

# Connecting



# Volunteers

NEWSLETTER FOR DARTS VOLUNTEERS



## Preventing Falls In Older Adults

On November 2, join us for a class on *Preventing Falls in Older Adults* being held at DARTS at 10:30 a.m. We will discuss who is at risk and provide recommendations to reduce the risk of falling. The class is good for DARTS' volunteers because we'll cover how you can use this information, share your knowledge, and refer clients to this program. Please RSVP to Darlene at 651/455-1560.

## Free Resource Fair for Caregivers of the Elderly

You are invited to Wentworth Library, 199 East Wentworth Ave. in West St. Paul, on Wednesday, November 8, 4:00 to 7:00 p.m. Come explore the variety of resources and services available to help you as you care for an elderly family member or friend. Displays will include senior service providers offering in-home services, day care programs, assisted-living and other housing arrangements, and transportation. Admission is free. For questions or more information, please call Lynn Cibuzar, Dakota Senior Network Chair, 651-234-2248.



## Grand Opening Celebration

Just a reminder that the new DARTS Transportation Center will host an open house on Saturday, October 28, from 1 to 5:00 p.m. (All volunteers should have already received an invitation to this event.) With the dedication of our state-of-the art Transportation Center, DARTS is announcing a \$7.15 million Capital Campaign. Thanks to major gifts from grantmakers and generous community leaders, we are well over halfway toward our \$7.15 million goal! In November, we begin work on a complete renovation of DARTS' headquarters. You will hear more about these exciting plans at the celebration. Please send in your RSVP by October 20 for this fabulous event.

This event does not replace the yearly Volunteer Celebration, as noted in your last newsletter. The Volunteer Celebration traditionally held the first Saturday of December will be held in the spring as our new "look" unfolds. We are very excited about what the existing DARTS building will look like when renovation ends in the spring. This is where our new celebration event will be as we honor you and celebrate the expanded DARTS campus. This campus will be very volunteer friendly (especially the renovated building) and a welcome place to visit and meet old and new friends. I hope you can join in this exciting time as DARTS improves and grows.

**Jason Sanders**  
Director of Volunteer Resources

## DARTS ▶

### Growing • Leading • Serving

DARTS future vision:

#### Growing

Growing with the senior population so we can "be there" whenever and however they need us.

#### Leading

Leading the way in pioneering quality services and programs for all generations.

#### Serving

Serving the Dakota County community through the generosity of our volunteers and donors.

## What's Happening?

### October

- 24 New Volunteer Orientation, Apple Valley Library, 6:30 p.m.
- 25 New Volunteer Orientation, DARTS, Noon

### November

- 2 Class on Preventing Falls in Older Adults, DARTS, 10:30 a.m.
- 8 Resource Fair for Caregivers of the Elderly, Wentworth Library, 4:00-7:00 p.m.
- 21 Volunteer Gathering, Hastings Senior Center, 10:30 - 11:30 a.m.
- 21 Volunteer Gathering, Burnsville Senior Center, 6:30 - 7:30 p.m.
- 28 New Volunteer Orientation, Apple Valley Library, 6:30 p.m.
- 29 New Volunteer Orientation, DARTS, Noon

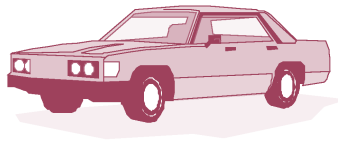
### Volunteer Orientations and Gatherings

All volunteers are invited! It's a chance to share volunteer experiences, support each other, meet other volunteers, and connect with DARTS staff. Please call DARTS (651-455-1560) to register for Orientation or for additional information.

## Volunteer Opportunities

Receptionist volunteers are needed at the DARTS office to fill in occasionally answering the phones from 1-2 p.m. We would love to add you to our "on call" list. If you are interested or have any questions, call Darlene, DARTS' receptionist, or Barb Koenig at 651/455-1560.

Respite volunteers provide a break to caregivers who care for a family member 24 hours a day. You can help by volunteering 3-4 hours once a week or every other week to provide companionship and supervision for a frail elder. Presently we have 2 spouses in the Lakeville area and 1 spouse in the Eagan area requesting a male respite volunteer to spend time with their husbands. To learn more, contact Barb Koenig at 651/455-1560.



### Mileage Checks in 2001

As of January 1, volunteers who request mileage reimbursement on their time sheets will receive a check only when total mileage is 75 miles or more. If the total is less than 75 miles, the sheet will be kept until we receive your next time sheet and add the miles together. Once the total is over 75 miles, we will process and send your check. If you have any questions please call Jason at 651-455-1560.

### Things to Do with the Senior in Your Life

A list of activities for fall, winter, spring, and summer is available by calling Barb Koenig at DARTS, 651/455-1560. Activities listed are throughout Dakota, Ramsey, and Hennepin counties.



### Volunteer Evaluations!

Every year we ask DARTS volunteers to evaluate our Volunteer Program. Please fill out the enclosed form and mail back using the postage-paid envelope. Your evaluation helps the program strive to be better and makes your volunteer experience the best!