

# Neighbors Helping Neighbors

The Newsletter of the Big Canoe® Wellness Collaborative

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## Board of Directors Message

In the beginning...when the Wellness Collaborative was just a concept, Big Canoe Chapel, represented by Lamar Helms, played an integral part in the discussion surrounding its development.

The early initiatives, BC Meals and BC Rides, were similar to Chapel services and its Volunteers shared their experiences. The partnership between the Chapel and the Wellness Collaborative continues today and the coordination of resources and services helps eliminate needless duplication and results in more services to more of our friends and neighbors.

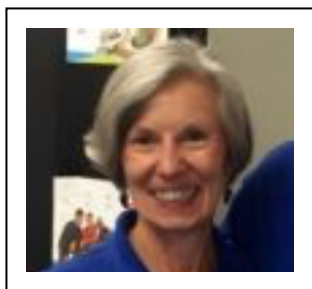
In addition to the services currently provided by the Collaborative, the Chapel offers different programs that enhance and compliment the work of the Collaborative. For example, the Men's Fellowship does minor home repairs such as building wheelchair ramps for those with special needs and minor house repairs for those who are unable to do them. The Men-to-Men's group extends a hand of fellowship to men recovering from surgery or an accident, to "shut-ins" who are disabled and to men who just need some good conversation and male companionship. Another group assists with house chores like checking fire alarms or changing lightbulbs and the Chapel also gladly provides space for the Healthy Living Committee's Tasting events.

Medical equipment such as walkers, tub and commode chairs, crutches, walking canes and a scooter may be checked out by any resident, at no charge through the Chapel office.

Both the Collaborative and the Chapel share a common interest in working together to meet the needs of our community. This is "Neighbors Helping Neighbors" at its best.

*Judy*

Judy Bellenger  
Board Member



## From Our Meals Program

Hello Spring and THANK YOU Volunteers!!!!

I am amazed with the dedication, flexibility and kindness of our meals volunteers who put our clients and their needs first, even walking a client's dog after delivering a meal! One volunteer called me after her meal delivery with a smile in her voice to report the wonderful experience she had and how she made a new friend. Others have delivered meals and found out they knew the person but did not have the name to go with the face, a pleasant surprise for both. We also receive notes and calls of thanks and will never know how much our small acts of kindness mean to others...just a bit of time and cooking and we don't even have to be a Top Chef!

Another big THANK YOU to Phyllis Hogelin for coordinating with Trinity Church's Recovery Program in providing a simple meal for 20 on six Friday evenings this year. Phyllis and her generous volunteers prepared and delivered the meal, with reimbursement from Trinity for food cost. It is a short-term venture to use our resources outside the gates.

We can assist in providing meals when helpful - after a long day at the doctor, returning home after surgery, during prolonged illnesses, or to assist a caretaker for a housebound family member. If we can be of help, there are many generous volunteers who are willing to bring a meal.

*Diane*

Diane LaCharite  
Meals Coordinator



## Collaborative Calendar

May 10th - Volunteer Forum, 2pm-4pm,  
Village Station  
July 12<sup>th</sup> - Volunteer Training, 1pm-3pm  
Canoe Lodge



10755 Big Canoe  
Jasper, GA 30143  
(706) 268-3334  
[info@bcwell.org](mailto:info@bcwell.org)  
[bigcanoewc@gmail.com](mailto:bigcanoewc@gmail.com)

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## Steering Committee Report

Hello Volunteers! If you're like me, you are happy that winter is over and are looking forward to some gorgeous spring days. How wonderful it is to live in such a uniquely beautiful place! Additionally, I'm looking forward to our spring **Volunteer Forum on Friday, May 10<sup>th</sup>, from 2:00pm to 4:00pm in the Village Station (right side)**. We will have a relaxed but full agenda, and are excited to start off by talking with our General Manager, Jill Philmon. We'll also have updates from our Board, Steering Committee, and Healthy Living Committee, and hear from a couple of our wonderful volunteers, one of whom was also a client. Lastly, we'll break into groups by program to give you an opportunity to ask questions and provide feedback. We'll serve refreshments (but will save the wine for our fall Forum!). Please join us – and kindly respond to <mailto:bigcanoewc@gmail.com>.

You'll be pleased to know that our client activity has continued strong, particularly in our Rides program, under the leadership of Robyn Bish. Our Meals volunteers are ready to take hot meals whenever needed, and encourage you to suggest a meal to clients who have had a particularly long doctor visit, who just returned home from the hospital, or who are exhausted caregivers. We also continue to look for additional volunteers. Please talk to your friends about joining our volunteer ranks, and remember that volunteering with the Wellness Collaborative is at the convenience of the volunteer! We're happy to offer our volunteers the opportunity to serve when their schedule permits. Lastly, we love to hear from you! If you have ideas for other services we might provide, or about how we can improve your volunteer experience, please email us at <mailto:bigcanoewc@gmail.com>.

*Linda*

*Linda Ricklef, Chairman,  
Steering Committee*



## Big Canoe Wellness Collaborative Statistics

PROGRAM ACTIVITY	2019 YTD	2018 Y/E	SINCE INCEPTION
Client Service Calls (initiated through BC Info; some requested multiple services)	59	209	515
Services Completed:			
- BC Info	6	42	86
- BC Meals	36	96	281
- BC Rides	36	144	377
- BC Visits	13	53	138
TOTAL	91	335	882