

# Volunteers bring the 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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### The Power of an Hour....

**"The Power of an Hour"**...how those words ring true. It began with a realization that happened over 17 years ago – a recognition that there was an aging population within the community that had needs that were not being met. There were many homebound elderly who had no immediate family near by. They were isolated and lacked the socialization and emotional support that come naturally when one is nearby loved ones.

Since 1991, PeopleCare and its many volunteers have worked toward a mission to provide the person-to-person contact that is essential to the health and well being of the homebound elderly, with the intent to improve the client's quality of life. PeopleCare first started by offering visitation

services to the homebound and set out to provide the human contact that helped to care for the emotional and spiritual well being of our clients. As we did this, we became aware of the magnitude of need within the community and enlisted the help of **caring volunteers** to help those needing a human touch. In addition to visitation, our volunteers also opened their hearts to clients by

PeopleCare began with initial donations from the church, Retirement Research and grants from the Robert Wood Johnson Foundation and The Arthur Foundation, which helped to open new doors in fulfilling our mission. The foundation upon which PeopleCare would grow was being built. With the valuable donations of time by our volunteers, our Board and the additional financial support

of generous donors, our agency has been able to forge ahead. The needs of our neighbors, however, also

*We touch people's lives...*

*We're always amazed at how much they return the favor.*

providing rides to doctor appointments. Hour by hour, our volunteers along with the PeopleCare staff reached out to touch people's lives. Together, we were healing a community.

The roots of

continued to grow and sometimes appeared to be overwhelming. The fact is, PeopleCare people, our clients, live with need every day and our volunteers continue to set out to assist them, armed with little more than car

"A SMOOTH SEA  
NEVER MADE A  
SKILLFUL  
MARINER!".

- ENGLISH PROVERB

“TELL ME AND I’LL  
FORGET. SHOW  
ME AND I MAY NOT  
REMEMBER.  
INVOLVE ME  
AND I’LL  
UNDERSTAND.”  
- NATIVE AMERICAN  
SAYING

“GOOD NEWS,  
HONEY—  
SEVENTY IS THE  
NEW FIFTY!”  
- Victoria Roberts

## The Power of an Hour... cont.

keys or a telephone. Yet, with each hour we give to another, we are strongly reminded that we all have the power to make a great difference in the lives of others. And in return, seeing a face with a simple smile or that look in a grateful person’s eyes, we’re always amazed at how much our clients return the favor.

Volunteers are the soul of PeopleCare and without you we cannot accomplish our mission. We have been touched by the care and compassion of individuals assisting their neighbors in need and we hope that you might be inspired to help us to continue to fulfill our vision. We don’t need your money. The fact is, we need something much more powerful and valuable than that. We need your time. One hour a month, one hour a week, or one hour a day, the decision is yours. However, we only ask for what people think they can spare and are happy to give. Then something amazing happens. They discover the power of their own hours. And none of them are ever quite the same again. You may not be sure you can help, but we believe that with just a small amount of time, you can change someone’s world.

To become a volunteer, learn more about our services or request assistance please call us at (708) 442-1223 or visit our website at [www.peoplecareinc.org](http://www.peoplecareinc.org).

## VOLUNTEER HELPS ANOTHER IN NEED

PeopleCare Shepherd Driver and Visitor Volunteer, **Jeff Volmut** was in the right place at the right time when it came to helping a senior resident of Mills Park Tower, Bob Gunder. Gunder has breathing problems and relies on an electric-powered converter for oxygen when his power went out because of a storm. After making many unsuccessful calls for help, Gunder turned to a radio call-in show, which is where he found his hero.

Volunteer, Jeff Volmut, was listening to the late-night radio station when he heard of Gunder’s dilemma and decided he could help. Volmut suffers from “cluster headaches,” which he treats with oxygen and he had a few extra tanks at his home.

Just after 2 a.m., Volmut drove through pouring rain to Mills Park Tower and carried 2 small tanks up 18 flights of stairs. “To me, he was really a hero,” said Gunder, emotions rising in his voice. “To care for a total stranger in a very important time of need, that’s something nobody has ever done for me, and it’s sad that more people don’t care about others.”

“I would do it again for somebody,” Volmut said of the whole experience. “I believe in karma, and if you put out good, you get the good back sometimes.”

by Marty Stempniak — Riverside Brookfield Landmark



## Angels In Blue Jeans...

Angels in Blue Jeans is a ministry program within the Ascension Lutheran Church family in Riverside, IL. The program provides low-cost or no-cost minor home improvement, or common household task assistance to; the elderly, the disabled, or single parent families in our community. Because we use retired tradesman and other technically competent people to supervise all work projects, almost any project can be handled. This program is available to anyone in the immediate area of Ascension Lutheran Church.

Projects that we are **unable** to do:

- Any work requiring an extension ladder to perform
- Any normally available repetitious paid services (i.e. lawn care, snow removal, landscaping, etc.)
- No roof work or large plumbing jobs
- No large electrical wiring projects
- No work requiring emergency action (i.e. stopped up drains, heating system failures, or broken pipes.)

Call (708) 447-2600.

## The Art of Listening to Others



Listening...it is through this creative process that we at once love and are loved by others. When we are listened to, it creates us, makes us unfold and expand. Ideas actually begin to grow within us and come to life. For example, you know how if a person laughs at your jokes, you become funnier and funnier, and if he does not, every tiny little joke in you weakens up and dies. Well, that is the principle of it. It makes people happy and free when they are listened to. And if you are a listener, it is the secret of having a good time in society (because everybody around you becomes lively and interesting), of comforting people, and of doing them good.

When people listen, creative waters flow and this creative fountain is in us all. It is the spirit, the intelligence and the imagina-

tion in each one of us. It is when people really listen with quiet fascinated attention, that the little fountain begins to work and accelerate in the most surprising way. When one really listens, only then, does the magic begin.

Listening, not talking, is the gifted and great role, and the imaginative role. The true listener is much more beloved, magnetic than the talker. He is more effective, learns more and does more good. So try listening. Listen to your wife, your husband, your father, your mother, your children, your friends; to those who love you and those who don't, to those who bore you, to your enemies. It will work a small miracle. And perhaps a great one.

- Brende Ueland

*"PeopleCare is a great blessing to the people they serve. People are always appreciative of the ride.*

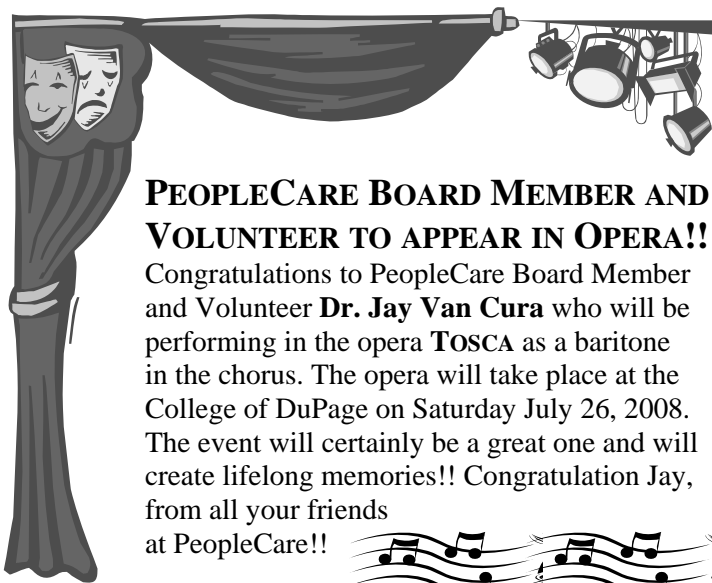
*Sometimes they make me feel as though I gave them a million dollars!"*

- Barb Prack

PeopleCare Volunteer



*PeopleCare.  
And for the past 17 years  
volunteers have been here to help  
us show just how much.*



### PEOPLECARE BOARD MEMBER AND VOLUNTEER TO APPEAR IN OPERA!!

Congratulations to PeopleCare Board Member and Volunteer **Dr. Jay Van Cura** who will be performing in the opera **TOSCA** as a baritone in the chorus. The opera will take place at the College of DuPage on Saturday July 26, 2008. The event will certainly be a great one and will create lifelong memories!! Congratulation Jay, from all your friends at PeopleCare!!

*"PeopleCare came to my assistance when I needed a ride home from the hospital, as the hospital would not allow me to take a cab by myself because of the anesthesia. I don't know what I would have done without PeopleCare's help."  
Gratefully,  
- A PeopleCare Client*

*"I can't say Thank You enough to PeopleCare for being in my life. You are a very special gift!"  
- A PeopleCare Client*

# Volunteer Luncheon 2008

(right) *British Home Executive Director Dennis Sonnenberg, PeopleCare Associate Director Bruce Jablonski, British Home Director of Development Kevin Heraty, PeopleCare Volunteer Coordinator Cindy Antene, and Shepherd Driver Volunteer Mary Kedrowski.*



*We've helped to change someone's world...*



(left) *Board Member Brian Kuratko, Volunteer Doris Houlihan, Board Member Jean Vondriska, PeopleCare Finance Director Scott Schulze, and Laura Coglianese.*  
(below left) *PeopleCare Volunteer Coordinator Cindy Antene, Executive Director Helen Jablonski and PeopleCare Volunteer Driver Coordinator Nancy Chmell.*



*"I like being involved as a shepherd volunteer because it helps me feel I am giving back."*

*- Ann Blaa Volunteer*





*"There is satisfaction  
that comes with  
helping those  
in need."*

- Harold J. Verdak  
*PeopleCare Volunteer*



On Thursday, May 29, 2008, PeopleCare, Inc. held it's **Annual Volunteer Appreciation Luncheon**. We are so grateful for all of our volunteers and the valuable time that they openly give.

Compassionate, unselfish, caring and patient...graying or young adults...man or woman, they are all PeopleCare volunteers. They are drivers, pen pals, phone pals and friendly visitors. They are at the very heart of PeopleCare and if not for them, our mission would remain unchallenged. Last year more than 2,300 volunteer hours were recorded, one person and one hour at a time to help those in need... and we have only just begun.

Thank you, for your gift of time and devoted service...you have helped to change someone's world.



*(above) PeopleCare  
Executive Director  
Helen Jablonski,  
Volunteers  
Barbara Prack and  
Frank Klindera  
(right) Volunteer  
Lorraine Kocanda,  
PeopleCare  
Visitation  
Coordinator  
Lorraine A. Marek,  
and Volunteer  
Harold J. Verdak.*



*...And we're just a phone  
call away.*



*(left) Volunteers Mary Ellen Meindl,  
Dorothy Din, Jim Roberto and  
Board Member Dr. Jay Van Cura*

*Because You're Special...*  
We sometimes take for granted  
In the rush of all we do,  
And forget to say a special **thanks**  
To volunteers like you!  
So we send this note to tell you  
How much all you do means,  
Your gifts of time and of yourself  
Are special ones indeed.

- Author unknown

## outside in



Brian Kuratko Commander - Lyons Police Dept.



### Remember...

#### BE AWARE AND REPORT ANY SUSPICIOUS PERSONS, VEHICLES OR ACTIVITY.

- Vehicles that belong to the neighborhood and cars that do not.
- What time vehicles (news delivery, residents) leave and arrive home.
- Which homes have lights on and which homes are left dark (vacation watches, vacant properties)
- Ladders on sides of homes...with no construction work being done
- Abandoned vehicles: broken windows or flat tires
- Suspicious activity vs. criminal activity: if your intuition tells you there is something wrong, *call*.
- Describe something that just doesn't seem right vs. recognizing a criminal act: if unsure, *call*.

## "CAN YOU PLEASE SEND AN OFFICER..."

Commander Brian Kuratko presented some important safety information to inform us that when calling 911 for help, police officers can best help us when they are informed of important facts of an emergency situation.

### 1. WHO?

2. **Describe the person(s) in as much detail as possible:**  
Male or female/ White, Black, Hispanic, Indian, Asian/ approximate age, height, weight of person / clothing, hats, glasses, jewelry/ scars or tattoos?

### 2. WHAT?

#### Describe what you are reporting:

Describe the noise, robbery, traffic crash, burglary, trespass, disturbance, fight or suspicious activity, vehicle or person.



### 3. WHEN?

#### Describe what time frame this happened in:

Was it 5 minutes ago or 3 hours ago? Is it happening right now?

### 4. WHERE?

#### Describe the location where the event took place:

The alley, street or intersection, i.e.: "Near the McDonalds Restaurant on Ogden Avenue" (If naming a landmark or restaurant, make sure you specify which restaurant, for example, Lyons has 2 Subway Restaurants so it is important to describe the correct location.)

### 5. WHY?

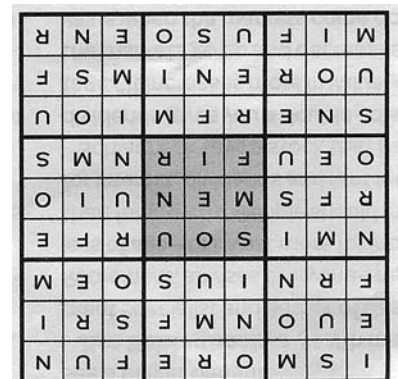
#### Describe why you think the event took place:

Financial gain/ drugs or alcohol/ domestic situations or harassment/ revenge.

### 6. HOW?

#### Describe how the event took place:

He or she kicked in the door, climbed thru the window or jumped the fence, etc.



# my Volunteer STORY

STORIES, MEMORIES & THOUGHTS  
BY PEOPLECARE VOLUNTEERS

It was a short drive to take a PeopleCare client to the doctor...a simple service to someone else that I could easily fit into my day. My children joined me for the drive and after bringing the client back home after her appointment, my kids were amazed at how thankful she was. Sometimes, what seems like a simple act to us, can make a big difference in the life of another. - Linda Roberto

## BRAIN EXERCISE

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		N		U		O	
N	M	I			U		
R			M	E	N	U	
O					R		M S
		E		F	M		U
		R	E			M	F
	I		U	S	O		R

**ALPHA SUDOKU** - Fill in the grid so that the nine letters appear only once in every horizontal row, every vertical column and every 3x3 square. There's one solution—and it reveals three words in one of the rows or columns. *answer: page 6*

## Volunteer Referral Form

PeopleCare needs your help...your heart...just a bit of your precious time. Do you know someone willing to set aside 1 hour a month...a week...or a day to help one isolated person stay in touch with the world around them? **Please list the names of any others you know that would be interested in becoming a PeopleCare volunteer.**

### Client Referral Given By:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### Volunteer Name:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Please fill out and drop off or mail to: **PeopleCare, Inc. 60 Akenside Road Riverside, IL 60546 708.442.1223**



60 Akenside Road  
Riverside, Illinois 60546

708.442.1223

708.442.1425 fax

peoplecareinc@sbcglobal.net

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Riverside, IL.

**VISIT US ON THE WEB AT:**

[www.peoplecareinc.org](http://www.peoplecareinc.org)

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.*

## VOLUNTEERS

*Always Caring,  
Always Sharing*

THE BEST THING  
ABOUT GIVING  
OF OURSELVES  
IS THAT WHAT WE  
GET IS ALWAYS  
BETTER THAN  
WHAT WE GIVE.

*Orison Swett Marden  
American founder of Success Magazine,  
inspirational writer*

"IN THREE  
WORDS I CAN  
SUM-UP  
EVERYTHING I  
HAVE LEARNED  
ABOUT LIFE.  
IT GOES ON."

- ROBERT FROST

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## AFTER ALL THESE YEARS

An elderly gent was invited to an old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms such as: Honey, My Love, Darling, Sweetheart, Pumpkin, etc. The couple had been married almost 70 years and, clearly, they were still very much in love.



While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names." The old man hung his head. "I have to tell you the truth," he said, "Her name slipped my mind about 10 years ago, and I'm scared to death to ask her what it is!"

- author unknown