

Jim and Jane Sinclair

It all began a long time ago ... at their church, Jim and Jane Sinclair taught Sunday school together, and they have been a volunteering couple ever since. Most recently and over the past six years, following Jim's retirement, they have teamed up to volunteer together for Meals for ME in Bangor, the Ecumenical Food Cupboard in Bangor, and My Friend's Place. Both expressed to me their enjoyment in volunteering. Jim remarks that *"We have fun together, and volunteering together is very rewarding."* Jane looks forward to those days when they are volunteering together, and comments that *"Jim is a nice backup to have with me. We enjoy working together, and we complement each other in our strengths and weaknesses."*

As a team, Jim and Jane Sinclair deliver meals to as many as 16 individuals on their Meals for ME route. Jim does the driving and Jane brings the meal, and a smile, to the door. Jane mentions, *"The clients are always glad to see us and so happy to get their meal. Sometimes we are the only people they see on that day, because they can't get out at all."* Jim explains that the client often knows when he and Jane will arrive with their meal and are already sitting at the table with fork-in-hand when they get there -- this is the moment of truth -- when you realize just how special and important a good meal and your volunteer services are to others.

At the Ecumenical Food Cupboard, Jane is at the window greeting and helping folks as they come in, while Jim is on the fly in the pantry, bagging and boxing up groceries. Jim tells me that he receives much satisfaction in volunteering at the Food Cupboard. *"The folks are so very grateful for the food and whatever little thing we do for them and their families. It makes me feel good to be able to help them in this way, and it makes me realize how fortunate we are."* Jane adds that *"The Food Cupboard is usually very busy, and the people are always so glad that we are there for them. They leave happy, and that makes us happy."*

But, just when you think they are having too much fun, the fun doesn't stop there. Jane points out that she and Jim spend a major portion of their volunteer time serving at a very special place called 'My Friend's Place' -- a day program for adults coping with memory loss -- located at their church, the First United Methodist Church in Bangor. Here they volunteer together in a variety of capacities. Jim often transports clients to and from the program in the donated van, while their caregivers are trying to manage jobs, attend appointments, or do errands and chores such as grocery shopping. Jane serves as an activities aide with the program and helps to provide four hours of theme-based social activities for the clients. Jane mentions that, *"These people are so happy to be doing something -- if they didn't go there, they might not have a lot to do. They need the social contact and they have a good time -- it's fun to see their faces light up, and it gives their caregivers some time for themselves."* Jim concurs, *"They love to participate and it's so nice to see a smile on their face."*

In summary, when it comes to volunteering together, I would say that Jim and Jane find it very rewarding and are happy for the special time together -- and judging by their smiles and admiring glances toward each other, I would say that -- *it may even possess a little magic.* Thank you, Jim and Jane, for sharing your volunteer story, and for being such fine examples of **Senior Volunteers Responding to Community Needs.**