



**South Whidbey at Home**  
*Staying Active, Connected and In Charge*



## Fall Newsletter- 2019

### *President's Report*

A change of seasons brings with it a change to the SW at Home office. Our Call Manager Coordinator, Lynne Burrows, resigned. She was our first paid staff person and helped SW@Home make great progress during her time with us. We thank her for two years of dedicated service.

As our organization has evolved, this gave the Board an opportunity to evaluate our office needs. We renamed and rewrote the job description for our part time staff position and are delighted to have hired Anna Singh Deo as the Program Coordinator. She brings a wealth of experience and talent to the job... welcome Anna! (See her personal intro later in this newsletter). The Board will host an afternoon coffee time in mid November for members and volunteers to come meet Anna... date and time to be announced in the next week or so.

*Marcia Wiley,*

Board President



## *New Program Coordinator Announcement:*

We'd like to introduce Anna Singh Deo as our new Program Coordinator! She brings to SW@Home a wide spectrum of both experience and skill. Anna is experienced as a provider of in home care and support to private clients as well as educated in the biological sciences with an understanding of systems. Previously described by co-workers as "compassion in action", we are happy to welcome Anna onboard!



## *Upcoming Board retreat:*

The nine member Board of Directors will meet for a planning retreat on November 2 to think about the future of SW@Home. We want to consider what is going well, what we could do better and to think about ideas for better serving our members and collaboration with other community organizations.

## *ASK for HELP:*

Dear SW@Home Members,

Some members of South Whidbey at Home have said they don't like to ask for help... It is not in their past experience to ask for help. We all wish we could be independent and take care of normal daily tasks ourselves. We understand that things change as we age and, sometimes, we all need a bit more help.

Our organization exists to help our neighbors. We will all need to ask for help sometimes as we age or experience challenges of health or other changes with friends and family. Our volunteers want very much to help our members. They are happy to provide help with things within our ability, like driving, hanging pictures, moving a piece of furniture, hearing your life stories, bringing you groceries or bird seed, driving you to appointments, help organizing your cupboards, or just having tea and a visit.

Members, if you don't know exactly how South Whidbey at Home can help you, call us and have a conversation with one of our Call Managers (360-331-1971 from 10:00 to 2:00 Monday-Friday). That is why we volunteer. And, someday, we too will ask for help from South Whidbey at Home volunteers!

## *ASK a FRIEND:*

Dear SW@Home Volunteer,

Do you have a friend or two who might also like to volunteer with SW@Home?

We'd love to have a few more Volunteer Drivers to serve our Members' transportation needs and a couple more Call Managers to help out in the office.

Another volunteer orientation session will be happening soon! So, please ask that friend of yours, and have them contact us directly if they're interested.

If you are already a SW@Home Driver, and would like to be called upon more frequently than you have been, please, be sure to let our Call Managers know. And, as always, it is never a problem to decline a service request.

Contact the Call Manager at South Whidbey at Home by phoning (360) 331-1971 or by emailing [callmanager@swathome.org](mailto:callmanager@swathome.org)

## Thank You, Volunteers!

We wouldn't exist without our dedicated and diverse group of volunteers.  
We can't thank you enough... this is a poem about you!

### **TO BE OF USE**

BY MARGE PIERCY

The people I love the best  
jump into work head first  
without dallying in the shallows  
and swim off with sure strokes almost out of sight.  
They seem to become natives of that element,  
the black sleek heads of seals  
bouncing like half-submerged balls.

I love people who harness themselves, an ox to a heavy cart,  
who pull like water buffalo, with massive patience,  
who strain in the mud and the muck to move things forward,  
who do what has to be done, again and again.

I want to be with people who submerge  
in the task, who go into the fields to harvest  
and work in a row and pass the bags along,  
who are not parlor generals and field deserters  
but move in a common rhythm  
when the food must come in or the fire be put out.

The work of the world is common as mud.  
Botched, it smears the hands, crumbles to dust.  
But the thing worth doing well done  
has a shape that satisfies, clean and evident.  
Greek amphoras for wine or oil,  
Hopi vases that held corn, are put in museums  
but you know they were made to be used.  
The pitcher cries for water to carry  
and a person for work that is real.

Marge Piercy, "To be of use" from *Circles on the Water*. Copyright © 1982 by Marge Piercy. Used by permission of Alfred A. Knopf, an imprint of the Knopf Doubleday Publishing Group, a division of Random House LLC. All rights reserved.

## Activities

Our annual Picnic at Castle Park was held on Aug 28 on a beautiful, sunny afternoon. About 25 members, volunteers and Board members came together for good food, camaraderie and a few games. Here are some pics from the afternoon.



Serving up pulled pork sliders, cole slaw and other delicious picnic fare.



The egg toss... lots of concentration required!

## Events

South Whidbey at Home, in collaboration with Island Senior Resources, offers weekly Lunch and Learn programs for members, volunteers and friends. These are short educational, informational or social events to inspire life-long learners. Held at Island Senior Resources each Tuesday at 12:30 and over by 1:30. A \$6 nutritious, delicious lunch is served at 11:30 in **Leo's Place Dining Room**. See the ISR newsletter for the monthly menu.

Our monthly calendar of events is listed in the Happenings, sent to all members and volunteers at the beginning of each month. Additionally, members receive weekly email reminders each weekend for the following Tuesday Lunch and Learn. Please call our office if you are not receiving these reminders. We want you to know about them and we'd love to see you there!



South Whidbey at Home  
PO Box 557, Langley, WA 98260  
1635 Main Street, Freeland, WA 98249  
360-331-1971

**Full members can call the office and ask for a ride to any event.**