



LINK OF CARING

VOLUNTEERING WITH HEARTS & HANDS

September/October
2009

Dates to Remember

- September 7- Labor Day
- September 13- Grandparents Day
- September 16- Day of Caring
- September 23- First day of Autumn
- October 12- Columbus Day
- October 31- Halloween

Special Thank you!!

I would like to take this opportunity to say THANK you To Galen Knepp

Galen is retiring from delivering meals this month. Galen has been volunteering with the Agency for 15 years. He delivered meals to the home bound people who live in Lewistown.

Galen will be missed very much.

Holly Hockenberry

Volunteer Coordinator

Elder Community Services, Inc.

505 Harvard Street

Lewistown, PA 17044

717-242-0492

ELDER COMMUNITY SERVICES, INC.

505 HARVARD STREET
LEWISTOWN, PA 17044
PHONE: 717-242-0492



Community Leisure Services, is pleased to announce a very special program:

The Hawaiian Luau

Come join us for an evening of FUN, FOOD, and MUSIC.

Join us for our Hawaiian themed meal, and our musical entertainment featuring

"Jay & the Jingo"

Participate in the raffle drawings and register to win the door prizes. (raffles, door prizes, good food & lots of fun)

When: September 25, 2009

Where: CJEMS building in Mifflintown

Time: meal @ 6:00pm

Doors open @ 5:00pm

Tickets are available at your local Senior Community Centers

Transportation from your local Senior Community Center will be available.

Call Randie Warner @ 242-0492



The Heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others.



Regular Hand-Washing can prevent against cold, flu



WEDNESDAY, Sept. 24 (HealthDay News) -- Fewer Americans are regularly washing their hands, even though it's one of the best ways to prevent colds and flu, says the fourth annual Soap and Detergent Association (SDA) Clean Hands Report Card.

"Americans should prepare for the onslaught of the cold and flu season. Cleaning your hands regularly throughout the day can help keep you out of the doctor's office or the emergency room," Nancy Bock, SDA's vice president of education, said in an SDA news release. The group has designated Sept. 21-27 as National Clean Hands Week to raise awareness of the need.

The report card, based on a national telephone survey of 916 people conducted in August, gives Americans a C-minus for their hand hygiene habits, the same score they had in 2006.

Here are some of the findings:

- Only 85 percent of respondents said they washed their hands after going to the bathroom, down from 92 percent in 2006.
- 46 percent said they wash their hands 15 seconds or less. Fifteen to 20 seconds of hand washing with soap is recommended by the U.S. Centers for Disease Control and Prevention and the SDA.
- 39 percent of respondents said they seldom or never wash their hands after coughing or sneezing, compared to 36 percent in 2006.
- 35 percent said they don't wash their hands before eating lunch, compared to 31 percent in 2006.
- 37 percent wash their hands fewer than seven times on an average day.
- Only 56 percent of respondents knew that hand washing is the most effective way to prevent colds.

Teachers are one group that does understand the importance of hand washing, suggests a separate survey conducted during the 2008 National Education Association Expo in Washington, D.C., the SDA said. The survey of 230 teachers found that 97 percent knew that washing hands is the best way to prevent colds and flu, and 91 percent always or frequently clean their hands before eating lunch.

The SDA outlined how to wash hands to effectively remove germs:

- Wet hands with warm running water before applying soap.
- Rub hands together to make a lather. Do this away from running water so the lather isn't washed away.
- Wash the front and back of your hands, between your fingers and under the nails. Wash for at least 15 to 20 seconds.
- Rinse hands well under warm running water.
- Dry hands thoroughly with a clean towel or air dryer.
- Hand sanitizers or hand wipes are useful alternatives if soap and water aren't available for washing your hands.

-- Robert Preidt

12th Annual Day of Caring

Day of Caring is a traditional United Way Volunteer event that kicks off their annual campaign every September. The Objectives of "Day of Caring" are;

1. involve employees in first-hand experience with area charities.
2. Raise awareness of community needs and services.
3. Allow contributors to see where their money goes.
4. Afford employees a great opportunity to know each other outside of the workplace.

Why? Day of Caring is an unforgettable, hands on experience, you get to actively improve our community while spending quality time with co-workers. It is a great way to see your donations to the United Way Campaign at work in the community.

This year, The United Way is sending volunteers from local businesses, to help with certain projects in the following Senior Centers , Lewistown , Milroy, & Atkinson Mills Senior Centers also the Adult Daily Living Center. They will be helping with projects that the senior center need done that would not normally get done. The United Way Volunteers will be at these center bright and early on September 16. The Day of Caring, Thank you United Way Volunteers. They are making a difference right here in our neighborhood.