

## AVHH matches Chaffee County seniors with volunteers to provide services that give that little extra help seniors sometimes need to maintain their independence.

### FROM OUR MEMBERS AND VOLUNTEERS

#### Shirley Gillham, 90 yrs.

I am so pleased I joined AVHH. It has lowered my stress level immensely, knowing I have someone to call when in need of a little help.

#### Sue Mills, 78 yrs.

During this outbreak of the Coronavirus, it seems Americans have recognized new heroes in our midst. AVHH fits the bill to a tee! I believe AVHH is one of our strongest community builders here in Chaffee County.

#### George Blake, 100 yrs.

I have received help in preparing my flower beds for spring planting, shopping in the supermarket, prepping my swamp cooler for summer heat, and adjusting a ceiling light fixture. Sara calls to see if I need any help, and I call Jolene daily to prove I'm still kicking.

#### Forrest and Linda Lewis, volunteers

Even during these COVID-restrictive times, our work with helping hands has been personally rewarding and meaningful. The members we have worked with have been friendly and grateful for whatever level of service we could provide. Nancy and Sara have been great to work with. We hope we can soon expand our personal contact with the members as they are well worth getting to know. This is a great organization which demonstrates the mutuality of volunteering: *it takes so little to help someone, we get so much in return.*



### IN 2020, AVHH TOOK MEASURES TO HELP PREVENT THE TRANSMISSION OF COVID-19

With the help of Chaffee County Public Health, AVHH offered a COVID Liability Waiver form for both members and volunteers. Signing and agreeing to the guidelines enabled critical service requests like transportation to a doctor's appointment or a much-needed inside job to be done.

### AVHH STEPPED UP DURING COVID TO HELP OUR MEMBERS FEEL CONNECTED

During the pandemic, care calls were instituted, whereby volunteers regularly checked-in and chatted with members, helping them feel less isolated and alone.



Volunteer & Board Member Molly Bischoff and family brightened spirits by caroling and giving a gift bag to some of our members. How fun!



## BY THE NUMBERS—2020

Members—95  
Volunteers—106  
Service Hours Provided—1,853  
Number of Services Fulfilled—991



### MEMBER SPOTLIGHT MYRNA CUNNINGHAM

After growing up 80 miles from the Canadian border in the northwest corner of Minnesota, Myrna wanted to get away from working on the family farm, so moved to Los Angeles in 1964. She worked as a nurse for 15 years, then became a hair stylist. She heard about Buena Vista from a mobile home park newsletter and looked it up on the internet. That was 15 years ago and she is so glad she moved to BV for the peace and quiet. She joined AVHH in June of 2020 in order to get help with her lawn and other outside work. She shares her home in Casa del Rio with her shih tzu/poodle mix Pepee. Until COVID hit, she was a faithful volunteer with the Ark Valley Humane Society for 10 years in the cat room.

**WHERE YOUR DONATIONS GO:** Funds received by AVHH go to general operations (staff, postage, printing, etc.) and specific projects (flowers to go with the Spring Food Bag, activity books for members, special events, etc.)

**HOW TO DONATE:** Send checks to address in green bar below or visit [avhelpinghands.org](http://avhelpinghands.org).

### AVHH IS ABOUT PEOPLE

Without our volunteers, AVHH would just be a name. Because of our volunteers, AVHH is a vital part of the Chaffee County community. Our members retain their independence and are helped through the isolation of the current pandemic. Groceries are delivered, phone calls are made, snow is shoveled, weeds are dispatched, grass is mown, medical appointments are kept, recycling is picked up, etc., etc.

To all of our stellar volunteers—Thank you, thank you, thank you! You're the best!



### OUR SERVICES

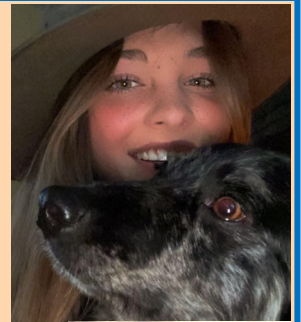
AVHH provides members with a variety of services, including, but not limited to:

- check-in calls
- light yard work/gardening
- help with technology
- leaf raking
- light cleaning/organizing
- handy person work
- rides to appointments
- snow shoveling
- friendly visits



### VOLUNTEER SPOTLIGHT EMMA DALLAS

A student at CSU, 20-yr.-old Emma is studying chemistry and thermentation technology, (applications in brewing and distilling). Due to COVID, she had to return to Salida to finish her studies online and will graduate in the fall. She wanted to get involved in the community, so upon hearing about AVHH through general advertising, she looked it up and started volunteering over the winter. She plans on staying in Salida and starting her own business developing chemistry software, as well as continuing to volunteer with AVHH. She loves getting to have phone conversations with members, seeing how it brightens their day. She also spends time with her two dogs, Rigby the border collie and Rupert the shih tzu, getting outside, snowboarding, and reading.



### OUR STAFF

**Sara Ward** has been on staff for three years.  
**Nancy Best** joined in July of 2020.

Although they work as a team for the benefit of the entire county, Sara is the point person for the southern half of the county, while Nancy serves the same in the northern half.

Call **Sara** at **719-530-1198** and **Nancy** at **719-395-9458**.

### BOARD OF DIRECTORS

**Dee Dubin, Marilyn Bouldin, Molly Bischoff, Dr. Tom Syzek, Andrea Carlstrom**