



Fall/Winter Newsletter

President's Message

One of the things I have learned about Staying Connected is that while many things may change, the fundamentals remain the same. Every month we lose Members who no longer need us or have moved on, while every month we gain new Members who ask for our help and support.

During the five years we have been in existence, we have had wonderful, dedicated volunteers who also find it is necessary to leave. About two years before Staying Connected started, there was a task force of ten who took the concept from idea to formation. We have had six of the original ten still active as Volunteers. But this fall **Kate Lang**, Hub Coordinator, and **Ellen Steger**, IT Coordinator, announced their retirement. We thank each for their committed contributions and will miss their service. At the same time, we are so excited that **Sandy Milliken**, MSW, our first ever Executive Director, has settled in and we're all so thankful for her leadership and caring concern. As things change, they remain the same. We lose dedicated leadership when Volunteers retire, and we gain someone new to help our focus on the mission.

We want all of you, our Volunteers, to know that we couldn't succeed without each and every one. Our fall BBQ was a wonderful gathering that provided an opportunity to match faces with names of those of you who are providing services; folks we know but never see. We want you to realize that, as a Volunteer, you are, and have been personally responsible for the success of our mission to help our neighbors. You are amazing.

—*Holly Field, Board President*

**SERVING SUN CITY HILTON HEAD
SINCE 2005**

MARK YOUR CALENDAR FOR OUR 5TH ANNIVERSARY CELEBRATION ON FEBRUARY 26, 2020

MORE INFORMATION TO COME.

Executive Director's Message

Early this Fall I saw the movie *Judy* about Judy Garland; and of course, the Wizard of OZ, had a prominent role. Every organization has an OZ. The one working behind the scene making sure everything is working well.

So who is our OZ? Well, it's a lot of people—from technology work to the person who put this newsletter together. I want to highlight two women who have been long-time volunteers working behind the scenes to make sure Members' appointments and pertinent information are in our computer program system. Their work ensures all the rides, home visits, caregiver relief, reassuring calls, and home maintenance appointments happen successfully.

Peggy Pope is our Schedule Coordinator. When a Member calls to request a service, she adds it to the schedule for a volunteer to pick it up. Peggy is celebrating five years with Staying Connected this month and has over 1,500 hours of recorded time as a Staying Connected volunteer. She does have help with this daily task, Pat Hart and Sharon Symonds. Peggy is married to Tom Pope who also serves as our computer hardware tech.

Barbara Connery is our Member Administration Coordinator. Barbara keeps all of our Member information up-to-date. That's over 500 people she keeps an eye on every week. Barbara is also celebrating five years with us and has logged in over 1,800 hours since starting to volunteer. She has help too. Fran Weinstein supports Member Administration. Barb is married to John Connery and is a Northside resident.

Barbara and Peggy are two excellent examples of the amazing people involved with Staying Connected, who you may never meet but keep us going. It does take a village and I thank all of you committed to Staying Connected's Members.

—*Sandy Milliken, Executive Director*



VOLUNTEER SERVICES

Member Comments:

"Everyone has been very helpful."

"This is a wonderful organization. Thank you everyone."

"Reassuring phone calls jump start my day in the nicest way. Thank you!"



Kudos Volunteers

Throughout the year there are times that many of our 300+ volunteers leave town: Summer, beginning in May running through September, and of course, the November and December holidays. However, most of our Members do not leave Sun City and our remaining troops fulfill members' requests. We are grateful for *all* of our volunteers but especially to those volunteers who can cover in the learner times.

A special thanks to our Coordinators:

Jill Kooken handled the transportation requests with calm determination to fill Member's request for service.

Lori Anthony sees to it that all the Caregiver and Home Visit requests are filled with caring volunteers.

Bernie Mulligan and his team make sure that those beeping smoke alarms were handled quickly.

All of our volunteers make a difference are so appreciated by our neighbors and Staying Connected.

Mary O'Brien, Director of Services

Fall Welcome Back BBQ

Our Fall Welcome Back BBQ was held on September 27th for our Staying Connected volunteers, many returning from their summer travels. This fun filled afternoon afforded new volunteers the opportunity to meet seasoned volunteers and many to put faces with names.



The event, attended by 140, was catered by Bluffton's One Hot Mama with an array of amazing food made possible by Vineyard Bluffton. This new facility, slated to open this December, offers personal living, assisted living and memory care. *Many thanks to Vineyard Bluffton!*

Training

We want to offer a special welcome to our new Volunteer Training Coordinator, Marilyn Gearhart. She has been a very active Transportation Volunteer for over three years. Her background is in education and elected public service. We are excited to have her join the Volunteer Team.

Our best source of new volunteers comes from you! Please let your friends and neighbors know how much you enjoy your time spent with Staying Connected activities and how wonderful and grateful our Members are. New Volunteers are always needed as "life happens" events occur for current volunteers and we are constantly looking for eager new neighbors to step forward. Orientation and training occur monthly from September through June. Please explore the many ways that you are able to participate.

Ginny Couch, Director of Volunteers





VOLUNTEER SERVICES CONTINUED

Volunteers Received Training From Memory Matters

Did you know over 5 million Americans are living with Alzheimer's and that almost 14 million will have the disease by 2050? Statistics for 2018 show 313,000 Caregivers providing 357,000,000 hours of unpaid

care with a total value of \$4,511,000,000 for this care.



These startling figures from the Alzheimer's Association were part of the presentation made by staff of Memory Matters on October 3, 2019. Nearly 80 volunteers attended the informative afternoon seminar and learned some remarkable ways to cope with Alzheimer's and different types of dementia as well as recognizing the early signs. Valuable tools for optimizing Brain Wellness including healthy eating, fostering a healthy lifestyle and daily exercise were also explored. Several volunteers shared their experiences with some of our Staying Connected members and how they were able to handle issues that presented themselves.

The folks at Memory Matters invite you to learn more and welcome any questions you may have. They can be reached by calling 843-842-6688 or you can request information at: info@mymemorymatters.org or memorymatters.org

More Member Comments

"Transportation to medical procedures requiring anesthesia has been an enormous help to medical."

"Thanks for getting someone to come and change my filter! Wonderful service!"

From the Resource Hub

Resource Hub Volunteers have managed 3,859 calls for service through the end of November. We are on par with last year's numbers. We are averaging 359 calls a month. There have been 1,657 Sun City residents walk in to the Hub for information or service request through November—averaging 150 walk-ins per month. Our most frequent requests are for Transportation services to be provided.

The Resource Hub member highlight goes to one of our newest volunteers:



Mae McClernon. Mae has been a volunteer since February of this year and started in the Hub in April 2019. Shortly after the McClernon's moved to Sun City Mae got involved with Staying Connected. She started volunteering for Home Visits and Caregiver Relief and continues to provide those services. Mae can be found in the Hub most Monday mornings and frequently takes a shift when the call for help goes out. Mae is an asset to Staying Connected and is very warm and caring toward our members.

The Resource Hub is open Monday through Friday, 9 am – 3 pm. For more information call us at (843) 705-2259 or visit us out office located in the Yemassee Crafts Center.

Barbara Swan, HUB Coordinator



Amazon Smiles

As you do your holiday shopping, remember that Staying Connected is a part of Amazon Smiles. It's an easy way to support us! www.smile.amazon.com. Just sign up to order your purchases through Amazon Smiles and then pick Staying Connect as your charity.



FOR OUR MEMBERS

A Service Name Change

All of our Members receive a check-in call from a group of 13 dedicated volunteers every three months to ensure satisfaction with our services and track any changes in the Member's life for which we can possibly help.

This past summer, these volunteers who make these calls voted to change their name to **Member Liaison** to better reflect what they do.

Members, when you get a call from your Liaison, be sure and update all your contact info and let them know how you are doing.

Smoke Detector Services

We hope everyone replaced the batteries in their smoke detector when we turned back our clock on November 3rd. Doing so avoids that middle of the night "beep, beep, beep" of a dying battery! Also, if your smoke detector is more than 10 years old, it should be replaced.

Every Staying Connected member can take advantage of our Home Maintenance Program.

Call the Hub and arrange to have either the batteries replaced or the alarm changed out.

File for Life

NHC is providing all of our members with a *File For Life* Cards. These small, red folders go on your frig and has critical info that you enter on the inside letting emergency personal know such information as medications you take, hospital you prefer, and emergency contacts.

Please visit the Resource Hub to pick one up.

Some Steps to Fall Proofing Your Home

More than 75% of falls take place inside or in close proximity to the home. Here are some simple and quick changes will easily help reduce your risk of falling.

The front door

Fix anything damaged, broken or uneven such as cracks or wobbly steps

Add a motion sensor light so you can see where you are stepping.

Put a grab bar on one side of your door to provide balance while you're putting the key in the door

Kitchen

Move your most commonly used items to the lowest shelves.

Replace scatter rugs with rubber backed rugs. Remove rugs with upturned corners.

Stairs

Add strips of contrasting color to help visualize your stairs better. Adding colored tape to the edges of each step will help differentiate monochromatic steps. Make sure to put the tape on the top and over the edge of each step.

Add a second, securely-installed handrail.

Bedroom

Make sure the light near the bed is easy to reach. Place nightlights along the route. Consider installing a bed rail that fit easily between your mattress and box spring and can provide support when you are getting in and out of bed.

Bathroom

Having properly installed grab bars around the toilet and tub provide needed support and balance. Remember, towel racks aren't grab bars but grab bars can be towel racks!



Gifts and Support

2019 Car Show

Once again this year we were the beneficiary of the generosity and support of the Sun City HH Car Club at their annual Car Show held October 27. With 14 classes of cars including makes and models from classic American Stock to Corvettes, Muscle Cars, Sport, Import, Trucks and Thunderbirds it was a most impressive array.

Staying Connected volunteers distributed voting ballots and sold tickets for the 50/50 raffle which generated a grand total of \$1420 with \$710 to the winning ticket holder. Our volunteers also voted on their favorite entry. Our Charity Winner Trophy was presented by Holly and Sandy to **Peter Brown**. Congrats Peter!

Pies for Guys Fundraiser

Carolina Landing. After hearing at his neighborhood meeting that the ladies had many more activities than the men, **John Tanner** had an idea. As a trained home baker, he knew that men liked pie. So, he enlisted his friend and neighbor **Michael Kalafer**, who also loves to make and eat pie, and he offered to host an event at his home.

The idea was to gather 40 guys that John and Michael knew, some from their neighborhood, some not, and get them together to socialize and eat pie. Later, they decided to support Staying Connected, a resident-run volunteer organization that supports other residents. John and Michael decided it was a great way to pay it forward.

They compiled a list of 40 men and 30 of the invitees confirmed they would attend. John and Michael decided to make eight pies. They figured two slices per guy for 60 slices total, and tons of whipped cream and ice cream for a la mode.

John baked the fruit pies. Michael made the cream pies.

During the event, **Hugh Armstrong**, Vice President of Staying Connected talked to the men about the services provided by its volunteers. Michael spontaneously challenged the group to throw more money into the pot ("because our neighbors need it") and they did!

The result: 30 guys donated \$10 at the door, so that yielded \$300 and met the original goal. *But through the generosity of the attendees, a \$600 contribution was made to Staying Connected.*

Great Job Guys!

"The giving spirit in Sun City HH is a testament to the caring heart of our residents."

Lucia Crosby, Volunteers

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The Sun City Buckeye Club, Marzie Seibert

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To see a full list of all our donors, please visit our website. www.stayingconnectedschh.org. (Current as of 12/2019)

Thank you to *EVERYONE* who supported us in our five-year journey!