

# Neighbors Helping Neighbors

The Newsletter of the Big Canoe® Wellness Collaborative

Volume 3, Issue 2

April, 2018

## The Board of Directors Message

Amazon has a program that will make a charitable contribution of 0.5% on many items purchased at no added cost. It's called AmazonSmile, and it uses the same prices, vast selection and shopping experience as Amazon.com

As a qualified 501(c)(3) organization participating in AmazonSmile, supporters can help the Wellness Collaborative with almost every purchase at Amazon.

Participants can use an existing Amazon account on AmazonSmile or create a new one. To register an existing Amazon account to shop using AmazonSmile go to **smile.amazon.com**

Next, go to "Pick your own charitable organization" and select "Big Canoe Wellness Collaborative Inc" and start shopping. AmazonSmile will begin tracking eligible purchases and send donations directly to the Wellness Collaborative quarterly.

Remember to use **smile.amazon.com** whenever shopping at Amazon (add a bookmark in the internet web browser to make it easier to return and begin shopping). For more information, visit the Program Details tab at [smile.amazon.com](https://smile.amazon.com). Thanks for your support!



*Jeff*

Jeff Stanley, Treasurer  
BCWC Board of Directors



## The Healthy Living Committee

The goal of the Healthy Living Committee is to improve the health and fitness of all residents by focusing on three areas, "**The Three E's**": Exercise, Eating, and Education.

Bob Mackey heads up the **exercise** efforts, currently centered on incorporating fitness stations onto the trails in Wildcat.

Donna Dulfer leads the team devoted to **healthy eating**. Following the successful soup tasting in January, a salad tasting is scheduled on Tuesday, May 9. Five healthy salads, both main course and sides, will be available for tasting, with recipes to take home. It will start promptly at 3 p.m. at the Broyles Center at the Chapel. (A sign-up list is in the postal facility in the Wellness Collaborative box.) In addition, there will be a community dinner on Wednesday, June 27 showcasing a healthy dinner and dessert.

Linda Yeakel heads the **education** effort and is working with a representative from Piedmont Hospital to host a series of monthly presentations related to brain health. The topic on Thursday, June 21 is "What is Brain Health?" followed by "Brain Health Activities" on Thursday, July 19. The final session on Thursday, August 16 will address "Brain Health and Nutrition." All sessions will be held at the Clubhouse at 2 p.m. For more information or to volunteer, email [christine.flaherty21@gmail.com](mailto:christine.flaherty21@gmail.com).

Mark your calendars now and plan to join us for these helpful, informative sessions!

*Christine*

Christine Flaherty, Chair,  
Healthy Living Committee



## Collaborative Calendar

Volunteer Forum – Friday, May 4,  
2 p.m. - 4 p.m., Swim Club  
RSVP [bigcanoewc@gmail.com](mailto:bigcanoewc@gmail.com).



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## BOARD OF DIRECTORS

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## STEERING COMMITTEE

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## Steering Committee Report

**Hello Volunteers!** Wow! You have had a very busy few months with our client requests and activity soaring past those in prior months. In Rides alone, for the first three weeks of April we had 32 requests. We're seeing not only more repeat clients but also quite a few new ones. The Info volunteers used to complain that their on-call week was too quiet and that is certainly no longer the case. Busy is good and allows for the involvement of more volunteers. Additionally, the increased volume has brought several "out of the box" requests that have challenged us to come up with solutions that help our clients while staying within the guidelines of our services.

Thankfully, we have also had volunteers step up to serve on the Steering Committee, and have welcomed Kim Mullan, Info Backup, Diane LaCharite, Meals Coordinator, Melody Saunders, Visits Backup, and Laura Larimore, Administrator. We also have several who have said they'll serve next year on the Steering Committee. Cannot tell you how gratifying this is for those who have served on the Committee since the beginning because, as I've always said, this is not a lifetime commitment.

Lastly, the Volunteer Forum is coming – *Friday, May 4, from 2 p.m. to 4 p.m. in the Swim Club*. We have a full agenda and importantly, this is YOUR chance to give us feedback! You are serving on the front lines and we want to know how things are going and what we can do to improve. Our clients are extremely happy with our services, but we want to be sure you are as well. Please join us.

There are just no words to show our gratitude for all you do and for the impact you're having on the lives of your neighbors. Thank you!

*Linda*

Linda Ricklef  
Chair, BCWC Steering Committee



Linda Ricklef,  
Chairman,  
BCWC Steering  
Committee

## Big Canoe Wellness Collaborative Statistics

PROGRAM ACTIVITY	Q1 2018	IN 2017	SINCE INCEPTION*
Client Service Calls	65	141	257
<u>Services Completed</u>			
- BC Info	8	22	46
- BC Meals	11	51	160
- BC Rides	40	104	237
- BC Visits	21	36	93
TOTAL	80	213	536

\*Info, Meals & Rides began 11/2015; Visits began 3/2016