

# Neighbors Helping Neighbors

The Newsletter of the Big Canoe® Wellness Collaborative

Volume 4, Issue 1

January, 2019

## The Board of Directors Message

We'll be reaching another milestone for the Collaborative this year; the 5<sup>th</sup> anniversary of the establishment of the organization as a non-profit entity and the recruitment of the initial Board of Directors who first met in June of 2014. The Board currently continues to provide oversight to operational committees, ensure that policies support the organizational mission, ensure that volunteers are protected through appropriate insurance and policies, and manage the assets of the organization.

As the Board enters our 5<sup>th</sup> year and Board terms expire, we'll continue to see changes in our membership. Jack Schroder, who was instrumental in providing the legal expertise required to establish the organization, ended his term on the Board at the end of 2018. We are deeply appreciative of all that Jack has done for the Collaborative.

We are pleased to welcome three new Board members this month.

*Christine Flaherty* has been doing a wonderful job as the Healthy Living Committee Chair and will continue in this role while also acting as the Board liaison to this Committee.

*Bill Hoffman* has been active in the community in other volunteer roles, such as his term on the Leadership Big Canoe Board. He brings extensive experience from his business and volunteer roles.

*Ron Reemsnyder* has had a remarkable career as an attorney at a major Atlanta law firm and continues his practice here in north Georgia. With Jack's departure, we will look to Ron for his legal expertise.

Please join me in welcoming Christine, Bill, and Ron to the Collaborative Board as we work to continue to help our neighbors.

*Shiraz*

*Shiraz Alikhan  
President, BCWC  
Board of Directors*



## Fitness Center Renamed

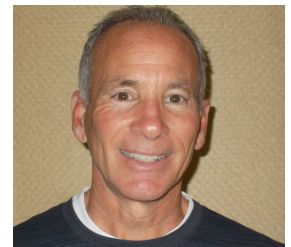
The Fitness Center is now the "Wellness Center" and, in changing its name, has broadened the scope of wellness in Big Canoe. For 18 years Big Canoe Fitness Director Steve Panetta has wished that the Fitness Center had been named the "Wellness Center." Last fall, Steve shared his idea with GM Jill Philmon who gave the go-ahead for the name change.

According to Panetta, "I've always felt that we would appeal to a wider demographic in a less intimidating manner if the facility was called the Wellness Center. When a lot of our property owners were in their 20s and 30s, there were no Fitness Centers or gyms, so to expect someone who has never patronized a facility like this to be eager to try it was asking a lot." Despite that, the Wellness Center has an impressive market share. "Out of 2700+ homes, we have more than 1700 members from 1000+ households, but I think we may be able to attract even more residents if we are called "The Wellness Center."

An exciting proposed change for the Wellness Center is the expansion of the Physical Therapy space and services. New Beginnings Therapeutic Services has provided physical therapy services at the Wellness Center for more than a decade. According to Panetta, "The plan is to triple their workspace by giving them the entire hallway. In addition to a physical therapist, Katy Baker, the owner of the New Beginnings, is planning to expand services to include a speech therapist to provide therapy for individuals with Parkinson's disease."

*Steve*

*Steve Panetta, Director,  
Wellness Activities*



## Collaborative Calendar

January - March - Individualized program training by request

April 11th - Volunteer Training, 1 pm – 3 pm,  
Canoe Lodge

May 10th - Volunteer Forum, 2 pm-4 pm,  
Village Station



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## BOARD OF DIRECTORS

### President

Shiraz Alikhan

### Vice-President

Jim Braley

### Secretary/Treasurer

Jeff Stanley

### Members

Judy Bellenger

Christine Flaherty

Bill Hoffman

Ken Nichols

Ron Reemsnyder

Linda Ricklef

Rhonda Stock

## STEERING COMMITTEE

Linda Ricklef, Chair  
Laura Larimore

Charlotte Johnson  
Jackie Weinstein

Kim Mullan  
Cheryl Nicholson

Diane LaCharite  
Phyllis Hogelin

Robyn Bish  
Carolyn Mackey

## Steering Committee Report

Hello Volunteers and Happy New Year! Thanks to your wonderful efforts, the Collaborative just wrapped up a very busy 2018, handling over 200 client calls and delivering over 330 services to your neighbors. We are all thrilled with the continued growth of the Collaborative and how it has become an important part of volunteerism in Big Canoe.

A few reminders as we begin 2019:

We have updated our forms, so active volunteers will soon be asked to sign a new "Confidentiality and Conflict of Interest Agreement" and clients will sign a new "Service Agreement" prior to receiving any services in 2019.

Many of you received volunteer training a while ago – some back as far as 2015. If you have any questions, or would like to go through a short training or retraining session, please contact us.

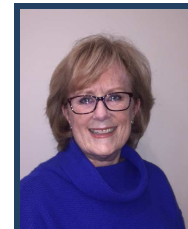
We are always looking for new volunteers! Please talk to your friends about joining our volunteer ranks. We promise a fulfilling experience assisting fellow neighbors, and our volunteers tell us how much they enjoy meeting and helping fellow Big Canoeers.

Encourage your neighbors to seek our help! A simple call to our "hotline" at (706) 268-3334 will bring a hot meal, a ride to the doctor, or a kind visitor to provide much needed respite to a caregiver. We in Big Canoe are a proud group and it is difficult for us to ask for help!

Lastly, our very active Steering Committee handles the operations of the Collaborative, and is constantly looking for ways to streamline processes and improve the volunteer experience. Watch for more from Kim Mullan (Info Coordinator), Robyn Bish (Rides Coordinator), Charlotte Johnson (Visits Coordinator), and Diane LaCharite (Meals Coordinator), or Laura Larimore, who assists with recordkeeping, forms, scheduling, emails, etc. For general questions or suggestions, or requests for training, please email us at [bigcanoewc@gmail.com](mailto:bigcanoewc@gmail.com).

*Linda*

*Linda Ricklef, Chairman,  
BCWC Steering Committee*



## Big Canoe Wellness Collaborative Statistics

PROGRAM ACTIVITY	2018 Y/E	2017 Y/E	SINCE INCEPTION*
Client Service Calls (Initiated through BC Info; some request multiple services)	209	141	456
Services Completed			
- BC Info	42	22	80
- BC Meals	96	51	245
- BC Rides	144	104	341
- BC Visits	53	36	125
TOTAL	335	213	791