In-Service Ideas That Work

FGP/SCP

1. **Five Wishes: aging with dignity.** Comes with a DVD and forms for vols.
2. **The Murder Mystery Game:** great ice breaker, team building activity
   info@thetrainingclinic.com
4. **UPS DVD on Fraud/Crime Victims/Investment Crime/internet scams.** Like watching an old Dragnet series, the vols. loved this. Follow up with handouts it’s free!
   https://postalinspectors.uspis.gov/pressroom/videos.aspx
5. **Strengthen You Mind Program:** A course for memory enhancement. Comes with facilitator guide, agenda, and handouts. Twelve months of mind program ideas. Great fun.
   www.healthpropress.com
6. **All Hands on Deck-Brevis Corporation.** Fun way to learn about handwashing and staying healthy. DVD and activities.
   www.brevis.com (really fun activities)
7. **Senior Guide for Safe Driving,** DMV, AARP offers classes.
8. **Disaster training** check out FEMA and American Red Cross, your local fire department
9. **The Wooden Bowl,** a children’s book can be read by volunteer with discussion questions at the end. Author Ramona Moreno Winner
11. **A Senior’s Guide to Crime Prevention.** Great booklet, with activities. Positive Promotions
12. **Chat Pack,** great time filler, ice breaker. Cards have great discussion topics for small groups. Barnes & Noble.
14. **A Senior’s Guide to Preventing Falls and other Accidents,** great booklet filed with idea’s Positive Promotions Publications.
15. **Stroke Awareness** (check with your local hospital)
16. **Telephone Access Programs,** free phones for those who qualify as hard of hearing
17. **Harassment & Diversity: Respecting Differences,** www.kantola.com

FG In-Service

1. Any of Richard Lavoie’s DVDs. Wonderful speaker. My favorites “When the Chips are Down” and “The Motivation Breakthrough.”
2. Book to read and discuss **Have You Filled a Bucket Today?** A guide to daily happiness for kids. By Carol McCloud. Winner of 9 awards. Go online for some fun follow up activities.
3. **Lead Poisoning,** presented by an RN with the public health department. Valuable information to share with teachers and grandparents.
4. **Look What You’ve Done!** Learning disabilities & Self-Esteem
   LearningStore.org
5. **Autism: Myths! & Facts,** check with your local Autism Chapter for info.

SC In-Service

1. “How to help Someone Who Uses a Wheelchair” DVD comes with handouts www.medifecta.com
2. “Communication Skills” www.medifecta.com
Spice up Your In-service Meetings
Diana Washburn
FGP/SCP Manager
Session Agenda

10:00-10:15 Welcome introductions

What you will leave with.
- New Ways to engage your volunteers
- Have fun while they learn
- Incorporate a fitness program
- Ways to Engage your advisory council members
- Tried and true ideas
- List of topics, DVD’s and how to set-up learning centers

10:15-10:30 Staffing for In-service Meetings
- Have volunteers sign-up each month or assign volunteers to certain tasks they like.
- Make coffee set-up cups, sugar, cream, treats etc.
- Greeters check-in table/sign in sheets/flowers/music
- Two volunteers to distribute handouts during meeting
- Flag salute anthem (find that singer)
- Special events coordinator, Monthly Birthday (birthday buttons, crowns etc.) Holiday celebrations.
- Equipment, be sure to check that microphones are working and DVD players, (find out if one of the volunteers can be trained to check this out for you)
- Room temperature/room set-up
Agenda’s

- What’s your goal for this meeting?
- Finding idea’s for beneficial meetings
  1. check out your local senior center
  2. newspaper/ independent papers
  3. Local hospital’s
  4. Senior Fairs
  5. Senior Magazines
  6. Employees at your sponsoring agency.
  7. The internet
  8. Senior Agency’s (AARP, Alzheimer’s Agency etc.)
- Plan your agenda weeks before to allow for changes.
- If you have a speaker reconfirm with them several days before the meeting date, check what equipment they need
- Include volunteer presentations, they sign-up before hand
- Always have a plan B (speaker doesn’t show or equipment does not work) Fun video, crossword puzzles.

10:30-11:00  Setting Up a Learning Center

- Ways to set-up learning centers
- What you will need—plan, plan, plan
  *Tables of 4-6
  *Team leader guides group, they select
  *Teams work together discuss questions
  *Check with each group at end for comments to share
  *Time 45 minutes give or take
- Strengthen Your Mind Exercise, let’s try it out

11:00-11:15  Get up and Move It!

- RSVP Bone Builders/yoga or exercise DVD/line dancing
- Who in your group dances, does yoga or teaches a Bone Builders class, there you go an instructor. Also find out if one of your advisory council members could lead an exercise session

Forms I have out each meeting for the volunteers

- Special request form
- Pertinent forms relating to the meeting topic
- Application packet
- Request for direct deposit
- Timesheets & newsletter are handed out as vols. leave

Review and Share ideas

Contact Diana: 805-884-7226 or dwashburn@tri-counties.org
FOSTER GRANDPARENT VOLUNTEER PROGRAM
In-Service Meeting at TCRC Oxnard
Friday October 19, 2012
9am – 1pm
Be Respectful
Put cell phones on mute

9:00 - 9:15  Check in/ Social Time

9:15 - 9:30  New Business
  • New Volunteers: Elvia Cisneros & Veronica Lara
  • Luz Reyes & Beverley Amar transfers from SC
  • Ruby Brown returning volunteer
  • Performance Measurements
  • Income forms & schedules
  • New format for newsletter
  • Birthday celebrants

9:30 - 10:45 Speaker: Dr. Steven Graff, Helpful hints for assisting children with special needs

10:45 - 11:00 Break

11:00 - 11:30 The Wooden Bowl presented by Ramona Moreno Winner author

11:30 - 12:00 John Ryan line dancing

12:00 - 12:30 Luncheon

12:30 - 1:00 Bingo & prizes

**NEXT MEETING**
November 16, 2012