



Natividad Celebrates 60 Years of Volunteerism, Honoring the Hospital’s ‘Familiar and Friendly Faces’



Provided photo

National Volunteer Week is April 19 through 25. The theme for 2020 is “Volunteers Improve Today for Tomorrow,” and it highlights a special 60th anniversary of the Natividad Auxiliary, formed in 1960.

“National Volunteer Week serves as a reminder of how much we appreciate the volunteers at Natividad,” said Jennifer Ferguson, Natividad’s volunteer coordinator. “During this time of COVID-19 and in compliance with our revised visitor policy, we have sent all volunteers home. This is the first time in history we have not had volunteers at the front desk, and we cannot wait to have them back.”

As the first point of contact for those who

come through the doors of the hospital, volunteers at Natividad set the tone for each visit.

“It is our responsibility to ensure each interaction with our patients and visitors is warm and inviting,” Ferguson said. “Empathy is a crucial trait in being a successful volunteer in the medical field.”

“Whether they’re helping hospital staff, selling get-well cards in the gift shop or assisting patients and visitors at the information desks, volunteers are important to our hospital, and we hope to continue to honor these familiar and friendly faces despite not being able to see them in person,” said Natividad’s CEO Dr. Gary R. Gray.

According to Ferguson,

Natividad’s opportunities attract those who seek to grow and evolve in conjunction with serving their community.

“Our volunteers develop professionally and personally while contributing to a larger cause,” she said. “Many of our volunteers aspire to become medical professionals. By dedicating their valuable time to Natividad, volunteers learn more about the inner workings of a hospital and enjoy opportunities to expand their network, which is essential as a developing professional. Volunteers learn transferable skills to take into the workforce, such as teamwork and leadership.”

Additionally, giving to others has significant

health benefits. Volunteering is known to help reduce stress, combat depression, and develop a sense of pride and purpose. Dedication time also helps volunteers stay physically healthy. By increasing activity, some find daily tasks easier and a reduction in chronic pain.

As one of Natividad’s senior volunteers says, “You just have to keep moving.”

Natividad offers unique and rewarding volunteer opportunities. In addition to welcoming guests at the front desk, volunteers oversee and coordinate other essential activities and services. They provide concierge service to families in waiting rooms, spiritual care, patient transport, clerical support for administrative offices, meal delivery to

patients, and even hospital tours.

Two of the more specialized volunteer services at Natividad are the Infant Cuddler Program and Pet Therapy.

“We offer a program for our babies in the NICU,” Ferguson said. “Cuddlers provide extra love and developmentally appropriate support under the guidance and direction of our medical staff.”

Pet Therapy involves trained volunteers working alongside their certified pet therapy dogs.

“Animals have a calming effect on people, improve mood and provide comfort. It is incredible to witness the power our pet therapy teams have on the patient experience,” Ferguson

said.

“Our dedicated volunteers provide thousands of hours of essential services to our hospital,” said Dr. Gray. “We are extremely grateful and proud to honor our team of volunteers in tribute to National Volunteer Week and the Auxiliary’s service to Natividad.”

When COVID-19 restrictions are lifted, the hospital will resume hosting prospective volunteer interviews monthly. Each volunteer is required to commit to a minimum of one regularly scheduled shift per week for four months and must be 16 years or older. Prospective volunteers should reach out by email to volunteer-auxiliary@natvidad.com.

Help Interim Inc. Celebrate National Volunteer Week By Offering Your Time and Talents

National Volunteer Week is April 19th – 25th, and Interim Inc. is seeking volunteers from the community to pitch in to help support their valuable services. Interim is a Monterey-based private nonprofit organization that provides support services, housing and treatment for adults with mental illness in Monterey County. Volunteering has long been a popular activity in the U.S. Each year millions of people give their time and talents without any compensation. While people volunteer to help others, they also get something in return. A growing body of research has established a strong relationship between volunteering and health: “Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who

do not volunteer. “Interim has a number of volunteer opportunities available to members of the community, for example, group cooking projects. Many clients benefit from having prepared frozen meals accessible, so it’s nice to have a group of volunteers to prepare and package individual entrees. You can schedule a weekend cooking project with your club, congregation or co-workers. If you are a gardener and would like to donate your time, the garden and greenhouse at Shelter Cove needs tending during

the spring and summer months. Volunteers who can help Interim clients with planting, weeding and harvesting are greatly appreciated. Our Voices and OMNI Resource Center would love to offer a wider range of classes. If you can teach a four-to eight-week class in yoga, art, Spanish, or cooking, they’d love to hear from you. To inquire about volunteer opportunities with Interim Inc., contact the Development Office at (831) 649-4522, ext. 205.



Provided photos -Volunteers from Love our Central Coast made meals last fall and froze them. They have been used to help feed Interim clients during the COVID-19 crisis.

Meals on Wheels of the Monterey Peninsula continues services amidst increase demand

As part of its robust response to the COVID-19 pandemic, Meals on Wheels of the Monterey Peninsula (MOWMP) announced today it has boosted organizational capacity to provide more home delivered meals to the homebound senior population on the Peninsula.

MOWMP's Home Delivered Meals program has seen an increase in demand of 20% and to meet this increase, the agency has secured additional on-site storage, a new, large-capacity tilt skillet and walk-in freezer in its commercial kitchen, and more staff to prepare meals. "We

are not only fighting the effects of this pandemic, we are building on our efforts to provide food and meaningful engagement to stem the emotional and social isolation that this situation has presented," said MOWMP Executive Director, Christine Winge.

Both MOWMP and Meals on Wheels of the Salinas Valley deliver meals to hundreds of seniors over the age of 60 who are not able to cook or shop for themselves. Through grant funds provided by CERV of the Monterey Peninsula, MOWMP created and launched a Supplemental Nutrition program to provide clients throughout

the county with additional, shelf-stable, food items and toiletries. "Our homebound clients were elated to receive these unexpected items that came pre-packed and that could be saved for a rainy day," said Winge.

"These weekly food bags provided not only extra nutrition, but also the peace of mind that comes with having a stocked pantry."

Additionally, MOWMP is offering senior residents grab-and-go lunches Monday to Friday 11am-12pm and fresh produce donated by the Food Bank for Monterey County Wednesday mornings 9-10am at the Sally Griffin Active Living Center. Although health and wellness activities at the Griffin

Center remain suspended, instructors from Pacific Grove Adult Education are actively teaching classes for participants using the on-line video-conferencing tool, Zoom. "Offering these classes virtually creates a sense of normalcy and comfort during these tough times," said Marta Dalhamer, a long tenured instructor.

She continued, "My kids are a constant fixture, which makes for interesting classes, but I immediately wanted to do this for my students upon finding out about the stoppage; the classes are a win-win."

Community support for the agency, and the willingness of people to offer their time to volunteer, has been

exceptional.

Many of MOWMP's long-standing volunteers have had their routines restricted by the current shelter-in-place order, so a call for volunteers went out to the community and was received with a strong response. "Volunteer support is the catalyst we need to continue our services for local seniors," said MOWMP Volunteer Coordinator, Cathleen Hughes. "To see all of the new faces willing to offer their time – and considering they have to cope with the sacrifices, limitations, and changes brought on by this crisis – is beyond inspiring." Hughes concluded, "Volunteers have always

stepped up to make a difference in times like these and we place tremendous value on this community partnership to help socially isolated seniors."

"I speak on behalf of our agency in expressing our deep appreciation for all of the donations and volunteers that have helped ensure homebound seniors continue to receive the critical lifeline we provide during this evolving crisis," said Winge. "Addressing senior isolation and hunger is our mission, and we are seeing many in the community stepping up when our seniors need it most."



Provided photo



Provided photo

NATIONAL VOLUNTEERS WEEK • APRIL 19-25, 2020

THANK YOU!

The Meals on Wheels of the Salinas Valley, Inc. Board of Directors and Staff are happy to recognize our dedicated volunteers who provide a much needed service to homebound seniors in our community. They have been the driving force of our organization for 48 years! Volunteer service from 4/1/19 - 3/31/20.

Agee, Char
Andrus, Jeff
Ball, Michelle
Barnes, June
Bassett, Ginger
Bend, Kyle
Boilard, Diane
Brandt, Emily
Brandt, Jon
Bravo, Joanne
Browning, Marione
Camel, David
Cameron, Calvin
Chamberlin, Robyn
Cheney, Phoebe
Clevenger, Bill
Clevenger, Darlene
Connally, Jeremy
Contos, Jeffrey
Corlett, Michael
D'Arrigo, Marianne
Dailey, Chuck
Dailey, Jeri
Davis, Jeanne
Day, Jane
Della, Honorio

DeMarco, Marcie
DeWitt, Karen
Duby, Marilyn
Edwards, Diedra
Faro, Linda
Folliard, Tom
Francis, Alexandria
Freeman, Elia
Frizzell, Louis
Garza, Connie
Gianelli, John
Gomez, Cassandra
Gomez, Nito
Gonzalez, Don
Greenwood-Patton, Eleanor
Green, Marsha
Groves, Barry
Guerrero, Cecilio
Guzman, Nora
Hedgpeth, Tony
Henchcliff, Cheryl
Higginbotham, David
Hitchcock, Alice
HOPE Services
Hughes, Maria

Ipong, Manuel
Kadosh, Aviv
Kimber, Mark
Kingsley, Eric
Kingsley, Kay
Kirkpatrick, Pamela
Kooroshfar, Maria
Kovacs, Bev
Lawson, Kim
Laycock, Joann
Levine, Roger
Louie, David
Macleod, Samantha
Mahoney, John
Martinez, Lupe
Massie, Dan
Metzer, Sharon
Meyer, Van
Mier, Rebecca
Miloch, Joan
Moore, Miles
Morganthaler, Mark
NCI Affiliates
Nelson, Richard
Nunes, Kristy
Oliveira, Leonel

Park, David N.
Park, Karen Ann
Payne, Sharilyn
Perez-Marquez, Brandon
Perez-Marquez, Brittney
Plunkett, Betsy
Plunkett, Jerry
Plunkett, Kim
Ramirez, Emily
Reclusado, Andrea
Reclusado, Steve
Riehl, Virginia
Rodriguez, Anahi
Rose, Timothy
Ross, Michael
Rubbo, Gordon
Ruelas, Lauren
Samuels, Steuart
Seeley, Marilyn

Selvidge, Mervyn
Skager, Nancy
Southerland, Bruce
Steinbeck Rotary
Sun Street Center
Taniguchi, Sandy
Tokubo, Rod
Vaden, Luther
Vassar, Linda
Wilcox, Russ
Williams, Tom
Winant, Cliff
Wotherspoon, Steve
Wrightman, Pat
Yanez, Jesus
Zapata, Daniella



www.mowsalinas.org | 831.758.6325 | info@mowsalinas.org

President & Publisher

Gary Omernick
831-706-3228
gomernick@montereyherald.com

Advertising Director

Dana Arvig
831-726-4343
darvig@montereyherald.com

Monterey Herald Sales Team

Danielle Landaker
Rachel Martinez
Mike O'Bleness
Alyson Stockton

Advertising Support Manager

Lorraine Roque
831-726-4366
lroque@montereyherald.com


Circulation Director

Mardi Browning Shiver
831-706-3265
mbrowning@santacruzsentinel.com



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There's something missing around
Montage Health as we mark
Volunteer Week this year...

the volunteers

At our request, they're
staying home and staying safe.

We can't wait to welcome them
back — both humans and dogs —
once the COVID-19 pandemic ends,
and to thank them for all they do.

Thank you to our volunteers from:

- The Auxiliary
- Chaplain Services
- Hospice of the Central Coast
- Therapy Dog Program



MONTAGE
Health

What is virtual volunteering?

Millions of people across the globe volunteer every year. Busy working professionals may wonder how nearly one billion people across the globe find the time to volunteer. One way charitable men and women can pitch in even if they're pressed for time is to try their hand at virtual volunteering, which makes it possible to lend a hand without leaving home. Charitable organizations will always need volunteers to pitch in on project sites, but they also need support in other areas. Virtual volunteers can help perform behind-the-scenes tasks that are essential to the survival of charitable organizations. Nonprofit organizations can benefit greatly from virtual volunteers, who can perform tasks like

website design and data entry from the comforts of home on their own time. Virtual volunteers also can help out during fundraising campaigns and strategizing sessions that can help organizations meet their goals. Anyone with a computer and internet access can become a virtual volunteer, regardless of how busy their schedule is. In fact, many working professionals may find it's easy to fit volunteering into their schedules if they do not have to travel to a project site or the office of a charitable organization. Virtual volunteering also can make it possible for charitable men and women to help overseas organizations, helping to eliminate the hurdles created by geography and time zones. Virtual volunteering

can benefit volunteers as well as the organizations they help. Jayne Cravens, author of "The Last Virtual Volunteering Guidebook," spent years studying the benefits of virtual volunteering. Cravens ultimately concluded that virtual volunteering can benefit volunteers in various ways, including allowing them to volunteer with multiple causes and organizations and even affording them more time to volunteer. Cravens also discovered that virtual volunteering makes volunteering possible for disabled men and women or people who live in especially remote areas. Men and women interested in becoming virtual volunteers should contact a favorite charity to discuss how they can begin lending a hand today.



Salinas Valley Memorial Healthcare System relies on volunteers

At Salinas Valley Memorial Healthcare System, we appreciate and value our volunteers every day. During National Volunteer Week, we take time to say a special thank you for our volunteers' significant contributions to the quality and availability of health care programs within our community. SVMHS volunteers are your neighbors, friends and family members, giving time in a variety of service areas which provide opportunities for self-enrichment while supporting our community. Volunteers can:

- Challenge yourself
 - Make new friends
 - Gain job experience within a healthcare setting
 - Enjoy the healthy habit of volunteering
- For more information about SVMHS volunteer programs

or to submit an application online, please visit svmh.com/volunteer or contact the Volunteer Services office by emailing volunteer@svmh.com or by calling 831-755-0772.



Gathering for Women • Monterey

Providing homeless women with supportive resources and a caring community



We are grateful for our new friends, and to our fabulous corps of volunteer. We miss your smiling faces! Sending a huge thank you to all of our volunteers!

If you are interested in supporting GFW then email- volunteer@gatheringforwomen.org

Gathering for Women-Monterey | 147 El Dorado Street, Monterey, CA 93940
831-241-6154



A Heartfelt

THANK YOU!

To Our

Amazing

Volunteers!

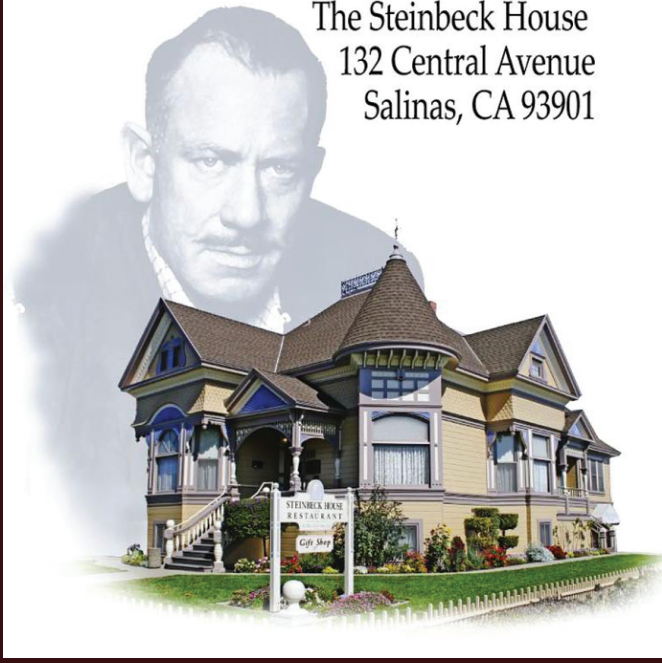
Our dedicated corps of volunteers keeps our wheels turning by working tirelessly to provide senior services across the Monterey Peninsula.

831-375-4454 | info@mowmp.org | mowmp.org

Meals on Wheels of the Monterey Peninsula and the Sally Griffin Active Living Center – 700 Jewell Avenue, Pacific Grove

The Steinbeck House

The Steinbeck House
132 Central Avenue
Salinas, CA 93901



The Valley Guild would like to recognize the volunteers in our community who dedicate their time and energy in ensuring this historical landmark can remain open and available to the public.

During National Volunteer week please join us in showing our appreciation to those who give back to our community.

We are closed during shelter in place
Please check our website www.Steinbeckhouse.com for reopening date

132 Central Avenue ~ Salinas, CA 93901
831.424.2735 ~ www.steinbeckhouse.com

VNA & Hospice celebrates National Volunteer Week with thanks to selfless folks who help others in need



Provided photo

Volunteers do not earn a paycheck, but their rewards cannot be measured. At VNA, volunteers make it possible to help the nonprofit achieve its ultimate goal — to provide care in an ethical, effective, compassionate and fiscally responsible manner. With National Volunteer Week being observed from April 19–25, VNA honors its compassionate crew of hardworking folks who give their time and boundless energy to the cause. VNA volunteers spend every minute building the foundation of someone else’s life, which offers them deep rewards. Hospice volunteer Jake Ragsdale believes helping people directly is the

most fulfilling thing he can do, and he is deeply committed to serving others. “Often, the patients we visit are lonely and don’t have family in the area, or any immediate family at all,” said Ragsdale. “Spending time with them makes them feel valued and brings them joy and purpose. Spending an hour or two with a hospice patient once per week can make their day, if not their entire week.” Ragsdale’s payback? “It’s always rewarding to show up to visit a patient and be greeted with a big smile and excitement,” he said. Ragsdale was drawn to hospice by his mother Gail, a nurse for 44 years. “No one should have to

be alone or feel lonely during the final stage of their life,” he said. “I love hearing about the past experiences of the patients I visit, especially the veterans. Through providing emotional support, compassion, and friendship we are able to improve the quality of life for others. This is a special gift and it is deeply fulfilling.” Fellow VNA volunteer Susan Eastman will turn 70 next month, yet the former nurse and U.S. Navy veteran never thought of retirement as an opportunity to slow down. “Volunteering fulfills my need to be needed,” she said. “After I retired, I had spare time and wanted to fill that void. I feel my

clients appreciate the effort hospice extends to them. I am glad to be a part of that.” The most rewarding part of Eastman’s VNA experience as a patient volunteer is having made a new friend in one of the patients she visits. “Both she and her daughter have been extremely kind and inclusive, to the point I feel like a part of their family,” Eastman said. “I never would have met them had it not been for my VNA Hospice experience.” Another patient, a woman in a nursing home, usually doesn’t remember Eastman week to week. “But I bring her a coffee from Burger King, and then she is glad to see me,” she said.

Volunteer opportunities
From the initial phone call and in person interview, VNA works with prospective volunteers to find the right fit. VNA provides an orientation and team training, where volunteers can learn more about hospice, the interdisciplinary team, and how to work with patients. Those seeking rewarding volunteer opportunities with VNA should reach out to Volunteer Coordinator Quinn Junghans at (831) 751-5500, or email volunteer@ccvna.com. VNA offers prospective volunteers varied options: Visiting Volunteer (direct, nonmedical support

services to palliative and hospice patients and their families); Office Volunteer (skills and abilities that can be utilized in an office setting); Veteran Volunteer (connecting veteran volunteers within the community with veterans who are currently on hospice); Pet Therapy Volunteer (providing companionship and enhancing quality of life for hospice patients through visits with certified pets); and Therapy Volunteer (services and support from licensed beauticians, massage therapists and/or music therapists). For more information about VNA, visit www.ccvna.com.



Provided photo

Thank you

FOR GIVING YOUR TIME.
FOR SHARING YOUR TALENTS.
FOR YOUR COMPASSION AND COMMITMENT.

Our incredible volunteers at Salinas Valley Memorial Healthcare System have made such a difference over the years in the lives of our staff, patients and community. To them, we express our deep appreciation.

CELEBRATING NATIONAL VOLUNTEER WEEK | APRIL 19-25, 2020

During this time, we’re also thinking about the entire community. We want everyone to stay healthy, stay indoors as much as possible and stay safe. If you have questions about Coronavirus COVID-19, please call our hotline at 831-755-0793 or visit svmh.com/coronavirus.





THANK YOU TO OUR VOLUNTEERS

Celebrating Volunteer Week and 60 Years of Volunteerism at Natividad

Thank you to all of our volunteers for your work this year. We are grateful for your dedication and thousands of hours of essential services you provided to our hospital. We look forward to having you back soon. Stay safe and healthy.



(831) 755-4111 natividad.com [f](#) [t](#) [i](#)

VNA Volunteers are Amazing.

Last year, VNA volunteers made 456 patient visits equaling 3,487 hours! We have such a diverse group of volunteers that provide many different types of visits. These visits include, companionship, massage therapy and hydrating facials (both very light touch), hair cuts, pet therapy and Veteran to Veteran visits.

As we all are practicing **social distancing** - our volunteers have not stopped thinking of different ways to continue "visiting" with our patients. Including, shopping and running errands, making cloths masks for our patient's, caregivers, writing letters and having telehealth visits. One continues to call her patient each week to share the book they have been reading since COVID19. With professional safety and compliance, at this time some volunteers are still dedicated to their companionship and respite visits.

Thank you, VNA Volunteers, for your commitment to serve!



VNA

www.ccvna.com