

## Time for Tuberculosis Screening

Are You Required to Be Tested?



Last May, The Virginia Home implemented a new tuberculosis (TB) testing policy, whereby volunteers who work at The Home one or more hours per week, or at least 48 hours per year are required to be screened for TB on an annual basis. **If you**

**were test in May, June, or July of last year, then it is time for your annual screening. Furthermore, if you began volunteering at The Home after this initial testing period, and your schedule is such that you visit TVH weekly, then this policy also applies to you.**

This test is provided by TVH at no charge to you. If a TB test has been administered to you by another organization within the last twelve months, or if you prefer to be tested by your own physician, you may provide a copy of the results to TVH in lieu of being tested by our staff.

The screening itself is quite simple and takes only a few minutes. The test is administered in the nursing office on the 3<sup>rd</sup> floor daily from 7a – 9p. *Please call ahead to the nurse supervisor to ensure someone will be available to test you once you arrive.* Once you have been tested, you must return to the same location within 48-72 hours to have the results read. Therefore, please coordinate your testing and reading visits so that they will occur within 3 days of each other. It is important that you are in compliance with the policy as soon as possible, but **no later than July 31, 2007.**

The importance of tuberculosis screening and timely, appropriate follow-up action has been a hot topic in the news recently. TVH strives to maintain a healthy and safe environment, and your help and cooperation towards this goal is greatly appreciated. You may contact Sherry Williams or Toni Lucier at 359-4093 if you have any questions or concerns.

## 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.

One of our residents would like assistance **posting and selling books for sale on eBay**. This assignment would require at least one meeting with the resident and then periodic monitoring of the eBay storefront. The resident has internet access and is able to correspond with you via e-mail. Contact Sherry Williams if you are interested in helping with this project.

The Occupational Therapy department plays **Bingo each Tuesday at 2:00**. Helping hands are always needed and greatly appreciated, even if just once or twice per month.

Every lady wants to look her best, and that is why the O.T. department offers **manicures** to residents each **Thursday at 1:30**. Volunteers remove polish and paint fingernails. **Help will be especially needed in July & August** when the department will be short-handed due to personnel leave.

Several residents who have just received their new PC with internet service require one-on-one **computer training** and/or someone to play computer games and read their e-mail to them. Weekly or bi-weekly visits would be adequate.

**E-Mail Pen Pals:** Volunteer from home! In addition to learning how to use their new computers, several residents are also anxious to begin sending and receiving e-mail, both as a means of practicing what they are learning and for the social benefits. If you would like to adopt one or two e-mail pen pals, please send your request to [volunteer@thevirginiahome.org](mailto:volunteer@thevirginiahome.org).



# CPR Classes Offered to Volunteers

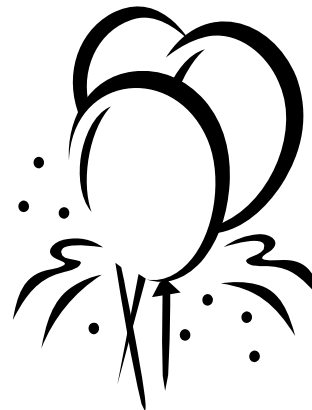


Sherry Williams is an authorized CPR/AED/First Aid instructor for The American Red Cross and is pleased to offer CPR certification courses to active volunteers. Two courses are scheduled for August. Both courses will be taught at The Virginia Home in the 6<sup>th</sup> floor training room.

<b>Tuesday, August 7</b>	<b>CPR-Adult</b>	<b>9:00a – 12:00p</b>
<b>Thursday, August 9</b>	<b>CPR Infant/Child</b>	<b>12:30p – 5:30p</b>

The **Adult CPR** course is hands-on skills training that prepares participants to respond to breathing and cardiac emergencies involving adults. The **Infant and Child CPR** course is designed for childcare providers, teachers, parents and others who care for children. This course teaches participants how to recognize and care for breathing and cardiac emergencies involving infants and children up to 8 years of age.

These are both *certification* courses, which means participants will be tested at the end of the class in order to receive the certificate of training issued by the Red Cross. The cost of each course is \$15, which includes all course materials. Class size is limited to six participants, and payment is due by check one week before the class date. To enroll in a course, contact Sherry via phone or e-mail.



## Happy Birthday To:

- |                   |      |
|-------------------|------|
| Dudley Marsteller | 6/8  |
| Tracey Whittemore | 6/14 |
| Miriam Welsh      | 6/20 |
| Shanice Tarver    | 6/25 |
| Mary Ann Mason    | 6/26 |



## Policy Review: Outings

Volunteers assisting on outings will be under the supervision of the TVH staff member in charge of the outing. During outings, volunteers may need to help load and unload residents, push residents in their chairs, and assist with the activity at hand. You must give the resident your undivided attention while accompanying him or her on the outing. **Under no circumstances should you leave a resident alone** during an outing or become distracted by your personal business. Doing so is cause for immediate termination of your volunteer privileges.

Outing assistants and shopping companions are two of the most important roles a volunteer can assume. These volunteers make it possible for more residents of The Home to go out into the community and enjoy recreational activities that many of us take for granted. Along with this important job comes a great deal of responsibility to follow through with your commitment to attend any outing for which you sign up. Once a volunteer signs up for an outing, the outing coordinator then determines the number of residents that can be reasonably accommodated. For example, one staff member alone can take one or two residents shopping. If a volunteer is helping with the outing, then twice as many residents may participate. Consequently, when a volunteer cancels at the last minute, then the entire outing might be compromised. **So please, when you sign up for an outing or shopping trip, make it a priority to honor your commitment.** Of course, things do come up unexpectedly, so if you must cancel, please contact Sherry or the outing coordinator as soon as possible.

Remember, TVH covers the admission and/or dining expenses of volunteers on outings when applicable. Other incidental expenses incurred by the volunteer, such as mileage, tolls, or parking, are not reimbursable.



## Special Olympics

Four residents from The Virginia Home competed in the Virginia Special Olympics on Saturday, June 9. **Liz Rogers, Susan Sale, Chris Payton, and Linda Reid** raced in the 10 meter dash; Liz, Chris, and Linda also raced in the 25 meter dash; and Susan competed in the softball throw.

Chris Payton (*right*) and Susan Sale (*left*) celebrate with onlookers after receiving their medals.



## Communicating with People with Disabilities: Part One

### General Tips for Effective, Courteous Communication

When interacting with individuals with disabilities, people are sometimes concerned that they will say the wrong thing, so they say nothing at all. Appropriate communication etiquette is based primarily on respect and courtesy. Here are some general tips to help you communicate more comfortably and effectively.

- ◆ When introduced to a person with a disability, it is appropriate to offer to shake hands. People with limited hand function or who use a prosthetic can usually shake hands. (Shaking hands with the left hand is an acceptable greeting).
- ◆ If you offer assistance, wait until the offer is accepted. Then listen to or ask for instructions.
- ◆ Don't be afraid to ask questions when you're unsure of what to do.
- ◆ Treat adults as adults and respect their personal space. Don't assume that it is o.k. to touch someone.
- ◆ Relax. Don't be embarrassed if you happen to use common expressions that seem to related to a person's disability, such as "Would you like to take a walk in the park?"
- ◆ When speaking to someone who uses a wheelchair, try to position yourself at eye level with the individual.
- ◆ Do not lean on a wheelchair or other assistive device.
- ◆ Do not assume the individual wants to be pushed in his/her chair—ask first.

Remember to relax, listen, treat the individual with respect and courtesy, and ask before offering assistance (do not be offended if your offer is not accepted).

*Source: U. S. Department of Labor, Office of Disability Employment Policy as reprinted in Anthem publication PVAEP-114.004*



## Check It Out!

The Volunteer Services section of The Home's web site has recently been updated. From the web site, you can access the *Volunteer Handbook*, back issues of *Volapalooza*, and the *Monthly Activities & Outings Calendar*, which lists current volunteer opportunities. Access the pages at

[www.thevirginiahome.org/about\\_volunteer.asp](http://www.thevirginiahome.org/about_volunteer.asp)



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*The Department of 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 is produced by the Volunteer Services Department**

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### 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:

- Gift bags & tissue paper
- Bingo prizes (Dollar Store items such as lotion, body wash, cologne, hair bows, nail polish, shaving cream, disposable razors, etc.)
- Bird seed for the feeders in the garden
- 8x10 certificate frames
- New & like-new men's and women's clothing in larger sizes.
- AAA batteries

### ON THE HORIZON

- June 21 First Day of Summer
- July 4 Independence Day (Admin. Offices Closed)
- July 24 Jr. Board Ice Cream Social
- August 7 Infant/Child CPR Class
- August 9 Adult CPR Class

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