



# VOLUNTEER MATTERS

SOUTH SHORE ELDER SERVICES, INC. WINTER 2015



## VOLUNTEER SPOTLIGHT

### THANKSGIVING AND CHRISTMAS MEALS



A special thank you goes out to all of the drivers who volunteered to deliver meals on Thanksgiving and Christmas. Every year, we deliver special Holiday meals and lovely plants to elders who are alone on either of these days. Volunteers bring the meals and warm greetings to our consumers to brighten their day. We delivered 87 meals on Thanksgiving, and 83 on Christmas.

Many of these volunteers do it year after year, and many participate as a family. What a special tradition!

Our deep appreciation goes out to:

Nancy Bersani, Kristen Brophy, Kim Burns, Paul Costello, Marilyn D'Alessandro, Charlotte Jenkins, Dee Lobo, Kathy MacDonald, Patti & Greg Nash, Kathy O'Connell, Nicole & Scott Noble, Karin Sullivan, Tom O'Connor, the Penson family, Ernest Termitus, Leslie Wilkins.

Also, to SSES staff who volunteered to deliver: Kerri Bouldoukian, Andrea Chiros, Bridget Campbell, Mary Cleary, Mary Ellen Scott, Julie Silva, Tze Stern.



### ONE WAY TO BEAT THE WINTER BLUES

Do you need a serotonin boost this winter? Try volunteering! We all have something we can give that others earnestly need. Volunteering helps sustain our communities and can give us a sense of value. Sometimes we get so overwhelmed by our own needs, wants, or fears that we forget that "we are only truly happy when we are helping someone else." (Robert F. Kennedy)

**EXERCISING  
YOUR BRAIN IS  
ANOTHER  
GREAT WAY  
TO BEAT THE  
BLAHS AND  
STAY SHARP!!**

**TEST YOUR  
KNOWLEDGE  
OF SSES:**

- 1] How many Home Delivered Meals did our volunteers deliver in 2014?
- 2] How many volunteer programs do we have and can you name them?
- 3] How many volunteers did we have in 2014?



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**VOLUNTEERS**  
at the South Shore  
**HEALTH & WELL-**  
**THON** on Novem-  
Shore Plaza.

Walkers raised more  
benefit of our con-

**THANK YOU TO**

You are welcome to  
Watch for a "SAVE THE



walked for wellness  
Elder Services  
**NESS WALKA-**  
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than **\$14,500** for the  
sumers!

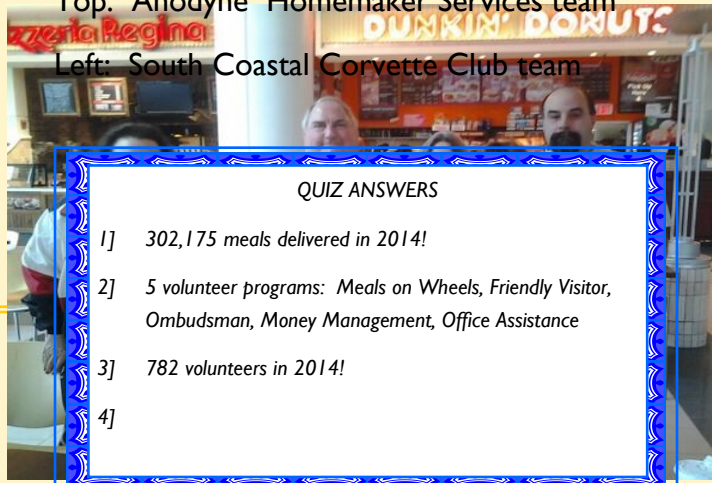
**ALL!**

join us next year

**DATE"**

Top: Anodyne Homemaker Services team

Left: South Coastal Corvette Club team



## QUIZ ANSWERS

- 1] 302,175 meals delivered in 2014!
- 2] 5 volunteer programs: Meals on Wheels, Friendly Visitor, Ombudsman, Money Management, Office Assistance
- 3] 782 volunteers in 2014!
- 4]

## **OMBUDSMAN , FRIENDLY VISITORS , MEALS ON WHEELS, & MONEY MANAGEMENT**

Volunteers are still needed to participate in these rewarding programs.

Please consider joining our team!!

Dear Volunteers,

Please be careful of wintery conditions when you are volunteering. Call SSES if your client's home is inaccessible due to ice or snow so we can get them the help they need.