



# Family Service

*Enriching lives across the generations*

*Fall Newsletter 2020*

## Friendly Callers

### Seniors protecting each other in extraordinary times

#### **The timing was unbelievable....**

Last fall when we prepared to roll out a new Friendly Caller program for seniors to counter social isolation and provide friendly checks, we had no idea how critical it would become. When we started calls in February, it may have seemed that we had foresight, but we'd actually been developing this before anyone heard of COVID-19.

#### **Volunteers were easy to recruit!**

Seniors were very interested in staying connected and involved in virus-safe ways. We soon realized that the key to this initiative was to organize it as two services: 1) a peer-to-peer program—with two seniors socializing with each other, and 2) a reassurance program with volunteer checks and reminders.

#### **Peer-to-peer is working out great!**

Everyone loves making a new friend, and phone friendships are a safe way to go these days.

Linda Conway, an RSVP member who volunteers at the Stevick Senior Center, heard about Friendly Calls and wanted to get involved. Linda was paired with a gentleman who has some similar interests. They chat twice a week on a regular schedule that suits them both. One of the perks of the program is that it's flexible to people's preferences and needs.

Linda shares, "Initially I wasn't sure if we'd have enough to talk about, but it's worked out because we share a variety of interests including music, health, history and current events. It's been really nice for me to meet someone new to talk about life experiences and share family stories during this time of limited social contact. I'm naturally chatty, but hopefully I've been a good listener too."

#### **I'd like to learn more; what's involved?**

Simply being willing to begin a new friendship by talking to another adult age 60+ once or twice a week for 15-20 minutes. Social interaction is always good; during this pandemic, it's fantastic!

You're eligible if you're age 60+ and a resident of Champaign County. Call the **Senior Resource Center** at **217-352-5100**; tell them you're interested in the Friendly Caller program.



*Linda Conway enjoys her bi-weekly friendly calling. Most older adults are skilled at building friendships. They've had common experiences with people their age, so they are naturally gifted at reassuring and cheering each other through new challenges.*

#### **What are the health benefits of social interaction?**

Research has shown that social interaction improves your physical health, elevates your mood, increases self-confidence, and boosts your immunity. It makes you more interesting, and it's just the medicine for any senior or senior couple sheltering at home alone.

#### **Reassurance calls give seniors peace of mind.**

Are you aged 60+ living alone in Champaign County? Are you afraid of becoming ill or falling and no one knowing? Call and we'll match you with a volunteer caller. Your daily wellness checks will ease your mind.

Interested in receiving calls? Call the Senior Resource Center at **217-352-5100** and ask for a caseworker.

Interested in making calls? Contact **Vicky**, RSVP Coordinator at **217-359-6500** or **site.rsvp@gmail.com**

You're just one phone call away from giving yourself another safe social outlet and starting a new friendship. It's a gift you can give yourself today!

# Staff, donors & volunteers keep essential services COVID-safe



## Thank you Grace Baptist Church of Urbana

### “Large donation delivers meals COVID-safe”

Sadly, Grace Baptist Church of Urbana decided they had to close their doors this past spring. Thankfully, their Board voted to donate their remaining funds to local charities to help the community. Our Meals on Wheels program received \$10,000.

One of the things that we did with the donation was to purchase new coolers to deliver meals as our previous bags really needed replacing! These coolers are hard vinyl and easy to disinfect after every delivery, so it's safer for volunteers, meal recipients and Hendricks House employees cooking the meals. The coolers have tight-fitting clasps and styrofoam cores keeping food insulated and meal sacks dry while volunteers deliver. Many thanks to Grace Baptist Church of Urbana board for serving up safety & health to local seniors. You're amazing!



Left: Staff members **Esther and Stacie** fill soap bottles to distribute to seniors.

Right: Bags of urgent hygiene items are ready for delivery thanks to COVID Relief Funds from **United Way of Champaign County and the Community Foundation of East Central Illinois**.



The **Matt Difanis Team Re/Max Realty Associates** started delivering meals this spring to let senior volunteers shelter at home safely. We're in Phase 4 and they're still delivering! Team members left to right: **Kris Bell**, Listing Coordinator, **Allison Madura**, Director of Community Involvement, **Matt Difanis**, Realtor, **Stacy LaCour**, Realtor; Not pictured: **Tracy Martin**, Director of Operations.

**Many people called & volunteered to help this spring; we were just so grateful!**



**Deb Pietro**, new RSVP volunteer in April, was one of many who sewed hundreds of masks for Family Service keeping seniors, staff and volunteers safe locally. Thank you all so much!!

# Virtual Support Group Facilitator Workshop

The **Self-Help Center** at Family Service is sponsoring a **Mindfulness Workshop**

to be offered virtually in **October 2020**

Specific date and time is still being determined.

Email Peter Patton at [ppatton@familyservicecc.org](mailto:ppatton@familyservicecc.org) for more information and to register.



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## FOR MORE INFORMATION How To Reach Us

Administration..... 217-352-0099  
Family Counseling.. 217-352-0099  
RSVP ..... 217-359-6500  
Self-Help Center ..... 217-352-0099  
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## Prefer Paperless?

To receive this newsletter digitally in the future, email a request to Terry Goode at [tgoode@familyservicecc.org](mailto:tgoode@familyservicecc.org)



## Join the fun in 21!

The **Family Service team** is recruiting runners, walkers and rollers for the **2021 Christie Clinic IL Marathon**.

Not a runner? Good news! You can walk any event **except** the full marathon. Raise awareness and support for our mission as you compete.

Join the team or sponsor any of our team members at:

<https://raceroster.com/events/2021/31991/christie-clinic-illinois-marathon-race-weekend-2021/pledge/team/263332>



## Exciting news...

We're working on our new Family Service website and expect it to hatch by the New Year!

Same website URL

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

You'll love the updated look of this digital friendly site.

You'll be able to access it with your computer, tablet or Smart phone!



*Supporting people across the generations  
by providing quality human services:*

- Children First**
- Counseling**
- RSVP**
- Self-Help Center**
- Senior Resource Center:**
  - **Counseling & Advocacy**
  - **HomeCare**
  - **Meals on Wheels**
  - **Reassurance Calling**
  - **Transportation**

Sponsor	Month	Gift	Program
Exelon Corporation	Sept 2019	\$1,500	Unrestricted gift
Xerox Corporation	Oct 2019	\$500	Unrestricted gift
BankChampaign	Nov 2019	\$1,000	Senior Transportation
Cozad Asset Management	Jan 2020	\$750	Unrestricted gift
Grace Baptist Church	Feb 2020	\$10,000	Meals on Wheels
Tepper Electric Supply	Mar 2020	\$2,500	Unrestricted gift
United Way & the Community Foundation of East Central Illinois	April 2020	\$4,000	Senior Client Assistance
Carle	May 2020	\$2,500	Self-Help Center
	May 2020	\$4,000	COVID-Relief
	May 2020	\$2,500	Senior Transportation
BankChampaign COVID Gift	June 2020	\$2,000	Unrestricted gift
Local C-U State Farm Agents	July 2020	\$1,000	Unrestricted gift
Champaign West Charities	August 2020	\$5,000	Unrestricted gift

*Family Service Sponsors of the Month (Sep 2019-Aug 2020)*  
We could not have accomplished our mission without your support. Thank you so very much!