



Bringing Joy, Companionship and Quality of Life to Nursing Home Residents

ONE TO ONE

The Key to Compassion

Volume III Issue II

June 2009

AR Nursing Homes

Alma Health & Rehab
Ashton Place
Chapel Ridge Nursing Home
Covington Court H & R
Crawford H & R
Fianna Hills Nursing Home
Golden Living H & R
Golden Years Retirement
Greenhurst Nursing Center
Greenwood Retirement
Legacy Health & Rehab
Mena Manor
Methodist Nursing Home
Ozark Nursing Home
Paris Health & Rehab
Pinkbud Nursing Home
Rich Mountain Nursing Home
River Valley Health & Rehab
St. Scholastica Infirmary
Van Buren Health Care

OK Nursing Homes

Medi-Home Arkoma
Oaks Healthcare Poteau



A United Way
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Morning Glorias at Chapel Ridge



More than 15 years ago Betty Stutts, Key Person for Chapel Ridge, recruited her first ***Morning Glorias*** for Medi-Home Fort Smith. Her idea was similar to Candy Strippers and was named in honor of our founder, Gloria White. This summer, Betty shared her idea with other keys at the workshop and all agreed it is a "Best Practice."

Shayla Thompson, Ally Lee and Brittany Rogers are official PC volunteers and spend two days each week visiting with residents, helping with bingo, painting fingernails,

bringing residents for afternoon activities, e.g. making cakes (and then eating them!), singing, listening to music, exercising and, Shayla's favorite, the monthly birthday party. Shayla's mother, is Jennifer Derby, LPN, in medical records. Shayla, who is an honor student at Pocola and active in sports, wants to follow in her mother's footsteps and work in a nursing home. Her friend, Brittany, rides with her to the nursing home.

Ally's mom, Carla Lee, LPN, is a charge nurse and very proud of Ally's perfect grades at Kimmons, involvement in sports, cheerleading and her desire to be with the residents at Chapel Ridge. Ally loves coming to work with her mother.

These young people are

bringing joy, companionship and quality of life to nursing home residents and the residents love them for it. They model the importance of giving to others and making our community a better place to live.

Encourage your young people to go to work with you or volunteer with your teen at an area nursing home for a win-win experience.



Betty Coots Earns Gloria White Award

Betty Coots was presented the 2009 Gloria White Community Angel Award during the Project Compassion 37th Birthday Party sponsored by Mayor Ray Baker. Coots serves as a board member and chairman of the annual Hearts of Gold campaign which collects and distributes gifts to residents in area nursing homes. Coots is a member of the Altrusa International Club and is a Vice President for Simmons First National Bank in Fort Smith.

The Gloria White Community Angel Award is named after the founder of Project Compassion. This annual award recognizes the charitable community involvement of the recipient and their dedication to Project Compassion's mission, ***"to bring joy, companionship, and quality of life to residents in area nursing homes."***



Welcome New Program Coordinator Abigail (Abbie) Taylor Cox

Abigail (Abbie) Cox joined Project Compassion as Program Coordinator on June 8. She recently completed a master's degree in Leadership and Ethics at John Brown University and will have an MBA within the coming year. She has a B.S. degree in Business Information Systems and is a Certified Volunteer Manager (CVM) in the State of Arkansas. Abbie is part-time and will work an average of 20-25 hours per week.

I asked Abbie to tell us about herself and she said, "I am married to



a wonderful man, Fred, and we live in Alma. I love to run, try to garden and am an avid reader. We have two dogs from the pound. My dad, who is 85, very active, and living in Booneville, is really excited that he may be able to help me train volunteers! He said he might be able to help them understand how to connect with the elderly. I am very excited about coming on board. Thank you for the wonderful opportunity."

And... we look forward to working with you, Abbie!

The Prez Says

The Board of Directors recently approved several changes to the PC Calendar:

The PC Office will close for Summer Holiday, June 29 –July 12

The Marion Stephens Award for Key Person recognition will be given at the Key Person Brunch, December 15, 2009

The Volunteer Appreciation luncheon will move from October 2009 to April 2010.

April is National Volunteer Awareness month and the exact date will, also, coincide with the United Way's

Day of Caring. The Sue Sherman Award for volunteer recognition will be given at the April luncheon.

Last year, Annette told the Board of Directors of her intent to leave her position in June. That time has arrived. We thank Anne for her unwavering commitment to the mission and outreach of Project Compassion during her tenure with the organization. Look for her to volunteer during Hearts of Gold or for other events, in between her motorcycling trips with David.

Helen Keller stated, "When one door closes, another opens." And so we find ourselves at Project Compassion saying good-bye to Annette Mackey, and hello to

Abbie Cox, our new Program Coordinator.

Below, Annette says thank you and



good-bye to Betty Stutts and Joyce Henderson.

Project Compassion Officers and Board Members

Project Compassion Directors serve 3-year terms, without term limits. Officers serve 2-year terms. The Board meets monthly on the third Tuesday at 12 noon in Room 110 of St. Scholastica. We do not meet in July or December.

Officers for 2009-2010

Debbie Findley, President
Dr. Eric Stein, First Vice-President
Betty Coots, Second Vice-President
Toni Holderfield, Secretary
Kris Hope, CPA, Treasurer

Board Members

Dr. Calline Ellis Rep. Jim Medley
Pat Fellner Sr. Elise Forst
Sr. Judith Marie Keith
Carmelita Adams Mark Buergher
Monty Watts, JD, CPA

Thank You to Our Supporters

Feb 1 – May 31, 2009

Grants/Foundations

Fort Smith United Way

City of Fort Smith

Fort Smith Community Foundation



Easter Bunnies

Altrusa

Trinity Junior High School

Baptist Student Ministries

Memorials

LaThelma Stonecypher

Dr. Eric Stein

Stanley Francis

Janice Kerlin

Erma Lovett

Debbie Findley



Honorariums

Project Compassion Volunteers

Mayor Ray Baker (Luncheon)

Betty Coots

Debbie Findley

Donations

New Copier

Joe Dickinson of Preferred Office Projects

Providing food and grilling meat for United Way Day of Caring

First National Bank

Assisting with Search for New Program Coordinator

SPMI

Honor someone or remember someone with your gift to Project Compassion. When someone asks what you would like for a gift, ask them to make a donation to Project Compassion.

We have enclosed an envelope for your use. Thank you for what you have done, for what you are doing and for what you will do to support the mission of Project Compassion.

We are a 501 (c) 3 non- profit agency so your gifts are deductible.

Activities of Note



Mayor Ray Baker Hosted a Birthday Celebration for Project Compassion

On March 12 Mayor Baker hosted a luncheon to celebrate the 37th birthday of Project Compassion. Over 100 were in attendance at the Rotunda of the Convention Center. Mayor Baker always makes us feel good about the work we do to help make life worth living for our area nursing home residents. Thank you!

Easter Was A Little Brighter for 315 Nursing Home Residents.

On April 8 residents at Ashton Place, River Valley, Alma and Fianna Hills nursing homes received bunnies for Easter. Betty Coots started the bunny collection with Altrusa four years ago. This year Trinity Junior High and Baptist Student Ministries at UA Fort Smith assisted in the collection. Thank you!

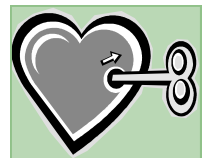
United Way Day of Caring for Residents of Five Area Nursing Homes.

On April 16, 26 community volunteers spent the morning at area nursing homes, providing one-to-one contact, visiting with residents, reading, painting fingernails, listening to tales of yesteryears. At noon they were treated to grilled hamburgers by First National Bank. Thank you!

Activities for Nursing Home Residents

Tell us what you do for your nursing home residents and we will share the most original ones and give you credit for the idea. Here are a few ideas (may not be original) that you can suggest to your volunteers:

- Provide a hand massage or foot massage to one who has lost the ability to communicate. Talk to the person during the massage.
- Play a game of checkers or chess
- Read to the resident the book of their choice, a chapter a visit or 30 minutes a week
- Bring a pot, potting soil and a plant and let the resident do the planting (and get dirt under their fingernails!)
- Record an interview with the resident and send to relatives.
- Write a letter to a loved one for the resident; get the address to mail it.
- Ask for advice in specific areas, e.g. how to make a cobbler, how to sew a dress, how to get a child to do his/her chores and then listen to how they did it. Say thanks.





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This issue underwritten by



COOPER
CLINIC, P.A.

25 Specialties..... 17 Locations
Healing & Caring..... As One

Dates to Remember

- June 26: Last Day for Annette Mackey
- June 29—July 12 Office Closed
- No Board Meeting in July
- September 21 Golf Tournament
- Next Newsletter in October
- Volunteer Appreciation luncheon will move from October 2009 to April 2010.

