

lol-la-pa-loo-za [lol-uh-puh-loo-zuh] n. *Slang*. An extraordinary or unusual thing, person, or event; an exceptional example or instance. [Origin: 1900–05, American].

Dictionary.com Unabridged (v 1.0.1)

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Volapalooza: A Newsletter for The Virginia Home Volunteers

I know, I know. Some of you are saying to yourselves, *What was she thinking??* Others will immediately appreciate the playfulness and originality of the new name for the volunteer newsletter. There were several good entries from volunteers and staff in the Name the Newsletter contest, but when Sarah Hopkins (Director of Occupational Therapy) proposed Volapalooza at the last minute, I knew it had all of the characteristics that I was looking for in a name for our newsletter. It is original and clever. It evokes the word *volunteer*. And above all, *volapalooza* is an amalgamation of the two words that best describes the way The Virginia Home feels about you. You are an **extraordinary volunteer**—a *volapalooza*!

Thank you for all that you do,

Sherry

Thank You

to everyone who submitted an entry in the Name the Newsletter contest. Although Sarah is technically the “winner” of the contest, she is ineligible to win the \$25 gift certificate because she is an employee of The Home. So...the names of the volunteers who submitted an entry were put into a hat and a winner of the prize was drawn. Congratulations to **Bunny Addison** who is the winner of the \$25 gift certificate to Olive Garden.



Wyman Rolph donated 119 pieces of his own handcrafted pottery to the residents & staff of The Home

Inside This Issue

- 1 New Name for Newsletter
- 2 Calling All Ghosts & Goblins
- 2 Help Wanted
- 3 Semi-Annual Clothing Drive
- 3 Did You Know??
- 4 Policy Review

Volunteer Services exists to advance the continuous improvement of our residents' quality of life. Our mission is to enable, encourage and engage the residents of The Virginia Home through the innovative utilization of our community's resources.

This newsletter was produced by the Volunteer Services Department
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Calling all Ghosts and Goblins!



The annual Halloween social and haunted house has been scheduled for **Wednesday, November 1** from 6:00-8:00p. As many of you know, the Halloween social is a highly anticipated event among our residents. This year's theme is *Creepy Cave*, and the hallway between the gymnasium and maintenance department will be transformed into 35 feet of thrills and squeals.

WE NEED YOUR HELP to decorate! The Recreation Therapy department will begin decorating the gym and setting up the haunted cave on Monday, October 30. If you have an hour or two between October 30 and November 1 to help decorate or to assist during the event, please contact Sherry Williams to sign up.

You can also contribute to the Halloween madness by donating decorations or an adult-sized costume. Your old wigs, cosmetics, platform shoes and hats could transform a mild-mannered resident into a *rock star* for the evening.

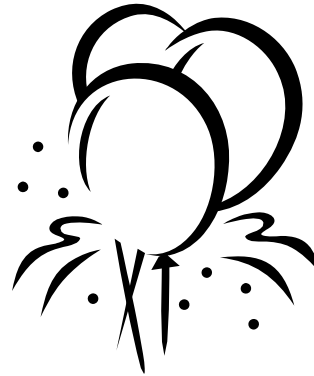
Saturday, October 28

Make a Difference Day
"The national day of doing good"

Get involved!

- Visit with a resident
- Help with Coffee Time in the Recreation Therapy department
- Take someone for a stroll in Byrd Park
- Design & donate a Halloween costume
- Straighten up a closet

Birthday Greetings Go Out To:



Jack West	9/9
Kent Booty	9/11
Rosa Bosher	9/15
Wilnette Jones	9/18
Nancy Bizde	9/24
Jerry McCall	10/07
Leroy Vaughan	10/19
Becky Einwick	10/24
Rachel Kyle	10/25
Bryce Powell	10/25
Carla Hargrove	10/26

Help Wanted

Open Shop, hosted by Recreation Therapy each Tuesday and Thursday afternoon, is an opportunity for residents to work on the project of their choice with the assistance of volunteers and staff. Without help from volunteers, the time that each resident can receive one-on-one assistance with projects is limited to 10-15 minutes. If you enjoy small arts & crafts projects, writing letters, drawing, or even playing board games, then you will enjoy assisting during Open Shop. There's something different every day.

December will be an extremely busy month at The Home. Volunteer assistance will be needed before, during, and after the Aquathon; residents will need help decorating their rooms for the holidays; there will be gifts to be wrapped and cards to be addressed, and the list just keeps getting longer!

The November issue of *Volapalooza* will provide details on how you can help during the upcoming holiday season, but please make a place for us on your calendars now.

hej | h
 Happy Halloween

Semi-Annual Clothing Drive



The Junior Board's autumn Clothes Closet is coming up on October 27. If you have good, clean winter clothing that you would like to donate to The Home, now would be a great time to bring it in! We have a particular need for **sweat pants** in large sizes (men & ladies), ladies pants with elasticized waistbands, and cape- or cloak-style outerwear.

Please ensure all clothing donations are in good repair, with no stains, holes or missing buttons. Shirts and blouses already on **hangers** are an extra blessing.

The Clothes Closet is a semi-annual initiative of The Virginia Home's Junior Board. Twice each year, residents are given the occasion to "shop" through racks and tables of donated clothing with assistance from Junior Board volunteers. For several residents, this is the only opportunity they have to replenish their wardrobes.

On the Horizon

Oct. 28	National Make a Difference Day
Nov. 1	Halloween Party
Nov. 18	National Family Volunteer Day
Nov. 23	Thanksgiving (Admin Offices Closed)
Dec. 8	Aquathon
Dec. 11	Jr. Board Cookie Party



Wish List

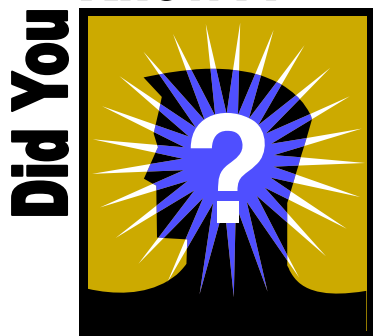
Many of the extras provided to the residents of The Virginia Home are made possible through friends like you, who provide needed financial and in-kind support. The following is a list of items for which we have an immediate need:

- Holiday/special occasion greeting cards
- Wrapping paper & gift bags
- CD players
- Picture frames (5x7 and smaller)
- Halloween decorations & adult-sized costumes



Itemus Wilson, Frenchie Hart, Janet Dinkel and Gerry Koziara send greetings from Disney World. Cinderella's Castle is in the background. The residents & four TVH staff returned from the inaugural Travel Scholarship trip on October 3.

Did You Know??



- ▶ Volunteers and staff may borrow the bound books and audio books in The Virginia Home library. All items are borrowed on the honor system.
- ▶ Last year, 1.7 million Virginians volunteered and logged 239 million service hours totaling more than \$4 billion of service to the state. Despite the impressive numbers, Virginia ranks 31st in the nation for volunteering activities. (Source: www.vaservice.org).
- ▶ There is a hand sanitizer dispenser in the volunteer work room for your convenience.



Policy Review – Walks Outdoors

Dropping temperatures and changing fall foliage coax us outdoors, away from the air conditioning and fluorescent lights. As the weather becomes more suitable for visits to Maymont and Byrd Parks, it is a good time to review the safety guidelines for taking residents for walks outdoors.

- ▶ Volunteers under the age of 16 are not permitted to take residents outdoors for walks unless accompanied by an adult (other than the resident).
- ▶ Before leaving the building, please sign the resident(s) out at the *Resident Sign In/Out* book at the reception desk.
- ▶ Use good judgment when taking residents out for a stroll. Please take notice of the resident's size and weight, whether or not they have to be pushed, and your destination. There is a notable incline when returning from Swan Lake. If the weather is warm, take along a bottle of water for yourself. If the sky looks like rain, consider postponing the trip.
- ▶ Some of our residents need a push; others simply need a watchful eye. Residents in motorized chairs may not remember to check for cars before crossing the street, or they may not be able to see large cracks and other hazards in the sidewalk. Please keep a close eye out for them, ***especially when walking around the lake.***
- ▶ You should always engage the breaks on the wheelchair when stopped or parked. This will prevent the chair from rolling unexpectedly and causing injury to you and/or the resident. Please keep this in mind when stopping to rest.
- ▶ Sometimes accidents do happen, so it is a good idea to have a cell phone or another person with you when you take a resident out for a stroll. Never leave a resident unattended.
- ▶ If the wheelchair breaks down, or if there is an accident, notify the Director of Volunteer Services (during normal business hours), the Nursing Supervisor, or the Security Guard as soon as possible.



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