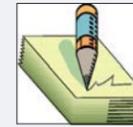


## Happy Anniversary

We congratulate and thank those who celebrate their anniversaries in March!

29 years	<b>W.C. Schober</b> (Nov.) Audio-visual Technician, Libraries;
12 years	<b>Ted Laird</b> (Grnbr.) Senior Peer Counselor, Adult Services, H&HS;
9 years	<b>Catherine Gowdy</b> (S.R.) Docent, California Room, C.C. Lib.;
8 years	<b>Dolly Dohn</b> (S.R.) Receptionist, Cultural Services; <b>Bess Niemcewicz</b> (S.R.) Administrative Asst., Civic Center Volunteers, H.R.; <b>Christine Brandt</b> (Grnbr.) Medical Clinic Asst., Adult Services, H&HS;
7 years	<b>Barbara Madrid</b> (Nov.) Aide, South Novato Library; <b>Bill Pryor</b> (S.R.) Frankly Speaking Copy Editor, Civic Center Volunteers, H.R.; <b>Renee Glazier</b> (S.R.) Workshop Facilitator, Aging Division, H&HS; and Mediation Asst., Mediation Svcs-Probation; <b>Bea Sheperd</b> (Nov.) Library Docent, So. Novato Library;
5 years	<b>Lee Spiegel</b> (C.M.) Volunteer, Library Beyond Walls, and Audio Tape Repair Aide, Corte Madera Library; <b>Janet Duncan</b> (Ffx.) Internet Tutor, Fairfax Library; <b>Julie Hibbitts</b> (Nov.) Library Aide, Novato Library;
4 years	<b>Audrey Simmons</b> (S.R.) Mailing Aide, Auditor's Mailing Team;
3 years	<b>Julia Yost</b> (Nov.) Library Aide, So. Novato Library; <b>Sheret Goddard</b> (C.M.) Bookmender, Corte Madera Library; <b>Mary Louise Simon</b> (C.M.) Bookmender, Corte Madera Library; <b>Peggy Fuchs</b> (Nov.) Shelver, Novato Library; <b>Jory Thein</b> (S.R.) Utility Aide, Marin Center Maintenance; <b>Donald Rose</b> (S.R.) Driver, Project Independence, H&HS; <b>Robin Allen</b> (S.R.) Administrative Asst., Mediation Svcs.-Probation; <b>Betty Ann Breeze</b> (Nov.) Shelver, Novato Library; <b>Susy Miller</b> (S.R.) Mediator, Mediation Svcs.-Probation;
2 years	<b>Judy Baldassari</b> (S.R.) Administrative Aide, Women's Health Services, H&HS; <b>Bridgetta Farkas</b> (S.R.) Senior Peer Counselor, Adult Services; <b>Barbara Levin</b> (S.R.) Senior Peer Counselor, Adult Services; <b>Kitty Washburn</b> (S.R.) Senior Peer Counselor, Adult Services, H&HS;
1 year	<b>Thom Anderson</b> (S.R.) Outreach Asst., Children's Oral Health, H&HS; <b>Betsy Griggs</b> (S.R.) Data Entry Clerk, Epidemiology, H&HS; <b>Christina Walcoff</b> (S.R.) Writer/Admin. Asst., Civic Center Volunteers, H.R.; <b>Ann Derrickson</b> (S.R.) Oral History Transcriber, Civic Center Library; <b>Gary Delmevo</b> (S.R.) Carpenter, Building Maintenance, DPW;
(S.R.)	<b>Bruce Richard</b> (S.R.) LBW Volunteer, Library Beyond Walls; <b>Sandra Rowett</b> (S.R.) LBW Volunteer, Library Beyond Walls



### Volunteer Notes

**Volunteers help themselves to better health while helping others.**

The Corporation for National and Community Service has found a significant connection between volunteering and good health. The report shows that volunteers have greater longevity, higher functional ability, lower rates of depression, and less incidence of heart disease.

A study of adults age 65 and older found that the positive effect of volunteering on physical and mental health is due to the personal sense of accomplishment and individual gain from his or her volunteer activities.

Another study found that volunteering led to lower rates of depression in individuals age 65 and older.

#### CCV STAFF

**Joan Brown**, Manager, 499-7167, FAX: 473-5960, email: jbrown@co.marin.ca.us; Administrative Services Specialist  
**Mary J. Brown**, 499-7407, mjbrown@co.marin.ca.us;  
**Shirley Trimble** and **Christina Walcoff**, volunteer Profiles Writers; **John Kaufman**, volunteer Layout Editor; **Joanne Elder**, **Jackie Evans**, **Bess Niemcewicz**, and **Christina Walcoff**, volunteer Administrative Aides.

*CCV contributed services valued at more than \$7.9 million in 2006.*



## The Volunteer View

The Monthly Newsletter for Marin County Civic Center Volunteers

Volume 30, Issue 3

March 2008

### Debbie Hughes engages kids as a "trusted adult" in her work in Sheriff's Dept.

**Debbie Hughes** has been volunteering since she was 14. "I was a docent at the zoo for 13 years – the cat house (with the tigers) was one of my favorite places. I was never worried," she recalls.

Now putting together her love of kids and teaching, Debbie is a radKIDS volunteer instructor, focusing on third through fifth graders. This national program is administered through the Marin County Sheriff's Department and provides kids with "instinctual options to recognize, avoid, and if necessary, respond to potential danger." Instead of fighting back, the ideal response is to get away and identify a "trusted adult" and seek help from that person.

Who is a trusted adult? It varies depending on the situation: it could be a store clerk, a security officer, or a woman pushing a stroller with children. In a neighborhood, it could be a person working in their garden. The program teaches kids to use their heads and trust their guts when it comes to identifying help. And, if there isn't anyone around, kids are encouraged to make a scene, yell, knock things over, and do whatever it takes to draw attention to the situation.

Debbie comes in mid-way through the 10-week program. "Every week we're talking, doing drills on the fly, doing an activity for an hour, keeping them engaged," Debbie said. "It never gets boring. I'm teaching them who the safe people are in a mall or walking down a street." According to the radKIDS website, radkids.org, children become aware of their surroundings and are given tools to respond appropriately if met with a dangerous situation. Through the program, youths use confidence and



*Debbie Hughes says, "It never gets boring. I'm teaching [kids] who the safe people are in a mall or walking down a street."*

self-assurance where once they may have had fear and confusion. At the final class, kids put their training to the test. Her partner gears up in a fully padded suit and the kids wear helmets, gloves, and knee pads. Exercises progress until her partner comes up from behind and kids have to really hit him. "You see some of them come out of their shells as the weeks go on," Debbie said. "They realize they really have some power over themselves."

For more information about radKIDS, please visit radkids.org. *- by Christina Wolcoff*

**"He who does nothing for others does nothing for himself" -- Goethe**

## Who's New & Welcome

**John McNevin** (S.R.) Cafeteria Aide, Cafeteria

**Andrew Maxwell** (S.R.) Rsrch Asst., Epidemiology, H&HS

**Edward Sturm** (S.R.) LBWV Volunteer, Library Beyond Walls

**Deb J. Cox** (Nov.) Senior Access Reader, Novato Library

**Lori Cheng** (S.R.) Advocate, Project Independence, H&HS

**Elizabeth Bates** (S.R.) Advocate, Project Indep., H&HS

**Michele Martin** (S.R.) Intern, Civic Center Library

**Sarah Hafeez** (Nov.) Library Aide, Novato Library

**Thomas Crowell** (S.R.) Advocate, Project Indep., H&HS

**Zuleima Chavarria** (S.R.) Intern, Legal Self-help Center

**Lorena Perez** (S.R.) Centering Volunteer,

Women's Health Services, H&HS

**Jacqueline Gomez** (S.R.) Student Nurse,

Women's Health Services, H&HS

**Erika Garcia** (S.R.) Student Nurse, Women's Hlth. Svs, H&HS

## As a senior peer counselor, Dolores Hahn listens compassionately with her elderly client

**Dolores Hahn** brings a wealth of knowledge, a desire to help others, and compassion for elders to her work as a Senior Peer Counselor in her weekly visits with her 85-year-old client.



**Dolores Hahn's** supervisor says, "We know we can really count on Dolores to get the job done."

"My client and I both have vision problems. Because I learned to deal with them, I can help her. I do a lot of listening and our conversations are neutral and free," says Dolores. "I really enjoy volunteering and meeting other counselors. Each week at supervision sessions we uncover something new and support each other. It's a perfect match for me."

"We know we can really count on Dolores to get the job done," says **Nan Heflin**, MA, MFT, SPC, and program supervisor in Health & Human Services division of adult services. "Her quiet, gentle presence is steady and consistent. She has shown a great degree of flexibility and creativity with her client, offering her new ways and lots of support to deal with her visual challenges."

After her Department of Navy engineer husband died at 44 of a heart defect, Dolores raised her four children and returned to school to earn a law degree. She spent 20 years as an attorney in Michigan and Indiana working with the over-65 group regardless of their income level. "I loved it," she says.

Dolores' vision began to fail five years ago. After a successful cataract operation six months ago, she was again able to read, resume quilting, and do Victorian decoupage. She and her sister, who lives near her Novato home, enjoy many activities together, walking and taking the bus. She has three married sons and a daughter who has two grown children, 25 and 19.

- by Shirley Trimble

For eight years, **Bess Niemcewicz** has been volunteering with the Civic Center Volunteers office, doing anything we need including working on special projects such as the Financial Impact Analysis Report, and helping coordinate our annual employee and volunteer recognition events. Recently, she took a short break to focus on her extra-hire work in County Elections, and we weren't surprised to find out she's made great contributions there. The *Marin Independent Journal* recently published a story highlighting Bess's "above-and-beyond" approach to her work. When a voter called Elections to say she'd forgotten to stamp her envelope when she voted by mail, Bess made sure action was taken – and **Michael Smith**, the county's registrar of voters, took care of the situation by hand-delivering a replacement ballot to the voter. Thank you, Bess, for the personal touch you bring to county government!



## At H&HS's division of aging, Brijette Overby helps the elderly as a trusted patient advocate

In between jobs, enrolled in a graduate program in gerontology, blessed with a severance package and a savings account? Who you gonna call? **Joan Brown** and Civic Center Volunteers, of course! **Brijette Overby** picked up the phone and made an appointment to come in and meet with Joan, where they explored what her strengths and interests were. Soon, she landed in just the right volunteer spot: as a patient advocate in the division of aging.

Brijette spends 15 hours a week in Project Independence helping to transition frail, isolated seniors from hospital admittances to make sure they can stay home, often working with them for two to four months, taking them to doctor appointments or shopping. "I help them to understand discharge information and intricate medication directions that may be confusing at

first," she says. "For example, one man couldn't afford expensive medications. The P.I. team worked together to try and solve his problem. I'm a transition coach—I'm not trying to take over his life."

Project Independence works to put together a Personal Health Record for all clients, a document listing allergies, illnesses, medications, physicians, and all medical information organized in one place. "It's a resource that's valuable for anyone of any age," Brijette says.

And Brijette is a valuable resource to the program. **Rita Widergren**, Supervising Public Health Nurse for the program, says, "Brijette is an absolutely amazing woman, full of caring and compassion. She does her work with joy and gusto."



**Brijette Overby** says, "Aging is not a number. I know I'm in the right field. I feel such joy."

- by Christina Walcoff

## Bryan Galli shows teens the ropes at the Fire Department

**Bryan Galli** got hooked on a firefighting career very early when his Battalion Chief dad, **Jim Galli**, would treat his small son to an occasional overnight stay at the Kentfield Fire Department.

At 14, Bryan joined the newly developed Marin County Fire Department's Explorer Post where he is now a volunteer adviser to 15 teen Explorers. A seasonal firefighter, enrolled in Santa Rosa Junior College's Fire Science Program, he plans to earn a four-year college fire science degree.

"When you teach, you learn twice," says Bryan enthusiastically about the program which introduces the teens to firefighting tasks and discipline through in-class education and hands-on demonstrations on structure fires,



Thanks to **Bryan Galli**, the Fire Dept. is touching our firefighters of the future.

wildfires, vehicle accidents, and emergency medical care. After six months, Explorers are allowed to ride

along on actual calls. Next month, eight post members will attend a one-week California Explorer Academy which takes 180 teens from all over the state to learn joint program skills and fire training.

Bryan's other focus is on safety equipment. He runs and organizes the Explorer program's gear inventory. He also attends drills with full time, paid firefighters. "Over six years I've had the satisfaction of watching the Explorer program grow and thrive. All along I've had great support from my mom, Debi, and my older brother, Matt," he says.

"Bryan is our only volunteer," says MCFD Fire Captain **Ben Ghisletta**. "He is very dedicated and is always thinking of ways to make the training better. He's a natural leader and is enjoying a good learning experience. It feels good that we can prepare the next generation of firefighters through this excellent training." - by Shirley Trimble