



Volunteering Does A Body Good

National Volunteer Week serves as a reminder that helping others may result in a host of health benefits. This article is written and provided by Health Net in support of volunteering and is available at <http://www.businesswire.com/news>

The Health Benefits of Volunteering: A Review of Recent Research

“While volunteering is – in and of itself – a virtuous activity,” says Jonathan Scheff, M.D., chief medical officer for Health Net, Inc., “numerous studies have found that volunteering contributes to improved physical and mental health.”

It's good to do good

In a report entitled, “The Health Benefits of Volunteering: A Review of Recent Research,” a federal agency – the Corporation for National and Community Service – reviewed findings from more than 30 studies focusing on the relationship between health and volunteering. According to the report, there is a strong relationship between volunteering and health. Specifically, the report concludes that volunteers have greater longevity, higher functional ability, lower rates of depression, and less incidence of heart disease. (The report can be read in full at http://www.nationalservice.gov/pdf/07_0506_hbr.pdf.)

The report additionally suggests that volunteering is particularly beneficial to the health of older adults and those who volunteer 100 hours annually. Findings related to these overarching conclusions include:

- * For adults age 65 and older, the positive effect of volunteering on physical and mental health is due to the personal sense of accomplishment an individual gains from his or her volunteer activities;
- * Volunteering helps lower rates of depression in individuals 65 and older;
- * Individuals who volunteered after suffering a heart attack reported decreased rates of despair and depression – two factors that have been linked to mortality in post-coronary artery disease patients; and

continued on p. 2

IN THIS ISSUE

Volunteering Does A Body Good

Passings

This /n That

Computer Tips

From the Volunteer Coordinator



**Find us on
Facebook**

Matthew 25 is now on Facebook

Matthew 25 is now accessible on Facebook. This is a valuable tool that can be utilized by volunteers and staff to find current information on clinic issues and will be used as a source of communication. Please log on and explore our new page.

- * Those over age 70 who volunteered approximately 100 hours annually had less of a decline in self-reported health and functioning levels, experienced lower levels of depression and had greater longevity.

“Based on these findings,” observes Scheff, “it appears that just two hours of volunteering a week can bring meaningful benefits to both your body and mind.”

Individuals should look for a volunteer activity that strikes a chord with them personally. Also in searching for the “right” volunteer activity, ask these questions:

- * How much time do I have to commit?
- * What talents or skills do I offer?
- * What do I want to get out of my involvement?
- * Will I enjoy this type of service?

To help determine what volunteer activities are available in your specific community, visit these websites:

- * <http://www.handsonnetwork.org>
- * <http://www.Serve.gov>
- * <http://www.volunteermatch.org>

PASSINGS

We mourn the recent loss of some Matthew 25 volunteers. Their service to the underserved of Allen County speaks to their giving spirit, faith and consideration of others. They will be missed.



Marge Shomo volunteered at Matthew 25 for well over 10 years. She worked down in the dental clinic as well as a medication “pill packer” in our Patient Assistance room.



Betty Sprunger volunteered in the Patient Assistance and administrative areas. She and her husband, Harold, volunteered at Matthew 25. Betty was always thinking of others. On the days when Betty was here the staff and volunteers were treated to delicious home-baked cookies.

Dr. Richard Juergens volunteered as a physician here at Matthew 25. (Photo not available)

As a reminder the Dr. Phillip O’Shaughnessy Walk/Run for health will be on July 16, 2011. Please let Jennie Rumschlag know if you would like to sponsor, support or volunteer for the event. Volunteers are also needed the day of . Please contact Jennie if you can help.

This and That

Dr. Walther Leaving

Dr. Melissa Walther will no longer be with us starting in June. She and her family are moving to Chicago. We wish her and her family the best in everything!



Medical Director:

We are still in the search for a new medical director. However Dr. Diane Hopen has agreed to be our interim Medical Director until we have found a new one. Please welcome Diane when you see her.

Computers

Electronic records and transmissions are becoming more and more the norm, not only at Matthew 25, but throughout the healthcare industry. As with any growing industry, effective approaches need to be learned and practices refined.

Some things to remember about Matthew 25 computer use:

- The computer(s) you use should be treated with best practices and with care. Keep surfaces clean and make sure not to block the air grids on the side/top of the computer.
- Computers are to be **used for Matthew 25-related business** only (not personal things such as coupons or favorite websites which are not blocked).
- Do not download/install any program without first getting permission from Joel or Jay.
- For security and update reasons, computers are to be turned off after last use of the day.
- Out of consideration of volunteers, keep background/wallpaper set to the system images
- Remember that Joel and Jay are volunteers trying to assist the clinic with immediate computer issues. MIE is the computer/system contractor. If Joel or Jay are not available, call 459-6270 and push 1 to contact MIE.
- Contact Jennie for supplies such as toner and paper. Allow 3-5 business days for supplies to come in.
- Eating over computer keyboards is the number 1 reason for keyboard failures. Don't do it.
- Antiseptic wipes are available for keyboards only, NOT SCREENS.
- Joel has a systematic schedule for cleaning and updates. These occur approximately every six months or as needed.
- Take care of the keyboard trays. They are quite fragile, not really intended for the heavy use that we give them. Some have been repaired to the point where nothing more can be done. If they break, put the keyboard on the desktop.

The full computer policy is available at My.M25. If you have any questions please let me know.

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From the Volunteer Coordinator

Jennie Rumschlag

I am so excited that summer is finally underway. The sun is shining and I am ready to plant my garden, hopefully I already have by the time you read this.

We are still on the hunt for a new medical director so please be patient as things are still in transition. Also please remember to update me on your current EMAIL, if available, and other contact information as well as emergency contact information. We need to keep our records up to date.

Speaking of email, we are thinking of having our volunteer newsletter go out via email to save money. What do you think? We can still have a paper copy sent to those who do not have email but I think it will save money in the long run. I would like to get your opinion on this and whether or not you would read it if it was sent via email. Please drop me an email or phone call to tell me your thoughts.

I hope this summer is wonderful and warm. Please be safe.

Jennie Rumschlag

along with matthew
A NEWSLETTER FOR VOLUNTEERS



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