

Neighbors Helping Neighbors

The Newsletter of the Big Canoe® Wellness Collaborative

Volume 3, Issue 1

February, 2018

As we step well into our third year of offering services to our community, I am honored to have been selected to serve as president of the Board in 2018. I am so proud to be working with caring and committed volunteers such as yourselves. I am also very excited about the future of the Collaborative.

In addition to serving more clients with more trained volunteers, we are also expanding our programs. For eligible clients, we now pick up groceries to go for IGA customers, provide meals as well as rides with the Meals and Wheels initiative for clients with extended medical appointments, and provide companionship services such as taking clients shopping or to lunch in addition (or as an alternative) to providing in-home visits.

The Healthy Living Committee, which was brought under the auspices of the Collaborative last year, will be introducing new ways to promote exercise, support healthful eating, and provide wellness education to the community. A couple of examples include the walking groups that this Committee began last year and the soup tasting in January. This Committee will be sharing more information about other initiatives in the coming months.

We will also be working with healthcare organizations, local governments, and local churches to provide even more services to our broader community.

Finally, as service terms expire for Board and Steering Committee members, please watch for information about changes in those groups.

On behalf of the Board and Steering Committee, we wish you and your families a wonderful new year!

Shiraz

Shiraz Alikhan, President
BCWC Board of Directors



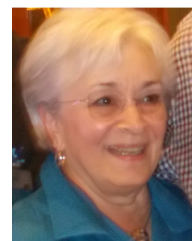
I wanted to take a minute to explain the process our wonderful Info volunteers go through in serving our clients. When someone calls our Help Line looking for non-emergency, non-medical assistance, the call is answered by a Fitness Center employee, who takes the request and then contacts an Info volunteer.

A cadre of over 50 Info volunteers have been on call since the inception of the Wellness Collaborative and have signed up to serve for one or more weeks each year. They have fielded a variety of requests, such as rides to doctor appointments, crutches for a sprained ankle, someone to sit with a family member for a brief time, or meals after arriving home from surgery. After our volunteers determine the client is eligible for our services, they forward the request to our internal Collaborative programs, or, if it is outside of our scope, refer the client to another provider.

Our Info volunteers serve as the gateway for our neighbors in finding the assistance they require in a time of need. Over and over again, their kind, caring manner has reassured clients who are struggling with difficult situations that we are here to help. As we applaud our Info volunteers, we also have to say "goodbye" to Marty Reynolds, who has served our Collaborative in many ways, in addition to being the Info coordinator back up. Marty will soon be moving outside of Big Canoe and we will miss her.

Ellen,

Ellen Sheridan, Chair,
BCWC Info Program



Collaborative Calendar

Volunteer Training - April 5th,
1 p.m.-3 p.m., Canoe Lodge

Volunteer Forum - May 4,
2 p.m.-4 p.m., Canoe Lodge
RSVP bigcanoewc@gmail.com.



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Steering Committee Report

Hello Volunteers! "While we just closed out 2017, another busy year of providing much needed services in our community, we're happy to report that 2018 is off to a great start. It is incredible to all of us how our client requests have grown since our humble beginnings back in November, 2015, and how our volunteers have met those needs. In fact, our 120+ trained volunteers have now delivered over 500 services and our clients are incredibly grateful. Many thanks to all of you!



Linda Ricklef,
Chairman,
BCWC Steering
Committee

Most charitable organizations experience growing pains in some way and we are no exception. As we evaluated our workflow during 2017, we realized we had a need for administrative help – someone to assist the Steering Committee with tasks such as planning and setting up meetings and events, taking meeting minutes, maintaining our master volunteer list, and helping coordinate interviews for our publicity efforts. If you have a desire to “give back,” have excellent communication skills, are comfortable with basic Microsoft Word and Excel programs, and have a few hours a week to spare (no more than 20 hours per month), we'd love to talk to you. Please contact me at our new gmail address: bigcanoewc@gmail.com. The job description is on our website at info@bcwell.org and [HERE](#). It is possible there will be a nominal stipend for this position.

In addition, we are currently making plans for 2018 and 2019, and ask that you consider serving as a program coordinator or back up. We guarantee it will be a rewarding experience and an opportunity to meet fellow Big Canoers, and will not be a lifetime commitment! For more information, please contact me at bigcanoewc@gmail.com.

Again, thank you for being a volunteer in the Big Canoe Wellness Collaborative, and here's to a fantastic 2018!

Linda

Linda Ricklef
Chair, BCWC Steering Committee

Big Canoe Wellness Collaborative Statistics

	YTD (12/31)	Total*
Clients Served	141	257
Services Completed		
BC Info**	22	38
BC Meals	51	149
BC Rides	104	197
BC Visits	36	72
TOTALS	213	456

* Info, Meals, Rides began 11/15, Visits began 3/16

** General information or referral to outside resources