



The NEWSLETTER for

# SENIOR COMPANIONS

April 2017

## Senior Corps Pledge 2017

I will get things done for America - to make our people safer, smarter, and healthier.

When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.

When faced with children at risk, I will help them stay in school and on track for a brighter future.

When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.

Working for the greatest good, I will use my lifetime of experiences to improve my country, my community, and myself through service.

I am a Senior Corps (RSVP, Foster Grandparent, Senior Companion) volunteer, and I will get things done.

The focus for Senior Companions is:  
***Healthy Futures and Aging in Place***

Healthy Futures is defined by the Corporation for National & Community Service as:

Addressing health needs within Communities by Focusing specifically on independent living (aging in place), and access to health care. Our activities will:

- Increase seniors' ability to remain in their own homes with the same or improved quality of life for as long as possible,
  - Increase physical activity and improve nutrition.
- Improve access to primary and preventative health care for communities served by CNCS-supported programs (access to health care).



## April Birthdays

Mary Perkins	April 2nd
Stella Ethern	April 6th
Rosetta Harlin	April 15th
Patty Ryan	April 16th
Geneva Coleman	April 22nd
Debra President	April 26th
Carolyn Robinson	April 26th
Lavador Williams	April 30th



## Need help with your tax return?

Remember [myfreetaxes.com](http://myfreetaxes.com) is easy and free.

Tax help you can trust—brought to you by United Way and powered by H&R Block.

Questions?...  
 call 1-(855) 698-9435



**Note from Bob:** I love this and hope you do too.  
There is meaning in this for all of us.

## I Know Why the Caged Bird Sings

By Maya Angelou

### Title: Easter Dress

#### Symbolism, Imagery, Allegory

This dress is going to be *awesome*. It's made of silk, has ruffles on the hem, and tucks in at the waist. What could be cuter?

Maya wears the Easter Sunday dress during the prologue. For weeks before Easter, she went around dreaming about how beautiful the dress would be and how its magical powers would change her life. She would turn from an ugly black girl to a pretty white girl, complete with curly blond hair. Finally, she would prove to everyone that she was different.

But that Sunday morning, things don't go quite as expected.

*Easter's early morning sun had shown the dress to be a plain ugly cut-down from a white woman's once-was-purple throwaway [...] The aged-faded color made my skin look dirty like mud, and everyone in church was looking at my skinny legs.*

Instead of waking up from her "black ugly dream", Maya realizes that it's a reality.

What can we take from the image of this dress? Sure, it confirms—from the very beginning—that Maya's ideal of beauty is white, not black. But it also symbolizes Maya's constant frustration that her ideal is unattainable—literally. She can fight racism, but she can't fight race. Luckily, over the course of the novel, Maya comes to accept herself and realize that the color of her skin should be a source of pride.

#### Got Paychecks?

- All Timesheets are due by the 10th of the month. Timesheets received after the 10th will be processed in the following month.
- If you don't attend In-service, your check will be mailed the following day (provided it is available).
- An incomplete timesheet will delay the processing of your check. If you fax, remember we need the front and back of the timesheet and copies of any receipts you may have.
- Timesheets should be mailed no later than the first day the new month.



#### New Training Class Scheduled

This is a picture of our last training class in August 2016. Shepherd's Center will be conducting classes for 15 new Senior Companions, running from April 17th through April 27th. We are excited about the mix—four of them are men. We'll be welcoming them into the program during our May In-service.

Thank you for your recommendations and sending good people our way!