



The Volunteer's Voice

Julia's Jabber

Wow, the summer comes and goes so quickly. It seems like only a week ago did our new teen volunteers come in for interviews and training. Now, our teen students are almost ready to return to their fall routines of study and school activities. What a great addition they were to our usual ranks of the regular season. As always, all good things must come to an end. I can only hope that our student volunteers will gain as many fond memories and lessons throughout the school year as I am sure they did while contributing their time here. Remember, "a lesson lived is a lesson learned."



I would also like to welcome back our college volunteers. You were greatly missed during your time off and travel. I would love to see pictures from all of the wonderful places you have visited! I also would like to welcome our new comers and I hope that their experiences would be gratifying. Here's to a great start for the new term!

You Should Know

Memory Aids Everyone needs a little help now and then

No matter what your age or state of health, it's impossible to remember everything. Give yourself a break and use the memory aids that work for you, such as:

- * Write down everything you need to remember on your daily calendar, or tape notes in prominent places.
- * Be deliberate about what you need to remember. If you say "I'm putting my keys in my left pocket" as you do it, you'll be less likely to forget.
- * When meeting a new person, use their name in conversation, think of someone who has the same name, or think of a word that rhymes with the name, such as Tall Paul.
- * Store phone numbers in your speed dial.
- * Always put your glasses, medications, or anything else you use every day in the same place.
- * Keep all your passwords in one (well-hidden) place.
- * Record a conversation or take notes if it's something important, like a doctor's appointment.
- * Use the alarm on your watch, phone, or clock to remind you of daily appointments.
- * To remember where you parked, look for specific landmarks or put something distinctive on your car.

Source: the Alzheimer's Action Plan, by P. Murali Doraiswamy, MD, and Lisa P. Gwyther, MSW, with Tina Adler, St. Martin's Press

Did you know there is a support program available to you through Baptist health? It's called "LIFEWORKS". This program offers confidential support and answers to questions 24/7 regarding WORK * HEALTH * LIFE * MONEY * FAMILY*

Contact: www.lifeworks.com or 1-888-456-1324



Reminders of Annual Volunteer Updates

Volunteers whose names appear below, please see Julia for proper forms, etc. to update your records. THANKS!

Emilio Cruz-Ledom

NOTABLE DATES AND CELEBRATIONS

HAPPY BIRTHDAY



- Jose Garrido 8-05
- Yisandra Delgado 8-09
- Daniel Alvarez 8-10
- Jasmine Yeung 8-12
- Marilyn Davison 8-14
- Zachary Wiley 8-14
- Maryellen Blanco 8-16
- Carolina Diaz 8-17
- Jorge Garrido 8-25
- Monique Calil 8-31

You've heard of the three ages of man - youth, age, and "you are looking wonderful."

Francis Cardinal Spellman

As this publication goes to press...it's still a *hot hot hot* summer in South Florida!



Back to school madness begins the end of this month, so get out and enjoy the rest of summer while you still can! Although August isn't one of the busiest months for holidays, it still brings the beginning of Ramadan on the 22nd. August also brings the start of the very dreaded weather and hurricanes in Miami. Let's hope we are not busy with storms this year! We must keep our eyes on the sky and our ears to the forecaster's predictions. Whatever the case, make sure to be prepared!

THINGS WE DON'T WANT YOU TO MISS

Have you checked the volunteer office library lately? The books are reorganized and separated by topic. Browse through the shelves and see what interests you. A leisure read is a great way to enjoy yourself while getting your mind ready for "non-vacation mode."

Try to catch up on all the big-hit blockbusters that came out this summer. Have you seen the latest Harry Potter film? Critics have said the special effects have made the movie the best of the series yet! The magical characters and great story line are not to be missed. Other not-to-be-missed films include Up, Transformers, and most recently, The Ugly Truth. Movies are a great way to not only escape from all of life's pressures and have some fun, but the August humidity as well.

Other shows to be seen include the sometimes forgotten plays and operas. Actors Playhouse is always a good bet. They usually have a children's venue as well as an adult feature. And of course, Doctor's employees and volunteers get a 50% discount!

It is also time to get ready for "Back to School." Whether you are involved on a larger level, such as getting supplies for the little one's or dorm shopping for the older students, back to school buzz will be in full swing by the end of this month.

If you don't have any students at home to take care of, you may make a contribution by donating school supplies to those less fortunate. Simply contact and supply store (ex: Staples, Office Depot) or a local church. Either way, the gift of helping someone to receive an education is always appreciated!



DOCTOR'S CONUNDRUM

Twenty one birds are nesting in a tree. If a man shot into the tree and killed one-seventh of them, how many would remain?