



Heart to Heart

A Newsletter For and About

JARC Volunteers

Volume No. 5

March 2008

In the midst of the cold dark days of winter, there's a bright spot on the horizon . . . JARC's tenth annual **SpringElation** will be held on TUESDAY, MAY 27 from 6 - 9 p.m. . Not only will this year's event be held on a weekday evening, but it will take place at an exciting new venue for us, the Detroit Zoo!

SpringElation raises money to benefit the Merle and Shirley Harris Children and Family Division which provides services to children with disabilities and their families. It promises to be a fun-filled family time for children and adults of all abilities.

When you purchase a ticket to the event or become an event sponsor, you'll be making a difference in the lives of children with disabilities.

Keep an eye out for more information about **SpringElation** coming your way in the next few weeks. It promises to be a "roaring" good time at the Zoo on May 27th. I look forward to seeing you there!

Sandy Bittker, Chair, Volunteer Services Committee



What is Gentle Teaching?

In all its homes and programs, JARC has embraced the philosophy of *Gentle Teaching* as a guiding principle for caregiving. Begun in the 1980's by John McGee, *Gentle Teaching* is based on the belief that all individuals should have the opportunity to live and work in a nurturing environment. JARC employees are trained to use their presence, hands, words and eyes to help the people entrusted to their care feel safe, cared about, loved and engaged. Essentially, *Gentle Teaching*:

- Provides the individual with a sense of safety.
- Teaches the individual that engagement with others is good.
- Teaches the individual to value others and provides opportunities to establish meaningful relationships.
- Enhances the individual's sense of self-value.
- Assures consistency of structure.
- Provides opportunities to express autonomy, while receiving necessary supports.
- Is conducive to optimal learning.
- Incorporates community inclusion.

As you look around at JARC, you will see many examples of *Gentle Teaching* in action. Treating people with love, dignity, and respect is definitely our top priority.



THE SPOTLIGHT'S ON . . . CHUCK BEERMAN

After retiring from Chrysler Corporation, Chuck Beerman came to JARC with 40 years of managerial, quality and systems control experience. Almost immediately he put those skills to use supervising a crew of volunteers from Oakland County's WAM Program. They spend every Wednesday at JARC homes doing painting, yard work, moving furniture and various other fix-up projects. Chuck also oversees flower planting at the JARC office in June at Deloitte's annual corporate volunteer Impact Day. Always looking for new challenges, Chuck became certified by the American Red Cross to teach CPR

to JARC employees at their annual training seminars. When he's not volunteering, Chuck and his wife Arlene love to travel and spend time with their children and grandchildren. Says Chuck, "JARC's a great organization and I'm happy to do anything I can to help them out. It's a mitzvah for them and an honor for me. That's definitely a win-win situation!"

**GOT FRIENDS? TELL THEM ABOUT JARC!
WE HAVE FANTASTIC VOLUNTEER OPPORTUNITIES . . .
EVERYONE CAN MAKE A DIFFERENCE!
CONTACT ALISSA PIANIN - 248-538-6610 X 349**

WE COULDN'T HAVE SAID IT ANY BETTER

Volunteers are not paid -- not because they are worthless, but because they are priceless -
Anonymous

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another. --*Erma Bombeck*

Teamwork allows common people to attain uncommon results. -*Anonymous*

We can do no great things -- only small things with great love. --*Mother Teresa*

We make a living by what we do, but we make a life by what we give. --*Winston Churchill*

It is a rare and high privilege to be in a position to help people understand the differences that they can make not only in their own lives but in the lives of others by simply giving of themselves. --*Helen Boosalis*

The miracle is this - the more we share, the more we have. --*Leonard Nimoy*

JARC VOLUNTEERS RULE!

CALLING ALL VOLUNTEERS

Be part of the *planting* team - Join friends and family on **Sunday, June 1, 2008 10:30 a.m. to noon** for **FLOWER-A-THON!** You can sign up by yourself, with your family, friends, social group, BBG or AZA chapters – all ages are welcome. Help us welcome back the warm weather and spruce up JARC homes. **No green thumbs are necessary.** It's a great opportunity to socialize and work beside some fantastic folks who are also part of the JARC family.

Other Volunteer Opportunities

- ♥ Shabbat Dinner – have dinner at a JARC home
- ♥ Bingo games – monthly at Temple Beth El
- ♥ JAVA with JARC – Sunday mornings at local coffee shop
- ♥ Play a musical instrument at a JARC home
- ♥ Mitzvah and Munchies Judaic program – join in Jewish learning and fun
- ♥ Join the Extreme Teen High School Volunteer Committee
- ♥ Sunday afternoon Film Club – May 4 at the Huntington Woods Library
- ♥ **Club Scene – small group events**
 - International Dining Delights – monthly ethnic dining
 - Culture Club – museums, culture and art
 - Movie Mania – movie and discussion
 - Theatre Club – plays and musicals

To volunteer on these projects or others, or for more information, contact Alissa Pianin at 248-538-6610, x349 at alissapianin@jarc.org

JARC PHOTO GALLERY



WE ♥ OUR VOLUNTEERS!