



## Volunteers

### Volunteers are Center Stage in Upcoming Celebration

The digging, bulldozing, renovating, and moving are done. DARTS is now a two-building campus. The John F. Rooney Transportation and Technology Center, dedicated in October of 2000, leads to the newly renovated administration building – the Roger Noreen and Jim Lindell Community Resources Center. This center was designed with volunteers and visitors in mind. You can have a cup of coffee in the café-like entrance while meeting with DARTS staff or relax in the library with a good book. On September 23, DARTS will host an open house to celebrate our new campus with the community, but more importantly, we'll recognize you – DARTS volunteers. We'll have food, music, gifts, and prizes for all to enjoy.

We want DARTS volunteers to see this new friendly and multi-use campus. Whether you might enjoy meeting with friends in the café, relaxing on the couch to view the gardens, or enjoying a fire in the library, come join us to celebrate your accomplishments and ours on September 23. We'll also be honoring volunteers of the year from the direct service, intergenerational, and office areas, so you won't want to miss it.

We look forward to recognizing our volunteers that day. Please mark your calendars for the September 23 open house (1-4 p.m.) and watch the mail for your invitation and RSVP card.

*Jason Sanders*  
Director of Volunteer Resources

### Being “Dependent” on Volunteering

As a DARTS Chemical Dependency Counselor for nearly 3 years, Terry Kaitala has been visiting the Veteran's Home in Hastings once a week without fail. He meets with veterans who are chemically dependent and shares his own dependency experiences to provide some hope. Terry also helps facilitate the DARTS Alcoholics Anonymous (AA) meetings at the Veteran's Home.

Describing himself as a “colorful peacock with talents to share,” Terry learned some valuable skills at a young age – like managing money on a low budget, fixing cars, and doing handyman projects. Helping others is the skill he most identifies with because when he was going through AA, someone was always there for him. He likes being able to give back what was given to him.

Before becoming a DARTS volunteer, Terry volunteered with AA for more than 27 years. He was available when someone needed support and would help get folks to appointments. He hasn't found any surprises in volunteering, and says the tough part is hoping someone will progress quickly and just get well.

The two words “thank you” are the positive feedback and words of appreciation that have kept Terry volunteering for so long. His volunteer work reaches beyond the chemical dependency work at DARTS. He also helps with highway clean-ups and is active in his homeowner association.

To Terry's thinking, anyone can find time to volunteer. He advises: “make the effort; don't make a quick judgment and say no. The trick is to find that balance for yourself, others, and your family”.

2001 is the International Year of the Volunteer. We are honoring DARTS volunteers in various ways throughout the year. Each *Connecting Volunteers* newsletter this year will profile a DARTS volunteer. Other volunteers will be profiled on the DARTS web site at [www.darts1.org](http://www.darts1.org). Thanks for all that you do for DARTS!

### Reading Buddies Program



### is Growing and Growing

Late-breaking news! We're now adding 8 new elementary schools to the Reading Buddies program for a total of 22 schools this fall. Surely one will be close to your home! We need your help in either becoming a Reading Buddies volunteer or referring a friend to the program this fall. Please call Jason (651-455-1560) to reserve your place at the school of your choice. We especially need volunteers in Burnsville, Eagan, and Inver Grove Heights. Join us in making a powerful impression on the children of your community.

# What's Happening?

## August

- 28 Orientation for new DARTS volunteers, 6:30 p.m., Galaxie Library, Apple Valley
- 29 Orientation for new DARTS volunteers, 12 noon, DARTS, West St. Paul

## September

- 20 Caregiving as a Family, 7-9 p.m., St. Thomas Becket Church, Eagan
- 23 Open House with special volunteer events, 1-4 p.m., DARTS, West St. Paul
- 25 Orientation for new DARTS volunteers, 6:30 p.m., Galaxie Library, Apple Valley
- 26 Orientation for new DARTS volunteers, 12 noon, DARTS, West St. Paul

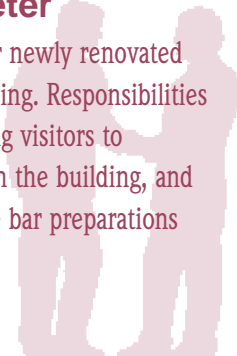
*"Give what you have.  
To someone, it may  
be better than you  
dare to think."*

*Longfellow*

## Volunteer Opportunities

### DARTS Greeter

Greet visitors in our newly renovated administration building. Responsibilities will include directing visitors to appropriate places in the building, and assisting with coffee bar preparations in the greeting area.



### Friendly Visitor

Two seniors living in the Burnsville area would enjoy the company of a male volunteer. One senior enjoys listening to classical music and would just enjoy conversation. The other would like someone to visit and/or go to the YMCA for exercise. One item to note is that he also can speak Welsh.

### Volunteer Tips:

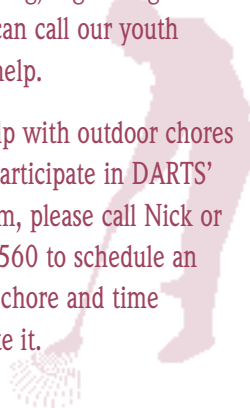
#### Communicating with a person who is hard of hearing

- Maintain eye contact. If you have to turn away from the person, hold your conversation until eye contact is re-established.
- Converse in a quiet environment with few visual and sound-related distractions.
- If the person wears a hearing aid, don't assume he or she can hear and understand your voice. The hearing aid may be worn to make the person aware of environmental sounds like a fire alarm or a car horn honking.

### Help with Fall Chores

DARTS is pleased to offer outdoor chore assistance. Seniors who need some help with chores like yard clean-up, raking, garden assistance, staining/painting a deck or fence, planting, organizing the garage, or moving can call our youth chore program for help.

If you could use help with outdoor chores and would like to participate in DARTS' youth chore program, please call Nick or Vicky at 651-455-1560 to schedule an assessment of your chore and time required to complete it.



### Caregiving as a Family

In September, DARTS will host an interactive forum called Caregiving as a Family: All for One and One for All. The forum will be held September 20 from 7:00 to 9:00 PM at St. Thomas Becket Church, 4455 South Robert Trail, Eagan. Bring your family along to hear ideas on how to work together to manage caregiving challenges and share rewards. A family therapist will provide some advice on creating a family team and communicating with your family.

#### Questions she may address include:

- How can I get other family members involved?
- Why does my family act this way?
- Why is my brother bringing up that old stuff?
- Have we forgotten to share the rewards of this experience?
- I can handle my mother, but how do I deal with my bossy sister?
- How do I build on my family's strengths?

This event is free and open to the public.