

# WASHINGTON PARK CARES

*There's no place like home*



January Newsletter 2012

## Giving Exceeds Expectations



How many ways are there to say Thank You? Not enough to express our gratitude for the generosity of Coloradans wherever they live for giving over \$12 million to Colorado non-profits in 36 hours. \$12 million was donated on Colorado Gives Day on December 6/7! Washington Park Cares, one of over 800 Colorado organizations registered to participate exceeded our \$20,000 goal receiving over \$23,000.

As important as the total dollars donated, is the fact that over 50 individuals made donations. This, coupled with donations made throughout the year, put the numbers of people who choose to donate their time and/or money to our organization at over 350. This kind of involvement in the community is what we're all about...neighbors helping neighbors...people giving each other a little help when they need it. Anyone reading this article is likely to need some of that help now or in the future. If that help is not needed today, whatever we do give now, of ourselves or of our resources, is truly a means of "paying it forward."

We are pleased to be a part of the Giving First community, whose mission is: "To improve quality of life by increasing community generosity and involvement." This is a perfect match for our own mission. As we continue to grow in members and in services provided, the investments required to be successful in fulfilling our mission grow as well. As with any grass-roots organization, it takes years to ramp up to a level that requires full-time, professional management. We are now at that point; and it's an exciting place to be.

Expect big things from this organization over the next 12-24 months. Thanks to all of you, we are poised to take off and fly.

*-Bob Brocker, Vice President, Board of Directors*

## Assessing Your Safety

Falls are the most prevalent cause of injury among seniors (those 65 or older.) Last year, according to the Centers for Disease Control, over two million non-fatal fall injuries were treated in emergency departments. Over 600,000 patients were hospitalized.

Seniors fall for a variety of reasons...balance issues, diminished muscle strength, vision, hearing and cognitive impairment. Denver Home Helpers can inspect your home to identify possible fall-contributing hazards and suggest fall-prevention strategies. Phone (303) 777-7870 for this free evaluation.

A Home Helpers representative examines *Floors* for evidence of loose wires, cords and throw rugs. (All rugs should be anchored and smooth, furniture kept in its normal place, especially in a home's most lived-in areas.) *Bathrooms* for grab bars (not to be used as towel racks!) and non-skid tape in tub or shower. *Lighting* in halls, stairways and entrances (night lights should be placed in bathrooms and additional lighting is important for navigating during sleep hours.) *Stairs* for treads and rails (All rugs should be safely secured above and below the steps.)

Additional tips for personal safety include wearing sturdy, rubber soled shoes, which minimize the risk of tripping and assist with balance; avoid alcohol; check with the doctor if medications cause lightheadedness or dizziness. Studies have suggested that core stabilization exercise and padded hip protectors are beneficial for those at higher risk for injury from falls.

*-Rick Cseak, Owner/CEO, Denver Home Helpers*

Remembering festivities  
Recall of hubbub, happenings  
Tomorrow we'll clean  
*Haiku for 2012*

## Board of Directors

Bill Eichelberger

*President*

Bob Brocker

*Vice President*

Ruth Brown

*Treasurer*

Paul Haberman

Amy Hansen

William F. Bill Hummel, Psy.D

Juliet Kerlin

Arnie Snyder

Dr. Paul L. Ramsey

*Executive Director*

For more information, please visit our website:

[www.washingtonparkcares.org](http://www.washingtonparkcares.org)

## Communities we serve:

Washington Park

West Washington Park

University

University Park

Speer

Platt Park

Rosedale

Country Club

Cory-Merrill

Cherry Creek

Belcaro

Baker

## The Village Movement

Washington Park Cares is part of the growing national village movement where neighbors help seniors stay in their homes by coordinating and delivering services within their communities. Learn more about the village-to-village movement at [www.vtnetwork.org](http://www.vtnetwork.org)

## Paul's Perspective

You are probably as ecstatic as I am about the amazing outpouring of generosity displayed towards our organization on Colorado Gives Day. The \$23,000 plus raised on December 6 is a wonderful demonstration of who we are becoming. The donations are not just a vote of confidence of who we are and who we have been; they are investments in a non-profit that is sustainable and moving towards a level of community and care for the aging in their homes that is unprecedented in our area.

Now that I have had a month to get my feet wet, I would love to hear from you -- the members, volunteers, and investors in our organization -- about the insights you have for helping us become a premiere village of care and community. Some of you have already given me suggestions about what we can start doing, what we can do more of, and what we can do better to make our organization thrive and excel. Please give me your input by phone 720-242-9032 (office) 303-829-9339 (mobile), email [Paul@WashingtonParkCares.org](mailto:Paul@WashingtonParkCares.org) or in person. I look forward to speaking with you about the promising future of our organization.

*-Paul Ramsey, Executive Director*



## New to the Board

Experience, business perspective and unique background describe Amy Hansen, Washington Park Cares board member, since September.

Already a member of the Board of the Arapahoe County Foundation, Amy's experience serves her well in accepting the responsibilities of working with the WPC Board of Directors. In her professional life, as a banking officer of FirstBank, Amy brought her business knowledge and energy to the "Colorado Gives Day" project. She feels that WPC is moving from its newly formed organization stage into a realm, where growth and expansion need steady hands to guide it...ever mindful of its mission.

Washington Park Cares board and the members welcome Amy, a graduate of the University of Nebraska, Kearney, where she played basketball on an athletic scholarship! She and her husband, Kyle, are natives of Omaha and live in Centennial...with Lilly, the Maltese Poodle.

## Bill's Corner

Are you spending too much time alone? People who live alone often have fewer contacts with other people. But, as Einstein said, "Man lives for other men." We are happier when we associate with other people. Even couples are happier when they visit with other couples and mix with others in their community. One of the purposes of WPC is to become a community. We want to get to know each other, so we won't be spending time alone.

Washington Park Cares has events and other opportunities for you to mix with other people, but we have had several events recently that were attended by only a few members. Perhaps you did not come because it was just "too much trouble." Perhaps you couldn't drive yourself to the event but didn't want to call our member help number to ask for a ride.

Watch the newsletter for events, and every month remember the Second Thursday Lunch Bunch and the Third Wednesday dinner out. We want you to take advantage of your membership. We want to know what kinds of events you would like. Call the member help line 720-381-2470, chat with the volunteer and give us suggestions. Or write a note to us at PO Box 101266, Denver CO 80250.

*-Bill Eichelberger, President Board of Directors*

## WPC Rates Research Project

*Ed. note: Washington Park Cares and the Village movement are the subjects of a research project by Angela Lavery-Benson. Angela is a doctoral student in the Graduate School of Social Work, University of Denver. In the following article, she shares preliminary results of her research.*

The purpose of my research project was to explore the experiences and perceptions of older adults who utilize the services of a village model type of aging in place organization. I had the pleasure of interviewing six members/participants and two board members of WPC.

Several interviewees had experienced an event, usually of a medical nature that challenged their independence, and they shared stories of how WPC enabled them to remain in their homes. In addition, they did not want to be a burden to family or friends in trying to remain in their homes.

Almost all of the participants enjoyed experiencing the maintenance and development of social connections through WPC. They attended social events from lunches and dinners, to educational programs and book clubs.

Those interviewed appeared to experience a heightened sense of the importance of community. They shared many stories of the interactions with volunteers and others within their community as a result of their WPC membership. They related stories of their neighbors' generosity. Some shared their hopes to be able to volunteer in order to give back to the WPC program and its other participants. One participant stated, "We need to take care of each other."

The stories of independence, social connections and sense of community are just the beginnings of what I find to be an exciting and interesting journey in learning more about what village model programs have to offer our communities.

### Kudos For WPC

"A heartfelt thank you to the Board of Directors, volunteers and staff of Washington Park Cares as we begin a new year. What a comfort to us seniors to know a willing volunteer or helper is only a phone call away to help us live independently in our homes. We couldn't make it without you! Happy New Year to all!" A grateful member



**Washington Park Cares**  
**PO Box 101266**  
**Denver, CO 80250**

## Always on the Calendar

### Book Club

**120 W 1st Ave. Presbyterian Church**

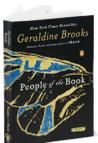
*Enter from the south parking lot*

**Saturday, January 28, 2012, 11:00 a.m.**

**THE STORY OF EDGAR SAWTELLE**

By David Wroblewski

Edgar Sawtelle is the utterly disarming teenage hero at the center of David Wroblewski's wonderful debut novel of the same name. Set on a small farm in Wisconsin, "The Story of Edgar Sawtelle" takes all kinds of risks. The hero is mute, a few chapters are narrated from a dog's point of view, and there are all kinds of ways the author creates a tender coming-of-age story and grafts onto it a literary thriller with strong echoes of Shakespeare. Edgar might be silent, but his story will be with readers for a long time.



**February 25 Meeting**  
**PEOPLE OF THE BOOK**

By Geraldine Brooks

For more information, call Herb Vollmer  
303-756-4110

### Lunch Bunch

**Perkins Restaurant**

**S. Colorado Blvd & Buchtel**

**Thursday, January 12, 11:30 a.m.**

### Dinner Out



**282 S. Logan Street**

**Wednesday, January 18, 5:30 p.m.**

**Happy Hour Prices: \$5.00 for selected wines, spirits, appetizers, salads, desserts. Or...order an entree (\$10-\$20) Parking in lot or on street.**

**For both events, RSVP to 720-381-2470. Rides and carpooling can be arranged.**

**Thursday Morning Walkers: Meet at corner of Franklin and Exposition at 7:30 a.m.**

**Members Help Number: 720-381-2470 "One Number for All Your Needs"**