

Volunteer Voices

from the Volunteer Center of the Redwoods

Home of the Retired & Senior Volunteer Program

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Helping Keep our Communities Safe by Working Together

By Pam Zeutenhorst, Manager Volunteer Services & RSVP

September is National Preparedness Month, so it only seemed right to spotlight a group that has been working together to increase coordination of services and resources after a disaster. Do you remember the earthquakes of 1992? Well, that was the “shake up” that started it all.



The earthquakes in April 1992 resulted in \$60 million in damages in Humboldt County. All at once there arose a need for human services addressing issues of a magnitude never before experienced by local disaster and community-based organizations. There was a bit of a “disaster within a disaster” by overtaxing relief personnel and rapidly depleting available resources. It caused us to look at how we used our limited resources and we learned quickly

that we could do much better. Hence, Humboldt County Voluntary Organizations Active in Disaster (VOAD) was born.

VOAD members are mostly nonprofit agencies whose primary missions are not related to disaster relief. However, in the event of a disaster, they can provide much needed assistance when our first responders— law enforcement, fire, and emergency medical personnel— are stretched to the maximum. VOAD members provide assistance in the following areas after a disaster: Clothing and Household Goods, Food Services, Personnel, Information & Referrals, and Shelter & Care Services.

Who are VOAD members? In addition to the Office of Emergency Services, current VOAD members include: American Red Cross, ARES/RACES (Amateur Radio group), local AmeriCorps programs, Food for People, Fortuna Community Services, Humboldt County Social Services & Public Health Departments, KEET TV, Northcoast Schools Insurance Group, Redwood Community Action Agency, Salvation Army, St. Vincent de Paul, United Way, and Volunteer Center of the Redwoods. We are working together to plan and train for mobilization in case of a natural, technological, or human-caused



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Support the Volunteer Center while you recycle! Tell the scale operator at the Arcata & Eureka Community Recycling Centers that you would like to credit **Account #190**. Thank you for your contribution to both human & natural resources!

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Are you prepared?

September is National Preparedness Month. The goal of National Preparedness Month is to increase public awareness about the importance of preparing for emergencies and to encourage individuals to take action. One of the simplest things you can do to be better prepared is to have a family emergency plan. To develop one, ask yourself some important questions. "In the event of an emergency, do we have everyone's contact numbers and an out-of-town contact?" "Is there a designated place for everyone to meet outside of the home and neighborhood?" "What is the emergency plan, including the evacuation location of my child's school?" Only you can answer these questions and develop an emergency plan that will suit your unique needs. The

www.72hours.org or www.ready.gov websites offer information on how to create family disaster plans and disaster kits.

If you would like to learn more about disaster preparedness, the American Red Cross offers an online class at http://www.redcross.org/flash/course01_v01/. You can also call your local American Red Cross office to see what trainings are offered in your community. The training you receive will enable you to help your community, or perhaps help a community somewhere else, after a disaster.

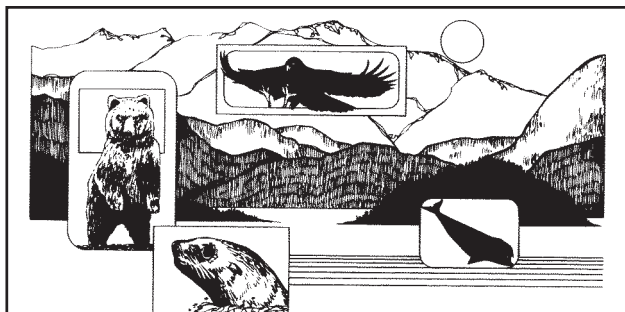
If you are interested in helping after a disaster but have not been trained by the American Red Cross, you can still register as a Disaster Service Volunteer. Just give us a call at the Volunteer Center or log onto www.HelpInDisaster.org. By registering either with us or on-line, you are not committing to volunteering. You are informing us that you are willing to be asked to help when there is a disaster.

Remember that to be able to help others, you need to be prepared for a disaster yourself. Take a little time to prepare your family emergency plan and put together a disaster kit.

Continued from page 1.

disaster. We also advocate for individuals, neighborhoods, organizations, and communities to be better prepared for disasters of any size.

VOAD members meet on a quarterly basis to improve communication, disaster planning, and to provide disaster-related trainings. For more information about VOAD, contact the United Way, American Red Cross Humboldt Chapter, or Volunteer Center of the Redwoods. For more information about what you can do to be prepared for a disaster, see article above.



Sometimes no matter what we do, we cannot prepare ourselves for everything. The Volunteer Center would like to extend our deepest sympathy to the family and friends of Tim McKay. Tim's leadership and commitment to our community and the environment are greatly appreciated and will be sorely missed.

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Honoring years of magical service



Volunteers who are enrolled as RSVP members in Humboldt County will be recognized for their service & dedication at a tea party to be held in October on Friday the 13th. Don't let the date scare you away! There will be magic in the air. Come mingle with friends and colleagues while being entertained by a juggler, a magician and other surprises. Our Master of Ceremonies this year will be former Volunteer Coordinator Ross Mackinney, a juggler of talents, tales and strange objects. We will be presenting certificates and bouquets to the following volunteers in

recognition of having reached these significant milestones of service—

After 25 years of service as an RSVP volunteer,

Jean Marold is currently volunteering at Mad River Community Hospital.

After 20 years of service as an RSVP volunteer,

Shirley Fullmer is currently volunteering at St Joseph Hospital's Evergreen Lodge, Pacific Healthcare & Rehabilitation Center, and the Volunteer Center of the Redwoods,

Virginia Nesmith is currently volunteering as a Pen Pal at Zane Middle School, and

Alis Shepard is currently volunteering at the Humboldt Senior Resource Center in Eureka.



After 15 years of service as an RSVP volunteer,

Nina Byrant is currently volunteering at Friends of the Redwood Libraries & the Eureka branch of the Humboldt Co. Library,

Juliette Camilli is currently volunteering at the Humboldt Senior Resource Center in Eureka,

Jacqueline Gibbs is currently volunteering at the Humboldt Educational Resource Center,

June Knott is currently volunteering at St Joseph Hospital,

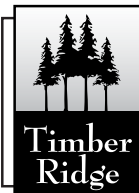
Mary (Sue) McCay is currently volunteering at the McKinleyville Senior Center,

Ruth Mountaingrove is currently volunteering as a writer for Focus on 60+, a program of the Volunteer Center of the Redwoods,

Phyllis Sousa is currently volunteering at Alder Bay Retirement Community and Timber Ridge in Eureka & McKinleyville, and

Matilda Terlacher is currently volunteering at Silvercrest Senior Citizens' Residence

RSVP NEWS



NUTRITIOUS MEALS ♦ SOCIAL EVENTS ♦ TRANSPORTATION ♦ CHOICE OF LIVING ARRANGEMENTS

SENIOR LIVING AT ITS FINEST

EUREKA
2740 Timber Ridge Lane 443-3000

www.timberridgecare.com

MCKINLEYVILLE
1400 Nursery Way 839-9100

Volunteer Opportunities

IN HUMBOLDT COUNTY CALL 442-3711

Stand up for a child! **CASA of Humboldt** will be training new volunteer advocates starting Sept. 26 through October 26, Tues & Thurs evenings from 6-9pm. (A day-time training course will start in January 2007.) Your time and concern WILL make a difference.

Do you enjoy the nearly forgotten art of sending and receiving letters? Share your stories and ideas with a fifth or sixth grader in Humboldt County through the **Pen Pal Program**. Write one letter a month during the school year, then meet your pen pal at a charming end-of-year tea party. Letter writing starts in September or October. Sign up today! Also needed is a **classroom coordinator** for Zane Middle School to collect and distribute the Pen Pal letters each month and fill a critical roll in the operation of this wonderful program.

EUREKA

Do you enjoy sharing information on this region's beauty and diversity? Are you well acquainted with the hot spots in the area? As a volunteer for the **Eureka Chamber of Commerce**, you can meet people from all over the world who are interested in local travel or relocation.

Food for People needs volunteers to help put together food bags and boxes which are distributed on-site and to locations throughout the county each month. Many hands are needed at the warehouse in Eureka to assemble these bags and boxes. Join a fun crew for a lively, meaningful volunteer experience.

Social Butterflies are urged to flutter by **Timber Ridge in Eureka** to assist with Social Hour on Tuesdays and Fridays from 3:30-5:00. You can help pass out refreshments as the residents ease into dinnertime.

Do you have musical talents, slide shows to exotic places, or a Bingo calling flair? **Alder Bay Assisted Living** residents would love you to visit with them to share any of these wonderful offerings!

The **North Coast Stand Down**, organized by the Redwood Vet's Center, will be held on October 14-16th at the Humboldt County Fairgrounds. The purpose of a Stand Down is to reach out and provide a hand-up to local veterans and their families by providing information on local resources and services. If you would like to volunteer on set up day (October 13th) or assist with various booths at the event (Oct.14-16), please call Stacy.

Good news, book lovers! This fall the Eureka Library will be open longer hours and **Friends of the Redwood Libraries** is gearing up to lend support. Help is needed in the Serendipity Bookstore, as a book sorter or shelver, at quarterly book sales (get first dibs on the good books), and even on the internet or with phone calling. So many books, so many ways to help!

ARCATA

Undraw the lines with Arcata's **Graffiti Abatement Team!** Assist the **Arcata Police Department** while supervising citizens doing community service as you remove unwanted graffiti. A team of two, ideally, would be good candidates to serve as role

models, be sensitive to juvenile's needs and able to get the job done.

Your assistance in the **Arcata Marsh Interpretive Center** gift shop on weekends can help keep the center open. You're welcome to bring a book or knitting! Call for information on docent trainings.

Nature Buffs, Rock Hounds, & the otherwise Biodiverse! Serve the general public as a docent, or staff the Museum shop as a greeter at **HSU's Natural History Museum**. Volunteers who serve 20 hours receive a small gift certificate for the Museum shop.

You can help make a patient's stay, and their family's visits, much more comfortable by lending a hand at **Mad River Community Hospital**. They are looking for committed volunteers to help in the Gift Shop, and with Patient Care and Information Services.

EEL RIVER VALLEY

Do you have an hour or two to spare on the second Tuesday of each month? **Food for People** distributes food bags and boxes to those in need in Fortuna and could really use some extra hands at the distribution site (the Methodist Church) each month. Some light lifting of food bags and boxes is involved.

Your leadership skills can help make available health information and activities for Fortuna seniors. The **Health Services Committee of Fortuna Senior Services** needs a chairperson. You'll help recruit speakers on health related topics for the Fortuna Senior Dining Center twice a month, as well as have oversight of the exercise classes and

run a few meetings throughout the year. Give it a go!

The **Redway Family Resource Center** helps folks in Southern Humboldt get connected to services they need. They could use a helper for data entry and other computer work, and for general clerical duties. A couple of hours a week could make a big difference.

**IN DEL NORTE,
CALL INEZ @ 464-7876 X136**

The **Del Norte Chamber of Commerce** is in need of folks who can direct visitors to rivers, redwoods and restaurants. This is a wonderful position for anyone who knows the area and enjoys meeting people from all over the world.

Del Norte Reads is beginning a new tutor training soon, so if you'd like to assist those who need to upgrade math or English skills in order to get their GED or become American citizens, this could be a fine opportunity for you. Teaching credentials aren't required; the only prerequisite is patience and the ability to read, write or do simple math.

Harrington House, our shelter for battered women and their children, is beginning a new training for client advocates this fall. Client advocates work directly with the women and children who reside at the shelter, so the job calls for people who have the ability to work with adults and/or children in crisis. Not all the volunteer jobs at Harrington House require training. High on their wish list is a Jack or Jill of all trades. If you can answer a phone, sort donated clothing or weed the gardens, your skills are in great demand.

Volunteer Opportunities

Volunteer Voices

is funded in part by the Corporation for National & Community Service

Serve & Conserve!! ~ All Ages, All Abilities!

Make A Difference Day Saturday, Oct. 28, 2006


Make A Difference Day is the most encompassing national day of helping others — a celebration of neighbors helping neighbors. Everyone can participate. Created by USA WEEKEND Magazine, Make A Difference Day is an annual event that takes place on the fourth Saturday of every October. The Volunteer Center of the Redwoods and local AmeriCorps programs invite you to join us for day of service, fun, and information. Here are some ways you can make a difference:

- ☞ Be a Volunteer Buddy – Help provide extra assistance at service projects by welcoming and organizing volunteers. An orientation and training on Oct 3 is required for Volunteer Buddies.
- ☞ Attend an information fair to learn about energy conservation and other services. Welcome AmeriCorps members beginning their year of service in our community.
- ☞ Participate in a drawing for prizes made available through the Area 1 Agency on Aging's "Flex Your Power" project. To enter the drawing, you must fill out a Flex Your Power pledge card.
- ☞ And of course, volunteer at a variety of locations in Humboldt County!


For more information about location of the fair and service projects, contact the Volunteer Center of the Redwoods at 442-3711 or volunteer@a1aa.org.

Make A Difference by lending a hand with local service projects & conserving energy!

IMPROVES AIR FLOW AND YOUR CASH FLOW.



Here's a summer energy saving tip that's worth a little fanfare. Using ceiling fans or an evaporative cooler instead of a central air conditioner can save you 15%-20% on your cooling bills. In fact, ceiling fans use about the same amount of energy as a 100-watt light bulb – just pennies a day. How cool is that? So if you want to beat the heat *and* the high cost of energy all summer long, install energy efficient ceiling fans or an evaporative cooler. For more cool ways to Flex your Power, call us or visit our website.



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On Saturday, September 16, 2006, the Day of Caring will celebrate its 13th year. Throughout Humboldt County, volunteers will let their community spirit shine on this incredible day of service. Hands-on projects for the Day of Caring [D.O.C.] include dune restoration, landscaping, weed eradication, native plant habitat restoration, painting, and organizing at various community agencies. The event is coordinated by the United Way, Humboldt State University, and the Volunteer Center of the Redwoods.

The D.O.C. is an excellent way to demonstrate how volunteering can make a positive impact on community problems. It is one day of the year when citizens from every conceivable corner of our community join together to pour their time and energy into community service. On this remarkable day, we see the collaboration of many volunteers and programs.

The Day of Caring kicks-off at HSU at 8:00 am. Community projects start at 9:00 am. and finish at noon. Volunteers will be treated to a barbeque picnic. The picnic is central to the D.O.C. tradition, and will again be organized and sponsored by local Kiwanis Club Chapters: Downtown Eureka, Henderson Center, and Humboldt Bay.

To take part in D.O.C., contact the Volunteer Center of the Redwoods.



Welcome New Volunteers

The Humboldt Bay Maritime Museum welcomes **Don Atterbury & Winferd Grissom** • Patrick's Point State Park welcomes **Donald Brown** • Area 1 Agency on Aging's HICAP program welcomes **Carol Golden** • CASA of Del Norte and Del Norte High School welcome **Sharon Hargon** • Del Norte Historical Society welcomes **Vicki Harvey** • Loose Ends craft group welcomes **Juanita Henson & Jeanne Johnson** • Tailwagger's Thrift Shop welcomes **Richard McWhorter** • KEET-TV welcomes **Patricia Stanley** • Northcoast Marine Mammal Center welcomes **Sara Tierheimer** • Del Norte

InfoCenter & Del Norte High School welcome **Maria White** • Thanks to you all! ✨ ✨ ✨ ✨

Welcome 2006-2007 Supporting Members

Renewing Members

American Cancer Society

CASA of Humboldt

Consumer Credit Counseling Service of the North Coast

Fortuna Community Services

Friends of the Dunes

Friends of the Redwood Libraries

Humboldt Crabs Baseball

Humboldt Domestic Violence Services

Humboldt Redwoods Interpretive Association

The Ink People Center for the Arts

KHSU-FM Radio

North Coast Redwood Interpretive Association

Northcoast Environmental Center ♥

Northern California Community Blood Bank

Reading Service of the Redwoods

Redwood Community Action Agency

Sequoia Park Zoo Foundation

Six Rivers Planned Parenthood

Returning Members

Adult Day Health Care of Mad River

Healy Senior Center

HSU Natural History Museum

New Members

Lighthouse of the North Coast

Mad River Community Hospital

In Other News



New hours for the Del Norte InfoCenter



As of the first of September, the office hours for the Area 1 Agency on Aging in Crescent City are Monday through Thursday, 10 am to 4 pm. The office is closed for lunch from noon until 1 pm. The Del Norte InfoCenter is dedicated to inform & refer all residents to the appropriate services needed to achieve healthy, independent lifestyles. The programs include: Information & Assistance, the Volunteer Center of the Redwoods, the Retired & Senior Volunteer Program and HICAP (the Health Insurance Counseling & Advocacy Program.)

Volunteer Center & RSVP Office Staff:

Pam Zeutenhorst, Volunteer Program Manager/RSVP Project Director; Inez Castor, Stacy Becker, and Martha Hunkins, Volunteer Coordinators; Tracy Jordan French, Administrative Assistant; Linda O'Quinn, Data Entry Clerk; & Julie Ryan, AmeriCorps Promise Fellow.

Volunteer Center & RSVP Advisory Council:

Maura Eastman, Kay Sennott, Kari Love, Paul Rex, & Bill Shapeero.

Del Norte RSVP Advisory Committee:

Sandy Blakeley, Sherrick Cron, Bob Deal, John Ging, Albert Halls, Virginia Hinkley, & Kelley Nolan.

Volunteer Center of the Redwoods & RSVP

Programs of the Area 1 Agency on Aging
3300 Glenwood Street
Eureka CA 95501-3490

www.a1aa.org/vcor

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Contributions

*Thank You to Virginia Rumble
for her donation in memory of Dave Pedrotti*

*Thank you to Lawanda Gordon
for her donation to the Charlotte Tropp Memorial Fund for RSVP*

What Color is Your Volunteer Parachute?

On three Thursdays (September 21st, September 28th, and October 5th) the Volunteer Center of the Redwoods will present, through the Osher Lifelong Learning Institute (OLLI), a personal enrichment course for people over the age of 50. Explore the many parachutes of volunteering— from extreme to sublime. You will hear about meaningful volunteer action from both volunteers and agency representatives. Discussion will emphasize meeting the needs of both the agency and the volunteer. For more information on course offerings and OLLI membership, visit the OLLI website at www.humboldt.edu/olli, call 826-5885, or pick up the Fall 2006 HSU Extended Education catalog. For specific information on the Volunteer Center's course, contact Stacy at 442-3711 x 204.

