




Volunteer Voice

Adams County Retired and Senior Volunteer Program

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Things to Remember

- "News & Views" - Volunteers needed to prepare the newsletter mailing on Tuesdays, June 29 and July 27.
- We have a limited number of plastic holders to help keep your Covid-19 vaccination card safe. Contact the RSVP Office if you would like one.

Message from Barb Casady

Thank you for choosing to be a volunteer with the Adams, Brown and Pike Counties Retired and Senior Volunteer Program (RSVP). Because of your involvement and commitment, RSVP is able to meet our mission.

RSVP Mission

To engage persons 55 years of age and older in volunteer service to meet critical community needs – while providing meaningful opportunities to the volunteer.

It is our goal to support you – the volunteer – in your effort to find volunteer opportunities that are the right fit for you. While we know you can and do find volunteer opportunities every day without contacting RSVP, we hope we are able to help you make that search a little easier – and that you find RSVP to be informative and helpful in your volunteer experiences.

We also work to assist non-profits, schools, government agencies, and faith-based organizations in the three counties to find the volunteers they need to meet their missions. Every day we receive phone calls and emails from organizations seeking volunteers. Sometimes, their contact with RSVP is for a short, one-time/episodic volunteer experience, but, many times, it is for a longer-term need. Whichever it is, we seek ways to help them achieve success in their volunteer management.

Some of the Benefits of Being an RSVP Member

- RSVP provides recognition events to thank volunteers for their service. Pre-Covid, we were able to sponsor two annual Adams County Recognition Events – the May Carry-In Luncheon and the October Recognition Luncheon. Each year, we also do other smaller recognition events like hosting RSVP volunteers at a JWCC Women's and Men's Basketball Game. ***We are certainly ready to begin to offer these recognition events again!!!***

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Message from Barb Casady

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- Additional accidental liability insurance is provided to each RSVP volunteer – it covers you when you are traveling to and from a volunteer job and while you are volunteering.
- RSVP offers some mileage and meal reimbursement for volunteer travel in order to make volunteering a more affordable option to those 55 and older.

Did You Know?

- There are 17 RSVP sites around the state of Illinois. Adams, Brown and Pike Counties is one of those sites. The next closest Illinois sites are in Springfield, Bloomington, and East St. Louis.
- There is an RSVP site in NE Missouri (Hannibal) and a site in SE Iowa (Lee County).
- Funding comes from AmeriCorps which is the federal agency responsible for national service, the Illinois Department on Aging, Adams County, United Way of Adams County, and United Way of Brown County.
- John Wood Community College is our sponsor and has been for 47 years.



We have a limited number of yard signs available for RSVP volunteers to help promote the day. Contact the RSVP office to receive one.

World Elder Abuse Awareness Day (WEAAD) is June 15, 2021

Many older adults have become vulnerable to elder abuse. These vulnerabilities can encompass physical, emotional, cognitive, and financial considerations, and those who are experiencing frailty in these areas are at greater risk. The documented negative health effects of social isolation and loneliness are one of the strongest predictors of elder abuse. Data gathered by the World Health Organization suggests that 4 to 6 percent of the elderly suffer from some sort of abuse—abuse which largely goes unreported and, when it is reported, remains one of the least investigated types of violence.

We should all know the symptoms of abuse. Any changes to an elder's behavior, disposition, or physical condition could be a sign of neglect or abuse. If you suspect something, say something. Document by taking pictures of bruises or injuries. Keep a log of suspicious behavior or circumstances, and, remember, abuse mostly happens at home and, in 90% of cases, the abuser is a family member.

One of every ten elder adults will experience some form of abuse in their lifetime with the most common being financial exploitation and extortion. Elders are a prime target of email, phone, and internet scammers.

WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of the abuse older people may suffer. By raising awareness of the problem, the hope is to bring into focus the fact that our elders deserve to live a life of high quality and dignity. They have much to tell us—all we need to do is listen.

Please wear purple on June 15, 2021, to show your support! Thank you!

Volunteer Opportunities—please share with friends and family!

This is just a sample of opportunities. Call the RSVP office to find the right fit for you!



Blessing Hospital - Volunteers needed for Tea Room, ICU and Surgical Hostesses, Shuttle, Patient/Flower Courier, M.E.N., G.I. Center, Needlers, and/or Hospitality House—call Sarah Cole at **217-223-8400 ext. 6821** for more information. For information regarding the chaplain or chaplain's assistant program, call Dawn Reckers at **217-223-1200**.

News & Views - RSVP volunteers gather at the Quincy Senior and Family Resource Center on the last Tuesday of each month to prepare the West Central Illinois Area Agency on Aging "News & Views" for mailing. The newsletter is mailed to 5,000 households in the six county area that WCIAAA serves. Interested in helping? Give the RSVP Office a call at **217-641-4961**. Physical distancing is arranged and face masks should be worn.



Good Samaritan Nursing Home - Looking for 2 volunteers who would be interested in mending some of the residents' clothes, (i.e. sewing on a button, fixing occasional holes in pants, and/or shortening pants). Please contact Sally Hodgson at **217-223-8717 EXT. 4227** for more information.



Villa Kathrine - Do you LOVE meeting new people? Are you PROUD of Quincy and enjoy sharing what we have to offer? You would make the perfect tour guide! Meet people from around the world, locals just passing through, and long-time residents as you share the beautiful views and castle atmosphere with our guests! Interested?

Email: melissamhess@gmail.com Text: 217-209-1536



Illinois Veterans Home - Volunteers needed to escort residents to the therapy building on grounds for appointments on Wednesdays. Must be able to push a wheelchair and walk to various buildings/units on campus. Times vary depending on appointment schedule and number of residents scheduled.

Volunteers needed to assist in the Welcome Corner (aka thrift store) on TUESDAYS from 1 pm to 3 pm. Accept clothing donations, assist residents with clothing needs, and label items to be sent to laundry. Requirements include being able to lift boxes full of clothes and to push carts.

Volunteers needed as escorts for residents going to in-town medical appointments. Arrive 45 minutes prior to appointment time, ride with resident via our transportation vehicle to appointment location, sit with resident until appointment, and meet resident after appointment to ride back to campus. Appointments vary throughout the week and may last 1-2 hours.

Volunteers are required to be tested for COVID-19 every day (or on a regular weekly basis) as well as agree to wear a mask when on the units or around residents.

Please contact Sara Colgrove, Director of Volunteer Services & Activities, at the Illinois Veterans Home at **(217)222-8641 ext. 386** if interested in any of these opportunities.

7 Tips for How to Tell If an Email Is Fake

Inspect the Email Header Info to Verify Whether the Sender's Address is Legitimate

The first sign of a phishing email is that attackers pose as legitimate companies or people. By posing as a legitimate person or business, the cybercriminal's target is more likely to believe the email is legit and will engage with it. Legitimate organizations typically send emails from email addresses containing the company's domain name after the "@" symbol, for example, xyz@wellsfargo.com, xyz@amazon.com, xyz@apple.com, etc. In other words, the company's domain should be what comes after the "@" sign. If you get an email claiming to be from a well-known organization, here's how you can easily tell if the email is fake:

- * The sender's email is coming from public domain email addresses such as Gmail, Hotmail, Yahoo, etc.;
- * The email is sent from an unknown domain name; or
- * The sender's name and the name in the email address don't match.

2. Watch Out For Uncommon Uses of the Email Bcc Field

A legitimate company would reach out to you directly. If you see your email address in the Bcc field instead of in front of "To:" or "Send To:" it's a good sign that the email is a fake.

3. Check Whether Embedded Links Redirect to Unexpected Websites

Another characteristic of a fake email is unexpected redirect links. The embedded links given in the email must take you to the same web page as written in the link. However, scammers include text that looks like it will take you to a legitimate website, but the hyperlinks they embed take you to a phishing or malicious website instead. For example, you get an email that looks like it's coming from PayPal. It's warning you about an unauthorized login attempt and asking you to change the password to protect your account. There is a link given to change your password: <https://www.paypal.com/account/passwordChange>. You think it's safe to click as the link looks legit. But when you click on this link, you'll be redirected to some spammy website that looks legitimate because they use PayPal's site design, colors, fonts, and logo. This fake website will try to trick you into sharing your login credentials or other confidential details.

4. Pay Attention: Don't Ignore Unusual Spelling and Grammatical Errors

If an email contains many grammatical, spelling, or punctuation errors, it's a red flag. Legit companies follow strict email etiquette and editorial standards. Although some small typos can happen on occasion, it's uncommon to see multiple mistakes in a single message. Never ignore such errors.

5. Ask Yourself Whether the Language Seems Fishy, Pushy, or Urgent

Scammers will try to trigger emotional responses like anger, shock, empathy, panic, curiosity, etc. By doing so, they're more likely to trick their targets into doing something they normally wouldn't do.

6. Ask Yourself if Email Attachments Are Unsolicited or Unexpected

Always ask yourself this question: "Did I request this information?" Frequently, cybercriminals will send emails with phony attachments to get you to inadvertently download their malicious executables.

7. Be Vigilant (Even If the Email is From a Legit Email Address)

The above tips will help you to know if an email is fake when the attacks use a fake email address. But what if you get an unusual or unsolicited email from a friend or relative from their authentic email address? **There are different types of malware and cyber-attacks that can corrupt a user's devices** and send phishing emails on their behalf to other victims. These types of malware can delete the emails from the sent folder, and the victims remain unaware of such compromise. There's no exact way to define an "unusual email," but just use your instincts. Something about the email may look or feel "off"—for example, the email may ask you to:

- * Immediately transfer money to help them;
- * Open a website to get the benefit of an unbelievable (unrealistic) deal/discount;
- * Donate money to some unknown organization;
- * Reply with your phone number, some files, or personal information; or
- * Download a software, attachment, or a media file.

If you get such an email, call to verify—your friend's account may be compromised and he/she doesn't know it!

Wrapping Up: What To Do If an Email Is Fake

Before you delete the phishing email, click on the More (three vertical dots) option on the email. It is located in different places in all the email clients. For example, Google Chrome's More tab is located on the upper right side of the email. In Yahoo, it is located at the bottom of the email. So, search for the three vertical dots and click on the "Report as spam" and "Block this user."

TECHNOLOGY UPDATE

If you or someone you know is in need of “hands-on help” with technology questions, there is a great resource in Adams County. The **Digital Disciples, a program of the First Christian Church**, is available to answer your questions and give you one-on-one assistance with any technology-related problems you may be having. They will also share information when you want to purchase a new computer, tablet, or smart phone.

Digital Disciples

- They operate a computer lab at First Christian Church where you can go for some one-on-one instruction or to participate in a class.
- They are available for evening hours—by appointment.
- If you are home-bound, they can make arrangements to meet you in your home.
- They will give workshops on technology topics to groups, too. Are you a member of a retiree group from your former employer, a church men’s or women’s group, a service club? A workshop may be of interest to you.

The Digital Disciples are also willing to help individuals connect with their friends/loved ones who live in skilled nursing or assisted-living facilities. During the Pandemic when care facilities were not able to accommodate visitors, family members and friends could virtually visit through Skype, Facetime, Zoom, and other methods. However, not everyone knew how to make those programs work on their computers, tablets, or smartphones, and not everyone owns or has access to a device that will allow them to communicate on-line. The Digital Disciples can help make these important on-line visits happen. Give them a call and you can discuss your needs and find out what help is available. Call Digital Disciples at **217-248-9606** or email them at steinber@adams.net. You may also contact the RSVP Office at **217-641-4961** and we will help connect you.



David and Patsy Cooley



Take Back Drug Day—April 24, 2021



“Take Back Drug Day” was held at the Adams County Health Department on Saturday, April 24, 2021. RSVP volunteers worked with the Health Department staff to receive unused prescription and over the counter drugs from the general public. Proper disposal of unused drugs saves lives and protects the environment. A total of 78 pounds of unused drugs was collected.



Linda Jaynes

Mary Wilson

Did You Know?

- ♦ JWCC (and RSVP) Summer hours began on Monday, May 17, 2021, and will be in effect through Friday, August 6. The hours are Monday through Thursday 8:00 a.m. to 4:00 p.m. and on Fridays from 8:00 a.m. to noon.
- ♦ We encourage RSVP volunteers to call the RSVP Office when you plan to drop by. We love to see you and spend time visiting, however, there are times when staff are out of the office and we don't want you to be disappointed. Call us at **217-641-4961** and we will be sure to be here when you stop by.
- ♦ Elder Abuse Awareness Day is June 15. We have a limited amount of yard signs to use to promote this important day. If you would like one, contact the RSVP Office and we will make arrangements to get one to you.
- ♦ JDub Academy is a hands-on learning summer program for students in grades K-12. Offered through the John Wood Community College Community Based Outreach Department, classes are available throughout June. Contact the CBO Office for more information. Scholarships are available. **217-641-4941**.

The Winner Is . . .

Winner for March is **Carol Gustison** and the winner for April is **Mike Paterson**. RSVP staff draw a name from all the pink timesheets submitted by the 7th of each month. **Remember—if you turn your pink sheets in by the 7th of the month, you may be a winner!**

Winners, please stop by the RSVP office on the JWCC Main Campus to pick up your \$15.00 Hy-Vee gift card. We suggest calling before you come—217-641-4961.

Adams County
RSVP

Lead With Experience...

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**AmeriCorps
Seniors**



United Way
of Adams County, Inc.

RSVP is a United Way Funded Agency