

# HILLTOP'S VOLUNTEER VOICE

Summer 2021



“Let Your Voice Be Heard”

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People First:

Making a Difference One Individual at a Time



## Sheryl Click's Corner

### Answering the Call to Service in the New Normal



Here it is August already and all of us are learning how to live our lives in the new normal. A new normal of living alongside a variety of COVID-19 variants in a way that is safe and enjoyable while respecting our individual freedoms.

Answering the call to volunteer is one such freedom. Our organization was blessed to have 78 volunteers who chose to serve during the pandemic. Hilltop is grateful for their support as we could not have provided vital services to our residents, clients and families without their assistance.

Hilltop continues to need the support of our volunteers in many of our programs but especially in our residential programs and those with specific licensing requirements and CDC guidance. Please check out some of these volunteer needs on page 8 of the newsletter.

We welcome our volunteers to return to service with our organization as our programs are able to open up to providing more in-person client services again.

Make no doubt about it, volunteering in the new normal is and will be different for awhile. The fact remains that organizations in our community, like Hilltop, need the help of volunteers more than ever.

I encourage you to reach out to volunteer services or your programs when you are ready to return to service. We look forward to having you back!

## Volunteer Services Staff & Volunteers

### Program Coordinator: Sheryl Click

#### **Jo Ann Rezen**

- Administrative Volunteer

### Volunteer Coordinators:

#### **Shelby Laird/Colleen Flynn**

- Senior Services

#### **Sheryl Click**

- Child & Family Services
- Youth & Adult Residential Services

#### **Tiffany Waugh**

- Miscellaneous Services

#### **Leather Bang**

- Property Services

#### **Paige Cadman**

- Marketing & Development Services

#### **Terasha Taylor**

- Montrose Services
- DV Services

### Program Volunteer Liaisons:

#### **Karen Clymer**

- B4 Babies

#### **Anna Cubel**

- Hilltop Health Access/Access+

#### **Claudia Moreno**

- Cooking Matters

#### **Maria Martinez**

- Environmental Services

#### **Dianna Herrera**

- Life Adjustment Program

#### **Louis Palmer**

- Landscaping/Maintenance

#### **Ashley Elliott**

- Residential Youth Services

#### **Shelby Laird**

- Senior Daybreak

#### **Tiffany Waugh**

- Supporting Our Seniors
- Aging & Disability Resources for Colorado

#### **Nicolle Pineda**

- The Commons
- The Fountains

#### **Dominic Solitaire**

- Get Real/Family Connections
- Family First

#### **Susan Volkmann**

- People Operations

#### **Nicole Stahl**

- Cottage Meal Delivery

## Hilltop Volunteer Mission Recipient: Carlyn Luna, Latimer House

Carlyn started volunteering for Hilltop in November of 2016. Carlyn says she volunteers for Latimer House because it is a great way to connect with our community. She was aware of the needs of those experiencing Domestic Violence and wanted to make a difference.

Since starting to volunteer, Carlyn has committed to volunteering one day a week without many days off. This averages over 700 hours a year! These hours begin at 5 pm and go through the night not finishing up until 8 am. She is a very dedicated volunteer.

It is of great value to have crisis line volunteers. After hour calls are sent to our messaging service at which point calls are then either directed to volunteers or to staff. This provides a sense of relief for our staff just knowing that they have a volunteer in place to take those non-crisis calls that come in mainly looking for resources. This helps our staff tremendously.

"Our crisis line volunteers are essential to our people first approach. These wonderful individuals, like Carlyn, are brave enough to work the front line with individuals who, in most cases, have just experienced the worst day of their life. They provide the resources, connections, kindness, and compassion during desperation, and they spread hope to those who are feeling hopeless. They do this simply to help people and the community they live in. I'm grateful to them for their dedication," says Hollie VanRoosendaal, director of Latimer House.

"I had the chance to meet with her when she first applied and have worked with her over the years. She always tries to come to our breakfast trainings to learn of new resources in the community she can utilize when answering calls. She is a very kind and generous person. I wish that we could find more volunteers like her!" adds Terasha Taylor, volunteer coordinator for Latimer House.



It is for Carlyn's dedication to Latimer House, along with her integrity, compassion, and willingness to put people first, that she was nominated for this special recognition. Congratulations Carlyn!

**Pictured: Hollie VanRoosendaal, Sheryl Click, Terasha Taylor, Carlyn Luna and Delta/Montrose Latimer House Team**

## Hilltop Summer Picnic Highlights:



June 17, 2021

- It was Hot!
- It was Fun!
- It was one Awesome Party!!!

Employees  
&  
Volunteers  
Enjoy the  
Festivities &  
Food with  
their Families



- Prize Drawings
- Pool Passes
- Entertainment
- Games
- Activities

### A Special Thank You!

- To our Picnic Committee Members for organizing an amazing event
- To Extended and Senior Leadership for helping cook and serve the BBQ
- To volunteers, **Carol Tullio, Alec Fournier and Tricia Powell** for helping to serve at the BBQ

## Hilltop Safety Watch:

### COVID-19 Prevention

- ◆ **Wash your hands.** Frequently wash your hands throughout the day with soap and water for 20 seconds or more. Disinfect surfaces.
- ◆ **Practice social distancing.** Stand at least 6 feet apart from others.
- ◆ **Wear personal protective equipment.** When required by facilities who serve the vulnerable or in confined areas when 6 feet distance can not be maintained wear masks and gloves.
- ◆ **Keep your hands away from your face.** Try not to touch your face if possible to prevent infection.
- ◆ **Stay at home and limit travel.** When possible limit exposure to the virus by limiting travel outside the home.
- ◆ **Avoid contact with high-risk individuals.** Protect individuals with underlying health conditions and older populations from getting the virus.
- ◆ **Take care of yourself.** Get plenty of rest, exercise, eat nutritionally, and spend time outside to help maintain mental and physical health. When sick stay home.  
**-Get Vaccinated-**

## Hilltop Volunteer Opportunities

Hilltop Community Resources is looking for volunteers:

### **In Delta, Montrose, Ouray**

#### **Counties:**

- ◆ Domestic Violence/Sexual Assault Services  
(Crisis Line)
- ◆ Child & Family  
(Parenting Group Support)

#### **In Mesa County:**

- ◆ Domestic Violence/Sexual Assault Services  
(Crisis Line Support)
- ◆ Fountains & Commons  
(Resident Companions)  
(Activities Facilitation)  
(Internships)
- ◆ Life Adjustment Program  
(Resident Companions)  
(Activities Facilitation)  
(Internships)
- ◆ Family First  
(Special Events Support)  
(Child Care Support)  
(Transportation Support)
- ◆ Corporate  
(Special Events/Projects)  
(Program Internships)
- ◆ Supporting Our Seniors  
(Driver)
- ◆ Residential Youth Services  
(Administrative Support)  
(Internships)

For more information on volunteer opportunities with Hilltop please contact:

Sheryl Click, at 244-0659 or [sherylc@htop.org](mailto:sherylc@htop.org)

## **Hilltop Launches Wellbeing Program for Volunteers August 1st**

Hilltop has an exciting new benefit that is open to volunteers starting in August. Our Health Top Wellbeing Program that has historically only been open to our employees is now available to you.

**What exactly is the Wellbeing Program and why should I participate?** This free program is geared to helping individuals be more proactive and engaged in their personal health and wellness by offering monthly, fun, educational, and preventive activities that assist them to be successful on their own health and wellness journeys. Good health being the best reward of all.

Volunteers login and sign up on our website: [healthtopwellness-program.com](http://healthtopwellness-program.com). Volunteers are able to choose what wellbeing activities they wish to participate in each month to earn points for entry into **Prize Drawings**. For instance, some wellbeing activities you may already be doing like volunteering, which earns you **4 points**. The more points you earn the more chances to win.

Drawings are held each month and follow the three-tier point system:

- **5 points+ =Entry into \$25 gift card drawing**
- **10 points+=Entry into \$50 gift card drawing**
- **15 points+=Entry into \$75 gift card drawing**

Information on how to sign up for the Wellbeing program as well as examples of activities you can do to earn points are included in this newsletter on pages 5 and 6.

Morgaan Walters-Schaler is our Wellbeing Program Coordinator. She will be able to assist you if you have any questions regarding program sign-up and how to claim your points for completing the monthly wellbeing activities. She can be reached at 970-244-0614 or by email at [morgaanw@htop.org](mailto:morgaanw@htop.org).

We hope that you will consider participating in the Health Top Wellbeing Program. Hilltop values you and your wellbeing. Thanks for volunteering with Hilltop!



## Hey Hilltop Volunteer!

Hilltop values you and your wellbeing. That's why we are inviting you to join the Health Top Wellbeing Program - an online wellness & safety portal!

Participate in monthly activities to collect points and win prizes.

Good health being the best reward of all!

### How to Sign Up

#### Step 1:

Log onto [healthtopwellnessprogram.com](http://healthtopwellnessprogram.com)

#### Step 2:

Click the **Sign Up** button and complete your profile form.

- For Location, select "Volunteer"
- For Employee ID, enter "V - your last name"
- Use Wellness Code: [hilltop](#)

#### Step 3:

Collect wellbeing points every month by completing wellness activities to be entered into Prize Drawings:

- 5 pts = \$25 Gift Card
- 10 pts = \$50 Gift Card
- 15 pts = \$75 Gift Card

### Wellbeing Activities:

- Wellness & Safety
- Newsletters
- Workshops
- Ted Talks
- Healthy Recipes
- Wellbeing Wednesday Emails
- Lunch N' Learns
- Coaching Sessions
- Online Webinars
- Financial Wellness

AND MORE!

**Questions?** Contact Morgaan Walters-Schaler  
(970) 244 - 0614 | [morgaanw@htop.org](mailto:morgaanw@htop.org)



## HEALTH TOP

HILLTOP WELLBEING PROGRAM

**Collect Points = Earn Prizes**  
**Good health being the best reward of all!**

**1 POINT**

Read a Wellness Spotlight  
Try a New Recipe!  
Watch a Ted Talk

**2 POINTS**

Monthly Wellbeing Activities

**3 POINTS**

Attend a Wellbeing Workshop  
Complete a Hilltop U Course  
Donate Blood

**4 POINTS**

Volunteer  
Health Screening/ Biometrics  
Follow Health Top on Social Media

**5 POINTS**

Sign Up for Smart Dollar  
Complete the Wellbeing Appraisal  
Set a SMART Personal Goal

**AND MORE!**

## Milestone Years of Service Highlights:



**5 Years**

**Mike Bussing**  
Montrose Family Resource  
Center

**Alicia Hampton**  
Latimer House & Special  
Projects



**10 Years**

**Tricia Carsten**  
Latimer House Crisis Line



**15 Years**

**Dawn Ullrey**  
Latimer House –Delta/Montrose  
Crisis Line



**32 Years**

**Calvin Anthony**  
The Life Adjustment Program





## Hilltop Programs Need Your Help!

**The Life Adjustment Program (LAP)** is a residential facility for adults 18 years and older who have Traumatic Brain Injury. As this program falls under state licensing guidelines **-they will require volunteers who serve there to be TB tested and be COVID-19 vaccinated (highly recommended). Volunteers will also need to wear masks. Volunteers may need to undergo a rapid COVID test upon entry.** This program has tighter guidelines to follow because of the increase in the Mesa County positivity rate or due to virus outbreak with residents and staff. Depending on any given week, the program must screen all staff and/or residents 1 or 2 times per week. The program is looking for volunteers to help with varies needs.

- Line of sight monitoring during meal service-keeping extra set of eyes on residents at risk of choking or also assisting residents carry their meals to their table (Need help Monday-Sunday, from 7:30am-9:30am, 11am-1pm or 4pm-6pm)
- Washing dishes and cleaning (M-Sunday, 10am-2pm and 3pm-7pm)
- Partnering with care staff to assist residents with daily living activities (8am-12pm or 6pm-10pm)
- Assisting with resident temperature and O2 checks ( Monday- Sunday, 7:30am for couple of hours) (11am for couple of hours) and (4pm for a couple of hours)
- Assisting with various life enrichment activities ( Monday- Sunday, 1pm-4pm.)

**Senior Daybreak** is a unique day program that keeps seniors with memory loss safe and secure while providing their caregivers the flexibility and support they need to care for their loved ones at home. **Volunteers who serve there need to be TB tested and be COVID-19 vaccinated (highly recommended). Volunteers will also need to wear masks. Volunteers may need to undergo a rapid COVID test upon entry.** The program is looking for volunteers to help with varies needs. Shifts available M-F, anytime from 8am-5pm.

- Assisting with meal serving and clean-up
- Visiting and interacting one-on-one with clients
- Assisting with various life enrichment activities

If you are interested in helping with these needs (even for just a few hours) or have questions please contact Sheryl Click at 244-0659 or at [sherylc@htop.org](mailto:sherylc@htop.org). **Hilltop will pay for TB testing for all volunteers who would like to help.**

## Kiwanis Pancake Breakfast Needs Volunteers

The Grand Junction Kiwanis Club will be holding it's annual summer pancake breakfast on Saturday, August 21st, from 8am to noon, at The Grand Junction Convention Center. Hilltop has been asked to help provide volunteer support for the breakfast. Volunteers are needed to help with two hour shifts:

- Serving beverages
- Bussing tables
- Monitoring the silent auction tables

If you would like to help please contact Sheryl Click at [sherylc@htop.org](mailto:sherylc@htop.org) or by phone at 970-244-0659.