

# Willing Hearts, Helpful Hands Newsletter



Another community service of

April 2011  
Volume 1, Issue 3



## Happy Spring!

### Bulletin

### Announcements

We at Willing Hearts, Helpful Hands are excited to announce the arrival of two new staff members. Colleen Kelly, LMSW joined Willing Hearts, Helpful Hands as the new

Family Services Coordinator in December 2010. Alice Higgins joined WHHH in March 2011 as the Volunteer Coordinator. Both are excited to be part of the program!

### Legacy Corps

Willing Hearts, Helpful Hands has joined Legacy Corps! Through this exciting program, volunteers who provide 8-10 hours of service per week will be eligible for a living allowance and an Educational

Award. We are currently accepting applications, so please contact Alice Higgins or Colleen Kelly if you are interested in applying.



### Website Changes

The staff at Willing Hearts, Helpful Hands is working to improve our website, to bring even more services and benefits to our participants. Currently, we are in the process of establishing Caregiver Forums,

which will provide caregivers with another opportunity to connect with people in similar situations. Please stay tuned for more information about this exciting development!

#### CAREGIVER SUPPORT GROUPS

To meet increased demand, we have changed the times for our telephone Caregiver Support groups. The groups are now scheduled as follows:

- ♥ Mondays at 10:30AM
- ♥ Thursdays at 7:00PM

The purpose of these groups is to offer caregivers a forum in which they can relieve stress and improve coping skills by communicating with a group of peers who are dealing with the same/similar issues. Again, these groups take place as conference calls, as we know it is difficult for most of our caregivers to leave their loved ones to come to a meeting. If you are interested in participating, please call Colleen Kelly.

#### CAREGIVER AND VOLUNTEER TRAINING

Training for new volunteers, including Legacy Corps volunteers will take place as follows:

- April 13<sup>th</sup>
- April 14<sup>th</sup>
- April 20<sup>th</sup>
- April 21<sup>st</sup>

All trainings to take place at Parker Institute from 9:00 AM – 2:00 PM. Food/Drinks will be served.

Please call to reserve your place, if you have not already done so.

**For more information please contact Alice Higgins or Colleen Kelly at (718)-289-2100 x4980 or email us at: [WHHH@parkerinstitute.org](mailto:WHHH@parkerinstitute.org)**

## Volunteer News

Willing Hearts, Helpful Hands could not exist without the kindness, selflessness and generosity of our heroes: **our volunteers**. Each day, WHHH volunteers go above and beyond by providing services that improve the lives of caregivers, care recipients, and all who love them.

This month, we would like to give a special shout-out to **Barbara Fraser**. We all know this winter's weather has been crippling, especially for homebound seniors. Among all of the wonderful things she does for our caregivers, Barbara and her husband drove a caregiver to her doctor's appointment in a snow storm.

Thank you, Barbara, for all that you do!

And thank you to all of our wonderful volunteers for working tirelessly to provide respite, and therefore helping our care recipients to remain in their own homes. You are wonderful!

**Volunteers:** Please remember to check in each month to report your hours. Also, please feel free to call Alice Higgins at any time—it is always a pleasure to speak with the people who are out there working so hard for our caregivers.

**To report volunteer hours, and for information or assistance, please contact Alice Higgins or Colleen Kelly or at (718)-289-2100 x4980, or email us at: [WHHH@parkerinstitute.org](mailto:WHHH@parkerinstitute.org)**

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”  
**-Helen Keller**

## In the News....

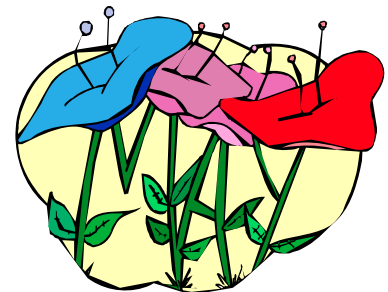
The New York Times recently ran a series of articles entitled, “The Vanishing Mind”, which focused on Alzheimer's disease and dementia.

As per this series, caregiving is receiving a lot of attention from professionals and researchers in the field. One article in the above-mentioned series cites research being adopted by federal and state agencies that will support and train caregivers (Pam Belluck, “Giving Alzheimer's Patients Their Way, Even Chocolate”).

Another article discusses South Korea's War on Dementia, where even children are being trained to understand the intricacies of Alzheimer's disease and

dementia (Belluck, Children Ease Alzheimer's in Land of Aging”).

Visit the New York Times website at [www.nytimes.com](http://www.nytimes.com) and search for the Vanishing Mind series. There, you will also find links to video clips with interviews of individuals with Alzheimer's disease or dementia, and their caregivers.



“  
 South Korea has opened a “War on Dementia”, spending money and shining floodlights on a disease that is, here as in many places, riddled with shame and fear.  
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