



## South Whidbey at Home

*Staying Active, Connected and In Charge*



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## SPRING 2017 NEWS

Can you drive? Can you fix things?

Are you fit and active? Do you know how to fix stuff? We could use a few more volunteers with strong backs as well as some more handypersons. You might get asked for your services a few times a month and can always decline a request if it doesn't fit with your schedule. We also need a few more **volunteer drivers from Clinton** to help us serve our members there. Just call the office at 331-1971 and we'll get you started.



## The President's Report

Thanks to your feedback, we're getting a better sense of how best to help our members and volunteers, and when a request for help is outside our boundaries.



Nine months after opening we're already serving **101 Full Members** (those with volunteer services) in **80 households, and 84 Supporting Members with the help of 100 trained and fully vetted Volunteers**. Three cheers for those volunteers who, according to our members, are uniformly kind and helpful! The volunteers in their turn tell us how much they enjoy spending time with our members.

We're adding about two or three Members a month. We've added **two new board members**, as well. Retired social workers Janice O'Mahony and Larry Durocher have joined Allan Ament, Sharon Emerson, Paul Goldfinger, Miriam Raabe, Marcia Wiley, and Lynn Willeford on the SW@Home board. You can read about them at our website.

Our volunteer Call Managers are the glue that holds this whole thing together (read about one of them, below). Since July they have processed all those members and volunteers as well as entering and following up on **650+ requests for service**. They checked in with all members every three months to see how things are going, and worked hard at improving their skills with our computer program and other office procedures.

New Call Managers Claudia Fuller, Pat YoungmanSmith and Marcia Wiley join regulars Corrine Bayley, Sue Bigger, JoAnn Buff, Eileen Jackson, Melissa Lebo, Jenanne Murphy, Allan Ament, and Lynn Willeford and CM subs Adele Walimaki, Barb Ewing, Jeanne Strong, and Meg Weis.

## Big News From The Board

**The board of South Whidbey at Home is proud to announce that we will be one of the four supported organizations in the new Goosefoot restructuring.**

Goosefoot is placing a new emphasis on philanthropy now that the Goose Grocer has become profitable. However, ownership of what is now a for-profit business requires a change in Goosefoot's status from private foundation to supporting organization, a tax-exempt nonprofit that partners with one or more other nonprofits (called supported organizations).



After a great deal of discussion, **Goosefoot invited SW@Home, Whidbey Watershed Stewards, Whidbey Island Nourishes, and the Whidbey Camano Land Trust** to be their supported organizations, and all accepted.

We four have very specific missions that differ from one another, but fit into Goosefoot's broader mission. Each of us will appoint two representatives to join Goosefoot's newly constituted board, and is more than likely to receive some financial assistance through the foundation.

All the supported organizations remain absolutely separate in our own leadership, mission and operations, however. As members of the new board, our representatives will help create procedures, set grant guidelines, and help with decisions on grant applications from organizations throughout the community.

The SW@Home board members believe this step fits in well with our own mission of creating intergenerational connections. We also think it's essential to help Goosefoot make the organizational change necessary to keep those dollars flowing back into the community, and we believe the reconstituted Goosefoot will have the broad overview necessary to make good decisions about where those dollars go for the most benefit. This relationship may also help us hire a part-time staff-person sooner than expected.

We are a very new organization—not yet a year old—so this invitation is recognition of the importance placed on the work our volunteers do. **You should all be proud.**

## Meet a Call Manager

Adele Walimaki was on duty as a sub call manager at 331-1971 when a call came in that surprised her. The caller gave her name and said she lived off-island but was concerned about her parents here, who were having trouble coping and needed help. Adele gave *her* name and heard the caller sigh with relief—they'd known each other for decades. Adele understood what was needed and helped the caller take the first steps for making sure her parents were safe and sound.



It was a moment that validated Adele's decision to volunteer at SW@Home, helping ageing Islanders stay in their homes. Adele says the job uses skills she's acquired over a long career, and she loves working with the members and the volunteers, all "such great

people.”

## Recent Events

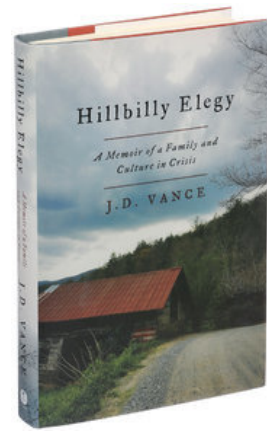


In January, members got tips on over-50 exercise from Adam Fawcett at his Vibrant Fitness Studio in the Island County fairgrounds. Adam is sure that exercise is the real fountain of youth for aging bodies and minds. And his program makes sure that joints and backs are not aggravated by the movements.

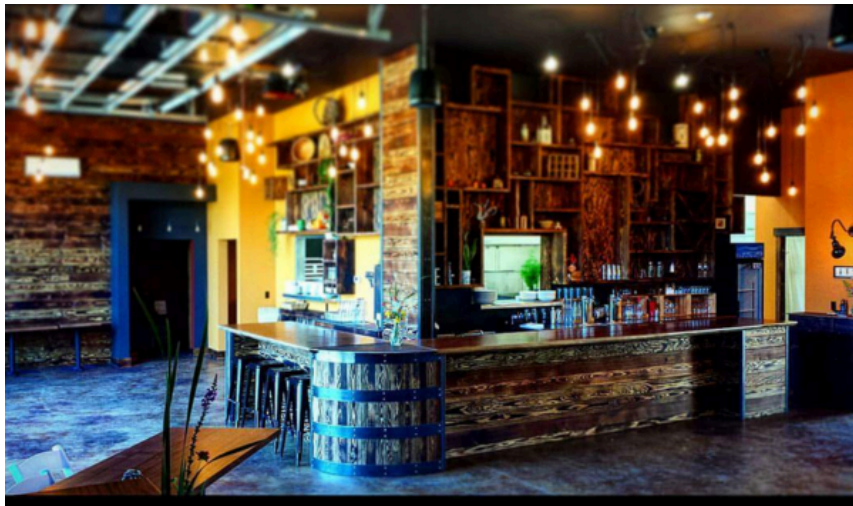


Charles Locke (pictured above) told members how to make their homes safer and more comfortable as they age, an important aspect of aging in place. Members met with him at the old Bayview schoolhouse.

The first meeting of our Book Club was about books on war, eased by eating home-made cookies. The next meeting will revisit *Tribe* and will add another book, *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* by J.D. Vance. The meeting will be at the Freeland Library again. One member said: "I'm beginning to explore the goldmine of South Whidbey at Home. This is the beginning and I want to soak it up." The meeting date isn't set—we'll let you know as soon as it is.



Save Some Dates!



We're planning a special member/volunteer mixer with tasty treats and a no-host bar at the incomparable Roaming Radish gastropub the afternoon of **Sunday, June 4th**. Watch your email in box for details to come.





On **May 12 at 11:30**, learn about Bayview Farm and Gardens humble beginnings in 1993 and its evolution to a garden center, cafe, pet store and feed supply. Owner Maureen Murphy said the laburnum arches will be something to see. Afterward you can have a snack and coffee/tea in the Flower House Cafe.

Are you a caregiver to a friend or family member? Then don't miss the **Tying It All Together Caregivers' Resource Fair Saturday, May 20th**, 10:00-2:00 at the Senior Resource Center (Senior Services), 14595 SR 525 at Bayview. It's a one-stop shopping experience to support your loved one—and you.

We'll send you the next book club date as soon as we have it.

**Full members:**  
**You can always ask for a ride to an event.**  
**Call 331-1971.**



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