

# Good News

A Newsletter from  
Saint Saviour's Outreach Ministry



FALL 2009

## ⊕ LOOKING AHEAD AT SAINT SAVIOUR'S CENTER

BY SANDY JORDAN, BOARD CHAIR

**W**hile change may be inevitable, it is not always easy. This past spring, Saint Saviour's found itself in need of an Executive Director. Fortunately, we had a staff member who was well qualified to step into that position. Sharon Hayes, who had been working part-time for the Center as our Volunteer Coordinator, was appointed in March by the Board of Directors as Interim Executive Director. She quickly made herself familiar with all aspects of SSC.

One of Sharon's early challenges was to facilitate a Board Retreat in late May, as the Board was due for a periodic refocus on its long-term strategic goals. We came out of that retreat committed to exploring ways Saint Saviour's can broaden its impact on the changing Glenwood South community, while continuing our work with Glenwood Towers, Carriage House and the Capital Towers properties. Our health and wellness efforts are having a positive impact on the lives of the residents at all of these locations. Of the many things we have to be grateful for at Saint Saviour's, one is the ongoing presence of Sylvia Harlen, the RN who has been with our Health and Wellness



Sandy Jordan

Program from its inception, creating a program that represents very well the core of our mission. Sylvia works as quietly as she does tirelessly, but the impact made by the many screenings, seminars, counseling opportunities and outings she has implemented and maintained makes us all proud to be a part of SSC. Of course, Saint Saviour's also provides a home for Wake Relief, Meals on Wheels and several Wake Tech programs. Each of these efforts improves the lives of the many individuals it touches.

Finances are generally a challenge for nonprofits. We are thankful for the support we have always received from many generous individuals, as well as ongoing contributions from Christ Church and White Memorial. We are looking to broaden that support through other congregations now represented on our Board. Additionally, one of our primary goals in the strategic plan focuses on strengthening our fundraising capacity. Strategies for achieving this goal include increasing our marketing communication efforts, adding ongoing fundraising activities throughout the year and seeking grants that support our mission.

To all of you who have supported our programs in the past with your time, talents and resources, I want to say thank you. On behalf of our Board, I also want to ask for your continued support as we refocus and recommit to the broader Glenwood South community. What will never change is St. Saviour's commitment to serve those in need - but we want to continue to find ways to do that better! Please take the time to read this newsletter - perhaps you will find a new volunteer opportunity that interests you, a way you can contribute, or an idea you can share with us about how we can better serve our community.

**"WHILE CHANGE MAY BE INEVITABLE, IT IS NOT ALWAYS EASY."**

*Celebrate*  
**SAINT SAVIOUR'S!**

*Fall Gala*  
**November 20, 2009**  
NC State Fairgrounds, Martin Building

Kay Leager and Kate Rivers  
Co-Chairs



Dr. Casey Gardner and pharmacy student volunteers

## ⊕ HEALTH AND WELLNESS REPORT

BY SYLVIA HARLEN, RN, MA

Saint Saviour's Center Health & Wellness Program embraces the concept of healthy aging. We work to develop and maintain physical, mental and social well-being in older and disabled adults. For the frail and at-risk, there is much to be gained from



Sylvia Harlen

health education and effective disease management. Preventing a fall, managing a fear, increasing physical strength and endurance, improving nutrition, and looking forward to tomorrow are all achievable goals. Our Health & Wellness Program has a recipe for successful aging. The main ingredients include assisting elders to maintain or adopt behaviors for improving health outcomes, reducing risk of injury or illness, and managing the chronic and acute conditions that are present in their lives. These combine to improve their overall health.

It may seem obvious, but making sure that elders secure needed immunization and screening tests is a first line of prevention for many chronic and acute conditions. Understanding this need, Saint Saviour's Center will again provide a free flu shot clinic this fall for all Medicare subscribers. We have also partnered with Kroger Pharmacies to provide disease management seminars as well as free cholesterol screening and counseling with their pharmacists. These services will be available on-site at Saint Saviour's Center as well as at Capital Towers and Carriage House. Monthly blood pressure checks provided by Dr. Casey Gardner, Chief Pharmacist for

Resources for Seniors, and her staff are very well attended. We have also offered these services to students in the English as Second Language program, who have eagerly participated.

With the assistance of Dr. Gardner and her staff, we help participants in the Healthy Living

Classes obtain the most comprehensive and least expensive prescription drug benefits available. In one instance, a person with complex medical issues including diabetes is now saving over \$200 monthly on her prescription medications. The Health & Wellness Program has also assisted many residents in obtaining a free wireless phone and free minutes each month under a government funded Lifeline Assistance Program available to those receiving food stamps or Medicaid services.

Assisting elders and the disabled to live with a sense of purpose and self-empowerment also includes giving opportunities for socialization and joy. With this in mind, Saint Saviour's Center once again sponsored trips to the Farmers Market this summer for the participants in the Healthy Living Classes. Each person was given funds to purchase fresh fruits and vegetables. Class participants also enjoyed a bus tour of the Historic Oakwood residential district with a stop at a Raleigh landmark for lunch. Often the outings that the Health & Wellness Program provides are the only opportunities these residents have to enjoy the varied offerings of the community.

### JOIN US!

#### ARTS AND CRAFTS

Creative leaders are needed to teach craft classes in the afternoons or evenings. Schedules are flexible.

#### BINGO

Can you call Bingo? This is our most popular activity among older adults. The time commitment is about 2 hours per month, and prizes are furnished by Saint Saviour's Center.

#### BOARD GAMES

Do you play Chess, Checkers, Scrabble, Monopoly or Dominos? Pair up with a resident at Glenwood Towers and have some fun!

#### BOOK CLUB

Glenwood Towers residents would like to start a book club for avid readers. If you can lead a group, please let us know.

#### CONVERSATION IN ENGLISH

Can you spare an hour a week? Sit and talk with someone who is learning to speak English. Who knows? You might even make a new friend!

#### KNITTING OR CROCHET

Join a morning or afternoon group for fellowship and needlework. This is a low-key, yet rewarding activity. Groups meet once or twice per week.



Volunteers at the Health Fair

## ⊕ ONE OF OUR SAINTS

Patty Gibson was recruited to volunteer at SSC several years ago because of her previous experience in elder care, and she has been a member of our Program Committee ever since. We asked some volunteers and staff for comments about Patty, and heard the following "...boundless energy, passion, joy", "she has a way of making everyone feel special," "a great organizer and leader," "the essence of enthusiasm, energy, and caring." "Her opinions are thoughtful and informed, whatever the subject. She is one of the most effective volunteers I have ever worked with."



SAINT PATTY & FRIENDS

Patty's most visible talent is her superior organizing skill. There is not a file cabinet, closet or drawer at SSC that she has not reorganized. She sees a mess, and she finds the time to make it right. All of the SSC staff have benefitted from this talent and are grateful to Patty for her many hours of help.

When she joined the Program Committee, Patty began planning quarterly resident parties for older adults in Glenwood Towers, Carriage House and Capital Towers apartments. As you might guess, the parties are very well organized, with decorations and food supplies safely stored

and easily accessible. An even more important contribution, though, is her enthusiasm for the community she serves. In addition to making sure we have food, entertainment and volunteers to run each party, Patty finds the time to research and conduct "brain-teaser" quizzes that are a highlight of every event. One

volunteer who has worked with Patty on several parties said this about her philosophy:

"She always emphasizes the importance of interacting with our guests from the three residences with respect, warmth and equality. I think an expression of these qualities is her purchase of white fabric aprons for the volunteers to wear at the parties, symbolizing that we are there to SERVE the guests and help them have an enjoyable time. When Patty is around, there is no hanging out behind the counter, because she is pushing everyone to interact with and affirm the value of each attendee. She is quite a role model on how to befriend and nourish on all levels those who come to Saint Saviour's Center."

What a gift Patty's presence here has been! She is a blessing to this ministry, and we are grateful for her many contributions.

Thank you, Patty.

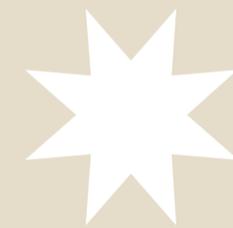
### WE CAN USE YOUR HELP.

Saint Saviour's Center provides affordable space for ministries that help those in need. Wake Relief, Meals on Wheels, Wake Tech and the Saint Saviour's Health and Wellness program all depend on donations of time and money to survive. Saint Saviour's Center is able to offer support, thanks to generous donations by our friends. This year is especially challenging for us, as we go through a leadership transition. If you can help by volunteering or writing a check, we would love to hear from you. Contact Sharon Hayes at 833-6400 or shayes@saintsaviourcenter.org to discuss needs and opportunities that meet your schedule and interest.



Eileen Yates & Joyce Alexander enjoy the Farmer's Market

"I think the incentive field trips are wonderful! Thanks so much for starting the walking club, and thanks to Sylvia for sponsoring an entire trip. I really appreciate your work with the residents. More importantly, it is great to see them participating in such healthy, educational, and fun activities!" — Lisa Lobdell, Housing Manager, Carriage House Apartments



## OUR SHINING SAINTS

These people have gone the extra mile to help Saint Saviour's Center. Their service shines brilliantly!

- Steve Davis
- Russ Reynolds
- Gwinn Moss
- Bill Hayes
- Emily Burgess
- Kay Leager
- Peter Anderson
- Elizabeth Foy
- Jody Grayson
- Bob Herbert
- Dave Simons
- Tom Emmel
- Sarah Reed
- Sandra Archer
- Margie Pipkin
- Andie Wigodsky
- Cece Scott
- Dennis Williams
- Craig Caviness
- Stewart Woodard



## ⊕ FROM THE DIRECTOR

SHARON HAYES

Saint Saviour's Center is a special place in our community. Wake Relief, Meals on Wheels, Wake Tech ESL classes and Saint Saviour's programming for senior citizens all combine to create a dynamic, vibrant place where people from all walks of life come together. It's cultural, multigenerational, educational and caring – a place where needs are met by people who know how to make a difference. I feel joy every day as I see the ministries in action, as volunteers bring smiles and energy, and as I get to know the people we serve.

It's been almost a year since I first entered the arched, red doorway of Saint Saviour's Center. Last December I was invited to join the staff as volunteer coordinator. My role would be to recruit volunteers for programs and assist the office by providing some needed structure and organization. I didn't realize how much organizing would be required until spring, when we began going through a leadership transition and I was asked to serve as Interim Director.

With new leadership comes new focus. I began by looking at the buildings and grounds. Many of the rooms and storage areas were full of clutter. Outside, the bushes were overgrown and the lawn looked ragged. I believe our environment is a reflection of who we are, and I want Saint Saviour's

to reflect the joy and enthusiasm of its programs, leaders and participants. So, I launched a "Love Saint Saviour's Center" campaign. To love Saint Saviour's Center is to care for it – to build programs that enrich lives; to clean, brighten and maintain the facilities; to stay focused on the present yet plan for the future; and to support the mission with our time, talents and resources. Every time I speak with someone about the center, I invite them to join me in this campaign.

As a result, people are coming forward to help and together we're making great progress. Raleigh Housing Authority, which owns our buildings, mows the grass, and edges and clears the walkways weekly. Volunteers Dave Simons and Tom Emmel held a lawn work day where members from Christ Church and White Memorial trimmed the bushes and cleaned out flowerbeds. Patty Gibson, Dave Simons, Julie Nau and volunteer youth groups systematically cleared clutter and organized storage areas. Bags of trash, boxes of recycling and a truckload of lawn debris were hauled off. Elizabeth Foy initiated an interior

redesign project to spruce up my office and the public areas of the buildings. I planted flowers at the entrance to the main building and hung an American flag above the door to greet all who enter. Now the place looks clean and orderly. What a difference a little time and energy make!

The ministry of Saint Saviour's Center is getting a fresh look, too. During the months of May and June, the Board of Directors developed a vision and strategic plan for the next 18 months. As the Glenwood South area changes, we find ourselves well positioned to address the needs of a growing community. New condominiums and businesses present opportunities for ministry and for making this a true community gathering place where neighbors interact and reach out to each other. Our strategy focuses on the emerging neighborhood and envisions Saint Saviour's as the center of the community. You'll be hearing more in the coming months as new initiatives are introduced. There will be opportunities for volunteers, group activities, events and giving.

I invite you to join our campaign, to love Saint Saviour's Center by volunteering or making a financial contribution, helping to make it a place where people from across the community come together to make a difference in each others' lives.



Sharon Hayes  
PHOTO BY NOLAN HUIZENGA

The Ground Crew Blitz at Saint Saviour's



## COMMUNITY PROGRAMS

Programs are growing at Saint Saviour's Center. Look at what's been happening since our last newsletter in the spring!

### BIBLE STUDY FOR SENIORS

Led by Christ Church member Tom Emmel, participants are studying the 23 passages in Luke that address Jesus' ministry of healing.

### BINGO

This popular game is hosted by Saint Saviour's volunteers at a monthly event for residents of Carriage House.

### BLOOD PRESSURE CHECKS

This service is offered monthly by pharmacy students at Campbell University. Participants include residents of Raleigh Housing Authority apartments, Meals on Wheels attendees and Wake Tech ESL students.

### CHOLESTEROL SCREENINGS

This new service, offered by Kroger Pharmacy, is free and available to senior citizens and immigrants who participate in Saint Saviour's programs.

### FLOWER SHUTTLE

Flower arrangements are donated weekly by Raleigh Moravian Church. The flowers serve as centerpieces for Meals on Wheels and as door prizes for participants in Healthy Living Classes. A volunteer team leads this effort for Saint Saviour's Center.

### HEALTH FAIR

Our spring health fair was festive, colorful and well attended, with a good mix of vendors, participants and volunteers. Thanks to all those who helped bring this event together!

### KNITTING/CROCHET CIRCLE

Residents from Glenwood Towers meet Tuesday and Thursday mornings at Saint Saviour's. They're creating scarves, hats and throws for people in nursing homes.

### SAINT PATRICK'S DAY PARTY AND SUMMER BLAST

Our quarterly resident parties continue to be a big hit among Raleigh Housing Authority residents and ESL students. There's food, entertainment, prizes and fun for all. The Saint Patrick's Day Party was hosted by women of Christ Church, and Summer Blast by women of White Memorial Presbyterian Church. Each was a time of joyous celebration!

### WALKING BUDDIES

This new 8-week program was introduced at Carriage House in the spring. The residents enjoyed it so much, they want to do it again in the fall. Glenwood Towers will also start a Walking Buddies program.

### YOUTHWORKS AND SUMMER IN THE CITY

Saint Saviour's Center has become a destination for youth mission trips. We hosted five groups this year. Youth came from New York, Pennsylvania, Tennessee, Louisiana and Florida, as well as right here in Raleigh to serve in ministry. They were all delightful, and the service they provided was invaluable.



Lou Johanson, Sandra Smith, Dave Simons, Bob Herbert and pharmacy student volunteers from Campbell University

## VOLUNTEER THIS FALL!

Many of our summer programs will continue or start again in the fall, and new programs are being introduced. We're looking for volunteers. Come be a part of it all! To learn more, contact Sharon Hayes at 833-6400 or shayes@saintsaviourcenter.org.

### New Programs

#### COMMUNITY GARDEN

Students in the Meredith College Nutrition Program are building a community garden at Saint Saviour's Center. Volunteer opportunities for individuals and groups are available. Have questions? Want to volunteer? Or donate supplies? Email Us! garden@saintsaviourcenter.org

#### COMMUNITY SERVICE WORKDAYS

Help keep Saint Saviour's Center nice for the community. Organize or join a group to paint a room, change light bulbs, trim bushes or do other repairs.

#### READING PROGRAM

Tutors from the Literacy Council of Wake County will participate in a program for older adults who are learning to read. Members of White Memorial recently completed training with the Literacy Council and will lead this effort. Additional volunteers are welcome.

#### SPANISH CLASS

Russ Reynolds, Christ Church member and Spanish instructor, will offer a beginning class for senior citizens. Come learn Spanish, or be a classroom assistant and help others.



Susan Fisher, Ph.D. professor of nutrition at Meredith College with volunteer Margie Pipkin and graduate student, April Rozzo



St. Patrick's Day Party



Scenes from International Day



Arts and Crafts



Chairs for our Prayer Room and Board Room have been sent out for refurbishing. There are 17 chairs in all, and 9 have been adopted so far. \$75 will cover the cost of one chair, and donors' names will be posted on a plaque at Saint Saviour's Center. Thanks to designer Stewart Woodard for donating fabric, to Craig Caviness for refinishing and to Dennis Williams for upholstering. The chairs should be completed this fall.

Special recognition will go to Sandra Archer, Marion Church, Lisa Ives, Lou Johanson, Cece Scott, Emily Smith, Myrtle Talton and Elaine Wood for donating toward one or more chairs. If you would like to add your name to this list, contact Sharon Hayes or Bob Herbert at the Saint Saviour's Center office.

# Thank You!

"We would like to thank you for all of your service and commitment this summer. We really appreciate your allowing us to come and serve at Saint Saviour's Center. Our youth and adults enjoyed their time there, and it was nice for them to see some of the people that benefitted from their work. We pray that God will continue to bless you and all of your work."

- EDDY, NICK, LISA AND CAROLINE  
YOUTHWORKS STAFF 2009



**THANKS FOR THE FLOWERS**  
Saint Saviour's Center would like to acknowledge Nancy Locker, Bobby Nelson, and Margaret VanDeCar for delivering flowers each week from the Flower Shuttle. The arrangements are used as centerpieces and Bingo prizes for Meals on Wheels lunches and as door prizes for Healthy Living Classes. Plus, they bring cheer to all who visit the center during the week. Thank you for spreading joy our way!

## WISH LIST

Saint Saviour's Center collects items for senior citizens living in Capital Towers, Glenwood Towers and Carriage House apartments. The following items are currently needed.

- New bed pillows (hypoallergenic)
- Large print puzzle books (Crossword or Word Find)
- Liquid hand soap
- Magnifying glasses (2.75, 3.0 or 3.5 strength)
- Multi-dose medication cassettes (2-4 compartments per day)
- Non-skid slippers
- Reusable grocery/tote bags
- Wall calendars for 2010

Donations can be dropped off at 616 Tucker Street. For a complete list of items we accept, visit our website at [www.saintsaviourcenter.org](http://www.saintsaviourcenter.org).



YouthWorks Volunteers



Summer in the City with White Memorial youth



Saint Saviour's Center  
616 Tucker Street  
Raleigh, NC 27603

Nonprofit Org.  
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Visit our new website at  
[www.saintsaviourcenter.org](http://www.saintsaviourcenter.org)

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**Donate Online**

Contributions can now be made online at our website, [www.saintsaviourcenter.org](http://www.saintsaviourcenter.org). Go to the Donate page, and click on the *Network for Good* button.



**Address Update**

Questions? Is your name and address correct? Are you receiving more than one newsletter? Please let us know. Call 919- 833-6400. (Fax) 919-833-5500



**Memorial and Honor Donations**

Send a contribution in memory or in honor of someone and we will send a letter acknowledging receipt of your gift to the recipient you designate. All proceeds go to operate our programs and are tax deductible. Saint Saviour's Center is a 501 (c)3 non-profit organization.

