



# BE GENEROUS AND DO GOOD.

**SUMMER 2018  
VOLUNTEER NEWSLETTER**

## **IN THIS ISSUE**

- Celebrating 40 years of Dolphin Companions
- National Volunteer Week recap, summer news, and service spotlights
- Upcoming events and more!



**Episcopal  
Community  
Services**

# HAPPY SUMMER TO YOU

And welcome to the second edition of our volunteer newsletter.

I hope that the longer days have given you the opportunity to enjoy extra time with loved ones, visit your local farmers' market, or relax either on vacation or at home.

I personally enjoy my smaller to-do list that comes with the end of the school year and not having to remember sports schedules, practices, permission slips, and packing lunches.

In this edition of *Be Generous and Do Good*, we are spotlighting one of our most established volunteer programs: Dolphin Companions.

This year, the program celebrates its 40th anniversary. We are so proud of the good work done by our Dolphins who give their time and hearts by visiting aging adults living in nursing facilities throughout the region.

Dolphins collectively gave nearly 3,000 hours of their time visiting their friends last fiscal year, but their compassion and enthusiasm for this beloved program are endless.

There is no way that we could repay you for all you give. As ever, we thank you for your service.



**Nancy DeLaura**  
Manager of Volunteer Programs

*If you have any questions or ideas for future editions of *Be Generous and Do Good*, please send me an email at [nancyd@ecsp Philly.org](mailto:nancyd@ecsp Philly.org).*



**Stay connected.** Learn about our latest news, events, program updates, and successes. [@ecsp Philly](https://www.ecsp Philly.org)

# 1978

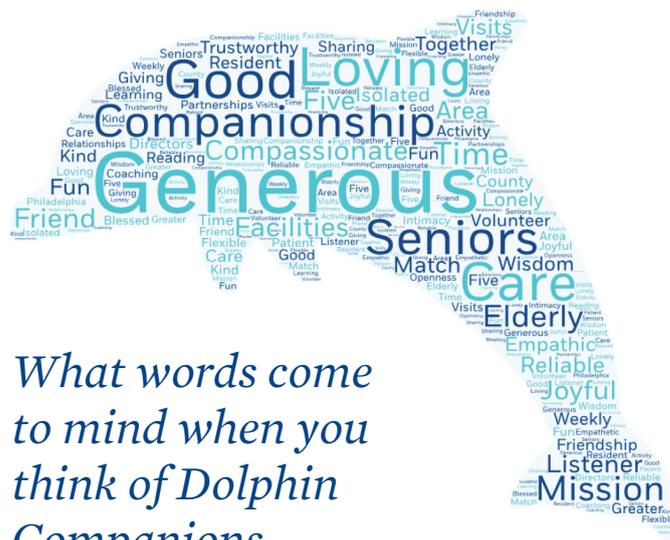
THE REV. VIRGINIA C. THOMAS FOUNDED  
DOLPHIN COMPANIONS IN 1978

# 60

NEARLY 60 DOLPHIN COMPANIONS  
VOLUNTEER EVERY YEAR TO VISIT  
LONELY SENIORS

# 30

WE PARTNER WITH NEARLY 30  
RETIREMENT COMMUNITIES  
THROUGHOUT THE REGION



*What words come to mind when you think of Dolphin Companions volunteers?*

# CELEBRATING 40 YEARS OF DOLPHIN COMPANIONS

Forty years ago, the Rev. Virginia C. Thomas founded Dolphin Companions to alleviate the loneliness of seniors.

It's hard to believe that the program began the same time that TV shows like *Happy Days* and *Little House on the Prairie* aired. Today, reruns often play in the background during visits between Dolphin Companions and nursing home residents.

The special distinction of the Rev. Thomas' program was its one-to-one philosophy: Each volunteer, known as a Dolphin, visits a resident that they are matched with, becoming a special friend to that person.

The Dolphin name was selected because the sea mammal has long stood for joyfulness, traveling through life together, and even rescuing sailors at sea. If our volunteers can rescue their fellow human beings from loneliness, they are, indeed, Dolphins.



Twelve Episcopal churches (Merion Deanery) agreed to sponsor the program in its beginning. Over time, the small start-up program, then known as Dolphins of Merion Deanery, saw a steady growth in the Philadelphia suburbs. As the program continued to expand—from two nursing homes to 23 residential retirement communities—the need to change the name to Dolphins of Delaware Valley arose.

To better represent our focus on companionship and our continued expansion throughout Philadelphia and the suburbs, the program became Dolphin Companions in 2017. It has expanded into Philadelphia, Bucks, and Berks counties, while continuing to grow partnerships in its original home base of Delaware, Chester, and Montgomery counties.

Marilyn Knox, volunteer coordinator, recruits, trains, and matches volunteers with nursing home residents. She gives continued support to both volunteers and residents, and maintains strong relationships with nursing home staff.

The program works because of our volunteers who make life more enjoyable for the seniors they befriend. That faithful friend will laugh with them, weep with them, reminisce with them, and listen to them. Dolphins usually visit once a week for about an hour, but schedules can be flexible. This flexibility continues to be a huge attraction for volunteers.

Forty years ago, the Rev. Thomas heard the longing of the lonely nursing home resident who wished someone would visit just for them, so she did something about it. That compassion and service is the legacy of Dolphin Companions—and it lives on with you today. Thank you for being a part of this journey.

If you are interested in sharing time with a lonely senior, contact Marilyn Knox, volunteer coordinator, at [marilynkn@ecsphilly.org](mailto:marilynkn@ecsphilly.org).

# INTRODUCING THE YOUNG FRIENDS CIRCLE

We have a few new friends  
we'd like you to meet.

The Young Friends Circle is a group of young professionals who expand our reach through fundraising, networking, and volunteering.

This summer, the Young Friends hosted their second happy hour at Independence Beer Garden. The event/fundraiser was organized around our Fill the Bus drive, which collects donations of school supplies for children and youth in our programs.

If you would like to network with like-minded peers, learn more about the Circle, or attend their fall events, please email Jessica Main, director of the ECS Fund, at [jessicam@ecsphilly.org](mailto:jessicam@ecsphilly.org).



EPISCOPAL COMMUNITY SERVICES

SAVE THE DATE • 10.20.2018

## Forum on Justice & Opportunity



For more information, visit [ecsphilly.org/forum](http://ecsphilly.org/forum).

#ECSFORUM18

DID YOU KNOW?

1,000

**Cook-Off volunteers pack 1,000 meals each year.**

The meals are served to seniors living at the facilities of Walnut Park Plaza Apartments and Scottish Rite House, as well as to neighbors of Trinity Memorial Church and of the Community Food Cupboard at St. Barnabas Mission.

## VOLUNTEER OPPORTUNITY: COOK-OFF

*“Do I need to be a good cook to be a Cook-Off volunteer?”*

This is a question we are often asked. Despite its name, no cooking is actually involved when you volunteer for Cook-Off.

On the third Sunday afternoon of every month, volunteers gather to pack meals already cooked by our superstar kitchen staff at St. Barnabas Mission. Volunteers gather in the dining hall for a quick hour of packing meals and meeting new friends (or catching up with old ones).

It's a quick and easy way to give back, and a perfect opportunity for groups and individuals of all ages. In fact, the 11-year-old grandson of ECS' very own Victoria Sicks, chief development officer, joined in on the fun last month.

Interested in participating? Contact Nancy DeLaura, manager of volunteer programs, at [nancyd@ecsphilly.org](mailto:nancyd@ecsphilly.org).

## WHAT WE'RE READING: \$2.00 A DAY: LIVING ON ALMOST NOTHING IN AMERICA

Read along with us this summer.

Ever since author Kathryn Edin gave the keynote address at last year's Forum on Justice & Opportunity, *\$2.00 A Day: Living on Almost Nothing in America* has become a must-read on the lists of staff, the Board of Trustees, and conference-goers alike.

For those of us in this work, for those we serve, and for the 25.7 percent of Philadelphians living below the poverty line, *\$2.00 A Day* is a read that hits close to home. In it, Edin gives a harrowing look inside the grim reality many families face. We welcome you to read along with us this summer. And email [advocacy@ecsphilly.org](mailto:advocacy@ecsphilly.org) to let us know what you're thinking.

KATHRYN J. EDIN AND H. LUKE SHAEFER

"A remarkable book that could very well change the way we think about poverty in the United States."  
—*New York Times*  
Book Review



**\$2.00 A DAY**

Living on Almost Nothing in America

# VOLUNTEER SPOTLIGHT: CORDELIA BIDDLE

Thank you for going above and beyond.

We would like to recognize Cordelia Biddle for being such a dedicated supporter of ECS.

An author and professor at Drexel University, Cordelia joined ECS' Board of Trustees last fiscal year. Additionally, she continually rises to the occasion of supporting participants of the RISE Initiative.

As the workforce development program for adults ages 18 and older continues to grow, Cordelia serves as a Speed Networking volunteer to share her career journey with participants.



In the latest RISE cohort, a number of participants enjoyed writing and expressed interest in writing intensive careers like podcasting, journalism, and authorship. Upon learning of their interest, Cordelia went above and beyond volunteer duties to organize a writing workshop. Attendees had the opportunity to express themselves by tapping into their creative sides. They practiced their craft by artfully describing what they saw in different pictures.

On behalf of the Workforce Development team and the entire ECS community, we would like to thank Cordelia for offering her time and talents to the people we serve.

# EVENT RECAP: NATIONAL VOLUNTEER WEEK

A week of activities to honor generosity and service.

We had such a fun time celebrating our amazing volunteers during April's National Volunteer Week.

It was kicked-off with a Volunteer Open House. Hosted by the Young Friends Circle, guests learned of the many opportunities for service offered at ECS (see *next page!*). We also spent a couple of days surprise-visiting volunteers at their homes or work to drop off bags of swag. And the week was capped off with a Day of Service, where staff visited various ECS program sites to participate in greening projects, assist Out of School Time programming, or to help RISE participants practice their interviewing skills.

The week was a smashing success! Thank you to all who attended our Open House, graciously welcomed us on visits, or participated in service.



# VOLUNTEER OPPORTUNITIES

## BE GENEROUS AND DO GOOD

### Community Cook-Off

Cook-Off volunteers gather every month to assemble 200+ dinners to be distributed to frail aging adults in the City of Philadelphia. No cooking is involved, so your time commitment is limited and easy to fit into a busy schedule.

**Location:** *St. Barnabas Mission*

**Date & Time:** *Third Sunday of every month*

### Be a Companion

Our companionship programs for the elderly carefully match volunteers to an isolated aging adult either living independently in Philadelphia or in a nursing home or assisted living facility in the Philadelphia suburbs.

**Location:** *Matched for your convenience*

**Date & Time:** *Based on your schedule*

### Serve a Meal

Meals served at The Darby Mission and WinterShelter offer both sustenance and community. Volunteer groups are asked to provide and/or serve a meal, sharing it with the people we serve.

**Location:** *Darby, PA or Center City*

**Date & Time:** *Evenings, dates vary*

### Afterschool Tutor

Assist the elementary and middle school students in our Out of School Time program with reading, writing, math, homework, and study skills.

**Location:** *Various*

**Date & Time:** *Weekdays 3:00-6:00pm*

### Children's Party/Activity Host

Host a children's party at St. Barnabas Mission! Get creative with your theme and plan a party for the moms and their children. Hosts bring snacks, crafts, and/or games for a fun filled afternoon with our families!

**Location:** *St. Barnabas Mission*

**Date & Time:** *Sunday afternoons, select dates*

### Speed Networking Panelist

Share your career story with the young men and women in our workforce development program, The RISE Initiative. Volunteers speak to the young adults about their occupation and the steps they took to get there.

**Location:** *Main Office*

**Date & Time:** *Quarterly, 5:30-7:30pm*

### Lead a Goods Drive

Help ECS provide necessities to our participants by organizing a donation drive at your place of worship, workplace, or in your community! Some of our most needed items include: non-perishables, canned goods, condiments, baby food, books, and diapers.

**Location:** *Various*

**Date & Time:** *Based on your schedule*

### Community Food Cupboard

Volunteers (individuals or groups up to three people) are needed to help organize the food pantry and assist with food distribution.

**Location:** *St. Barnabas Mission*

**Date & Time:** *Tuesday-Thursday, 9:30-11:45am*



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### FOR MORE INFORMATION

Visit [ecsphilly.org/volunteer](https://ecsphilly.org/volunteer) or email us at [volunteer@ecsphilly.org](mailto:volunteer@ecsphilly.org) with your area of interest.

# UPCOMING EVENTS: SAVE THE DATES

## WorkReady Culminating Event

**Location:** ECS Main Office (225 S. 3rd Street, Philadelphia, PA 19106)

**Date & Time:** Friday, August 17, 3:00pm-5:00pm

## Cook-Off

**Location:** St. Barnabas Mission (6006 W. Girard Avenue, Philadelphia, PA 19151)

**Date & Time:** Sunday, August 19 and Sunday, September 29, 1:00pm-2:00pm

## *This is Norman* (documentary screening)

**Location:** ECS Main Office (225 S. 3rd Street, Philadelphia, PA 19106)

**Date & Time:** Saturday, September 15, 5:00-7:00pm and Sunday, September 16, 3:00pm-5:00pm

## Health Fair and Block Party

**Location:** St. Barnabas Mission (6006 W. Girard Avenue, Philadelphia, PA 19151)

**Date & Time:** Saturday, September 29, 2018  
12:00n-4:00pm

**Rain Date:** Sunday, September 30)

## Forum on Justice and Opportunity

**Location:** WHY, Inc. (150 N. Sixth Street, Philadelphia, PA 19106)

**Date & Time:** Saturday, October 20, 8:30am-3:00pm

If you are interested in learning more about or attending any of these opportunities, please email Nancy DeLaura at [nancyd@ecsphilly.org](mailto:nancyd@ecsphilly.org).

**Stay connected.** Learn about our latest news, events, program updates, and successes. [@ecsphilly](#)



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“I feel privileged to share in their lives ... it feels like I have another family member.”

PATRICIA MINGEY

DOLPHIN COMPANIONS VOLUNTEER

215.351.1400  
[ecsphilly.org](http://ecsphilly.org)