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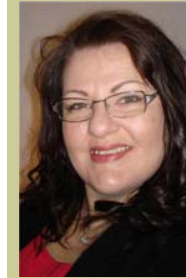
# Making a Difference



1st Quarter 2009

A quarterly publication from Chestnut's Volunteer Services

## A Letter to Our Volunteers



Dear Volunteers,

Welcome to the 2009 1st Quarter edition of *Making a Difference Newsletter*.

For those of you who I have not had a chance to meet yet, I would like to introduce myself. My name is Amy Kennedy, and I am the new Alumni & Volunteer Coordinator here at Chestnut. This position was created to serve Chestnut Alumni, those in recovery and volunteers in the community. Volunteerism is an important part of service in our recovery community and one that I have been honored to represent for over 10 years.

I also wanted to take the opportunity to give a special "Thank You" to those volunteers that have continued their support. If we haven't had a chance to meet yet, please stop in and say hello or feel free to contact me at 820-3819 or e-mail me at [volunteer@chestnut.org](mailto:volunteer@chestnut.org).

Sincerely,  
Amy Kennedy

## Volunteer Orientation

Just a reminder that all new volunteers are required to attend an hour-long volunteer orientation session.

These orientations will be held on the first Wednesday of every month at 7pm.

Located at:

Chestnut Health Systems  
1003 Martin Luther King Dr.  
Conference Room (2nd Floor)

Orientation provides information about Chestnut and our services; gives volunteers the chance to meet fellow volunteers; provides information on the volunteer program and volunteer guidelines. All volunteers must participate in a volunteer interview *prior* to attending an orientation session.

Please forward any questions to Amy Kennedy.

## MARK YOUR CALENDARS

### Upcoming Volunteer Events

#### Random Acts of Kindness Week February 9-15

Dedicated to celebrating the little things we do for others. [www.actsofkindness.org](http://www.actsofkindness.org)

#### National Volunteer Week April 19-25

"honors and recognizes the individuals who have made a difference in our communities and alerts others to the need for more voluntary community service to help solve our nations serious social problems."

#### Volunteer Appreciation Luncheon Friday April 24, 2009

11:30am Lunch & Speaker  
Martin Luther King Dr. Conference Center (Lower Level)

## Welcome, New Volunteers!

Please help welcome the following new volunteers who started volunteering at Chestnut during the month of February:

**Diana Barnes**—Adolescent Chemical Dependency Program, Girl's Unit

**Meg Hogan**—Adolescent Chemical Dependency Program, Girl's Unit

**Pamela Bonanno**—Adult Chemical Dependency Program, Women's Unit

**Corey Riordan**—Adolescent Chemical Dependency Program, Boy's Unit

**Cal Hubbard**—Adolescent Chemical Dependency Program, Transporter & Tutor

**Kelsey Osborn**—Adolescent Chemical Dependency Program, Boy's Unit

**Kelly McGrath**—HR & Communications Department

## Quote of the Month

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve...You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.

~Martin Luther King, Jr.

**MEDITATION CORNER**

**Let every man be occupied in the highest employment of which he is capable and die conscious that he has done his best.**

-Sidney Smith

Doing something that we feel good about never loses its importance to our lives. And it need not be a prestigious occupation for our work to be important. In fact, who are we to decide what kind of job is truly important? The most menial of tasks may have a profound impact on a particular man or woman today, and that's what really counts in God's grand scheme.

It is said by some that the highest order of employment is the offering of love and acceptance to the people on our paths today. For us to define employment solely in terms of career is shortsighted. Every minute we're awake we're busy with something, and that means we're employed.

A broader definition of employment gives every one of us a chance to put in a productive day. Knowing that our presence, our words, our willingness to listen to someone else has made life better for them makes it better for us, too.

*Keepers of the Wisdom. Copyright 1996 by Karen Casey. Reprinted with permission from the Hazelden Foundation.*

**Why is Volunteering important to you?**

*Contributed by Volunteer Jenny Riley.*

Over the past year volunteering on the Adolescent Boys Discovery Unit has become one of the highlights of my life. The kids are wonderful and enthusiastic to see me. It is amazing how much they appreciate someone giving up their free time to be there and pay attention to them. Listening to their stories and being able to help them with their issues is extremely rewarding. To be able to put aside my own daily obstacles and help a client feel more comfortable in an environment that can often appear strange and confusing to them is an incredible feeling. Meeting the different clients and hearing their life experiences helps me to keep my life in perspective.

Sometimes people tell me that I am doing an admirable thing by being a volunteer, but I honestly feel lucky to be able to participate. I plan to continue volunteering and I look forward to it!

Would you like to share thoughts about volunteering with us? If so, please send an e-mail to: [volunteer@chestnut.org](mailto:volunteer@chestnut.org).

**Opportunities to get Involved**

Chestnut has many volunteer opportunities available. Being of Service is an important part of our community and what a better way to give back than by volunteering for Chestnut Health Systems?

We have opportunities available in the following areas:

- Adolescent Chemical Dependency Treatment Program
- Adult Chemical Dependency Treatment Program
- Management Information Services Department
- Marketing & Communications Department
- Special Events
- Health & Community Fairs
- Facilities & Maintenance Department
- Clerical & Support Services
- Facilities Bottle & Can Recycling

More information, and a volunteer application can be found on our website: [www.chestnut.org/volunteers](http://www.chestnut.org/volunteers).



**Remember HIPAA...**

do not discuss anyone's personal or medical condition or records to anyone outside of the client care team.

*The Starfish Story*

*Original Story by: Loren Eiseley*

*One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean.*

*Approaching the boy, he asked, "What are you doing?"*

*The youth replied, "Throwing starfish back into the ocean.*

*The surf is up and the tide is going out. If I don't throw*

*them back, they'll die."*

*"Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish?"*

*You can't make a difference!"*

*After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf.*

*Then, smiling at the man, he said...*

*"I made a difference for that one."*



**Friday April 24, 2009 Volunteer Appreciation Luncheon**  
11:30am Lunch

**Guest Speaker: Russ Hagen CEO Chestnut Health Systems**  
**Volunteer Spotlight Speaker: Jenny Riley**

Chestnut appreciates your service as a volunteer. Come Celebrate National Volunteer Week with us as our guest at this luncheon to honor our volunteers.

Martin Luther King Dr. Conference Center (Lower Level)

**Random Acts of Kindness Week**  
**February 9-15**

Dedicated to celebrating the little things we do for others. [www.actsofkindness.org](http://www.actsofkindness.org)

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*Helping the Environment...Living Green Ideas!*  
*Do-It-Yourself Cleaners*

*If these 3 natural products are in your kitchen, you have what it takes to mix up effective cleaners. Not only do these recipes smell fresh and clean, they won't make your eyes burn or your hands itch.*



**Baking Soda** - This works best on protein, grease, and animal messes. Because it is slightly abrasive, it can be used for scouring and of course a natural deodorizer.



**Distilled White Vinegar** - This mild acid works on alkaline substances, dissolving scale, inhibiting mold, and cutting soap scum. It's perfect for stains such as coffee, rust, and tea.



**Simple Soap** - Try Castile soap made with olive oil, or a vegetable based soap. Both attach to soil at the molecular level, so you can rinse dirt away with water.

*The Recipes*

**Soft Scrub**

Add enough soap to 1/8 cup baking soda to make a creamy mixture. Apply with sponge to clean; rinse the surface well. Discard mixture when finished.

**Appliance Cleaner**

Dry baking soda shines up small appliances and even removes bread wrappers burned onto the toaster. Try rubbing a teaspoon onto your grubby blender or food processor with a clean flannel cloth.

**Toilet Cleaner/Deodorizer**

Sprinkle toilet bowl with 1/4 cup baking soda. Drizzle with 1/4 cup vinegar, then scour with a toilet brush.

**Oven Cleaner**

Sprinkle oven with 1/2 cup baking soda (more if needed) and spray with water. Let it sit several hours or overnight before scraping up stains and spills. Rinse with water.

**Harwood Floor Cleaner**

In a pail of bucket, mix 1/4 cup distilled white vinegar in one gallon warm water. Mop wood or linoleum floors, then rinse with water, making sure not to leave large pools to dry.

**Chestnut Health Systems**  
**Company Discount open to Volunteers**



CLUB QUARTERS

The Smart Hotel for the Sensible Traveler

**United States (212) 575-0006 Europe +44 (20) 7451-5800**  
[www.clubquarters.com](http://www.clubquarters.com)

Password: Chestnut Health Systems

Save significantly on hotel costs and related expenses... and so that you, your family, and friends can enjoy our prime locations and unique services at subsidized rates.

**LOCATIONS**

- New York**, Rockefeller Center - Opposite Rockefeller Plaza
- New York**, Midtown - Off 5th Avenue, near Times Square
- New York**, Wall Street - in the Financial District
- Washington**, DC - 2 blocks from the White House
- Boston** - 2 blocks from Faneuil Hall & Post Office Square
- San Francisco** - Across from Embarcadero Center
- Philadelphia** - Near Rittenhouse Square and Liberty Place
- Chicago**, Wacker at Michigan - Off Michigan Avenue
- Houston** - Off Main & Rusk Streets
- London**, Gracechurch - In the "City", adjacent Leadenhall Market
- London**, St. Paul's - In the "City", adjacent St. Paul's Cathedral
- London**, Trafalgar Square - Adjacent to Trafalgar Square



**WE'RE ON THE WEB!**

Volunteer Services is on the web. A page just for Volunteers has been added to Chestnut's website. This page includes a calendar of events, volunteer opportunities, and highlights from Volunteer events. You can find us at [www.chestnut.org/volunteers](http://www.chestnut.org/volunteers)

If you have an idea to contribute to the Making a Difference Newsletter and would like to have it posted, please send information to: [volunteer@chestnut.org](mailto:volunteer@chestnut.org)