

Volunteer Vibrations

The Newsletter for Volunteers and Volunteer Guardians at LifeSpan

“Some things are fully worth doing even if you know the final product will be far short of perfect: write a poem, sing in the shower, greet someone in their language instead of your own.”

Johnnetta B. Cole

Kara's Corner

Thought

Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing...

—Mother Theresa



Volunteer Vibes

Winter will be over soon, the snow will all be gone, the trees will start to leaf and the birds will return to sing for us in the morning. However, even though the weather was lousy something positive was brewing. In January, LifeSpan nominated Darlene Deck and Aileen Geigle for the Janet Clemmons /SELF Community Service Award. They are being nominated because of their commitment to their wards and their service to other people and organizations in the community. Just for Guardianship alone Aileen contributed 441 hours and Darlene contributed 346 hours. There are a lot of deserving volunteers for this award but cross your fingers for two of your own. You never know what might happen. Keep watching the paper for the announcement.

Names, Upcoming Dates, Numbers and Addresses to Remember

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- We will be having our next Volunteer meeting the week of April 19. The day has not been determined yet. I am trying to line up a funeral expert to be our speaker. If you know anyone that you think would be good let me know.

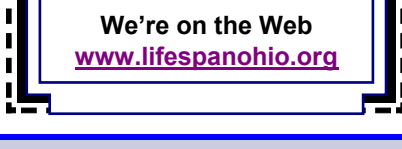


LifeSpan - We link families with solutions.

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Strengthening families and individuals who seek to improve the quality of their lives.



Volunteer ideas for other inhabitants of the planet

There are so many ways to help non-human animals. The myriad of organizations welcome volunteers to help in a number of ways:

- Volunteer at your local humane society -- walk dogs, socialize cats, help with adoptions, keep facilities clean, work with the public, provide humane education, and assist with general office support. etc.
- Lobby for animals. Join the [Humane Activist Network](#) and help pass animal protection laws.
- Start a vegetarian or animal advocacy club at your workplace, school, or church.
- Help leaflet and table for various animal protection organizations.

Did you know LifeSpan is now on Twitter and Facebook? Click on the URL on the left and look for the Facebook and Twitter buttons. Go ahead and explore a little by clicking on them. You might want to follow us on Twitter and friend us on Facebook. Once you do, a lot of good information just might come your way.

More inspirational volunteer stories from The Network for Good.

KEITH MICHAELS
Substance Abuse Counselor, Age 33
Santa Monica, CA

Guides Blind Runners

A lot of people I train with compete, and this organization is not about how fast you are or how many races you've won. It's just people who get together who love to run. And obviously if you're blind, unless you're running on a treadmill, you can't run by yourself. Running has done so much for me in my life-I just decided that guiding a blind runner might be a nice way to give a little bit back to something that's given so much to me. I learned to guide, at first, by listening and watching John, one of the other sighted guides. Learning how to keep as little tension as possible on the tether, which is the equipment we use to stay connected while we're running. Sharlene's been completely blind since birth. She's - she'll kill me if I get this wrong - forty-six or forty-seven years old. She's run thirty marathons - she has an incredible spirit. All she knows how to do is to live life on life's terms without the use of her eyes. She doesn't let being blind get in the way of pursuing her dreams. I really like that about her; that spirit is contagious. You feel like an idiot complaining about the weather, about anything. I suppose there's a lot of truth to the saying that "The best things in life are free." I go home after showing up at Achilles - on the days when I want to and on the days when I don't want to, when I really don't feel like running seven miles right then - always feeling like I can't wait for next Sunday. Every time.