



The NEWSLETTER for SENIOR COMPANIONS

August 2017



Spotlight on Paul Frazier

Paul Frazier heard about the Senior Companion Program from fellow Senior Companion Erma Martin. He applied, went through the interview process and the Corporation for National & Community Service's required background screening.

Paul graduated from the spring of 2017 Senior Companion training class with 14 other Senior Companions. Paul was born in Kansas City, MO. And he graduated from Manuel Career & Technical High School. He worked for one year at a nut, bolt and screw company in Kansas City, Kansas. After that he joined the U.S. Army and was stationed at Fort Ord on Monterey Bay off the Pacific Ocean Coast in California. Next he returned to his home town of Kansas City, worked for the Gillis Center for 4 years. He then returned to the company in Kansas City, Kansas he had previously worked for 15 years. He then left to go to work for Posty Cards in Kansas City, Missouri where he worked for 18 years before retiring.

Paul is the only retired veteran we have serving as a Senior Companion at the present time. He has been matched with a couple where the husband has Alzheimer's and he is providing respite care while the wife continues to work. They are extremely grateful to have him.

Paul is a welcome addition to the Senior Companion Program and we are thankful he came to us.



August Birthdays

Joy Robinson	August 6th
Pamelita Cook-Monroe	August 20th
Ruthie Johnson	August 23rd
Ruth Hicks	August 23rd
Harriet Jones	August 24th
Delton Pitts	August 24th
Wilma Donerson	August 25th
Kay Brown	August 28th



Senior Companion Annual Evaluation

The Annual Senior Companion evaluations will be completed in August. This is a **requirement** by the Corporation for National & Community Service that funds the Senior Companion Program as part of Senior Corps.

Please call Bob or Bill to schedule your appointment . The appointments should only take around 30 minutes.

Thank you for your consideration in this matter.



Total Eclipse of the Sun Headed to KC for First Time in Centuries



A jet-black moon blots out the sun, turning daylight to dark. The temperature drops, stars come out, birds fall silent and crickets chirp as a glowing, almost otherworldly sunset paints the horizon an orangey-yellow in all directions. It starts at 1:08 p.m. on Aug. 21, 2017.

It's not like a comet or a meteor shower. **This is something that grabs you by the throat, makes you weak in the knees and shakes you to your foundation.** The last time Kansas City saw a total eclipse this close? 1806. The next time we will get one: 2205.

PROTECT YOUR EYES!

You must use special eclipse glasses for proper protection. **UNSAFE METHODS INCLUDE USING:** regular sunglasses, balloons, food wrappers, smoked glass, X-ray film, film negatives and looking through a small pin hole.

There are a lot of companies selling special glasses to view the eclipse...**if they are not ISO-Certified, DO NOT USE THEM. (ISO-Certified glasses have a product code of 123-2.)** Looking directly at the eclipse without proper protection will cause **permanent damage to your eyes. DON'T DO IT, and watch out for what the children are doing!**



Senior Corps Service... It's Good for You

In the last edition of *National Service News*, we talked about Senior Corps being a Fountain of Youth.

Now the story continues...

As our nation's seniors enter their second act, they are choosing to take on new roles after decades of hard work to ensure greater opportunities for the generations that follow. More than **245,000** of them choose Senior Corps programs to share their lifetime of experience while volunteering.

Our **Foster Grandparents, Senior Companions, and RSVP** volunteers are staying active and strengthening their communities by serving people of all ages in a wide variety of ways. Now we can see how this service is paying off for our volunteers' health.

Last week, we announced that our Senior Corps volunteers report **improvements in their health, physical capacity, anxiety, loneliness and social isolation, and life satisfaction after their first year of service.**

It reminds us of a Broadway song that goes, "When you help others, you can't help helping yourself." (Because that's the way our minds work).

We applaud our Senior Corps volunteers for all they do to help their communities—and themselves—by staying active through service.



- National Senior Citizens Day recognizes contributions senior citizens make in communities across the United States. It is annually observed on August 21.
- Various events and activities are organized on Senior Citizens Day to raise awareness of supporting older people and recognizing their achievements. Some people raise awareness through social media and news stories, while others organize special community gatherings inviting senior citizens, their families, friends and volunteers. Some businesses give special discounts or deals to senior citizens on or around August 21.
- Some people celebrate Senior Citizens Day on August 14 as it was the day past US president Franklin Roosevelt signed the Social Security Act in 1935. However, in 1988 Ronald Reagan, who was the US president at the time, declared August 21 to be National Senior Citizens Day.
- This observance was established in honor of senior citizens in the US who made positive contributions in their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens.

- Personal Leave vs. Vacation Time -

Important Message

Please remember that Vacation Time and Personal Time are used for different reasons. Vacation Time can be used for any reason. However, as per SCP and CNCS Policies and Practices, Personal Time can only be used for: medical reasons, illness, family emergencies, doctor appointments, dentist appointments, funerals.

If you are claiming Personal Time you are REQUIRED to enter on the back of your timesheet (for the appropriate date) a brief comment as to why you are using Personal Time rather than Vacation Time. Failure to do this will result in a disallowance of any Personal Time you are claiming.

Remember, if you are using Vacation Time or Personal Time you are REQUIRED to notify your client of your absence.

Did you receive a Compliance Memo in your Pay Envelope?

Important Message

You may have received a program compliance memo in your paycheck envelope regarding our request to receive a copy of your current driver's license, auto insurance card, or income documentation. We may also have reminded you that your annual physical is either coming due or is overdue.

Please do not ignore any memo of this type. Get in touch with Bill or Bob if you have any questions regarding a compliance memo.

Remember—failure to address program compliance issues will put you in jeopardy of being dropped from the program.

Note from your Senior Companion Program Manager :



Important Message

We have just finished the first month of our new **Program Year 2017/2018**. The yearly Senior Companion Progress Report has been completed along with the yearly surveys and sent to the Corporation for National & Community Service. I want to thank each and every one of you for your hard work and dedication to this program. This is not an easy job and it is not for everyone, as some of the new Senior Companions have discovered. Four have dropped out of the program because they can't do the work.

Please ask your clients to write letters or call me so I may let others know how important this program is to our clients, their families and to the community. Many programs have lost funding and will be cut. It is so important that we tell our story and let others know what we do so this does not happen to us.

Again, thank you.

Bob