



A MESSAGE FROM OUR CEO



Fara Waugh

SourcePoint's wide-ranging programming and holistic approach to addressing the varied needs of Delaware County's older residents creates a multitude of volunteer opportunities. While many of you are aware of these opportunities, such as meal delivery, fitness and pool desk monitors, and kitchen volunteers, you may not be familiar with our volunteers who

(continued on page 3)



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DOG DAYS AT SOURCEPOINT

A few of our volunteers have four legs, specifically, Lucy, Dani Mae, Rosie, and Moona Delight.

Lucy is a six-year-old Newfoundland and experienced therapy dog. She is the third therapy dog owned by Charles and Anita Doeble, who recently added Dani Mae, a "teddy bear" dog still in training but learning fast. Dani Mae's petite size lends herself to sitting up on a table where she can easily be reached for pets and snuggles, while Lucy's girth keeps her on the floor. That didn't stop a gentleman in his nineties from lying down next to Lucy, reminiscent of a long-ago time with his boyhood pet Newfoundland.

"People melt when they see a dog – especially Lucy, who is nonaggressive and all love – and all hair!" says Charles. "Dogs bring down blood pressure, make people comfortable, and bring back memories." Lucy is a popular attraction at the annual Home & Garden Show, attends veteran events, de-stresses college students during finals week, and sits with abused children when they must appear in

(continued on page 2)



Debbie Smith and Moona



Lucy and Parents

JOIN A WINNING TEAM

Café 55 is exploding with the joy of sharing meals together! Volunteers serve in two-hour shifts between 10am-2pm. Come join a team that creates a welcoming environment for diners who might otherwise eat alone. Free lunch and new friends!



What's better than a warm kitchen in the winter? Come in from the cold and serve as a kitchen assistant helping pack prepared food into trays for Meals on Wheels delivery. Get your good deed done early in the day (7-11am) and enjoy a free lunch for your efforts!

DOG DAYS OF SOURCEPOINT

court. Charles and Anita field up to 175 requests a week for Lucy's presence – far more than are manageable.

During Charles' career as a police hostage negotiator and SWAT team member, he learned "active listening." After retirement, he wanted to do community work outside of policing, while Anita dreamed of bringing happiness to others. Raising and sharing therapy dogs was the perfect pastime for this giving couple.

In her downtime, Lucy enjoys cowboy movies, to the point of Charles and Anita having to limit her TV time, and the Westminster Dog Show. "She really didn't want the poodle to win!" says Charles.

Rosie is a Golden Retriever whose full name is Rosie LCC K-9 Comfort Dog. This blond beauty is not a therapy dog, but a "comfort" dog owned by Atonement Lutheran Church as part of Lutheran Church Charities (LCC) K-9 Comfort Dog Ministry. Eight to ten handlers alternate picking up Rosie from her caregiver's home and, along with a "visit helper", take her on assignments. Besides her monthly SourcePoint visit, Rosie's team go on visits to assisted living and memory care facilities, schools, churches, veteran's events, and funeral homes.

George Chambers is one of Rosie's handlers. Rosie visited his disabled adult daughter, Vicky. Seeing the joy Rosie's visit brought to Vicky, George investigated becoming a handler. He discovered that there was a need for volunteers – especially retired veterans.

Rosie and George make a point to attend the send-off of Honor Flights, paying tribute and providing comfort to veterans heading for an emotional visit to war memorials in Washington DC.

Moona Delight is our newest volunteer. She is a Newfoundland, and often mistaken for Lucy, but Moona is less than two years old. SourcePoint is her first "gig" as a trained therapy dog. She started training last April and became certified in August. Moona likes to be rewarded with attention but won't turn down ice cubes or chopped veggies. Her owner, Debbie Smith, says that when Moona puts on her vest, she knows she's not just going for a car ride but going to work.

Debbie decided to become a therapy dog handler after working from home for thirteen years and

(continued on pages 2 and 3)

wanting to spend more time with people. "It makes me so happy to see people smile - and people smile when they see Moona."

This article would not be complete without mentioning Junior, a Labrador Retriever. Junior is a Friday fixture at SourcePoint when he accompanies his owner, Catherine Schonauer, for her morning shift as a concierge volunteer in the Enrichment Center. A quadruple amputee, Catherine obtained Junior when he was two years old and had graduated from Canine Companion's assistance dog program. He is now six years old and assists Catherine in a variety of ways, employing the forty different commands he learned at assistance training school.

As Catherine explains, "A therapy dog is for everyone, an assistance dog is for one person." While Catherine generously shares Junior's affection with dog lovers who pass by, it is best to only pet or pay attention to Junior when Catherine is sitting down, not when she is walking around or giving tours.

Need a little puppy love? Lucy and Dani Mae visit SourcePoint on second Fridays from 11am-1pm. Rosie visits on fourth Tuesdays from 10-11am, and Moona Delight is ready for your attention on third Fridays from 11am-1pm.



Junior with Catherine and fans

FARA WAUGH

(continued from pg.1)

transport clients to medical and social services appointments, those who educate or guide individuals through the maze of Medicare options, our board of directors, or those who help develop Delaware County's Age-Friendly action plan, just to name a few.

Filling so many opportunities requires a large pool of volunteers with many different skills, talents, and experiences to meet the demands of each unique position. The beauty of this is that SourcePoint has volunteer positions open for every skill. Whether you have a talent for numbers and spreadsheets, writing grant applications, or engaging in conversation and making others feel welcome, there is a place for you to engage those talents and skills at SourcePoint.

SourcePoint's mission is to help our community to set a course to live well after 55. We have intentionally created programs and services that are designed specifically for that purpose. Our volunteer opportunities also offer additional avenues for living well after 55. In an article on Mayo Clinic's website, written by a licensed clinical social worker, Angela Thoreson, "Helping people, changing lives: 3 health benefits of volunteering," the health benefits of volunteering for older adults are highlighted. It improves physical and mental health, provides a sense of purpose and meaningful skills, and nurtures new and existing relationships.

By volunteering at SourcePoint, I hope you find yourself fully engaged in our community and reaping the benefits that volunteering often brings. We are always appreciative of the support you provide—we could not fulfill our mission without you!

**Regards,
Fara**

FALL 2023

VOLUNTEERS ARE THE HEARTBEAT OF SENIOR SERVICES

3



SCHEDULE CHANGES IMPACTING VOLUNTEER ASSIGNMENTS

Thanksgiving

- Wed, Nov 22: No kitchen assistants; the building closes at 4pm
- Thurs-Sun, Nov. 23-26: Building is closed; all volunteer activities suspended except for medical transportation appointments

Christmas

- Fri, Dec 22: No kitchen assistants; building closes at 4pm
- Mon, Dec 25: Building closed, all volunteer activities suspended

New Years

- Fri, Dec 29: No kitchen assistants; building closes at 4pm
- Sat-Mon, Dec 30-Jan. 1: Building closed; all volunteer activities suspended
- Tues, Jan 2: No Meals on Wheels drivers, packers, or runners this day

Martin Luther King Day

- Fri, Jan 12: No kitchen assistants; building closes at 4pm
- Sat, Jan 13: Building closed; all volunteer activities suspended
- Mon, Jan 15: Building closed; all volunteer activities suspended except for medical transportation appointments
- Mon-Tues, Jan 15-16: No Meals on Wheels drivers, packers, or runners

All-Staff Meeting: Fri, March 8:
Building closes at 2pm

SCRAPPY CRAFTING FROM THE HEART

The Scrappy Crafter group has been in existence since 2010. It all started with 13 boxes of fabric upholstery books donated all those years ago. Since that time, the creative volunteers of the group have raised approximately \$10,000 a year. The best year was 2022 in which \$17,000 was raised to support Enrichment Center programming. Thanks to all the volunteers who work and sell items in the gift shop as well as their supervisor Marilyn Clark. Thanks to all the creative volunteers for their inspiring creations under Joan Pearce's direction.

In addition to Scrappy Crafters, we have many "Home Crafter" volunteers who enjoy crafting at home and supplying SourcePoint's gift shop with high-quality items to sell. Volunteer, Shirley Bellamy, has been with the Scrappy Crafter group from the beginning and creates items at home. For many years, she has made afghans that go on to win awards at the fair before being donated to the gift shop. What an amazing and giving person Shirley is to share her many creative talents with us at SourcePoint! She is another great example of thriving and giving after 55.



Shirley Bellemy with her award-winning afghan



Scrappy Crafters making holiday ornaments out of donated supplies