



# Neighbors Helping Neighbors

The Newsletter of the Big Canoe® Wellness Collaborative

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## Hello Volunteers!

It has been wonderful to see the uptick in our services over the last quarter. Our Meals and Rides programs have been especially busy and we are grateful for all the volunteers who have stepped up to help their neighbors. As we become busier, we will have a need for additional volunteers in all of our programs – Info, Meals, Rides and Visits. Over the past year some of our volunteers have sold their homes and moved out of Big Canoe and others have had life changes preventing them from volunteering, so adding more volunteers is essential. If you know of anyone who might want to join our fantastic group of volunteers, please send them our way by contacting us at [bigcanoewc@gmail.com](mailto:bigcanoewc@gmail.com)

September is going to be a busy month for the Collaborative. Our first Grief Support Group will begin on Wednesday, September 1 and will be a small group meeting for four weeks only, led by Beth Durban. We'll also host a flu vaccine clinic on September 14th, followed by a shingles and pneumonia vaccine clinic on October 14th, and another flu vaccine clinic on November 11th. Lastly, we will sponsor the Big Canoe Blood Drive, in memory of Joyce Chura, on September 23rd. Watch for announcements on all of these activities. For additional information or questions, please contact Beth Durban at [bdurban3@gmail.com](mailto:bdurban3@gmail.com).

Mark your calendars now for our 2021 Volunteer Forum & Reception on Wednesday, November 3rd. This will be a chance for you to mix and mingle with fellow volunteers over a glass of wine, as well as hear from guests Scott Auer, Big Canoe's General Manager, and Katy Baker, owner of New Beginnings Therapeutic Services. Please plan to join us!

We are also fortunate to be among the few groups who will have a booth at Oktoberfest on Saturday, October 9th. Looking forward to seeing you there.

What a difference a year makes – thrilled that we are now able to host in-person meetings and activities! As always, we welcome your comments and ideas.

*Linda Ricklef  
Steering Committee Chair  
and Board Member*





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## COMMUNICATIONS

Donna DiBiaso

# A word from Wellness Collaborative Treasurer, Gayle Falinski

As your new Board treasurer, I am so grateful to be a member of this wonderful team that truly enhances and improves the lives of Big Canoe residents. I feel that working at a large not-for-profit organization for 25 years prepared me well for banding together with the charitable, enthusiastic and creative members of the Big Canoe Wellness Collaborative (BCWC).

I've been so impressed with the services and healthy living initiatives that we provide in support of our mission to help our neighbors. In addition, I appreciate the fact that we're continually looking at ways to expand our services. For example, the Wellness Collaborative organized a communication campaign, in conjunction with the POA, resulting in the administration of COVID vaccines inside our own gates. One of the next initiatives is to coordinate the "Big Canoe Blood Drive in memory of Joyce Chura." This committee hopes to expand the communication about the drive and incorporate many of our new homeowners as donors/volunteers at the blood drive.

Please note that, as a 501 (c)(3) Corporation, any donation to the Big Canoe Wellness Collaborative is tax-deductible and helps us to provide our services to our community. Anyone may donate to our PayPal account via our website at <https://bcwell.org> or mail a check to the Big Canoe Wellness Collaborative, Inc. to our Big Canoe PO Box 10755.

Also, when making Amazon purchases, if the "Amazon Smile" website at <https://smile.amazon.com> is used, Amazon will donate 0.5% of eligible purchases to the BCWC. Just select Big Canoe Wellness Collaborative as your donee organization. You can use your Amazon account log-in on Amazon Smile which offers the same product availability, pricing, and delivery as Amazon.com.

If you have any questions about these options, please contact me at [gayle.falinski@gmail.com](mailto:gayle.falinski@gmail.com).

*Gayle Falinski  
Treasurer*



# A Time to Mourn....A Time to Heal

*By Beth Durban*

The Wellness Collaborative will be offering a Grief Support program in September. It will encompass a time to look at loss and a time to look at life.

The Objective of the Program:

- To understand the emotional and physical dynamics of grief.
- To decrease the sense of isolation and increase a sense of normalcy through contact with others in similar situations.
- To provide a safe, caring and understanding environment where you can share as much or as little as you wish. Everyone's journey is different. You will not be pressured to speak.
- To develop healthy coping skills and activities

The program is not intended to tell you how to grieve. Each person grieves in their own unique way and in their own time frame. Understanding and sharing one's feelings with others can help reduce the pain of grief by providing hope and support instead. It is an opportunity to express those thoughts and feelings that are often suppressed.

Our group will meet on four consecutive Wednesdays in September – 1, 8, 15 and 22. We will gather from 2pm-4pm in the small meeting room at the Village Station next to the Chimneys. Attendance at all sessions is important and registration is required. There is no fee.

I will be facilitating these four sessions, so let me share a little background of myself. I am a member of the Wellness Collaborative, a retired nurse and have sixteen years of experience facilitating grief support groups. I was widowed at age thirty with three small children. The Archdiocese of Philadelphia asked me to start a group for young widows and widowers, which I facilitated for six years.

After marrying Tom, we had two more children and moved to St. Louis. There, I was a Parish Nurse for fourteen years serving 3,000 parishioners and school children to promote wellness in body, mind and spirit. During that time, I took numerous college courses on grief, conducted workshops and facilitated grief support groups three times a year. Being part of the Wellness Collaborative has been a great opportunity for me to be active in our community.

For more information and to register please call or email me at 314-640-0247 or [bdurban3@gmail.com](mailto:bdurban3@gmail.com).



*Beth Durban  
Support Groups Coordinator*

# A Word from Wellness Collaborative Meals Coordinator, Diane LaCharite

I recently had the opportunity to sit down with our Meals Coordinator, Diane LaCharite, to talk about the Meals program. Diane provided some great information that will be of interest to all who volunteer to provide meals to our Big Canoe neighbors in need.

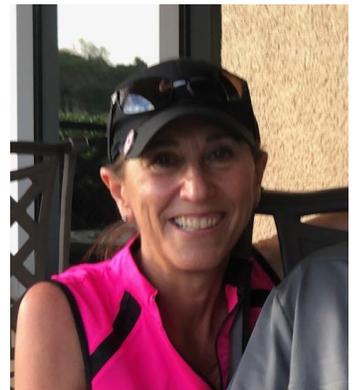
In general, the Meals program provides services for whenever Big Canoe residents need assistance with preparing/obtaining a nutritious meal due to a variety of reasons. This could include illness, injury or even in times of mourning the loss of a loved one. To maintain privacy, assistance should be requested by the resident or close family member before we can begin providing meals. Oftentimes, the resident's close friends and immediate neighbors may step in to provide meals first. If additional assistance is needed, our Meals program can supplement and/or fill in the gaps when neighbors and friends are unable to help.

Also, it is important to remember that our services are not intended to be used for residents with long-term or regular need for assistance. We are available for short-term needs to help residents through a brief period of illness or injury, which can include occasional assistance when loved ones are unable to provide meals. If longer term or more regular assistance is needed, we can refer the resident to other services outside of Big Canoe.

Finally, we often receive requests for many other types of assistance. Requests such as house cleaning, car service or pet care are not something the Wellness Collaborative is able to provide. We can, however, refer people to our Service Directory (online at [www.bcwell.org](http://www.bcwell.org)) where other service providers are listed. Of course, if a resident needs a ride to a doctor's appointment, or someone to pick up their mail or groceries, we will suggest the Wellness Collaborative Rides program. Also, if we believe the resident could benefit from social visits or wellness checks we can suggest the Wellness Collaborative Visits program.

Volunteering for the Meals program can be a very rewarding experience because it not only provides a way to "give back" to our community, but connects volunteers with others in the Big Canoe community. Our clients are very appreciative for all we do. Don't be surprised if you receive a big hug as a sign of how grateful the resident feels for the assistance you provide!

*Donna DiBiasi  
Communications Coordinator*



# Upcoming Events

## *Other Events*

**September 1, 8,15 and 22** – Grief Support Group Meeting, Village Station, 2:00-4:00 pm

**November 3** – Volunteer Forum, 3:00-5:00 pm, Big Canoe Lodge. Scott Auer, Big Canoe General Manager, and Katy Baker from New Beginnings Therapeutic Services will be our featured speakers.

## *Vaccine Clinics coming in the Fall*

**Tuesday, September 14:** Flu shots 9am-12 pm

**Thursday, October 14:** Pneumonia and Shingles 9am-12pm

**Thursday, November 11:** Flu shots 9am-12pm

Where: The Big Canoe Chapel

Jasper Drugs will once again provide us with the opportunity and convenience to get our flu shots within the gates of Big Canoe.

Bring Medicare and Insurance cards. No appointment necessary.

Attack the bug before it attacks you. Take the time to get vaccinated.

## *Big Canoe Blood Drive in memory of Joyce Chura*

When: Thursday, September 23, 8:30am – 3:00pm

Where: The Big Canoe Chapel

LifeSouth, a community based blood center, will be our provider.

# Big Canoe Wellness Collaborative Services Through June 30th, 2021

Program Activity	2021 YTD	2020 YE	Since Inception
Client Service Calls (initiated through BC Info; some requested multiple services)	128	160	959
<b>Services Completed:</b>			
BC Info	70	56	247
BC Meals	68	54	559
BC Rides	59	100	672
BC Visits	8	31	233
<b>Total</b>	<b>205</b>	<b>241</b>	<b>1,711</b>