

Introducing our Interim Executive Director

Join us in welcoming Joan Dixon to lead Family Service

Hello Family Service Friends,

After 27 years as an outstanding steward of Family Service, Executive Director Sheryl Bautch retired as of July 31, 2022. We thank her for all the energy she put into the organization.

By way of introduction, I was on the Family Service Board for 10 years and served as Board President for four years. I have been on the Corporate Board of the East Central Illinois Area Agency on Aging representing Champaign County two separate times and have known about the many grants that Family Service has received from ECIAAA.

As President & CEO of the Community Foundation of East Central Illinois, I had many opportunities to work with Sheryl and the Board of Directors on best practices and strategic planning and on funding opportunities that the Community Foundation could provide. So when **the Board of Directors asked me to step in as the Interim Executive Director**, I was happy to do so.

What have I found in my first two weeks as Executive Director? I have found an organization that plays a vital role for the residents throughout Champaign, Douglas and Piatt Counties, especially for seniors. Through the Senior Resource Center, services are provided every day that allow folks to continue to live in their own homes with just a bit of help from our staff or great volunteers that give rides and deliver hot meals. Our Counseling program assists people as they work through difficult times. Our therapists and Children First facilitators help divorcing spouses understand how they come together to make their children feel safe and secure.



I've also found that the Family Service staff is dedicated to our clients and often goes beyond what is expected to offer assistance.

Our primary funding sources are federal, state and local grants that are cobbled together to provide these services. This, of course, is challenging.

In addition, we have a very loyal base of donors who continue to help us. And with increases in expenses due to inflation and the necessary increases in the minimum wage, those donors are more important than ever.

Thank you for being a friend of Family Service. We rely on your support.

Joan

What's new? Engaging groups in hybrid ways!



Mike Haile, award-winning volunteers and raffle prizes all bring lots of smiles at the RVSP Appreciation Luncheon in June.

RSVP celebrates 50 years in-person!

Mike Haile, our emcee, showed up sporting a new tuxedo and his contagious smile! As guests walked into the hotel, they marveled at all the auction items. They were checked in by RSVP Advisory committee members while our coordinator Robbie Edwards sold raffle tickets.

Walking in the festive room, volunteers were greeted by RSVP staff. Guests were treated to a delicious buffet and enjoyed chatting with each other again! Amidst fanfare, balloons and music, staff were pleased to honor some very dedicated RSVP volunteers.

Vicki Stewart Spirit of Courage Award: *Given to a person who continues to volunteer in spite of challenges*

Lovia Henderson

Rena Lenz Award: *Given to exceptional new volunteers*

Larry Hatrick, Vida Mazzocco, Mary Kathryn Menzies, Russell Craig Hilton

Station of the Year Award:

AARP

Station Nominated Volunteer Service Award:

Tom Austin, Robert Blaney, Isabel Cole, Anita Hochberger, Janet Laws, Evelyn Lee, Pam Lindell, Vivienne Mackie, Steve Mey, Skip & Ann Neely, Del Nelson, Betsy Su

Improving Health Care Delivery by Enhancing Communications Skills

What do you think is key to providing effective health care? If good communication between health care providers and patients is on your list, then you'll be happy to hear what we did for providers this summer.

Nurses, therapists and social workers joined our June Self-Help Workshop to learn how to take their communication skills to the next level.

Dr. Peter Patton, our Self-Help Coordinator and a professional therapist, demonstrated questioning skills and scenarios that encourage safe sharing. The group discussed and practiced the *Four Steps to Listening*. Then they explored real life challenges.

Creating safe, trustworthy connection encourages people to share personal information. Listening to them with understanding and compassion, and then responding in therapeutically and culturally appropriate ways is critical to health care delivery.

That's not easy to achieve in five or even forty-five minutes with the wonderful diversity we enjoy locally. Kudos to all the professionals who joined the group, added their voices, and started this journey with us. Let's keep learning together!



Dr. Peter Patton presents at Self-Help Center workshop in June, "Methods to Enhance Your Communication Skills"



Douglas County seniors loved the Family Service field trip to the Moonshine Store in Martinsville, IL

Donors sponsor fun times for Douglas County seniors

Fun is not limited to the young! In fact, older adults have the most experience enjoying life and each other. So the pandemic hit their social lives particularly hard. Many seniors live alone, and isolating at home was like a social famine.

Becki Anderson and Connie Donley in our Douglas County office made it their mission this past year to let the good times roll. They've sponsored monthly craft projects and Bingo with prizes at the Tuscola Library. People were so glad to get out and do fun things together again.

They asked local businesses to sponsor field trips. Their donations cover bus, gas and admission charges for seniors that need it. The first trip to Moonshine Store in Martinsville, IL was a huge success. On the scenic drive down they spotted two bald eagles and a wild turkey. At the Moonshine Store, they ordered old-fashioned burgers and fries and ate outside.

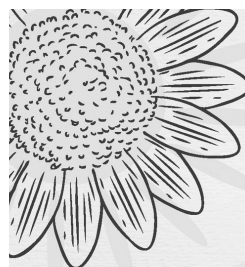
Among the passengers were three sisters with the oldest one being 90 years old. What a treat for these ladies to enjoy shared outings once more. While you can't put a value on those kinds of family memories, our donors get credit for all the smiles and laughter. Thank you for making their day!

Creativity on Wheels gets new funding in FY 23 to expand the program

Fifty seniors will receive a box of fun and friendly calls by volunteers every month this fiscal year. The first boxes were delivered on July 28 by our Senior Transportation volunteers. The boxes include art supplies, sensory activities and affirmations all centered on a theme like Sunshine, Trees and Waves reminding us of the beauty of our world.

Last year, we launched a pilot project with twenty-five seniors getting a biweekly box for twelve weeks. People loved it, but they wanted it to last longer. So we applied for new funding that allowed us to double the number of boxes and participants.

The program is supported by grants from Urbana Arts and Culture Program, Illinois Arts Council, East Central Illinois Area Agency on Aging, Champaign County Mental Health Board and the National Endowment for the Arts. Many thanks to all of our supporters for bringing joy to local seniors.



Welcome to Creativity on Wheels

SUNSHINE BOX

Box Contents:

- List of beautiful questions
- 9 affirmations/quotes
- 1 fridge magnet
- Watercolor art instruction magazine
- Watercolor pad
- Travel brushes
- Ultra thin sharpie marker
- Watercolor pencils
- Sunflower suncatcher craft
- Window Drawing Activity
- Sun breathing exercise





NON-PROFIT ORGANIZATION
 U. S. POSTAGE PAID
 CHAMPAIGN, IL
 PERMIT NO. 345



Supporting people across the generations
 by providing quality human services:

- Children First
- Counseling
- RSVP
- Self-Help Center
- Senior Resource Center:
 - Counseling & Advocacy
 - Friendly Caller
 - HomeCare
 - Meals on Wheels
- Senior Transportation

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FOR MORE INFORMATION

- Administration.....217-352-0099
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