with the Treasurer's Office.

Not all retailers that do business in Illinois send unclaimed gift card balances to the Illinois Treasurer's Office. Unused gift card balances are sometimes remitted to the state where the retailer is incorporated. According to research firm TowerGroup, an estimated \$5 billion in gift cards went unused in 2009. Similarly, a Consumer Reports National Research Center survey found that 27 percent of adults who received gift cards during the 2006 holiday season had not used one or more of them nearly a year later.

More than one-third of the survey's respondents said they did not use the cards because they either forgot about them, lost them, or the cards had expired, according to *Consumer Reports*.

