

# Texas City Sun

## SENIORS HELPING SENIORS

June 10, 2004



Dr. Mark Guidry of the Galveston County Health District, second from the left, shakes hands with John Castaneda, executive director of Mainland Communities United Way, as Galveston County Judge Jim Yarbrough, Commissioner Stephen Holmes and United Way board members look on Wednesday at the 4C Clinic.

## United Way helps county project along

**By Lisa Ray**  
Texas City Sun

Galveston County Health District hopes to accomplish two goals at once by recruiting senior citizen volunteers to help other seniors.

A study by the health district predicts a growing need for senior programs in the area as the population ages.

Galveston County United Way and the district have created a partnership to begin a strategic health plan for seniors and to create a booklet for all residents about the programs the health district provides.

United Way has provided funds for the project with a \$100,000 grant while the health district will provide the manpower.

Volunteers will provide part of the necessary labor.

Shirley Carr, health district volunteer coordinator, said the district is looking for any volunteers older than 18, but especially senior citizens.

Dr. Mark Guidry, chief executive officer and health authority for the district, said the project aims to provide seniors with a sense of connection to the community by having them take part.

Senior volunteers also have an understanding of other seniors' needs and how they should be met.

Some of the program's goals for under-served seniors include increasing access to the 4C Clinic's services, increasing the number of outreach programs, linking seniors to community resources and establishing a Senior Advisory Panel to evaluate the program and local needs.

Some services volunteers will

provide include working at community outreach programs, immunization programs, answering phones, calling seniors to tell them about the project and assisting seniors in the clinic, according to Carr.

Lisa Edrozo of Texas City volunteers her time with the health district. "It's real interesting," Edrozo said. "I'm finding out more about my community."

Edrozo said she finds the work rewarding, especially services that help seniors.

Anyone interested in volunteering for the senior project or any of the other Galveston County Health District projects can call Shirley Carr at (409) 983-2438.

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