

HILLTOP'S VOLUNTEER VOICE

Fall 2022



“Let Your Voice Be Heard”

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People First:
Making a Difference One
Individual at a Time



Sheryl Click's Corner

It Pays To Be Our Best Recruiters

Volunteers are Hilltop's Goodwill Ambassadors to the community. They also make wonderful recruiters for the volunteer program. Sharing your Hilltop volunteer service experience with family, friends and neighbors can open the door for more discussion about why you volunteer with our organization.



The golden rule of volunteer management is that people volunteer because they are asked. Do you know someone who would make a good Hilltop volunteer? Hilltop would like your help in recruiting new volunteers for our programs.

Starting November 1st and running through January, Hilltop will launch its **Volunteer -To -Volunteer Recruitment Campaign**. The recruitment and placement goal for the campaign is **15** new volunteers. If a Hilltop volunteer refers someone to become a new volunteer with the organization and the individual is placed in one of our programs during this timeframe, the referring volunteer will be entered in a drawing to win a **\$200 gift card**. The more new referrals a volunteer makes during the campaign the better the chances for them to win big.

Recruitment Campaign Steps to Success: (November 1st-January 31st)

1. Refer a new volunteer and have them complete a volunteer application on our website: www.htop.org
2. On the application, have the new volunteer put your name down under **How did you hear of program?**
3. Volunteer services will track all new referrals and placements made during the campaign timeframe.
4. Volunteers can refer as many new applicants as they want.
5. In order for the Hilltop volunteer to be entered into the drawing –**their referred new applicant must complete the process and be placed in program no later than January 31st.**

Thank you for supporting volunteerism and helping Hilltop achieve our goal.

Volunteer Services Staff & Volunteers

Program Coordinator: Sheryl Click

Jo Ann Rezen

- Administrative Volunteer

Volunteer Coordinators:

Sheryl Click

- Child & Family Services
- Youth & Adult Residential Services
- Senior Services

Sandra Acevedo

- 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+

Liz Moreno

- Cooking Matters

Celicia Coniff

- Family First

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

Kara Downey

- The Commons

Colleen Flynn

- The Fountains

Susan Volkmann

- People Operations

Nicole Stahl

- Cottages

Hilltop Volunteer Opportunities:

Hilltop continues to need volunteers to serve in our programs. Here are just some of the options available.

The Fountains and Commons Assisted Living Communities: Enriching the lives of senior residents who maybe experiencing loss, grief, isolation, and dementia. **Can you assist with these needs?**

- Provide companionship to a resident
- Play card games
- Dining Ambassador-greet and visit with residents while they eat a meal
- Play an instrument to entertain residents
- Read stories or the newspaper to residents
- Conduct or facilitate an activity-Bingo, art projects etc.
- Discuss a topic with residents during the Conversation and Cookies group
- Decorate for Holidays and Special Events
- Help sanitize surfaces –tables, handrails and safety pendants
- Provide pastoral care & spiritual support

Family First: Helping to build strong families through education, resources and support groups for young parents. **Can you assist with these needs?**

- Provide child care for parent support groups
- Prepare meals for families attending groups
- Help with seasonal events for children and families

Supporting Our Seniors: Provide transportation assistance to homebound seniors age 60 and older to vital services like the pharmacy, grocery store and doctor appointments. **Can you assist with this need?**

- Driver

The Life Adjustment Program: Residential campus for adults with traumatic brain injury. Can you assist with these needs?

- Provide companionship to a resident
- Help with holiday events
- Dining support –visit with residents and watch for safety issues
- Help in the office with administrative duties
- Facilitate a fun activity or teach a subject
- Provide pastoral care & spiritual support

If you would like to find out more about these opportunities, please contact Sheryl Click at 970-244-0659 or at sherylc@htop.org.

Program Highlight:

COOKING MATTERS®

Cooking Matters campaign is helping end childhood hunger by inspiring families to make healthy, affordable food choices. Our programs teach parents and caregivers with limited food budgets to shop for and cook healthy meals – building a world where healthy eating choices are available for everyone.

Parents recognize the need to provide nutritious food for their children, but too often they lack the resources and skills to make the needed changes. In our national survey of low-income parents and caregivers of children under five, food and nutrition topped parents' list of concerns. 83% said they worry about food and nutrition when it comes to raising their young children.

Food skills education can be a lifeline for families struggling with hunger. Every parent wants the best for their child, and many know what foods would be best to serve, but when time or money is limited, the quality of food is reduced. Knowing how to shop more efficiently by using the nutrition facts label and unit pricing, feeling confident about modifying recipes to appeal to picky eaters or to accommodate a missing ingredient, and having a plan for the week's meals are some of the critical food skills taught in classes that can ease the burden for many low-income families.

Classes are offered in-person and online in collaboration with local partners and key industries such as healthcare, food pantries, schools with at least 50% free and reduced school lunch and existing food provision programs such as SNAP and WIC. Participants are recruited through Cooking Matters partnering agencies.

Volunteers are critical to the success of Cooking Matters classes. Cooking Matters volunteer positions include chefs, nutrition educators, and class assistants.

Volunteer support of the Cooking Matters campaign is an investment in a healthy and hunger-free future for our country's children. By teaching families and caregivers through our educational offerings and harnessing the power of partnerships through a holistic approach to food skills education, we can create a world in which everyone has the skills they need to eat healthy, affordable meals.

Pictured: Cooking Matters outreach at the downtown Farmers Market.



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

Volunteer Highlight:

Joanne Anderson, Cooking Matters

Cooking Matters is a great program with some amazing volunteers! Since the pandemic started our program has just recently began doing in person programming once again. We have been lucky to have volunteers helping us with these first couple of classes. During these classes our volunteers serve as class assistants and provide classroom and kitchen set up, food preparation and clean up support.

Cooking Matters has a wide range of volunteers with various levels of expertise that they bring to the table including retired registered dietitians and chefs. Dietitians teach program participants about nutrition and eating healthy.

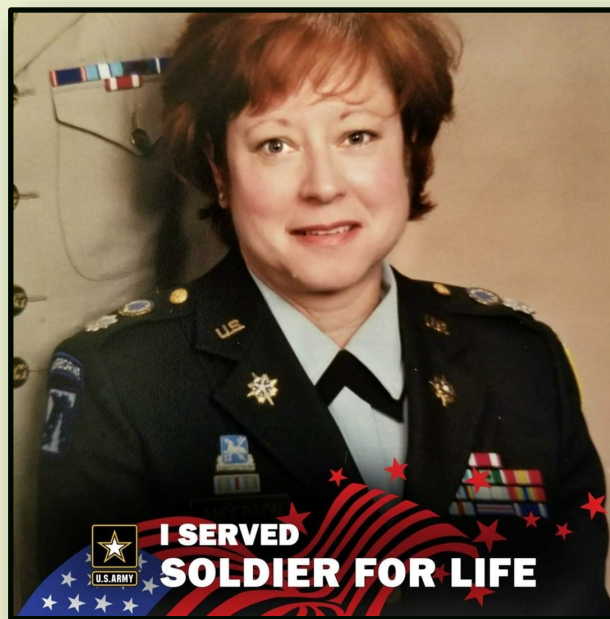
Cooking classes routinely are held 2-3 times a week and for approximately 2 hours depending on the class.

One volunteer who has been instrumental in assisting with the Cooking Matters classes is Joanne Anderson. Joanne has been volunteering with Cooking Matters since May of 2019.

“I enjoy volunteering because it ticks off both boxes-helping people and getting to do some cooking! I also learn a few things about people-their likes and dislikes and trying new recipes out,” says Joanne.

Joanne retired from the Army where she served in Defense Contracting. Joanne volunteered to teach a middle school cooking class when she lived in Virginia. She was pleased to find a program like Cooking Matters where she could continue volunteering doing what she enjoyed in Virginia. For Fun, Joanne also enjoys cooking, painting, hiking and gardening.

“I truly enjoy being a part of the Cooking Matters program but what I like most is being able to interact with our volunteers and learn more about them and their life experiences...I enjoy getting to spend time with Joanne every chance I get because she has so many great stories about her travels, she also shares some amazing recipes,” adds Liz Moreno, Cooking Matters Specialist.



Volunteer Mission Award Recipient: Marianne O'Neil, Supporting Our Seniors

Supporting Our Seniors (SOS) is a program that uses volunteers to provide transportation assistance to homebound seniors 60 and older who need help getting to vital services like the pharmacy, grocery store or to doctors appointments.

Marianne O'Neil joined SOS in February of 2021. Marianne's decision to join SOS during the pandemic showed a lot of courage since during this time a lot of people were still concerned with being exposed to the virus and SOS had lost many volunteers due to these concerns. Marianne took the precautions needed to protect program riders and jumped right into taking as many rides as her scheduled would allow. This made a huge impact for SOS because up to that point staff were still struggling to find available volunteers for many of our riders.

When asked why she volunteers for SOS, Marianne said, "I love it! People are always so kind and thankful for what we do." "Marianne is always flexible for any rides we need her to take and that it's clear that she puts SOS as a priority," says Sandra Acevedo, SOS Coordinator. The SOS staff also enjoy talking to her because she always shares how much she loves the program and is always positive when she talks about the clients.

During her first year with SOS, Marianne volunteered over 111 hours to the program providing essential rides to our homebound seniors. She truly demonstrates the value of relationship by making a difference in many of their riders' lives. An example of just the kind of person Marianne is comes from one of our riders, Nancy. Nancy told the SOS staff about how on the first anniversary of her husband's death, Marianne took her grocery shopping and helped her through that trip with so much grace and was just the most wonderful companion she could have had on that difficult day. Nancy appreciated the extra care



Marianne took with her and added that she is just "such a beautiful soul." Just like with Nancy, SOS staff constantly hear about how kind and helpful Marianne is when they ride with her.

Marianne truly puts people first and embraces our Hilltop values. It is for these reasons and dedication, that she was nominated for a Hilltop Volunteer Mission Award. Congratulations Marianne and thank you for your service!

Pictured: Marianne, Mike Stahl center, Sandra Acevedo, Christie Higgins, Sheryl Click, Joselyn Howard, Sarah Connor and Kathy Buxton





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



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

1 POINT	<ul style="list-style-type: none"> Read a Wellness Spotlight Try a New Recipe! Watch a Ted Talk
2 POINTS	<ul style="list-style-type: none"> Monthly Wellbeing Activities
3 POINTS	<ul style="list-style-type: none"> Attend a Wellbeing Workshop Complete a Hilltop U Course Donate Blood
4 POINTS	<ul style="list-style-type: none"> Volunteer Health Screening/ Biometrics Follow Health Top on Social Media
5 POINTS	<ul style="list-style-type: none"> Sign Up for Smart Dollar Complete the Wellbeing Appraisal Set a SMART Personal Goal

AND MORE!



Free Admission to Studt's & DeVries Pumpkin Patch and Corn Mazes Now through October 31st!

We are happy to offer all Hilltop employees and volunteers FREE admission to either Studt's Pumpkin Patch and Corn Maze in Grand Junction, or DeVries Pumpkin Patch and Corn Maze in Montrose. Offer valid for one time use for a total of up to four guests. (One Hilltop staff + three family members).

GRAND JUNCTION

Studt's
Pumpkin Patch & Corn Maze
21 1/2 and I 1/2 Roads
Now through October 30th
Tuesday - Thursday, 12 pm to 7 pm
Friday 12 pm to 9 pm
Saturday 10 am to 9 pm
Sunday 10 am to 7 pm
Entry: Show you Hilltop ID at the gate.

MONTROSE

DeVries
Pumpkin Patch & Corn Maze
Highway 50 North of Montrose
(between mile marker 85 & 86)
Now through October 31st
Monday - Sunday, 9 am to 5 pm
Entry: Get your Hilltop pass from the
Montrose Family Resource Center
office for FREE admission.



One Time Use Through October
30th - Must Present this Ticket to
Enter

STUDT'S ADMISSION PASS

FOR HILLTOP VOLUNTEER &
THREE FAMILY MEMBERS