

The Meadian



A newsletter published periodically for families, friends and residents of St. Anne's Mead

AUGUST 25, 2015

BOB WINKWORTH

*Volunteer Drives Residents
With a Wink and a Nod*

"I've got the time and the capability," says Bob Winkworth, a Beverly Hills neighbor who drives residents at St. Anne's Mead to their appointments several times a month. And, nearly every day of the year, Bob can be found socializing with the residents talking about "anything and everything under the sun."

Bob is one of the dozens of volunteers at St Anne's Mead who believe it is the responsibility of able men and women to help those less fortunate. He has freely given out rides and lent his ear whenever needed for the past 14 years. "You meet the nicest people volunteering" says Bob.



George Blostein, a resident at St. Anne's Mead, has struck up a wonderful friendship with Bob, who describes



Bob Winkworth, shown here with one of St. Anne's Mead's long-time residents Elvaretta Lister, is one of many volunteers who enrich the lives of residents.

George as "one of the nicest people." George uses Bob's services several times every month. "Without Bob driving me places, I would not be able to enjoy living here as much as I do. Special people like him who give without asking... who volunteer their time and talents for others, are rare," says George.

Maybe so, but St Anne's Mead has been able to attract some wonderful volunteers who perform their service without question or remuneration.

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From caring for parakeets to bringing in dogs for pet therapy, volunteers contribute more than 150 hours of service every month, according to Jane Collins, Executive Director. “Without volunteers, we would be hard pressed, as a nonprofit, to be able to provide the richness that our volunteers add in their service to the residents,” says Jane.

Resident Ruth Brasmer’s son Paul and daughter-in-law Marian appreciate how volunteers brighten Ruth’s day. “Her face really lights up when they arrive and she loves the interaction with them. From Baxter the dog and owner Denise Tietze to Pat Ballard’s lively visits with stuffed animals and discussions of their history, it makes my Mother’s day. We appreciate them very much.”

The “Dames of Skeins”, Marci Carlson, Nancy Yee and Joan Norton, deserve special recognition as well. These ladies come faithfully every Sunday night to “sit and stitch” with residents. Together, this group gives back by collecting Beanie Babies, knitting little scarves for them and then donating them to children who are ill or in the foster care system. Over their many years of service, thousands of Beanie Babies have been donated.

Bob is no newcomer behind the wheel. The retired middle school teacher, counselor and administrator drove for 14 years for the American Cancer Society. He learned about St. Anne’s Mead in 2001 when his mother-in-law moved in. “Doing what I do here gives me a sense of purpose,” says Bob who attributes his impetus to Martin Luther King who purportedly asked, “What are you doing for others?”

We are so grateful to Bob and all our amazing volunteers! We can never thank you enough!



Volunteering Has Its Rewards

What’s that old army saying, “Never volunteer?”

Well, this isn’t the army and that’s a good thing for schools, health facilities, non-profits, and other organizations that rely on volunteers to help them succeed. But volunteerism doesn’t work in just one direction. Those who give also receive.

The Fair Labor Standards Act defines a volunteer as “someone who performs hours of service for a public agency (or organization) for civic, charitable, or humanitarian reasons, without promise, expectation or receipt of compensation for services rendered.”



Mary Classen, resident at St Anne’s Mead, enjoys talking with volunteer driver Bob Winkworth on just about any subject.



We Americans have long believed that being a volunteer is everyone's responsibility... to give freely of one's time to assist or aid others. While it excludes being paid in dollars, there is plenty of payback in volunteering.

Volunteers win by:

- Connecting to other people. Volunteering allows people to interact more with others who share a common interest, to hone their social skills and to expand their professional and personal networks.
- Improving their mental and physical well-being. Volunteering increases self-confidence, self-esteem, and fosters a more positive outlook on life. By being busy and active, volunteers can have a lower mortality rate than non-volunteers and in some cases, they have been able to reduce the symptoms of some illnesses such as chronic pain and heart disease.
- Enhancing their resumes. Volunteers gain field experience, help plan projects, solve problems, learn to manage time, practice communicating, develop a sense for teamwork and build professional networks.

Organizations that use volunteers vary in size and mission. Some do it formally, some quite loosely. According to the Bureau of Labor Statistics, the activities in which volunteers engage consistently are:

- Teaching or coaching (24%)
- Canvassing, campaigning, or fundraising (3%)
- Collecting, making, serving, or delivering goods (23%)
- Serving on a board, committee, or neighborhood association (16%)
- Providing care or transportation (12%)
- Consulting or administrative work (14%)

Religious organization attract the bulk of volunteers followed by educational and youth-oriented entities. Social and community service organizations come in third place while hospitals and health organizations attract the lowest percentage of volunteers.

Those who are 65 and older tend to give time to churches or religious organizations. Persons with children under 18 years old tend to volunteer for educational or youth organizations, while persons with children older than 18 volunteer more often for organizations that have a "community or social orientation," such as a senior center.



TO LEARN MORE

Volunteer Centers of Michigan is an affiliate program of the Michigan Nonprofit Association that supports a statewide network of more than 30 Volunteer Centers which collectively serve nearly 60 of Michigan's 83 counties and play an instrumental role in developing creative community solutions through service. Oakland County is served by the George W. Romney Volunteer Center in Detroit (www.liveunitedsem.org). The center and the state's Volunteer Michigan portal (<http://volunteermichigan.org>) have a wealth of information on opportunities, resources and other insights into volunteering.

Worth Repeating

Here's what they're saying about St. Anne's Mead

"I can go home and get a good night's rest because I know (my mother)...is cared for!"

--John Truitt

STAY CONNECTED



Be sure to check our Facebook page for photos, videos and comments.

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Our Mission

St. Anne's Mead mission is to provide compassionate and professional health care and supportive services to seniors in a safe, secure, and loving home.

In keeping with our faith-based traditions, we endeavor to serve the unique needs of individuals and their families while preserving dignity and enriching lives.