

OUR HARMONY CLUB

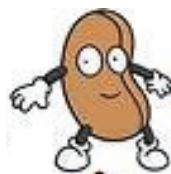


Premier Issue

Spring 2020

NEWS ALERT

NEWS ALERT Our Harmony Club has suspended operations until further notice. As soon as these trying times due to the COVID-19 virus are over, we will once again offer our fine services to our clients. Please visit OUR Harmony Club's website at <http://www.ourharmonyclub.org>. Check out the Our Harmony Club facebook page. Or call Dawn Vlach, Our Harmony Club Director at 262-880-5301.



Let's Dance



Letter from the Editor

Welcome to the Premier issue of OUR HARMONY CLUB newsletter. "We are all Human Beans".

Our Harmony Club sometimes shortened to OHC provides support for the caregiver. What is a caregiver?

A caregiver is a person who provides direct care (as for children, elderly people, or the chronically ill). It can be a mother, a father, a brother, a sister, a sibling, a grandparent or a legal guardian. OHC provides support for the caregiver by offering affordable alternative care through our OHC social day program.

Join us at Our Harmony Club social day program. Be a Human Bean again. We believe fun, warm loving care and social engagement is important to all Human Beans.

I have known Dawn Vlach and the Our Harmony Club social day program since its beginning as an outside observer while doing other activities in the same large community room. I have been impressed so many times by the warm loving care that I have seen Dawn and her OHC staff and volunteers give to the Human Beings that come for both a day at OHC or for the family members that choose to use respite care.

As editor of the new premier issue of OUR HARMONY CLUB newsletter, I ask all of our readers to become supporters of OHC. Help us Human Beans by telling everyone you meet about OHC. Spread the word. CREATE THE NEWS.

John F Brensinger III

GREETINGS FROM THE CLUB DIRECTOR

I want to thank all our volunteers and families for making Our Harmony Club (OHC) a great SUCCESS.

Each and every person who is involved with OHC is invaluable. Word of mouth is our best form of advertisement. Please remember to talk-up OHC to everyone you meet. The more people who know about us the more people we are able to help.

Our Harmony Club will be celebrating our 5 years anniversary serving our communities on April 13, 2020. During these 5 years we have helped over 250 families find a fun place for their loved one so these families can

get well deserved needed respite. OHC has now given over 9000 respite days to caregivers over the last 5 years.

In 2019 OHC opened 2 new sites. We now have a club in Kenosha and one in Milwaukee. Thank everyone for making this happen. Please continue to share your stories with others.

Dawn Vlach

Our Harmony Club Director

(262) 880-5301

DawnVlach@ourharmonyclub.org

OUR HARMONY CLUB MISSION

We care for and about each other by supporting caregivers and those that they care for.
We are volunteer based and promote and enhance the quality of life for all.



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Wanderlust Tours Senior Trips through July

Day trips include meals, taxes and gratuities. Burlington and Racine-area pickups. Mayflower trips all include home pick-up and return. Call Kris Jekel at 262-895-9001, email at krisjekel@hotmail.com or go to www.wanderlust-toursllc.com for all trip details. FLYERS ARE AVAILABLE FOR ALL TRIPS AND TOURS.

April 18-24 – “MAYFLOWER’S 2020 VALUE TOUR – VIRGINIA BEACH GETAWAY”

Deluxe motor coach tour w/ 11 meals, day in Washington DC, Mariner’ Museum, Military Aviation Museum & Norfolk Naval Station. \$1449.00

May 27 – “WANDERLUST TRAVEL SHOW” 1:00 p.m. at the Burlington Senior Activity Center, 587 E. State Street, Burlington. Find out about 2020 trips and tours and the Mayflower 2021 Value Tour. Refreshments served. Show savings.

June 9-12 – “OHIO AMISH COUNTRY ADVENTURE” 4 day tour in the Berlin, Ohio area with 6 meals, sightseeing, Amish Country Theatre, Amish back roads touring, and much more. \$659.00

July 29 – “STEEL MAGNOLIAS” with plated luncheon at the Drury Lane Theatre in Oakbrook Terrace, Ill. \$125.00

“To care for those who once cared for us is one of the highest honors.”

- Tia Walker,

Monthly Site Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---------|
| No Club | Holy Communion 2000 W. 6th St. Racine or Lord of Life 5601 Washington Rd. Kenosha | St Joseph's 1540 Mill St. Lyons | St. Richard's 1503 Grand Ave. Racine | No Club |
| St. Sebastian's 3030 95 th St. Sturtevant | North Point Campus 1013 Harmony Dr. Racine | St Joseph's or St. Sebastian's | St. Richard's 1503 Grand Ave. Racine | No Club |
| St. Sebastian's 3030 95 th St. Sturtevant | OCCUM 8675 So.13th St. Oak Creek or Lord of Life 5601 Washington Rd. Kenosha | St Joseph's 1540 Mill St. Lyons | St. Richard's 1503 Grand Ave. Racine | No Club |
| St. Sebastian's Or Wilson Park Senior Center 2601 W. Howard Ave. Milwaukee | Harbor Rock 1015 4 Mile Rd. Racine | St Joseph's or St. Sebastian's | St. Richard's 1503 Grand Ave. Racine | No Club |

Contact us



Dawn Vlach
(262) 880-5301 • DawnVlach@ourharmonyclub.org



Our Harmony Club

Program Information:

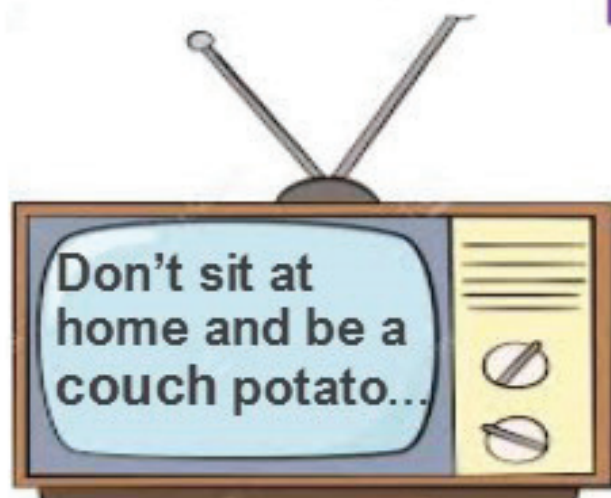
Volunteer based 501(c) (3) nonprofit providing respite to the full time caregivers in the community by offering affordable alternative care for their loved ones.

Volunteers and guests spend the day together in conversation, enjoying games, activities, and companionship. Whether an individual comes as a volunteer or as a guest, all who attend benefit from the social, emotional, and physical aspects of the program as their caregiver benefits from time to care for themselves.

www.ourharmonyclub.org



We provide **support** for the caregiver by offering affordable alternative care **through our social day program.**



Join us at Our Harmony Club Social Day Program and be a human bean again!

We believe fun and engagement is very important for all
HUMAN BEANS



We offer 6 hours of care for \$35.00.

262-880-5301

www.ourharmonyclub.org

From an article by *Aegis Living*:

What is respite care?

Respite, or short-term, care is temporary residential care that is planned in advance to give the caregiver a little time off from their family caregiver responsibilities, while the older parent receives care from a trained professional in a safe environment. These stays can last as little as a week or as long as a month.

Benefits for the caregiver

"You may take great pride in looking after your mom; however, this doesn't mean you don't need a break every once in a while."

A caregiver may take great pride in looking after a loved one with dementia; however, this doesn't mean you don't need a break every once in a while. Respite care can provide a plethora of benefits, including:

Stress Relief

The demanding situation can cause chronic stress, which is detrimental to all aspects of your health. It can deteriorate your physical well-being as well as your mental health, potentially leading to anxiety, depression and other issues. Respite care gives a little relief from the stress of your responsibilities by providing the time and space you need to heal and recuperate.

Staycation

Providing care to a person with many health issues doesn't just take away from your work and social life – you may also find yourself neglecting your day-to-day responsibilities. Even a short staycation away from your caregiving responsibilities can allow you the time you need to take care of errands, chores, social visits and quiet time you have missed.

Tend to Family

Focusing your attention on your mom may draw your attention away from other members of the family. By taking a week away on occasion, you can spend some valuable bonding time with your significant other, children, siblings and others.

Caregiver Returns Refreshed

One can get quickly burned out by providing care, especially if the caregiver must also balance work and a family. Respite care allows the caregiver time to heal from the stress so that they can return to the role refreshed, rejuvenated and ready to take on the duties involved. In fact, a short break can help prevent unintended neglect and feelings of resentment.

VOLUNTEER OPPORTUNITIES

A Unique feature of OUR HARMONY CLUB, INC (501 (c)3 non profit is that it is volunteer based. There are many ways volunteers contribute to the overall success of Our Harmony Club, Inc including

Being paired with a guest and assisting them throughout the day. 9:30-3:00 or for a short day 10:-2:00. Some volunteers cook our guests lunch. Some volunteers provide an hour of entertainment like play a guitar and/or singing. Some volunteers lead light exercises or play games like Bingo or help with crafts.

Volunteers are NOT expected to provide any personal care.



Marcy and a volunteer in Oak Creek doing an art project together.



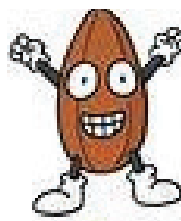
Helping people, changing lives: The 6 health benefits of volunteering

Volunteers make an immeasurable difference in the lives of others. Oftentimes, they perform with the core intention of helping others. But did you know that volunteering can benefit your own health as well? Researchers have attempted to measure the benefits that volunteers receive including positive feeling referred to as helper's high, increased trust in others and increased social interaction.

From lowering stress to boosting self-confidence, research has shown that volunteering offers many health benefits, especially for older adults, such as:



- 1. Volunteering decreases the risk of depression.** Research has shown that volunteering leads to lower rates of depression, especially for individuals 65 and older. Volunteering increases social interaction and helps build a support system based on common interests — both of which have been shown to decrease depression.
- 2. Volunteering gives a sense of purpose and teaches valuable skills.** Volunteers, such as those at Mayo Clinic Health System, perform critical roles in assisting patients, families and staff. They serve as greeters providing patient room information and directions, as transporters of patients and patient items, and as surgery and Critical Care waiting room attendants. They make prayer shawls, blankets, sweaters and hats typically given to newborn babies and cancer patients. Services they provide include working in the hospital gift shop, performing clerical duties for staff and offering pet therapy to patients through the Paws Force team. The work that volunteers provide is essential to everyday processes, which gives volunteers a sense of purpose.
- 3. Volunteering helps people stay physically and mentally active.** Volunteer activities get you moving and thinking at the same time. One study found that volunteering among adults age 60 and over provided benefits to physical and mental health. Another study found that, in general, volunteers report better physical health than do non-volunteers. Older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.
- 4. Volunteering may reduce stress levels.** Volunteering may enhance a person's social networks to buffer stress and reduce risk of disease. By savoring time spent in service to others, you will feel a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.
- 5. Volunteering may help you live longer.** An analysis of data from the Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health. In addition, several studies have shown that volunteers with chronic or serious illness experience declines in pain intensity and depression when serving as peer volunteers for others also suffering from chronic pain.
- 6. Volunteering helps you meet others and develop new relationships.** One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity together. Volunteering is a great way to meet new people who share common interests with you. Dedicating your time as a volunteer also helps you expand your network and practice social skills with others.



**It's not the
years in your
life that count.
It's the life
in your years!**

AGING & DISABILITY RESOURCE CENTERS

Racine (262) 833-8777
Milwaukee 866-229-9695

Kenosha (262) 605-6646
Walworth County 800-365-1587

Who should call the ADRC?

ADRCs are friendly, welcoming places where anyone - individuals, concerned families or friends, and professionals working with issues related to aging or disabilities - can go for information tailored to their situation.

Is there any help for Caregivers?

Yes. The ADRC offers support for those whose life is impacted by meeting the needs of a family member or friend. Those needs could include chores, errands, supervision, or physical care. Situations where either the caregiver or

care receiver is over age 60 are eligible for this service. In addition, anyone over 55 who is caring for a relative under 18 years of age can obtain information and support from the Caregiver Support Program. Call the ADRC at 262-833-8777 regarding this.

What is Options Counseling at the ADRC?

Options Counseling provides an opportunity to receive information about programs and services available in Racine County, to help you think through and make decisions that are tailored to your individual needs, values, resources and preferences.

TESTIMONIAL

I ask myself the question... How do I, as a caregiver, benefit from OHC?

As a full-time caregiver for my 91-year-old mother, I feel like I couldn't do it without OHC. I can have time to myself to recharge, run errands, do chores, or anything else that I may not be able to do when mom is with me. She does not get around well and does not like running errands, especially the grocery store. I can drop her off in the mornings and know that she is being well taken care of and most importantly she is having fun and being stimulated with social activities. I pick her up in the afternoon and she is always in a great mood and tells me she has had a great day. Although she does not have a memory of her day if she gets to dance during the day at OHC I can always tell a difference in her attitude when I pick her up. The days that OHC does not meet she is tired and unmotivated. I know that taking her each day OHC is offered is the best thing I can be doing for her. We love the people at OHC and don't know what we would do without them. I am so thankful we learned about OHC. I know mom would not be doing as well as she is today if we had not been told about OHC.

Now from Marcey's perspective...

I asked mom how she liked going to OHC or "club" as we call it.

"I feel very fortunate to have been able to get involved in club. I can get out and meet new people. Socialize and chat with everyone. The people are so nice there and they are always so friendly.

The best part of my time at club is when we get to dance. I love music and dancing."

Please let me know if there is anything else I can do for you. We are very blessed to have OHC in our life.

Thanks for all you do.

Nannette Rench and Marcey Bott

Daniels Family

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PLACE AN AD

Placing an ad or insert for you, your group or business in the OUR HARMONY CLUB newsletter is easy. Contact JOHN BRENSINGER at 262-806-2721(call or text) or by email at leftyjacks@yahoo.com



Game Time!

Please support our Harmony Club

Our Harmony Club is a non profit 501(c) 3 community based organization. We provide alternative affordable care at our social day program for our clients at 9 locations throughout a 4 county area.

I have included a donation for Our Harmony Club. Please use my donations for:

Support for OUR HARMONY CLUB newsletter.

Supplies for OUR HARMONY CLUB clients.

Operational expenses of OUR HARMONY CLUB

Support for OUR HARMONY CLUB music Therapy

Scholarship support for OUR HARMONY CLUB Clients.

A donation to OUR HARMONY CLUB to honor a family member or friend.

Send your donation to:

OUR HARMONY CLUB

PO BOX 457

STURTEVANT WI 53177

Name _____

Address _____

City _____ State _____ Zip Code _____

OUR HARMONY CLUB NEEDED DONATIONS

- 9oz cups • Designed napkins • Large paper plates • Small plates-industrial size
- Decaf coffee • Regular coffee • Creamer • Sugar Packet • Sweetner packets
- Letter size envelopes • Small return envelopes • Copy paper • Forever stamps
- Red colored items are most needed.

Items may be dropped off at any of the Our Harmony Club sites.