



VOLUNTEERS

October 2004

volunteer tip:

Refresher Guidelines for Direct Service Volunteers

- ◆ Changes in your schedule are bound to happen at times. Notify the senior you volunteer with whenever you can't keep an appointment. Let them know when you can reschedule.
- ◆ Please keep the DARTS Service Coordinator or Volunteer Resources up to date by reporting any concerns you have about the senior's well being (such as illness or hospitalization) or if the senior is moving.
- ◆ Always refrain from making suggestions to the senior that could be interpreted as medical, financial, or legal advice.
- ◆ Keep track of your volunteer hours and report them monthly by mail, e-mail, or phone. (E-mail your hours to barb.koenig@darts1.org)

DARTS Can Help With Your Fall Outdoor Chores

DARTS' Outdoor Chore program is in full swing for fall clean-up at seniors' homes – including the homes of DARTS' volunteers!

If you're 60 or older, call Megan Jans at 651.455.1560 for all your fall chore needs. Lawn care, raking leaves, weeding gardens, trimming small trees and shrubs, washing windows, cleaning garages or basements, packing boxes, and moving furniture are all performed by DARTS volunteers.

Call Today!

Director's notes: Harvest Season

I love autumn. Those brilliant colors that have been hiding in the trees all year show up like candy for my eyes. And the farmers who have worked all year tending their crops bring them to market to give us sustenance – and invigorate our taste buds in the process.



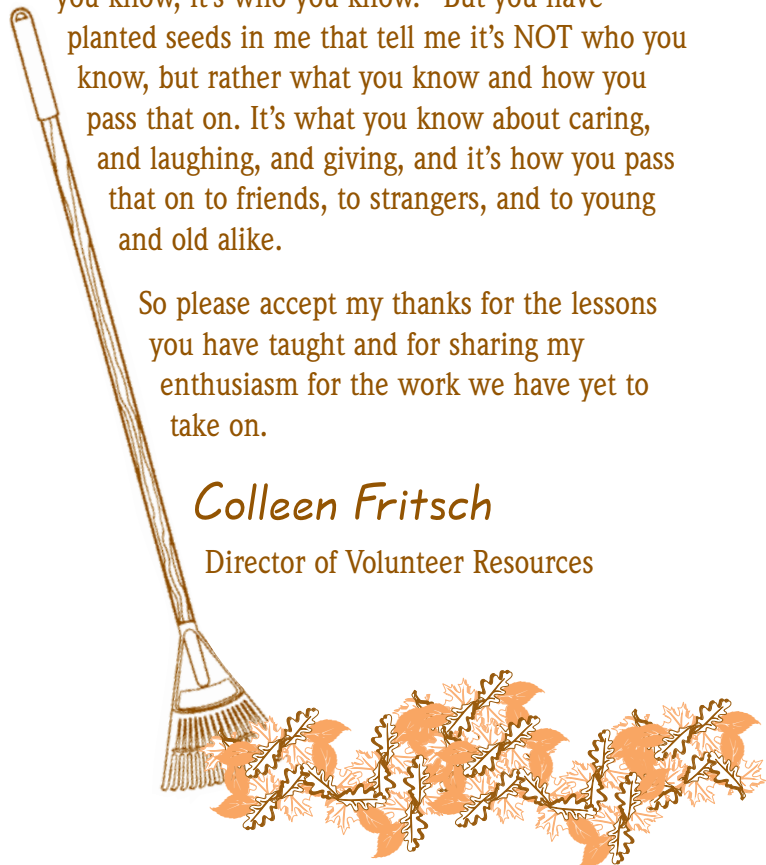
This seems like the right time to harvest some of the seeds planted this year by the work that all of you have done for DARTS. I have watched with amazement at your patience, your enthusiasm, your dedication, and your sense of humor.

There was a time I believed the adage “it's not what you know, it's who you know.” But you have planted seeds in me that tell me it's NOT who you know, but rather what you know and how you pass that on. It's what you know about caring, and laughing, and giving, and it's how you pass that on to friends, to strangers, and to young and old alike.

So please accept my thanks for the lessons you have taught and for sharing my enthusiasm for the work we have yet to take on.

Colleen Fritsch

Director of Volunteer Resources



Volunteer Profile: A Parent's Suggestion Leads to a New Friend

"Like mother, like son" aptly applies to Charles Lenertz. He's been volunteering at DARTS more than 6 years. It all started from a suggestion by his mother, Julia, who is also a DARTS volunteer. Charles was a Reading Buddies volunteer for a couple years and then decided to become a visitor to a senior. It turned out to be the perfect choice.

Charles has been visiting Arthur for some 4 years, and a genuine friendship has developed. They get together every Thursday morning around 8:30 and start their visit with a great breakfast out. Back at Arthur's house, they might discuss the news or the sports from the paper or just talk about something catching Arthur's interest. They watch the morning news shows together and, at times, make a short shopping trip for errands.

Charles appreciates Arthur's candor. He's always

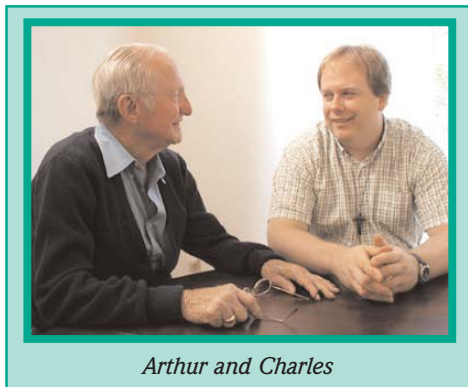
learning something new about Arthur and the historical perspective of his younger years. For

Charles, this "life sharing" is the best reward from volunteering. For Arthur, the visits from Charles have brought him valued companionship and the chance to socialize.

Besides Charles' work as a DARTS volunteer, he also administers communion to residents in a nursing home and assists those who need help getting to mass. He easily fits volunteering in his life.

For anyone thinking about becoming a volunteer visitor, his words of wisdom are: "You will always find something interesting about the individual you befriend."

If you'd like to consider being a visitor or other volunteer, call Barb Koenig at 651-455-1560.



Arthur and Charles

What's Happening?

Quilt Raffle

Quilters from Clark Memorial Church have completed their "Minnesota Chain" quilt for the DARTS quilt raffle fundraiser.

Tickets are now on sale for \$1.00 and can be purchased at DARTS. Interested DARTS' volunteers can help support DARTS by selling tickets to friends and family. For information about buying raffle tickets or helping sell them, call DARTS Volunteer Resources at 651-455-1560. Ticket proceeds will help support DARTS' volunteer programs.

Volunteer Orientation

Orientation for new direct service volunteers will be held **October 26, October 27, November 23, and November 24.** For more information, contact Barb Koenig at 651-455-1560. Postcard reminders will be sent out.

Family Volunteer Event

On **October 23**, DARTS' family volunteers are invited to an afternoon of fun activities at the **Dodge Nature Center in West St. Paul.** Watch for your invitation in the mail soon!

Volunteer Opportunities

Let a friend, family member, or co-worker know about the following volunteer opportunities available.

Relief Phone Receptionist at DARTS office

Answer the main phone line once a week for 1 to 2 hours while the receptionist is on break. DARTS' phone system is easy to learn and staff is nearby to help.

Survey Callers

Be part of the "calling team" that calls clients a couple times a year to see how well their needs are being met. Volunteers can call from home or at the DARTS office. This is a flexible, short-term opportunity.

Daytime Visitors

Several seniors are anxious to have a volunteer stop by once a week during the day for a visit, to run a few errands, or go out for coffee.

Development Team Office Support

Help with general office management and phone calling during office hours at DARTS. Work in a friendly, supportive atmosphere for 4 hours a week.

If you or someone you know is interested in any of these volunteer opportunities, call Barb Koenig at 651-455-1560.