

1941 SOUTH 42ND STREET
SUITE 502
OMAHA, NEBRASKA 68105

STAFF

Sue FredricksExecutive Director
Nicole Meyer.....Program Coordinator
Rachel SchlesselmanClient Resource
Coordinator
Deb Stortvedt.....Administrative
Assistant
Linda HoughtalingReceptionist

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HOURS

MONDAY-FRIDAY 8:30-4:30

OUR MISSION

TO SIMPLIFY THE LIVES OF
SENIORS BY ENABLING THEM TO
MAKE INFORMED DECISIONS
REGARDING THEIR BENEFITS



— VOLUNTEERS —
ASSISTING SENIORS

VOLUME I
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OCTOBER 2009

From the Director's Desk by Sue Fredricks

As the recession continues, many nonprofits have been experiencing an increasing demand for services, escalating operating costs, and declining revenues. In June 2009, The Bridgespan Group released results from a survey on how nonprofits are coping with the effects of the current economy. The results included the following insights:

-33% of responding nonprofits reported they have had to tap into financial reserves

-66% of small nonprofits (defined in the report as those with revenues under \$1 million) reported they had fewer than 3 months of operating reserves on hand.

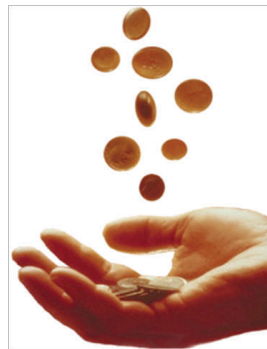
-43% of nonprofits in the survey group reported they are coping with their financial shortfall by cutting programs/services

-41% reported making cuts to staff positions.

-62% of the nonprofits in the survey group reported they now have contingency

plans.

VAS is fortunate at this point in time, as we are in better shape than many of the nonprofits that responded to Bridgespan's survey, but, we could easily find ourselves in a similar position if we don't take a proactive stance to ensure that we can weather the recession without cutting our services.



With that in mind, VAS has begun to take strategic steps to strengthen our financial base over the long term. We have increased the fee for our Conservator/Guardian Training class, our fundraising committee has been working to implement an annual appeal campaign to attract more individual donors and we are

communicating our accomplishments and our financial status to key funders, such as the Gary and Mary West Foundation. The West Foundation generously provided us with funding last year to expand our office space and upgrade our computer system. We have just received a second grant from them, this time in the amount of \$20,000 to help with general operating expenses. Their continued support of VAS is greatly appreciated and will help enable us to continue to provide services to the ever increasing number of individuals who need our help.

By taking steps now to diversify our funding sources, develop relationships with new and existing funders and increase our income from our fee for service program, we will hopefully emerge from the recession as a financially sound and thriving organization.



2010 Census Caution

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is underway as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender,

race, and other relevant data. The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice: *** If a U.S. Census worker knocks on your door**, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

*** Census workers are**

currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account, or credit card numbers nor will employees solicit donations. The Census Bureau will also not contact you through email. For more info visit www.bbb.com.

"Sure I'm for helping the elderly. I'm going to be old myself someday. "
-Lillian Carter,
Jimmy Carter's
mother at age 85

Find a Flu Clinic by Nicole Meyer

Have you gotten your seasonal flu shot yet? Better hurry because Walgreens has reported that they are going fast. According to the Centers for Disease Control and Prevention (CDC) website, seniors are considered a priority group to receive the vaccination.

There are some people who

should not get the vaccination, including those who may be allergic to eggs, people who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated), people who have had a reaction to the influenza vaccination, and those individuals who developed Guillain-Barré syndrome (GBS)

within 6 weeks of getting an influenza vaccine, and children less than 6 months of age.

To find out if you should get the H1N1, talk to your doctor.

Visit the American Lung Association's website at <http://www.flucliniclocator.org/> to find a flu clinic near you.

Ask a SHIP Expert by Rachel Schlesselman



The New Year is fast approaching which means it is time to get ready for the Annual Coordinated Election period. Now I know you all are as excited as we are. We are anxiously setting up events and getting prepared here in the office but we wanted to

let everyone know of some changes we will see for 2010. In 2010, the Private Fee For Services plans have additional requirements for having a contracted list of providers. Many of the companies offering these plans are reducing the number they offer or eliminating them completely. We will be talking about this in detail at

update training on November 6th, so you will find out just what options people enrolled in these plans will have. Additionally, this may make our enrollment period a bit more challenging, because we may have a lot of people this affects, but there will be fewer Medicare Advantage plans for us to look through.

Volunteer Opportunities

If you were unable to come to Monday's general meeting, please stop by Nicole's office to sign up to volunteer at this year's Part D Open Enrollment events. We will be looking for individuals to staff at the VAS office, as well as at events. The schedule is also available for viewing and sign up on the Google calendar. If you need assistance in using the Google calendar, be sure to come to the next general meeting on

November 2 where Nicole will be doing a demonstration.

There are plenty of opportunities for those not trained in SHIP. We will be needing a person to staff the registration desk at most of the events. October's calendar is full of health fairs and presentations that need 1-2 people to talk to attendees about VAS services. See Nicole for more details.

A TRIBUTE TO VOLUNTEERS

—(Author Unknown)

*V*aluable is the work you do,
*O*utstanding in how you always come through.
*L*oyal, sincere and full of good cheer,
*U*ntiring in your efforts throughout the year.
*N*otable are the contributions you make,
*T*rustworthy in every project you take.
*E*ager to reach your every goal,
*E*ffective in the way you fulfill your role.
*R*eady with a smile like a shining star,
*S*pecial and wonderful - that's what you are!

Community Events

Saturday, October 10 - Home Instead Senior Care will be offering the public an opportunity to drop off their expired and unused prescriptions and over-the-counter medications from 9am to Noon at their Global Headquarters parking lot at 13323 California Street. For more information please call 498-3444.

October 18-19 - Aging with Passion and Purpose: A Conference on Aging will be held at the University of Nebraska at Omaha Milo Bail Student Center. Visit vendors and listen to keynote speakers at this informative event sponsored by The Center for Healthy Aging, Ministries, Programs and Services (CHAMPS).

This conference connects people with information and resources to enhance successful aging for elders and for their families, and the organizations, professionals and researchers who serve them.

Space is limited, so register early at www.champsonline.info or call (402) 895-2224.

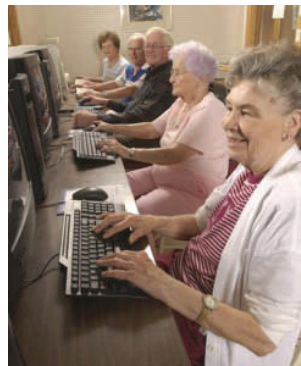
“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

-Margaret Mead

SHIP Training Update

Initial SHIP training will be held October 22-23 and update training will be on November 6. Update training is required for all SHIP volunteers in order to continue counseling.

Please contact Rachel at 444-6617 if you would like to register for either class.



Notes

VAS will be closed on Monday, October 12, in observance of Columbus Day.

Volunteers Assisting Seniors

The Center Mall
 1941 South 42nd Street
 Suite 502
 Omaha, NE 68105
 Phone: 402-444-6617
 Fax: 402-546-0886
 E-mail: nmeyer@vie.omhcoxmail.com

Retirees Sharing the Experiences of a Lifetime

OCTOBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Fundraising Committee Meeting (VAS)	2	3
5 11:45 Conservator Meeting 1-3 General Meeting (Countryside Church)	6	7 6-8:30pm Guard/Conservator Class (New Cassel)	8	9	10
12  Happy Columbus Day	13 2:30 Fundraising Committee Meeting (ENOA)	14	15	16 11:30-2:30 Ask An Attorney (VAS)	17
19	20	21	22 8-4:30 Initial SHIP Training (ENOA)	23 8-4:30 Initial SHIP Training (ENOA)	24
26	27 3:30-5 Board Meeting (ENOA)	28	29	30	31 