

LITA of CC  
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## “Love Is The Answer” LITA of Contra Costa

## Summer News 2014

*LITA of Contra Costa involves community members of all ages, educating and supporting youth, families and aspiring artists to become Volunteers who fulfill our Mission to improve quality of life for senior & disabled persons in nursing care & assisted living facilities in Contra Costa and Alameda Counties.*



*May 10 Event \* 21 LITA Volunteers supported, tent raising wheeling patients to & from, cutting watermelon & cleaning up*

Antioch Convalescent Hospital patients, staff & people of Antioch enjoyed Dreamtime Circus preceded by SGI Chorus live band, Megaflame, watermelon & much more, thanks to collaboration between LITA of Contra Costa, The Antioch Community Foundation, Living Dream Arts, J.A. Dolittle Foundation, Antioch Convalescent Hospital & Higgins Chapel

*LITA of Contra Costa thanks The Woodbury Foundation, Bernice M. Hemphill Trust, Helenmae and Porter Thompson Foundation, Antioch Community Foundation, El Cerrito City Club, El Cerrito Rotary, El Cerrito Royale, Chevron employees & retirees, Mechanics Bank, Phillips 66 and our ever loyal individual donors.*



*SGI Region chorus\* Megaflame & Dreamtime Circus enthrall kids of all ages\*Rollin home next door to Antioch Convalescent*

**Wish to support events like this for seniors in skilled nursing care? Donate to LITA of Contra Costa at: [www.litaofcontracosta.org](http://www.litaofcontracosta.org). or Mail a check to our Corporate Address: LITA of CC, PO Box 121, Port Costa, California, 94569 Love Is The Answer LITA of Contra Costa Email: [info@litaofcontracosta.org](mailto:info@litaofcontracosta.org) Reach Director Victoria Ryan at (925) 212-4573 or (510) 527 2055 to connect in West, North or East County. To inquire about volunteering in Central CC County Call VolunteerCoordinator, Bunny Daly at (925) 323-5363**

**Music Awakenings Takes Off ! Rapid Recycle in Pacheco** donated seven working Ipods. Two mothers with middle school students are our first 4 program volunteers (LITA continues seeking volunteers along with corporate, trust, foundation and individual “MA” sponsors). Inspired by Oliver Sachs research & book “Awakenings”(made into a film starring Robin Williams) the program naturally builds on **Love Is The Answer’s** long use of the miracle of Music for healing and bonding. Volunteers program IPods especially for an individual skilled nursing patient (who may have speech or social disabilities) with 4 or more hours of music from their prime years of life. **Music specially selected stimulates a senior patient’s most golden memories,** reducing stress, insomnia, agitation depression and alleviating sundowning. Spontaneously singing along with beloved old lyrics has stimulated many patients to create new neural pathways & begin the process of restoring speech after having a severe stroke.



**Music Awakenings Team: Faye & Carson Cooper of Rodeo work with PSV Activity Directors Haile & Tim**



**Kristen & Faith Lackey of Martinez work with AD Brittany at Legacy Nursing & Rehab to launch Music Awakenings**

**Pet Visitors & Event Volunteers bring Some Sparkle to Hospital Calendars Year Round** Regular volunteers like Kathy Mailhot and Pet visitors Chanel & Roo are treasured by Activity Directors like Mia, but especially by the care facility residents who have few or no visitors and look forward to seeing them just like family.



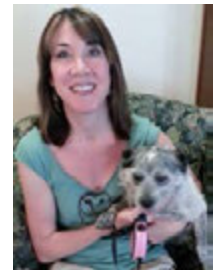
**Kathy Mailhot (left) leads games and Pet visitor Kathy's a LITA regular for 6 years & Mia directs**



**Chanel introduces Roo. Activities in Pleasant Hill**



**Gina Bishop & Walter in Concord at Courtyard at Pine Creek**



**Stephanie & Milo visit patients at Stonebrook HC in Concord**



**One of 14 December LITA carol visits Legacy Nursing & Rehab in Martinez**



**Rosebuds caroled & brought gifts Rosewood Care Center in Pleasant Hill**



**Carolers enjoy tea with residents at Greenridge Care Center in El Sobrante**

Sign up for Pet Visits or Special Events. Find Opportunities under **LITA of Contra Costa** at [volunteereastbay.org](http://volunteereastbay.org)

## LITA Intergeneration Appreciation Activities Include Music, Dance & More



LITA counts on lovely *Rosebuds* at Christmas



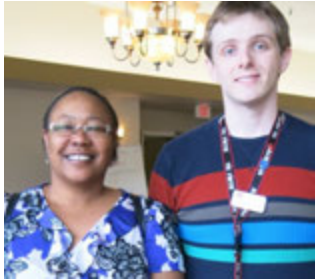
Youthful LITA Jazz Musicians



Super sweet Senior Girl Scouts Entertain

Kudos to Volunteer Coordinator Bunny Daly, the force behind **“Love Is The Answer”** Activities in Central Contra Costa County. Ask if your company participates in the **“Week of Caring”**. Bunny manages Concord, Danville and Pleasanton LITA Pet Parades 9/8-9/13 (Above left) LITA presents **Patsy Berndt Award** for outstanding holiday events support to *The Rosebuds*. Patel Jazz Quintet returned again to entertain seniors in Walnut Creek. Badge earning Senior Girl scouts entertained seniors in Danville with song, dance & cookies!

**ONE ON ONE WEEKLY VOLUNTEERS FOR THOSE SENIORS WITH FEW OR NO VISITOR**  
**Love Is The Answer** volunteers visiting weekly, long term and One on One are rare & highly treasured



Dorothy Kenlow at Concord's Courtyard .  
with Activity Director Alex Payne



Dow Family's first visit to  
Rheem Valley Convalescent



Retired RN Vickie Nolden & AD Valerie promote  
socializing over flower arranging at Stonebrook



Babette & Tatum Stewart, visitors  
at Danville's Sunrise Senior Living



Reader, Donna Kozel of Lafayette  
will be accepting another match



Juliana Pew AD with Julie Westerling  
who returns to service in San Ramon

LITA works closely with Staff Directors & volunteers to create a wide variety of social activities that will be encouraging to those patients who may have become withdrawn or self-conscious due to their disabilities.

**Help us fill an Every-Growing Need: Contact LITA Director at (925) 212 4573 and discuss making a lasting bequest, naming "Love Is The Answer" of Contra Costa beneficiary of an IRA an Insurance Policy or trust.**

## ON BOARD with *Love Is The Answer*

On May 31, LITA of CC welcomed dynamic new board member, ***Kathleen Anderson***. Current Secretary, Livermore Lions Club, Kathy brings decades of business and non-profit experience in the senior sector. She has already made a big difference for our hard working “behind the scenes” board team: ***LITA Board Chair, Vicki Aagesen, Secretary, Barbara Schneider, Treasurer, Linda Daniel*** board member ***Sonja Givens. Joan Finton*** and ***Lisa Galloway*** are on LITA’s Fundraising & Event Committee. *Patrizia Menghi is on sabbatical, to provide full time care for her parents.*

**VALUED LITA ADVISORS: Ken Berndt, Kenneth Berner, Ellen Rosen, Lauran & An Tran & Mae Wygant**

***“Love Is The Answer” honors Ken Berndt’s 86<sup>th</sup> birthday, this, his second year without Patsy . We miss her so much!***

## SENIOR’S STORIES WARM THE HEART AND TEACH GREAT LESSONS

April 10, 2014 LITA treated Art & his LITA friend for 7 years, Jim , to a birthday lunch out. Art shared with us all a fine tale about himself & his best friend, John, now age 88 and still living in Danville, Kentucky, where they grew up together. John had called Art earlier that same birthday morning. Art related how John bullied him badly his first year in school-chasing him home every day. Art’s Dad saw this & told Art not to come home until he stood up to John. Art was petrified & kept putting it off. But when that dreaded day came at last, Art shocked himself with a powerful self-defense and was declared a clear victor and hero of the day. He and John became best friends and have remained so from that day to this.



## REWARDING & TRUE FRIENDSHIPS DEVELOP OVER THE YEARS FOR LITA VOLUNTEERS



LITA Volunteer Bonnie Baskin Gilmore with her good friend James Grefe at Creekside Care Center  
May 1, 2014 Bonnie wrote: “Goodbye to my long time buddy James Grefe who passed yesterday due to health complications of just about every kind (photo circa 2006). James just turned 69 this month and has lived in a convalescent facility for over 10 years. I visited James pretty much every week for the last 9 of those years. I volunteer with an organization (LITA “Love Is The Answer” of Contra Costa) for the program that matches volunteers up with a resident in a convalescent home who does not get visitors. We commit to weekly one to one visits. In the end, I took legal responsibility and advocated for his care, and I supported him during his last moments at the hospital yesterday. Such a blessing to have known such a big hearted man, and I am honored to have heard so many stories from his life. He was family to me, and I will miss him.” (PS) Victoria. Thank you so much for matching me up with James all those years ago!

***There is even more to this story. LITA holds Bonnie up as a wonderful example of exceptional care, love & endurance.***

**Visit LITA’s booth at WorldOne Festival in El Cerrito on July 4th and at the SOLANO AVE STROLL on Sept 14th**