



# Volunteer Voice

## Adams County Retired and Senior Volunteer Program

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Susan Abbott, Editor



RSVP is a  
program of  
John Wood  
Community  
College

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### Things to Remember

- "News & Views"—  
Volunteers need to  
prepare newsletters on  
Tuesday, October 25, and  
on Tuesday, November 29.
- All JWCC campuses (and  
RSVP offices) will be closed  
on Thursday, November  
24, and Friday, November  
25, for the Thanksgiving  
holiday.

### Message from Heath Richmond

Time. Lately, I find I never seem to have enough of it. I remember shortly after I got married that my mother and I were having a conversation, and she said something about making the most of our time while we were young because, as we get older, time seems to move faster. I told her that was crazy. She has the same 24 hours in a day and 365 days in a year that I did. Well, guess what? Thirty plus years later, I can tell you that my mother was right— time certainly seems to go by faster and faster with each passing year. It seems like only yesterday that we were celebrating the New Year, then, we were anxiously waiting for Spring, and, now, the year is two-thirds over, Fall is here, and Christmas is right around the corner.

Time is one of those precious things that, once it is gone, we can never get it back. That is why people who volunteer to help others are so special. You choose to give your time to help make our communities a better place, not just for ourselves and for our neighbors, but for individuals and families we may never meet.

So, thank you so much for the gift of your time and for making the choice to share it with others.

*Heath*





The NEW Teresa Adams House (formerly the Quincy Hospitality House) will open in December of 2022. The new house will have eight bedrooms which will increase our need for volunteers to help serve our guests! Volunteers serve as host and hostesses and guide our guests by answering questions about the amenities we offer, along with information about our town.

We provide temporary lodging for the patient, family, and caregivers seeking medical treatment in the Quincy area. This includes:

- ♦ Inpatient and outpatient care at Blessing Hospital
- ♦ Seeing a doctor at Blessing Physicians Services, Quincy Medical Group, SIU, or any doctor or dentist office
- ♦ Visiting someone in a Nursing Home
- ♦ Visiting a Veteran in the Illinois Veterans Home
- ♦ Families of Chaddock residents
- ♦ Visiting a patient at home under home care or hospice care
- ♦ Attending a Funeral

Please call 217.430.0958 if you have any questions or would like a paper application. You can apply online at [www.blessinghealth.org/volunteer](http://www.blessinghealth.org/volunteer).

The open house for the Teresa Adams House will be Tuesday, December 6. Ribbon-cutting will be at 11:00 a.m. and the open house will follow. All are welcome!

*Adams County  
First Responders  
are ALWAYS  
FIRST!*





## **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** - Looking for volunteers and there are several ways to volunteer safely. They are currently looking for greeters and tour guides—there will be training provided. Shifts would be during operating hours only (Tues.—Sun. 1:00PM-5:00PM) and they will work around any scheduling conflicts you may have, meaning you can pick your own day(s)! There are event volunteer opportunities as well. They can find the right task for you! If interested, please call the Museum at **217-224-7669**; email [Nancy@thequincymuseum.org](mailto:Nancy@thequincymuseum.org); or visit them at 1601 Maine. They can't wait to hear from you!

**Quincy YMCA** - The Quincy Family YMCA will be looking for 6 volunteers for November 23rd. They will need help from 8:00a.m.—12:00p.m. and from 12:00p.m.—4:00p.m. Needed is one team of three for each shift. The project is the YMCA Turkey Run Packet Pickup. This opportunity requires interacting with the race participants. Please call Cisco Fuller, Program Director, at **217.222.9622 ex. 207**.



**Take Back Drug Day** - Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. The Adams County Health Department will be hosting their Take Back Drug Day on Saturday, October 29, from 10:00a.m. to 2:00p.m. There will be two shifts—9:45 to 12:00 and 11:45 to 2:00. If you would like to volunteer for either shift, please call Nicole in the RSVP office at **217-641-4961**.

**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](mailto:sara.colgrove@illinois.gov).



**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.



### **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.

**Quincy Symphony Orchestra** - They will need volunteers to deliver posters to area businesses for October 17 and November 14. They can use 8 volunteers each time and they give the volunteers two concert tickets as a thank you. Please call Nicole in the RSVP office at **217.641.4961**.

**Quanada** - They are currently looking for volunteers to work in their food pantry and clothing room. Food pantry help is needed from 9:00—11:00am on Friday mornings. Clothing room help is needed to sort and organize clothing on Mondays and Fridays between 9:00am & 5:00pm and Tuesdays, Wednesdays, and Thursdays 12—5pm. If interested, please email [lholt@quanada.org](mailto:lholt@quanada.org) or to Ginny at [gmueller@quanada.org](mailto:gmueller@quanada.org).

**Blessing Hospice:** Volunteers become a part of the Hospice team and serve in several Illinois counties. Volunteers can provide emotional support and practical assistance which will enhance the comfort and quality of life for Hospice patients and families. Hospice volunteers receive specific training to prepare for this rewarding opportunity. Other requirements may apply. Call **217-223-8400 ext. 4706** if interested in becoming a Hospice volunteer.

*To celebrate our 48 years of service,  
you are invited to the RSVP Recognition Luncheon*

**Wednesday, October 26, 2022, at 11:30 a.m.  
Student Activity Center/John Wood Community College  
1301 South 48th Street, Quincy, IL  
Doors open at 11:00 a.m.**

**Reservations are required and will be checked at the door.**

**Call 217-641-4961 by Wednesday, October 19, 2022. Please meet this  
deadline—we need an accurate count of those attending. Thank you!**

**If you have turned in 24 or more volunteer hours in the past year,  
there is no charge.**

**All others—\$10.00 in advance**

*Parking at lower level on the west side of the  
Student Activity Center (the gym)*

## VOLUNTEER TO BE AN ADVOCATE

We are seeking volunteers 18+ to support survivors of sexual assault in the Emergency Room. Our volunteers provide on-call crisis intervention, nonjudgmental support, and medical advocacy to survivors of sexual violence.

Contact Libby Holt, Volunteer Coordinator, for info: [lholt@quanada.org](mailto:lholt@quanada.org) or 217-222-0069

- Volunteers are required to complete Quanada's 64-hour certification training.
- Volunteers must demonstrate a nonjudgmental, supportive attitude toward survivors of sexual violence.
- With the survivor's permission, volunteers are expected to remain with the survivor throughout the medical examination and evidence collection.



## *Cook-out at the Veterans Home*

*Saturday, September 17, 2022*



**Dorothy Yackley**  
RSVP Volunteer



**Patsy and David Cooley**  
RSVP Volunteers



### Save the Date

**Wednesday, October 26—Adams County RSVP Recognition Luncheon**—Doors open at 11:00am with lunch being served at 11:30am. JWCC Quincy campus in the Student Activity Center (the gym). **Reservations required.**

**Thursday, October 27—Veteran Resource Fair**—1:00—6:00pm at The Kroc Center, 405 Vermont; wonderful opportunity for all veterans and their families to learn about the programs and services available for them in the tri-state area.

**Tuesday, December 6**—Open House for the Teresa Adams House (new Blessing Hospitality House)

### Did You Know?

For course descriptions and registration: [www.jwcc.edu/cbo](http://www.jwcc.edu/cbo)

**Community-Based Outreach at JWCC is offering the classes listed below along with many others —**

- ♦ **Beginning Knitting**—Learn how to knit and enjoy a relaxing hobby you'll enjoy forever! Cost \$90. Tues., Oct. 4, 11, 18, & 25 6:00-9:00 pm. Instructor—Rachel Peterson
- ♦ **Living and Cooking the Mediterranean Way**—Are you interested in trying the Mediterranean Diet to improve your blood pressure, thinking, circulation, and more? Cost \$30. Mon., Oct. 10 6:00-8:00 pm. Instructor—Dr. Margie Williams, Ph.D., RN.
- ♦ **Social Media: Getting the Word Out Digitally**—Explore how to effectively use social media to create a presence for your organization, non-profit group, or business. Cost \$20. Tues., Oct. 11 6:00-8:00 pm. Instructor—Dr. Margie Williams, Ph.D., RN
- ♦ **South African Cuisine**—Explore the delicious world of South African cuisine. Cost \$65. Sat., Nov. 5 10:00-3:00 pm. Instructor—Vanessa Hall

### The Winner Is . . .

Winner for July is **Tom Frier** and the winner for August is **Edna Trimble**. 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 \$20.00 Hy-Vee gift card. We suggest calling before you come—217-641-4961.**



**RSVP**

**Adams County**

**Lead With Experience...**

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Senior Corps is now:  
**AmeriCorps Seniors**