

AmeriCorps Seniors

Alamance County Community News

Fall 2020 | Issue 1

We are now AmeriCorps Seniors!

We are now AmeriCorps Seniors! The Retired Seniors Volunteer Program (RSVP) is merging with the Foster Grandparents and Senior Companions programs to become AmeriCorps Seniors! While we have always been a subset of the Corporation for National and Community Service, AmeriCorps has rebranded to increase understanding of the services provided and continues to offer a national network of service programs for Americans over 55 years of age. With the name change also comes a logo change, but AmeriCorps Seniors will continue to offer the same volunteer opportunities that you're used to. We hope that you continue to give back to Alamance County through this program. If you have any questions, please feel free to reach out to Tim Jeffers at tjeffers@burlingtonha.org.

Director's Corner

Meet Tim, the Director of the Alamance County Chapter of AmeriCoprns Seniors! Tim was born in Chapel Hill and spent most of his life right here in Alamance County. He began working with the organization in 2015 as a project director and clerical assistant before becoming the chapter's Director. Tim's biggest role is to recruit and assist volunteers. Importantly, he also makes sure to recognize and reward volunteers for their tremendous contributions to community needs throughout the county. His favorite part of his job is conversing with volunteers and learning about their past occupations, children and grandchildren. He also acts as a mentor to young folk, so his role as director helps him connect these two populations for a great cause! In his free time Tim loves to travel to see his two sons' college basketball games and play golf! He also is an avid reader and loves to read to his granddaughter.



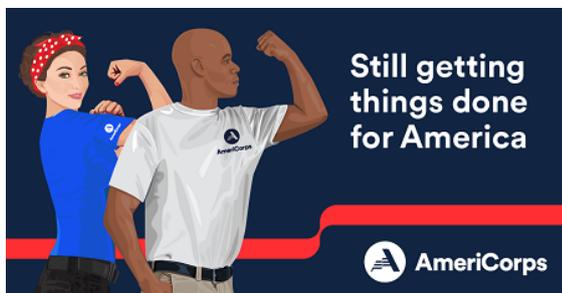
AmeriCorps Seniors



Our COVID-19 Update

Safety is our Priority

With the current state of the pandemic, the safety of our volunteers and community is our biggest concern. Here at AmeriCorps Seniors, we want to let our members know that our priority is to keep you all safe. Due to social distancing, many of our volunteer opportunities are suspended until further notice. However, we still have remote volunteer programs including the Telecare program and volunteering with our partner Meals on Wheels. While we hope we will be able to open our other volunteer programs again soon, our focus is on remote programs in order to keep the community safe. We hope that everyone is safe and feeling well and we hope to be together in the near future!



Tips for Staying Mentally Healthy

There's no way around it: the world is a really scary place right now. Coronavirus is sweeping the globe, shattering familiar realms of work, education and play. Change is difficult and can take a toll on our mental health. Below are four ways to prioritize your mental health if you're feeling anxious and lonely:

- **Get some fresh air.** Social distancing doesn't mean you can't go outside! As the state continues to reopen, go on a walk, a hike, or try a new activity outdoors.
- **Plan time into your day for YOU.** Many of us are so focused on taking care of others during this uncertain time, that we may forget to check in with ourselves. Set aside at least 10 minutes every day to focus on your own mental health. Whether you meditate, journal about your feelings, or turn on your favorite TV show, taking the time to help yourself will give you the energy to help others.
- **Boost your immune system by trying new healthy recipes.** A strong immune system offers protection from seasonal illnesses and other health conditions. While nothing can replace washing your hands with soap and water, certain foods do have immune-boosting properties. Try a new recipe with fruits and vegetables that contain Vitamin A and C!
- **Remember that you're not alone.** At a time when we all need to keep our physical distance, it's important to remember that we can stay emotionally connected. Get creative! Set up a virtual game night, join a book club, or host a socially distanced gathering. We're all in this together, which means none of us are truly alone!

Volunteer Opportunity

Remote Telecare Program

If you are participating in our remote Telecare program, here are some questions to help you get your conversation started! If you would like to begin participating in our Telecare program please contact Tim Jeffers at tjeffers@burlingtonha.org.

Telecare Conversation Starter Guide

- Talking about childhood
 - What is your favorite childhood memory?
 - What did you do for fun when you were a child?
 - What inventions, fads, or world events do you remember most vividly?
 - What is your earliest memory?
 - Who were your best friends growing up? What were they like?
 - What was your childhood home like?

- Talking about the present
 - What is one piece of technology you think has changed the world for the better?
 - How do you think the world has changed from when you were younger?
 - What is something that made you happy this week?
 - If you could have three wishes, what would they be?
 - What things in life would you say are the most important to you now? Why
 - Do you have any hobbies or interests that you've been enjoying lately?

- Talking about life lessons & leaving a legacy
 - What ages in your life do you remember most vividly?
 - How would you like to be remembered?
 - What family traditions do you always want to remember and keep alive?
 - What was the best lesson you learned?
 - If you could divide your life up into chapters, how would you set up the story? What would the chapter titles be?
 - How do you imagine the world will change in 10 years?

- Talking about favorite things
 - What do you like to do for fun?
 - What is the best place you've ever lived?
 - What is your favorite type of show/movie/music?
 - What was the best concert you've ever been to?
 - What happened on the best day of your life?

A Note to our Community

Let's Keep in Touch

Keep an eye out for emails and check our website to stay updated on our volunteer programs and any news of restarting previous volunteer opportunities. We are doing all we can to make sure our organization is serving you in the best way possible!

Also, join our brand new Facebook page to keep up with the latest news, events, and fun!
<https://www.facebook.com/AmeriCorps-Seniors-Alamance-County-100339748510483>



Thank you to all our volunteers and we hope everyone stays safe and healthy!