



# Neighbors Helping Neighbors

## The Newsletter of the Big Canoe® Wellness Collaborative

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## WC Board Message

As we mature as an organization, I wanted to inform you about some things that we're doing to support and manage our growth.

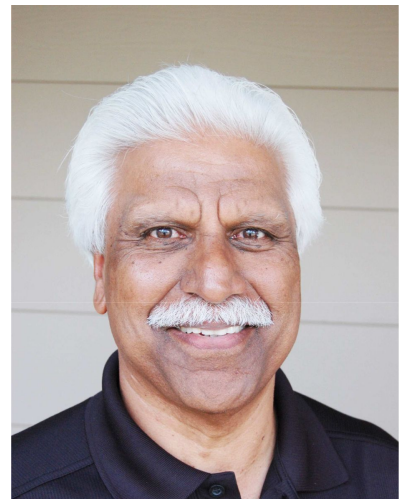
We're currently working on an update and redesign to our website to improve the "look and feel" of the site, ensure appropriate content, and make it easier to navigate. Significant work has been completed and we'll be reviewing and finalizing the changes in the 3rd quarter. Please watch for announcements about the availability of the new site.

The health education presentations sponsored by our Healthy Living Committee, including the brain health presentations last year and the orthopedic health presentations earlier this year, have been very well received and we'll have additional health education presentations scheduled for later this year. More food tasting events are also in the works, along with plans to add some exercise stations to our fitness trails. In addition, the weekly walking group is continuing.

In regard to outreach, we have continued to provide meals to the recovery group meeting at Trinity Church and we have met with Bent Tree to discuss the possibility of helping them start a program similar to our Collaborative there. We are continuing to look at ways that we might be able to work with other organizations in the local area to promote health and wellness.

Thanks to you, our wonderful volunteers, we have become part of the fabric of Big Canoe and we have also become ambassadors for the idea of neighbors helping neighbors in our broader community.

*Shiraz Alikhan*  
*Board President*





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Tracy Critchett  
Cheryl Nicholson  
Diane LaCharite  
Phyllis Hogelin  
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# From BC Info

Hello Volunteers!!!!

My name is Tracy Critchett and I am excited to be the new BC Info Coordinator, and thrilled to help the Wellness Collaborative in this role. I promise to work hard to support our great Info volunteers and to serve our neighbors.

I can't begin without saying a huge "Thanks" to Kim Mullan, who did so much for our Info program over the past year. We all enjoyed working with her and wish her well as she tends to her family. Additionally, a special thank you to Cheryl Nicholson, who continues to serve as our Info Coordinator Back-up, and Vickie Lewis, who has helped in putting client data on spreadsheets. Many thanks also go to the volunteers who so willingly stepped up to assist with the update to our Service Directory. I am told that whenever help is needed, our Info volunteers are usually the first to raise their hand!

Our Info volunteers are so important to our wellness efforts, and set the stage for how we handle our client requests. Whether you sign up to volunteer monthly or for just a few weeks a year, we need you all, and are grateful for your service to the Collaborative. Our clients have told us how kind you are and how they appreciate your quick, helpful, and patient responses to their requests. Watch for an email later this fall about signing up for volunteer weeks next year, and remember that you can handle calls from anywhere, as long as we have your cell number and you have cell service.

I look forward to working with each of you!

*Tracy Critchett*

*BC Info Coordinator*



# Steering Committee Report

We are thrilled to announce that we have now completed over 1,000 client services! Wow! What an accomplishment by our volunteers, Steering Committee and Board. When the Collaborative began back in the fourth quarter of 2015, we were worried about reaching 100 services, so this is really a significant milestone for us. It also shows that the Collaborative has become an important part of volunteerism in Big Canoe – “Neighbors Serving Neighbors” – and we are grateful for our acceptance and appreciation within this wonderful community.

The 1,000th service was completed by one of our Visits volunteers, Connie Hildebrand, who provided a visit to Loretta Glass in June. You’ll see more on this, as we celebrate Connie and Loretta, and all of our volunteers.

You, our volunteers, are most to thank for the selfless hours you have spent talking with clients to determine how we can help, driving them to appointments, serving them meals, or providing respite care for their spouses or partners. I continue to be amazed at how quickly you step up to serve, and how so many of you are grateful for the opportunity to serve. This is a volunteer community and you all certainly set the standard!

We’re excited about our new website (see column by Shiraz Alikhan) and are hoping it will be a resource for you, whether to print forms, get information from the Service Directory, or share our video and other resources with our clients. It will certainly be easy to use, and we look forward to your feedback.

Lastly, let us know how we can help you. We have refined many processes in an effort to make them easier, but if you have any suggestions for how we can improve, please discuss them with your program Coordinator or me. We’re planning our next Volunteer Forum (**on November 1st from 4:00pm to 6:00pm in the Canoe Lodge**) and welcome your agenda suggestions.

Again, many thanks for all you have done to serve your fellow neighbors and make a real difference in the Big Canoe community!

*Linda Ricklef  
Chairman, Steering Committee  
and Board Member*



# 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)	127	209	583
<b>Services Completed:</b>			
BC Info	15	42	95
BC Meals	100	96	345
BC Rides	98	144	439
BC Visits	39	53	164
<b>Total</b>	<b>252</b>	<b>335</b>	<b>1043</b>

## Coming Events

<b>October 4</b>	<b>Volunteer Training</b> , 1:00pm to 3:00pm, Canoe Lodge
<b>October 12</b>	<b>Oktoberfest</b> -- Stop by our booth!
<b>November 1</b>	<b>Volunteer Forum &amp; Reception</b> , 4:00pm - 6:00pm, Canoe Lodge