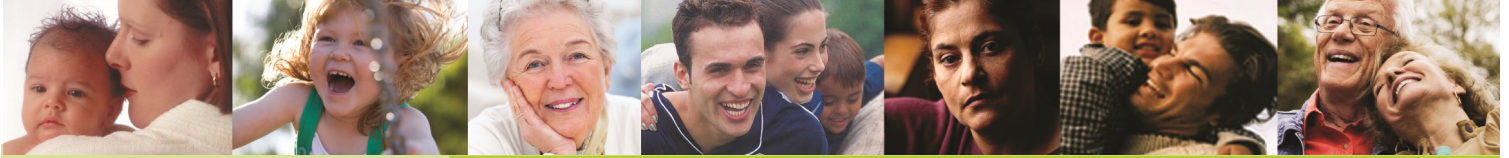


# HILLTOP'S VOLUNTEER VOICE

Spring 2022



“Let Your Voice Be Heard”

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People First:  
Making a Difference One Individual at a Time



## Sheryl Click’s Corner



### Celebrating Volunteers Accomplishing Amazing Things

*“How wonderful it is that nobody need wait a single moment before starting to improve the world.” —Anne Frank*

On behalf of Hilltop, I would like to thank our **incredible** volunteers for their service to our organization. Hilltop values all our volunteers who help to fulfill its mission in Mesa, Delta, Montrose, and Ouray Counties. Every day volunteers serving over 20 Hilltop programs help to make a difference in the lives of our clients and their families. Last fiscal year alone, volunteers contributed over 14,000 hours of support to these programs that yielded an estimated monetary value of more than \$240,000 worth of invested time.

Hilltop believes that volunteers are an essential part of our culture and help our staff to successfully meet the needs of those we serve. Our organization strives throughout the year to thank and show our volunteers how much they are appreciated.

April 17th-23rd, is National Volunteer Week and Hilltop programs across the organization will be thanking their volunteers for their contributions. It is a time for Hilltop to celebrate with gratitude our volunteers who serve our clients, residents and their families.

On the world stage, it is inspiring to see the impact volunteers are making in Ukraine and in its neighboring countries to address the needs of the Ukrainian people during this conflict with Russia.

It is amazing to see what can be accomplished when compassionate individuals rally around a common mission. Simple acts of kindness go a long way in making the world a better place.

Volunteers accomplish amazing things worldwide but especially here at Hilltop. Thank you volunteers for your dedicated service. We could not do what we do without you!

## Celebrating Volunteers Around Hilltop:

*"I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve."* — Albert Schweitzer

### 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

##### **Sandra Acevedo**

- 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

##### **Sandra Acevedo**

- Supporting Our Seniors
- Aging & Disability Resources for Colorado

##### **Dharma Jensen**

- The Commons

##### **Dominic Solitaire**

- Get Real/Family Connections
- Family First

##### **Susan Volkmann**

- People Operations

##### **Nicole Stahl**

- Cottage Meal Delivery



**Cindy Neal**  
The Commons



**Mark Hermundstad**  
Supporting Our Seniors



**Rachel Wampler**  
Latimer Crisis Line



**Caterina McCreary**  
Intern- Life Adjustment Program



**Jo Ann Rezen**  
Volunteer Services



**Rita Rumrill**  
Cooking Matters

**Joyce Taylor**  
GJ FRC & Health Access



**Carrie Gumber**  
The Fountains



**Carolyn Holmgren**  
Senior Daybreak



**Rickie Berg**  
The Life Adjustment Program



**Stefan Davenport**  
Montrose FRC-Youth Services



**Amy Leininger**  
Intern-Latimer House

## Program Highlight:



The Supporting Our Seniors Program (SOS) provides transportation to seniors over the age of 60. SOS volunteers take seniors once a week, to either the Doctor's office, grocery store, or pharmacy. These senior individuals receive care from their Doctor, pick-up medication, and buy food for their pantry. The program currently has 13 AMAZING volunteers giving of their time to give rides to those in need. One participant had this to say about the help they received, "This service for me has been helpful in so many ways. Monetarily, the ease with which it can be used, knowing you can count on the service. Thank you!"

In 2021, during the peak of the pandemic, SOS volunteers continued to provide much needed rides to hundreds of seniors. These volunteers served on average 60-90 riders per month and drove an incredible 14,487 miles.

Although SOS is contributing positively to the lives of our most vulnerable, there is still a waiting list of 35 individuals needing transportation. That number increases every week. More volunteers are needed to meet the increasing need for transportation assistance.

Tricia Powell, a long time Hilltop volunteer, says this about contributing her time to SOS, "I consider it a good public service for those unable to drive themselves. I do enjoy meeting the people and learning their story. It gives structure to my week and keeps me on track."

If you enjoy visiting with seniors and want to give of your time on a flexible schedule, maybe SOS is the place for you to volunteer. Volunteers serving in the program must be COVID vaccinated. SOS does offer its volunteers mileage reimbursement and on-going recognition.

For more information about volunteering with SOS, please contact Sheryl Click, Hilltop Coordinator of Volunteer Services, at 970-244-0659 or by email at [sherylc@htop.org](mailto:sherylc@htop.org).

### SOS Extends a Fond Farewell to Jim Mello

Jim Mello is retiring from volunteering with SOS after 6 years with the program. The staff of SOS want to thank Jim for his service and wish him well with his next endeavor. He will be missed tremendously. **Thank you Jim!**



## Hilltop Safety Watch: COVID Variant 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 the Booster-

## 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](mailto:sherylc@htop.org)

## **Celebrating Years of Service**

Service years as of 1/1/22 and are based on application date.  
Please contact Sheryl Click if you have service year questions.

### **1 Year:**

Justin Baird  
Carrie Gumber  
Katrina Stahl  
Sally White  
Jane Lostombo  
Liz Hailey-Bidlack

### **2 Years:**

Donna Bitting  
Darlene Wilkinson  
Ginger Richardson  
Tracey Barbieri  
ThaiAnn Riley  
Sarah Lampitt  
Danielle Pelletier  
Rachel Wampler  
Joanne Anderson

### **3 Years:**

Sue Nall  
Claire Taylor

### **4 Years:**

Ronna Edgett-Underwood  
Wayne Klahn  
Tricia Powell  
Sheryl Douglas  
Debe Colby  
Carolyn Holmgren  
Alec Fournier  
James Curtsinger  
David Underwood

### **6 Years:**

Richard Davis  
Jim Mello  
Alicia Hampton

### **7 Years**

Leuwanna Sessions  
Joyce Taylor  
Jo Ann Rezen  
Cindy Beckage  
Cynda Byers  
Bert Colombin  
Dharma Jensen

### **8 Years:**

Cynthia Edwards  
Dave Edwards  
Meg Cooper  
Don Riggle

### **9 Years:**

Gary Rich

### **12 Years:**

Jessie Kelleher

## **Milestone Years of Service**

### 5 years

Carlyn Luna  
Judy Fenton  
Kathleen Larson  
Christine Davidson  
Shannon Broad

### 10 year

Tim Cox



## 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 Amy Payne  
970-244-0614 or [amyp@htop.org](mailto: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!**