

To Our Clients and Friends:

As we approach the end of our eighth year in operation, we continue to be gratified by the steady growth we experience year over year. In May, the most recent month for which information is available at this writing, Ready Hands once again delivered a record number of service hours to our clients. Our deepest appreciation goes to our present and former clients

and the senior serving professionals who have placed their confidence in us.

This issue is dedicated to the many non-profit charitable organizations that provide services to seniors and those with disabilities residing in the Northern Virginia area. These organizations provide a wealth of helpful services for which we all must be grateful

The Ready Hands Home Care Team

Ready Hands Contributes to Area Charities

It is both good citizenship and good business to give something back to the communities in which we live and work. Commitment to and involvement in the community is an important aspect of business social responsibility that we take seriously at Ready Hands Home Care. This year we have been pleased to support two vital organizations making a difference in the lives of area residents: Project Mend-A-House and the National Capital Area chapter of the Alzheimer's Association.

In February, Ready Hands presented a donation check for \$2500 to project Mend-A-House in support of its valuable work on behalf of area residents in need. Project Mend-A-House is a volunteer-based organization founded in 1984 to allow the disabled, seniors and low-income residents of Prince William County, Manassas and Manassas Park to remain safely and independently in their own homes.

"This is such a wonderful organization, providing ramps, home improvements, safety modifications, grab bars and so many other great services," said Ready Hands' Jo-Ellen Benson at the presentation. "These are such difficult times, and Project Mend-A-House is creating a safety net for the vulnerable. I hope that this donation generates more interest for others to give. Charities are suffering and they are the ones who do the most in our communities," Benson said.

Alzheimer's disease is the commonest form of dementia, affecting 5.3 million Americans. It is the seventh leading cause of death among all ages and the fifth leading cause of death in people over 65 years old. Health care



Ready Hands' Jo-Ellen Benson presents \$2500 donation to Project Mend-A-House Board

and long-term care payments for seniors with Alzheimer's disease are expected to total \$172 billion in 2010.

On May 29, a team from Ready Hands participated in the Prince William County Memory Walk, helping to raise money for research and treatment of this disabling disease. Eye-catching in their red T-shirts emblazoned with the Ready Hands logo, our team may not have finished first— but they were certainly first in spirit!

According to the Alzheimer's Association, "Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, Memory Walk has raised more than \$300 million for the cause."

Project Mend-A-House, www.pmahweb.org, (703) 792-7663.

Alzheimer's Association, National Capital Area, www.alz-org/nca/, (703) 359-4440.

Ready Hands Announces Recognition Award Recipients



Gloria



Veronica



Agatha



Doris

Ready Hands is proud to announce the latest quarterly recognition award winners for both the Alexandria and Manassas offices. Recipients are chosen for their sustained exemplary services to our clients and their embodiment of the performance standards important to our company's success. Each aide receives a gift basket, a \$100 bonus and a certificate. We are deeply grateful for the excellent job these aides have done for Ready Hands. The recipients are:

Gloria Frimpong. For nearly four years Gloria's solid professionalism has been an invaluable asset to Ready Hands and to her long-standing client. Her good judgment and strong work ethic are unparalleled. Her perfect attendance record year after year is testimony to her conscientiousness and dedication.

Veronica Kumah. Another veteran of nearly four years with Ready Hands, Veronica brings warmth, energy and initiative to everything she does. She approaches even the most difficult challenges with cheerfulness and good will. Her consistent reliability and competence give us confidence that no matter the assignment, she will do well.

Agatha Adusei. Since October 2006, working with a dozen or more clients from both Ready Hands offices, Agatha has had a near-perfect record of wonderful performance. Her enthusiasm, good humor and "can-do" attitude are her hallmarks wherever she goes. "Angel" and "God-send" are just some of the descriptions we have heard from the grateful clients for whom Agatha has worked.

Doris Johnson. A relative newcomer, Doris distinguished herself right from the start as an unusually dedicated aide who takes her client's best interests to heart. Never content to simply carry out her prescribed tasks, she always seeks to find ways of serving her clients better. Ready Hands is truly fortunate to have found Doris.

Area Non-Profits Offer Valuable Services for Seniors

Numerous charitable organizations serve the needs of seniors in our area. Here are some examples not mentioned elsewhere in this issue. We apologize that space constraints necessitate limiting this list.

- ◆ **St. Martin de Porres Senior Services.** Senior center and related programs operated by Catholic Charities, Dioceses of Arlington. (703) 751-2766.
- ◆ **Shepherd's Center of Oakton-Vienna.** Volunteer-based interfaith programs promoting independence, learning and socialization for seniors. (703) 281-0538.
- ◆ **Alzheimer's Family Day Center.** Serving Northern Virginia since 1984, the center reports being the only dementia-specific adult day center in the metro area. Located on Old Lee Hwy in Fairfax. (703) 204-4664.
- ◆ **Jewish Community Center of Northern Virginia.** Large range of classes and programs for all ages. The Active Senior program offers numerous cultural, recreational and learning opportunities. (703) 323-0880.
- ◆ **Jewish Council for the Aging.** Offering information services, transportation options, healthy living courses, training and more for metro area seniors of all denominations since 1973. (703) 425-0999.
- ◆ **SeniorNavigator.com.** A Virginia public/private partnership that brings over 22,000 health and support resources to seniors, those with disabilities, their caregivers and families.

Non-Profit Spotlight: ACTS Senior Link

ACTS (Action in Community Through Service) is a wonderful organization whose mission is to alleviate hunger, homelessness and domestic violence and to help people in the Prince William County area achieve self-sufficiency. The organization relies on its strong volunteer base, committed staff, the faith community and public-private partners to accomplish its mission through a wide range of programs.



One example is Senior Link, a free confidential call reassurance program providing scheduled phone calls to senior citizens or physically disadvantaged shut-ins. (Despite its name, the service is not limited by age). For people dealing with loneliness or isolation, the periodic calls can offer needed socialization and companionship. Call frequency can be daily or less often, as requested by the recipient.

The ACTS volunteer callers who staff the service are trained in crisis management and also work the organization's 24-hour crisis hotline. Although ACTS personnel do not give advice, recommend medications or meet face-to-face with participants, they can suggest referrals to appropriate agencies if need arises.

ACTS, www.pwc.org, (703) 441-8606
Senior Link Phone Line (703) 368-4141