



Former AARP state president and MFS volunteer Jane Sharp steps in as the first Team Coordinator for academic mentors.

## RSVP Designs A New Volunteer Position Full Of Promise

Significantly increasing the role of older adults in community service is a major strategic initiative of Metropolitan Family Service (MFS). In response to the demographic wave of Baby Boomers, MFS is creating new roles through RSVP volunteer services for those older adults who possess the time, talent and experience to address our community's pressing needs.

The first new service role MFS has created is a team coordinator position that will support volunteers who provide academic mentoring in schools. The new coordinator will work with school staff, matching volunteer mentors with children, providing oversight and supporting matches, and monitoring service effectiveness.

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## Grammar School Improves Health of Older Adults Volunteering Is A Healthy Alternative For Retirement

Confining activities to the rocking chair, the beach and the TV couch may be some retirees' idea of good living, but according to new research by experts at Johns Hopkins, published this month on the Journal of Urban Health's Web site, spending some time with young children in the classroom might give them a lot more time to enjoy life.

"Volunteering in a grade school may not seem immediately appealing to older Americans," said Erwin Tan, Ph.D., assistant professor of geriatrics at Johns Hopkins University and lead author of the study. "But honestly, our volunteers say it's an enriching experience, and, it turns out, it may be good for you."

In a study of 113 men and women 60 and older, Hopkins researchers

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Foster Grandparent Dorothy Johnson tutors a fourth grade student at Boise Eliot Elementary School in Portland.

## Upcoming Events

**Mentoring 101 Training**  
January 10, 2007  
Beaverton, Oregon

This free training is open to volunteers who mentor children. Space is limited to 25 participants, so reservations are required.

Mentors will learn the basic skills involved with mentoring youth. The course will cover effective communication skills, stages of the mentoring relationship, listening skills and more.

For more information, or to register, please call Oregon Mentors at 503.517.8990.



Metropolitan  
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## Portland Schools Offer Tuition Discounts for Older Adults

### Portland Community College

If you are 62 or over when classes begin, you are eligible to receive a 50 percent tuition discount on both credit and non-credit classes. The tuition discount does not apply to lab and other class fees, out-of-state tuition or CEU (continuing education unit) classes. The discount may be requested at the time of payment or by calling 503.977.4234.

### Portland State University

Oregon resident senior citizens (age 65 or older) who do not wish to earn credit are authorized to attend classes on a space-available basis at no cost except for special materials, if any. For more information contact the Senior Adult Learning Center (S.A.L.C.) at 503.725.4739.



*Senior Companion Reverend Bob Biggs demonstrates his green thumb at the Marie Smith Center.*

# Volunteer Spotlight:



*Foster Grandparent Vera Papernaya has served as an MFS volunteer for five years. Vera works three days a week assisting third graders with math and spelling.*

Foster Grandparent Vera Papernaya has been a volunteer with MFS since 2001, and has spent the last four years working with third graders at Barnes Elementary School. She's quick to tell you that she loves working with children, and that she has a lot of respect for the work that teachers do.

"American teachers are very kind," says Vera. "They work very hard and I can see the big differences that they make in the children's lives."

As a former Russian citizen, Vera has a unique perspective on the differences between American

## Tips for a Healthier Holiday Season

As the holidays approach, MFS would like to provide you with some simple ways to make the holiday season as healthy as possible. Many of the traditional foods served during the holiday season can be healthy—just avoid the butter, cream and sugar. When planning your holiday get-togethers, try these tips:

### Take your time

Slow down, savor your food, and enjoy your family and friends. Give yourself a chance to feel full and satisfied.

### Go with a smaller serving

Start out with a smaller serving than you think you'll need, and take a little time before you go back for seconds. It sounds too simple to work, but putting less on your plate really can help you eat less.

### Don't skip meals

Have a light breakfast and/or lunch to avoid feeling ravenous at holiday meals. If you're really hungry when you sit down, you'll want to eat whatever is available. With all those holiday treats around, resisting will be just that much harder.

### Bring a dish

If you're spending the holidays at the home of a friend or family member, bring a healthy low-fat dish to share.

### Get moving!

Create healthful holiday habits, such as taking a walk around the neighborhood after dinner to look at holiday lights, or go for a morning jog or bike ride. Anything that gets the heart pumping!

### Drink lots of water

It helps fill you up and has loads of health benefits.

# Foster Grandparent Vera Papernaya

schools and those in Moscow where she grew up.

“In America, people like fun,” Vera explains. “In Russia, school is school and it is not fun. I work with the children on their spelling, and when they get all of their words correct, I give them a piece of candy at the end of the week. This has made learning fun for the children and interesting for me. I love my job.”

Before coming to the United States in 1997, Vera worked in Moscow as an aerospace and communications engineer for 40 years. Now that she is an American citizen, she is excited

to be making positive contributions in her community.

“When I was in Moscow, my friends and I had very different ideas about what America was like. I realize that many American families have great difficulties. Children are our future, and now that I am a citizen, it concerns me when I see children struggling.”

“I am very glad to be in this country, and I want to use the education that I have to help others who have not been as fortunate.”



## MFS Volunteer Opportunities

### Mentors Needed in Clackamas

We are recruiting an Experience Corps team for Rowe Middle School in Milwaukie. Ameri-corps stipends will be offered to volunteers who work 12-15 hours a week tutoring and mentoring students one-on-one. Be one of the first to volunteer with this exciting new opportunity!



### Project Linkage Visitors

Friendly visitors make a difference in the life of someone who is homebound and lacks family support. Volunteers visit clients in NE Portland and can sometimes assist with special requests or errands. The time commitment is flexible and variable; most friendly visitor volunteers visit every couple of weeks for a few hours.



For more information about these and other volunteer opportunities with MFS, please contact Beth Jacobs at 503.249.8215, ext. 22, or visit us online at [www.metfamily.org](http://www.metfamily.org).

## Holiday Pumpkin Soup Recipe

This creamy pumpkin soup recipe makes a hearty, healthy, meal that is low calorie, low fat, and high in fiber and protein. Try it tonight!

### Ingredients

- 1 can (15 oz.) pumpkin
- 2 large carrots
- ½ cup frozen spinach
- 1 celery stalk
- 1/2 onion
- 4 boxes of chicken stock
- Pepper and salt
- For a delicious twist, add a dash of curry



### Directions

- Sauté vegetables (except pumpkin) until soft
- Pour broth into a large pot and bring to a boil
- Reduce heat and cover. Simmer 25 minutes
- Stir in pumpkin and cook for 5 more minutes

Serve hot and enjoy!

## A New Volunteer Role

*(Continued from page 1)*

MFS is happy to announce that Jane Sharp has agreed to serve as our first team coordinator. As the former AARP state president for two terms, Jane says she's interested in "serving an agency that makes a positive difference in the community."

Each week, Jane will visit Experience Corps school teams and provide academic mentoring services, ensure that mentors are serving in a one-on-one capacity, attend volunteer team meetings, and report observations to program staff. "I just want to raise the awareness of the positive difference Experience Corps can make in the lives of everyone it touches," said Jane.

In just a few short weeks as the team coordinator, Jane is already making positive contributions. Through her diligent efforts, Jane is helping MFS create a continuous journey of civic engagement and volunteer opportunities that channel the time, talent, and experience of our older adult volunteers. Welcome Jane!



*MFS offers programs to improve health and emotional well-being, to allow people to remain as independent as possible, to decrease social isolation, and to reduce the cost of higher levels of care.*

## Sweet Tooth Recruit Sleuth Says: Volunteering Is Like Film Noir, It Never Goes Out Of Style

"Face to face with a painting, we shuffle our feet and apologize. We say, 'I don't know much about art, but I know what I like.' Well, why apologize? If knowing what you like is a good enough way to pick out a [spouse] or a house or a pair of shoes, what's wrong with applying the same rule to paintings?"

—Pat O'Brien (art critic/war vet George Steele) giving lecture in Crack Up, 1946

Many folks know what kind of volunteer work they are interested in. For these go-getters, we have a whole host of specific options. If you are interested in helping older adults, look into Project Linkage with its variety of opportunities

for volunteers of all ages. You can become a volunteer driver, friendly visitor, minor home maintenance helper, bill pay/money manager, yard worker, shopping trip escort, telephone reassurance caller, or birthday card creator. If you are an older adult yourself, our Senior Companion program offers a chance to help frail or isolated older adults remain independent in their own homes. You may even qualify for a tax-free stipend!

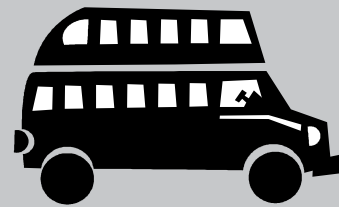
If you have a hankering to help with children, we have programs specific to that goal as well. Experience Corps members work in schools with students one-on-one, through a well designed tutoring and mentoring

### Project Linkage: Helping Hands in NE Portland

"When I wash the dishes my feet take a bath."

That's what Mary said when she called Project Linkage for help recently. Project Linkage helps older adults and people with disabilities remain independent in their own homes by linking them with volunteers who provide in-home support and transportation services. We need volunteers who can assist with:

- Transportation
- Shopping
- Yard Work
- Friendly Visiting
- Home Repair
- Telephone Reassurance



Volunteers are screened and interviewed before beginning service to ensure safe, friendly service to our clients. Project Linkage currently coordinates more than 200 volunteers who assist more than 1,100 individuals each year.

If you or someone you know has any home repair skills, particularly in the area of plumbing or electrical and an interest in volunteering, then give us a call at 503.249.8215, ext. 22. You'll be helping Mary—and others just like her—get their feet out of water for good!

program. Our Foster Grandparent program also serves children in schools, childcare centers, and hospitals. Ask about stipends associated with service!

Now, there's nothing wrong with being so open to the idea of volunteering that you don't know exactly what route you'd like to traverse. We can help you find your ideal placement. Our Retired and Senior Volunteer Program (RSVP) excels at matching adults age 55 and better with their desired volunteer position. RSVP is linked to museums, libraries, hospitals, senior centers and more; in this way, it offers a number and variety of opportunities.

We have a one-stop point of entry into these volunteer programs: the magic number is 503.249.8215, ext. 22 and your guide to finding these enchanting opportunities is yours truly, Beth Jacobs. Please don't be shy about passing the word around—we'd love our family to keep growing!



*Volunteer Development and Recruitment Coordinator, Beth Jacobs occasionally moonlights as the "Sweet Tooth Recruit Sleuth" for MFS.*



*Older adults in our Foster Grandparent and Experience Corps programs volunteered nearly 75,000 hours mentoring or tutoring Portland area children. These relationships demonstrated positive improvements in student academic performance.*

## **A Year Of Challenges and Progress: Letter From Executive Director, Krista Larson**

"Silent gratitude isn't much use to anyone." -G.B. Stern

"Feeling gratitude and not expressing it is like wrapping a present a not giving it."

-William Arthur Ward

2006 was a year of great progress and many challenges for Metropolitan Family Service (MFS). With the support of our volunteers, donors, and clients, we have become even more acutely aware of the needs of so many people in our community.

We see children who come to school with many problems—attendance issues, poverty, behavior and academic problems, and struggling families.

We all know the older adult population is growing faster than any other population, and too many of our older neighbors live in poverty. Within four years, the number of adults who are 60

years and older in Portland will outnumber the number of youth under age 17, for the first time ever.

Last year we served more than 32,000 children, families and older adults. With your help, MFS will continue to strengthen school communities, link generations, promote health education, build family support, create volunteer connections, and support independence.

I want YOU—the volunteers who support MFS—to know how much we appreciate all you do for our community. MFS volunteers gave 132,000 hours of their valuable time last year, to mentor children, to support home-bound seniors, to connect with those who need a caring hand.

You have made a tremendous difference for the good in so many lives. Thank you! Thank you!

## Project Linkage Client Leaves A Legacy

### *Lewis Hall's Bequest Is A Gift That Keeps On Giving*

Through a bequest in his will, Lewis Hall has left a legacy. He made a gift to support Project Linkage, a program of Metropolitan Family Service, that will make a difference in the lives of thousands of older adults who need a little help to remain living independently in their own homes.

In 1985, Eunice Hall phoned Project Linkage for help. She was 80 years old, widowed, and attending to the special needs of her son, Lewis, age 62. Struggling with her own health issues, she needed rides to her doctor appointments and the grocery store, and someone to stay with Lewis while she was away at these appointments.

For seven years, Project Linkage connected Eunice and Lewis with volunteers to help meet their needs,

which included transportation to medical appointments, grocery shopping, respite, yard work and minor home repairs. In 1992, Eunice lost her battle with cancer and Lewis was moved to the Veterans' Hospital and later to an assisted living facility in Medford where his cousin lived.

Lewis Hall passed away at age 76. In his will, Lewis made a bequest of \$25,500 to MFS – an investment to help ensure Project Linkage and its caring volunteers will continue to help make a difference in thousands of people's lives every year.

We encourage you to leave a legacy. Your future gift will help ensure that MFS programs and services continue to make a difference in the lives of future generations.



*Volunteers Cathie Flippen, Dorothy Hadley and L*



*Barbara Chaplin is a volunteer and founding member of MFS Stewards.*

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*“I’m impressed with the quality and range of MFS programs helping so many people in our community, and I want to see these services continue. That’s why I’m leaving a bequest to Metropolitan Family Service in my will.*

*Over the years, I’ve volunteered for many nonprofits. I’ve been a volunteer at MFS for the past seven years, and I can tell you it’s one of the most efficient and well-run organizations I’ve ever seen.”*

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Lorraine Bell bake cookies with students from Prescott Elementary School.

## Are you a Metropolitan Family Service Steward?

Becoming an MFS Steward can be as simple as including a bequest to our organization in your will or designating MFS as one of the beneficiaries of a retirement plan or life insurance policy.

If you have included a gift to MFS (or a specific MFS program) in your will, we would appreciate the opportunity to welcome you as a founding member of Metropolitan Family Service Stewards and learn more about the ways you would like your gift to be used.

For a free copy of our planned giving pamphlet or more information contact Jana Richardson at 503.230.1451 or [janar@metfamily.org](mailto:janar@metfamily.org).

## Grammar School Improves Health of Older Adults

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investigated the subjects' physical health as it related to their activity levels. Fifty-nine were involved in the Experience Corps Baltimore, a volunteer program designed at Johns Hopkins' Center for Aging, which places elderly volunteers in kindergarten and grammar school classrooms to be mentors and tutors for 15 hours a week.

"On the surface these findings seem obvious: "the busier you are, the more physically active you are, and those seniors who keep themselves busy volunteering are going to get more exercise," said Tan. "But the real news here is that this kind of

volunteer work can be designed to successfully accomplish two things: The children and teachers benefit by having more wisdom and experience in the classroom and it gets the seniors more physically active. It's a win-win for any community."

The fact that 96 percent of the participants in Experience Corps Baltimore are African American and 84 percent had an annual income of less than \$15,000 a year are relevant facts when it's considered that previous studies have shown that healthful intervention programs need to be implemented in high-risk communities with "lower access

to health promotion and a higher burden of morbidity."

"There are now meaningful important roles in which older adults can make a difference; you do not have to watch television every day of your retirement years," said Linda Fried, Ph.D., head of Geriatric Medicine and the Center on Aging and Health at Johns Hopkins and a co-founder of the Experience Corps program.

"We've shown that volunteering isn't just good; it really is good for you, too."

*Reprinted from "Johns Hopkins Medicine," June 26, 2006*



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## What Can Volunteering Do For You?

Sure, volunteering is great for your community and makes the world a better place; but could it actually make a positive impact on your life, too?

Many volunteers encounter a variety of new challenges when they begin giving time in their communities. Sharing new experiences with new people, they can learn new skills that can give them confidence to face challenges in other areas of their lives.

### *Meet New Friends*

There's no better place to meet like-minded individuals than through volunteering for a campaign or cause you believe in. Working together to bring about a change is a great way to bond with others and become part of a community that can stay in touch long after your work is done. Plus, you could meet people from a diverse range of backgrounds—people you may never come across in your daily life.

### *Create more fun in your life*

Many volunteers are surprised at how much fun it can be to help others.

Not every volunteer experience is the same, but by finding an opportunity that matches your interests, you have a good chance of having fun while giving time.

### *Improve your health*

There is evidence that volunteering can improve your health. In “The Healing Power of Doing Good,” writer Allan Luks found medical and scientific documentation supporting the health benefits of volunteering, such as:

- Heightened sense of well-being
- Improvement in insomnia
- Stronger immune system
- Speedier recovery from surgery

Additionally, volunteering lets you road test different kinds of work, giving you hands-on experience of how different professions operate.

Volunteering can bring you into contact with all kinds of professionals and people from every walk of life. A good network can guide your career pathway right through life and help you take giant steps towards your ideal job.

Up to 60 percent of job vacancies are not advertised and end up being filled internally or through external networking.

If you are already working, volunteering can help you change your career direction.

*Reprinted from TimeBank  
[www.timebank.org.uk](http://www.timebank.org.uk)*



*MFS staff members Scott Gates (left) and Marcy Hughes (right) pose with Project Linkage volunteer Jim Johnston.*