

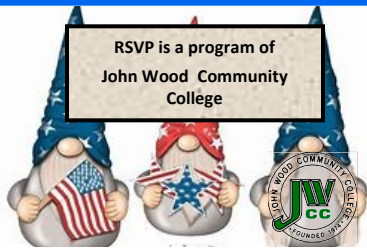


Volunteer Voice

Adams County Retired and Senior Volunteer Program

Heath Richmond, Manager / Nicole Havermale, Volunteer Specialist 217-641-4961

Susan Abbott, Editor



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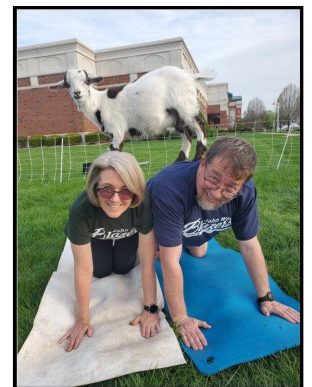
Things to Remember

- “News & Views” — Volunteers need to prepare newsletters on Tuesday, June 28, and on Tuesday, July 26.
- All JWCC campuses (including RSVP offices) are closed on Monday, July 4, 2022.

Message from Heath Richmond

Never be afraid to try something new! For the last several months, my wife has been talking about wanting us to try Yoga. Yoga was not really something I had ever considered but when a message came into my email that the JWCC Student Life Office was offering a free Yoga Class, I gave her a call. She was excited to finally be trying Yoga until I said it wasn't just regular Yoga—it was **Goat Yoga**! She was a little apprehensive about that but we both decided to give it a try. We had no idea what to expect but we jumped in (no pun intended) and had lots of fun. We discovered that yoga is something we would want to do again and playing with goats, no matter what age you are, can be enjoyable as well.

Many times in life, we hesitate or back off from things that are a little different or out of our comfort zone. However, if we take a leap of faith and try something new, we just might find that something to be both worthwhile and enjoyable. This year as Spring transitions into Summer, I challenge each of us to try something new. It could be eating at a new restaurant, reading a new book, or trying out a new volunteer opportunity we have never done before. It could even be getting into a pen full of goats. Don't be afraid of new and different things—you just might find a new passion or, if nothing else, you will have gained a new life experience. Thanks for all you do to give back to our community and here's to seeing you all out trying something new!



Heath



World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15 to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse. Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect.

Older people are essential to the fabric of our society. It's time for us to acknowledge their importance and recognize that they are entitled to the respect of their communities and especially of their families. One in ten Americans age 60+ have experienced elder abuse. For every case reported, 44 cases are not, while only one in 14 cases comes to the attention of authorities. Both lack of community support and isolation of the elderly are important risk factors. Elder abuse creates healthcare and legal costs which are often shouldered by public programs like Medicare and Medicaid, and it is estimated that the elderly are swindled out of more than \$3 billion each year. The things we can do to help include the following:

- Reach out and prevent isolation;
- Spread the word about essential community supports like law enforcement, community centers, and public transportation;
- Call or visit older loved ones regularly;
- Provide respite breaks for caregivers; and
- Volunteer to be a friendly visitor (by friendly visiting, we mean seeing and knowing people in their homes, and trying, by means of personal influence and practical suggestion, to improve their condition).

Please wear purple on June 15, 2022, to show your support! Thank you!

from [Home - World Elder Abuse Awareness Day, June 15](#) [SOCIAL MEDIA](#) | [USC CEM](#)

For more information,
[http://
www.consumeraffairs.com
/finance/elderly-financial-
scam-statistics.html](http://www.consumeraffairs.com/finance/elderly-financial-scam-statistics.html)

Elder Abuse Scams Statistics (updated 2022)

Reports of financial crimes against the elderly are on the rise:

- Older people are swindled out of more than **three billion dollars each year.**
- **More than 3.5 million older adults** are victims of financial exploitation each year.
- Seniors who are targeted by fraudsters suffer an **average loss of \$34,200.**

The Federal Trade Commission also keeps records of how these scams are carried out:

Scam phone calls: 16,000 cases with a median cost of \$1,500.

Online theft: 10,000 cases with a median cost of \$395.

Consumer-initiated contact: 6,000 cases with a median cost of \$300.

Email scams: 4,000 cases with a median cost \$500.

Mail Fraud: 1,000 cases with a median cost of \$1800.

Fraud Types by Total Dollars Lost (Ages 60 and over)

- **Online shopping scams—14 mil**
- **Tech support scams—24 million**
- **Imposter scams—112 million**
- **Romance Scams—84 million**
- **Sweepstakes scams—51 million**

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!



The Quincy Museum - We are looking for volunteers and we provide a safe environment for you! We are currently looking for greeters and tour guides—don't worry, there will be training provided. Shifts are during operating hours only (Tues.—Sun. 1:00 PM-5:00 PM) and you may pick your own day(s)!

The Museum is also looking for people who love to garden as our flower beds need some tender loving care. There are event volunteer opportunities as well.

We can find the right task for you! If interested, please call the museum at **217-224-7669**; email Nancy at Nancy@thequincymuseum.org; or give us a visit at 1601 Maine. We can't wait to hear from you!



The Salvation Army - We are in need of front desk volunteers to answer the phone and assist individuals who walk in to request services. We are open 9:00am-12:00pm and 1:00pm-4:00pm and are needing help on Wednesdays, Thursdays, and Fridays. If you might be interested, please contact Alex McIntosh at **217.231.5717**.

Child and Family Connections - CFC is an Early Intervention program that serves infants and children across 9 counties, ages 0-3 who have or are at risk of developmental delays. We assist families with their children's adaptive, cognitive, communication, physical, and emotional needs. For more information on this government agency, go to www.facebook.com/CHILDANDFAMILYCONNECTIONS17. The physical address is 510 Maine St., Suite 615, in Quincy.

Volunteer Opportunity #1 - We have hard files for the children we serve. There is about 300 files per calendar year. Each file has 5 tabbed dividers in them. The dividers would need to be removed. The 5 dividers from each file are then paperclipped together for further use. The files are then placed in file boxes alphabetically and taken to our storage area in the same location of our office (WCU). The individual(s) volunteering would need to complete this work here at the office as we are not allowed to remove the files from the office unless they are being shredded. This task is typically completed by June 30.

Volunteer Opportunity #2 - Another volunteer opportunity would be to assist with sending agreements to the agencies we collaborate with in our 9-county service region. The volunteer aspect would include handwriting the name of the organization on the agreement, putting the agreement and a cover letter into an envelope, adding an address/return address to each envelope (there are pre-typed on labels that are used like stickers), and closing the envelopes. There are approximately 100 agencies that we send these to. These would need to be in the mail no later than mid-June as the new agreement/contract begins 7-1.

Contact Kara Hoffman, Program Manager, at **217-222-9592** for more information or if you would like to volunteer.



Friendly Caller Program



Friendly Caller is a volunteer opportunity that can be done from your home. Volunteers will make phone calls to individuals who have requested either a supportive/listening/social call or a safety and well-being call. Depending on your availability and interest, you may call once or twice a week – or you might call five days a week. Volunteers will receive training. This program is designed to help address social isolation and loneliness. Volunteers will be matched with an individual to call. Contact Nicole at **217-641-4961** for more information.

Illinois Veterans Home - “Welcome Corner Assistant”—accepts clothing donations, pushes carts, lifts boxes, and sorts through clothes. Volunteer would also assist residents with shopping for clothes. Hours are Tuesdays and Fridays from 1:00 p.m. to 3:00 p.m. Call Sara Colgrove, Director of Activities & Volunteer Services, at **217-640-2260** or email at sara.colgrove@illinois.gov.



deliver a difference

Meals on Wheels - Taking a route for Meals on Wheels not only is a great way to learn more about the community but it is also a tangible way to help those in need. It would only require an hour of your time once a month. You might want to encourage a friend to volunteer as well—one person drives and the other person delivers! If you aren't able to deliver, please mention this need at your church or other organization. Together, we can fill the needed slots. The process for delivering MOW is designed so that volunteers stay safe. **Call 217-223-7904 for more information or to volunteer.**

More Opportunities from The Salvation Army

- **Emergency Disaster Services (EDS)/Canteen Ministry**
Team members needed to serve on the Canteen and assist during disasters
Canteen Ministry volunteers serve meals in areas with food insecurities each week
- **Family Services/Emergency Shelter (Quincy)**
Receptionist assistance (answer phones and front desk coverage)
Food Pantry assistance
Breadline assistance (M-F: 8:30am-10am)
- **Family Store (Quincy)**
Sorting through donations
- **Youth Development/Ministry (Quincy)**
Character Building volunteers to assist with youth programs
Drivers and Riders for after-school programs

Did You Know? Facts for Seniors

Did you know these facts for seniors? **Seniorly** offers some fun facts about aging, so you can start learning why aging can be awesome.

1. ***Age Doesn't Determine Success***—The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders) started Kentucky Fried Chicken at the age of 65!
2. ***We lose a few bones along the way***—We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.
3. ***Seniors hold the most voting power***—When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.
4. ***Creativity doesn't diminish with age***—Laura Ingalls Wilder didn't publish Little House in the Big Woods until age 65. Millard Kaufman didn't publish his first novel until 90!
5. ***Seniors are living longer***—Due to advancements in healthcare and technology, people are living longer. By the year 2040, the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million.
6. ***. . .and growing faster***—According to the US Census Bureau, older adults make up the fastest growing age group within the United States.
7. ***You (mostly) have control over aging***—Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.
8. ***There's less stress after 65***—Despite citing other health and money concerns, those 65 and older experience less stress.
9. ***Learning can save your brain***—In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.
10. ***Sleeping habits alter over time***—Our sleeping patterns change as we age: we get tired earlier and wake up earlier.

[Did You Know? Facts for Seniors | Seniorly](#) Written by Emma Rodbro

Volunteer Bar-B-Q Luncheon!

Wednesday, July 13, 2022

We will gather at 11:30am & eat at 12:00noon
John Wood Community College Campus Cafeteria

Help us celebrate **with fellow volunteers** by
attending this event!

The cost of the meal is a covered dish!

RSVP Staff will provide table service, burgers,
hot dogs, buns, condiments, and drinks.
Friends and family are welcome!

RSVP DOOR PRIZES

will be awarded after lunch. When you come in,
be sure to sign up at the raffle table to win a
chance at a great door prize!

Reservations are required by
Wednesday, July 6, 2022,
by calling the RSVP office at
217-641-4961



Save the Date

June 10—Blues in the District—Reverend Raven and The Chain Smoking Alter Boys—5:30-9:30 Wash. Park

June 24—Blues in the District—Coyote Bill (time and place shown above)

July 13—RSVP Barbeque for volunteers! Hot dogs, hamburgers, buns, condiments, and drinks are provided! If you would like to bring a side dish/dessert, that would be great! Gather at 11:30a.m. and eat by Noon—event will be held in the JWCC Cafeteria—just follow the signs!

Did You Know?

- ♦ JWCC (and RSVP) Summer Hours began on Monday, May 16, 2022, and will be in effect through Friday, July 29, 2022. The hours are Monday through Thursday, 8:00 a.m. to 4:00 p.m. and on Fridays from 8:00 a.m. to 12:00 noon.
- ♦ Elder Abuse Awareness Day is Wednesday, June 15. Please remember to wear **PURPLE** on that day!
- ♦ 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 **Dianne Meyer** and the winner for April is **Judy Bushaus**. 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!**

We also track the names of our current members who referred a new volunteer who, in turn, submitted their first timesheet. **Glenn Gage** is the winner for March and April!

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...

1301 S. 48th Street
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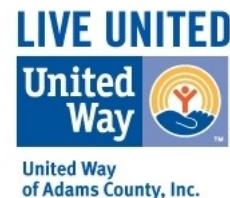
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