

HILLTOP'S VOLUNTEER VOICE

Fall 2021



“Let Your Voice Be Heard”

INSIDE THIS ISSUE

Sheryl Click's Corner 1

Volunteer Mission Award Recipients 2

Program Highlight: Hilltop's Health Access 3

Volunteer Information Update Drawing Winners 3

Hilltop Safety Watch 3

Wellbeing Program for Volunteers 4-6

Wellbeing Program Monthly Drawing Winners 4

People First:

Making a Difference One Individual at a Time



Sheryl Click's Corner

Hilltop's New COVID-19 Vaccination Policy: Positioning Our Organization for the Future



By now many of you are aware that Hilltop has implemented a new COVID-19 Vaccination Policy for all their employees and volunteers. Under this new policy, employees and volunteers who are not fully vaccinated by October 31st will no longer be able to work or serve at Hilltop. **The new policy does however allow volunteers to request either a medical or religious exemption.** Exemption forms can be requested from Volunteer Services.

So why did Hilltop make the decision to require employees and volunteers to get vaccinated? *First and foremost*, I want to stress that this decision was not made lightly. It was actually one of the most difficult decisions Hilltop leadership has had to make because they knew the impact it would have on our employees, volunteers, facilities and programs. That being said, Hilltop is now required to comply with state and federal vaccination mandates in order to operate our 24-hour facilities. Hilltop leadership made the decision to ensure that our programs could continue operations well into the future. *Second*, Hilltop has always had a unique organizational culture that welcomed, respected, and valued **all** individuals. Given this culture, leadership decided to fairly apply the new policy to all individuals working or serving across the organization.

I understand this policy decision may not “feel good” right now but I trust that our leadership made the best decision possible given where we are as an organization and where we are needing to go.

For some this new vaccination policy means that you will be leaving our organization after providing many years of volunteer service. Although unfortunate and sad for both volunteers and programs alike, Hilltop has always respected an individual's right to choose what is best for them. Hilltop is grateful for the time and dedicated service these volunteers have given and wish them well. We also want our volunteers know that they are welcome to come back to Hilltop if their vaccination status changes in the future.

As we move forward from here, I want to encourage volunteers with questions or concerns about the policy to reach out to Volunteer Services.

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

Katie Vanderburg

- Miscellaneous Services

Leather Bang

- Property Services

Paige Cadman

- Marketing & Development Services

Teressa Taylor

- Montrose Services
- DV Services

Program Volunteer Liaisons:

Karen Clymer

- B4 Babies

Anna Cubel

- Hilltop Health Access/Access+

Liz Moreno

- Cooking Matters

Maria Martinez

- Environmental Services

Brielle Farrell

- Life Adjustment Program

Louis Palmer

- Landscaping/Maintenance

Shelby Laird

- Senior Daybreak

Katie Vanderburg

- 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 Award Recipients:

Wayne Klahn, Supporting Our Seniors

Wayne Klahn has been a volunteer driver for the Supporting Our Seniors Program (SOS) just over 3 1/2 years. Wayne was selected to receive a Hilltop Volunteer Mission Award because of his immense dedication and caring demeanor he has shown to our clients during the pandemic. Without his help during COVID-19, many of our seniors in Mesa County would have gone without food and preventative medical appointments. In 2020, Wayne spent over 150 hours and drove 1,453 miles providing transportation assistance to



homebound seniors during the peak of the pandemic. When asked why he chose to put himself and his personal health at risk to drive clients in the community, Wayne stated, "I never gave it a second thought". It is for his personal sacrifice, dedication and caring that we honor Wayne with this special recognition. Congratulations Wayne!

Carrie Gumber, The Fountains



Carrie Gumber has been a volunteer with Hilltop since October of 2020. In her volunteer role, she delivers lunch to our cottage residents when they have been unable to come into our main building for meals due to COVID restrictions. Carrie is very flexible and comes in several times a week to help out. Every time she delivers a meal, she takes the extra step to check in and see how the residents are doing. Carrie also volunteers to help out in our main facility with various different needs. She is great at building relationships with the residents and knows how to have fun and make the residents laugh. She is very kind and genuine and you can tell she really enjoys what she does. Fountains staff know they can count on her to help wherever needed. She was selected for a Volunteer Mission Award because she embodies what it means to be a volunteer. Congratulations Carrie!

Program Highlight:



Hilltop's Health Access has been helping people maneuver the Affordable Care Act since its inception in 2012, and we are now getting ready to head into the 9th Open Enrollment Period with Connect for Health Colorado. The Affordable Care Act allowed our state to expand Medicaid benefits to adults over the age of 19 with limited income, even if they did not have children or a disability. It also allowed people to qualify for financial assistance to pay for insurance if they were not offered affordable coverage by their employer or their spouses employer. Initially, when The Affordable Care Act became law it was met with some resistance in our area, as it was a complicated concept to understand. Health Access was formed to help our community understand the law and the rules of the program in a no pressure environment and from a trusted source.

During the first few years of operation, we had a large group of volunteers that would go to various places in our community to let people know about our services, get referrals, or even bring folks to our offices so that people in need of the Medicaid expansion could get help in applying for coverage.

Today, Hilltop's Health Access remains a trusted resource in our community after 8 years of operation. The program continues to work with the insurance brokers in our community to get families who had children that were eligible for CHP+ coverage set up correctly in the state benefit system. Health Access also holds enrollment opportunities at our office, with our guides, so that no matter what level of assistance is needed by an individual, there is always someone available to help them find the right coverage. In addition, our community partners actively refer their clients to us when they need assistance navigating the complex world of healthcare coverage.

Health Access would not be the program it is today without the help of our volunteers. We have been very lucky to have such wonderful people in our community volunteer to give of their time in support of our services. Our volunteers have helped the program make an impact on the Western Slope by helping communities have access to health care coverage and literacy.

The next Open Enrollment Period with Connect for Health Colorado starts November 1st and runs through January 15th.

Annual Volunteer Information Update Drawing Winners:

Sue Nall
Debe Colby

Yolanda Bellgardt
Carolyn Holmgren

Hilltop wants to thank all our volunteers who returned their forms.

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)
- ◆ Corporate
(Special Events/Projects)
(Internships)
- ◆ Supporting Our Seniors
(Driver)
- ◆ Senior Daybreak
(Daybreak Assistant)

For more information on volunteer opportunities with Hilltop please contact:

Sheryl Click, at 244-0659 or sherylc@htop.org

Hilltop Launches Wellbeing Program for Volunteers

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: healthtopwellnessprogram.com. Volunteers are able to choose what wellbeing activities they wish to participate in each month to earn points for entry into **Prize Drawings**. 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.

Amy Payne is our Wellbeing Program Administrator. She will be able to assist you if you have any questions regarding program sign-up. She can be reached at 970-244-0614 or by email at amyp@htop.org.

Two volunteers participating in the Wellbeing Program had this to say about their experience:

"I have enjoyed being a part of the Hilltop Wellbeing Program. It has allowed me to explore other avenues and ways to be accountable in regards to my overall health. I enjoy setting workout goals and learning how to achieve them and search for other avenues outside my normal routine. I also appreciate the articles that are relevant to mental health, wellbeing activities and numerous other resources available to explore. There are items on the portal that are good reminders to get a physical, blood draw or to sign up for a coaching session. Overall, the program is a great way to stay on top of your mental and physical health," says Carrie Gumber.

"I have enjoyed being part of the Wellbeing Program, it has helped me to get "on it" in regards to my health and wellness. Earning Wellness Points is good for me and easy to do, there are many different ways to earn wellness points. There is a wide variety of activities to complete to earn points, and while earning those points I am learning something new, or completing a task that is good for me. To top all of this off I have also won 2 gift cards, how can you beat that?," adds Carol Tullio.

You too can reap the rewards of good health and wellbeing, sign-up today!

Wellbeing Program Monthly Drawing Winners:

August

Carol Tullio
Carrie Gumber
Shannon Broad

September

Yolanda Bellgardt
Carol Tullio

Congratulations Volunteers-Keep collecting those points!



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

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 Amy Payne
970-244-0614 or amyp@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!