

The Connection

The Newsletter of
Loudoun Volunteer Caregivers
December 2016

Our Season of Thanks...

At this time of year, we have much to give thanks for: Amazing volunteers who are always there when our care receivers need them; our Board of Directors who care and plan for LVC's future; our staff who work together and get the job done; and MOSTLY, *we are so grateful for the supporters of Loudoun Volunteer Caregivers who keep the lights on and the computers running!*

New Volunteers join LVC

Please help us welcome new volunteers: Mohamed Abdelfatah, Kabas Abou Jahjah, Brandon Armstrong, Laura and Tom Arrowsmith, Cara Ashmore, Padma (Pam) Banda, Fereshteh Barazandehkar, Jacob Benoit, Ariel and Shawn Beale, Preethi Channadi, Donna Clarke, Eileen Connelly, Traci Davis, Carolyn Del Pilar, Jhoan Dela Cruz, Ethan Diep, Betsy Dove, Christina Druther, Elizabeth Esper, Deni Ferrari, Phil Flowers, Nancy Forcey, Seth Gillen, Kiran Goparaju, Eric Guessford, Richard Gutierrez, Poul Heilmann, Gary Herman, Debbie Hill, Cathi Hoefler, Ali Jawaid, Crystal Johnson, Kural Kagalwala, Robert Kasprzak, Neswanth Keepudi, Nicole Keman, Kara Kimberl, Saitip Kittidulchat, Christina Kivler, Raj and Smriti Kosuri, Jerry Krumwiede, Laura Lissak, Zach Lynde, Charles Maglione, Matthew and Raymond Martwinski, Charlene McDonald, Angela McKinster, Sarah Michael, Aaron Milton, Christine Moore, Sandy Moy, Leslie Murphy, Sam Mustafa, Kesva Naidoo, Charles and Penny Payne, Gary Peragallo, Lisa Piansky, Kemp Reardon, Mark Ruiz, Maggie Salguero, Mohamad Salous, Dana Seibel, Jennifer Snodgrass, Samantha Strasser, Mary Swartzbaugh, Marc-Andre Vendiola, Breanna Ventura, Estefany Villacorta, Carolyn Walsh, and Kristen Yarnelle.

A Final Farewell to...

Care Receivers who have passed away this year include Molly Asch, Gertrude Bergman, Brenda Caldwell, Lilly Campbell, Guangbing Dong, Helen Casey, Rosalyn Lurie, John McCargo, Isabel McKimmey, Harold VanBuren, Charles VanBuskirk, and Barbara Wassler. We also lost a dear volunteer, Ornella Yashura. We remember them with fondness and friendship.

Cancer...

Cancer. Cancer is a scary word that is almost uttered in a whisper. Cancer takes courage, it takes will, and it takes a fight to overcome. No one can beat Cancer alone...that is why Loudoun Volunteer Caregivers is here to help. In 2016, according to the American Cancer Society, there will be an estimated 1,685,210 new cancer cases diagnosed in the United States.

This year LVC has seen an enormous increase in requests for help. Our volunteers have driven our care receivers to Fairfax, Loudoun and Winchester for their radiation treatments, chemotherapy, surgery, and physical therapy to help those that face this life threatening disease. Radiation is a 5 day a week commitment that many families face which leave them with making a choice between working to keep insurance and food on the table or helping their loved one get the care that they need.

Our volunteers also assisted care receivers with cancer with preparing meals, providing kindness, sharing laughter, and at times, sharing tears. We have gotten to know these courageous individuals personally: their hopes, their fears, and the families that support them. We have been with them through many stages of the disease and continue to be a source of relief for many families. We have had many success stories, and sadly, we have had to say goodbye to some as well.

LVC receives many phone calls from the families we help. The gratefulness in their voices is what LVC is about.

How our programs (& your support!) make a difference (What we do)!!

LVC helps people from all walks of life in Loudoun County:

We were able to help almost 30 care receivers get to chemo and radiation treatment sessions in 2016.

We helped over 75 mentally challenged or disabled adults manage their finances and live within a budget, while putting savings away for the future.

LVC volunteers drove almost 77,000 miles and gave over 7,800 hours of service so that elderly and disabled care receivers could remain in their own homes.

Our Chore Corps program helped dozens of elderly and disabled home owners with minor home repairs and home maintenance.

Meet Care Receiver – Ms. Jean Romero!

(Shown here with volunteer Donna Clarke)



Jean Romero has been a care receiver with LVC for 9 years. Following the Red Cross discontinuing services in our area, Ms. Romero found our services through the local Area Agency on Aging. She has been not only a care receiver with LVC but advocates for others in her complex to receive our services as well.

Loudoun Volunteer Caregivers is there when she needs the help. Over the years, we have assisted her to grocery shopping, medical transportation, our crochet club with the students, and assisted with errands.



Ms. Romero is always smiling, full of joy and kindness. She will extend her help, food, and home to anyone that needs a helping hand. She makes the days brighter at her complex and is always one of the first to welcome any new people in to their new home. Here she is enjoying the Halloween party at Madison House this past October!

Every day we receive requests for help that pull at our hearts and galvanize us to help our elderly and disabled neighbors and friends. Perhaps you know someone like our care receivers, someone in your family, in your neighborhood, or your congregation. By volunteering with, donating to, and helping LVC in so many ways, you can make a HUGE difference in the lives of the elderly and disabled.

These two lovely ladies have been friends since they were 'matched' in 2008! Volunteer Judy Mason (below left) continues to visit and spend time with care receiver Dorothy Herath.



Our Annual Appeal

Many thanks to all who have contributed to our end of year Annual Appeal; without you, we cannot continue to offer our programs of Medical Transportation, Supportive Services & Money Management with no charge to our care receivers.

If you would still like to send us a donation, please use the form and envelope provided. Thank you so much!!

You CAN Make a Difference in Someone's Life – Today!!

*Thank you for your generosity!
Your gift is tax-deductible.*

Planned Giving... Leave a living legacy:

Charitable gift planning - include LVC in your will or estate plan.

Charitable Gift Annuity - Your contribution of cash or securities into a Charitable Gift Annuity supports LVC & provides you or your loved ones with fixed payments for a lifetime.

Charitable IRA Distribution – This allows individuals ages 70½ and older to make direct transfers totaling up to \$100,000 per year to 501(c)(3), without having to count the transfers as income for federal income tax purposes.

Life Insurance

Outright Gifts - All outright gifts are tax deductible as provided by law.

If any of these giving plans interest you, please contact the LVC office: 703.779.8617

or smandelgiblin@lvcaregivers.org

Volunteers Change lives...



(From left) LVC Executive Director Susan Mandel Giblin, 2016 Volunteer of the Year Steve Proulx, and LVC Board Vice-Chair Lisa Kimball

Steve Proulx, Steve joined LVC in 2015 after retiring from the federal government. He has been actively involved in all areas of service including routine medical transportation, dialysis and cancer transportation, shopping and errands, food delivery, money management, and the Chore Corps program. He also earned the Presidential Service Silver Award for 328 hours of service this year alone. He drove thousands of miles and helped almost 2 dozen individuals.

After 35 years of service in the federal government, Steve knew he needed to do something else and kept thinking, "It's time to feed the soul". He volunteered for a hospice organization for a while and the American Cancer Society, but it was with LVC that he finally began to understand what had changed inside. "Our "care receivers" give us the opportunity to "walk the walk", to learn and practice to be more compassionate, loving and kind. They give us a chance to experience the essence of whom, I believe, we truly are. They give us the greatest gift of all: the opportunity to feed the soul."

Steve demonstrates the ideal characteristics that we hope for in our volunteers by being caring, thoughtful, patient, communicative and reliable. Steve's sacrifice and service is an example to us all, and he has no doubt changed the lives of so many that we help.

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