



Adams County Retired and Senior Volunteer Program

Volunteer Voice

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RSVP is a program of John Wood Community College

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Volunteering Good for Your Heart

According to a recent study published in the journal, *Psychology and Aging*, those who volunteer at least 200 hours per year are 40% less likely to have high blood pressure 4 years later than those who didn't volunteer. This study included more than 1,100 adults aged 51 to 91. These findings suggest that volunteering may be an effective medicine-free option to help prevent high blood pressure, which is a major contributor to cardi-

ovascular disease which is the leading cause of death in the United States. It didn't matter what type of activity the volunteers performed. Only the amount of time spent helping others as a volunteer was associated with a reduced risk of high blood pressure. Participating in volunteer activities may provide older adults with social connections that they might not have otherwise. There is strong evidence that having good

social connections promotes healthy aging and reduces the risk for a number of negative health outcomes.



Save the Date

- **9-25-13 Adams County Medical Reserve Corps Safety Preparedness Fair**
- **9-30-13 Blessing Hospital Volunteer Fair**
- **10-23-13 40th Annual Recognition Banquet**
- **12-19-13 Ruby Tuesday Give Back Event**

Pink Sheets

In order for you to remain a member of Adams County RSVP, we are required to record your volunteer hours. We are unable to do this unless you turn in your Volunteer Time & Expense Form "pink sheet". A few of you volunteer at places that record your hours on a group sheet. If you don't know for sure call us and ask.

Why are we constantly asking for

pink sheets? Many of the places we receive funding from require some type of report to show how their money is spent and what great things our volunteers are accomplishing.

You are out there doing great things, but if you don't tell us, then we can't tell them and we lose funding. So keep up your good work and keep telling us about it!

Please Like us on Facebook



We now have a new Facebook web page. Please go out on Facebook.com and locate the new page by typing in **Adams, Brown & Pike County RSVP**. Please check the page for updates, new volunteer needs, and upcoming events.

RSVP Disaster Activation Team (DAT)

RSVVP will have information available for individuals who may be interested in volunteering for the **RSVP Disaster Activation Team (DAT)** at the Adams County Safety Preparedness Fair on September 25, 4:30pm-6:30 pm. This RSVP team is a group of individuals who can be called upon in the event of a local disaster to help staff phone lines and/or serve as a receptionist to register spontaneous volunteers.

Did You Know?

Adams County RSVP has an Advisory Council? Members for 2013 are:

- | | | |
|-----------------|---|---|
| Dr. Ron Davis | - | JWCC Vice President of Instruction |
| Shay Drummond | - | Adams County Health Department |
| Pam Foust | - | JWCC Dean of Career, Technical, Community and Adult Education |
| Karla Metz | - | Tracy Family Foundation, DOT Charitable Administrator |
| Nancy Miller | - | Bickford of Quincy |
| Shirley Murphy | - | RSVP Volunteer |
| Jack Pool | - | RSVP Coordinator for Brown & Pike Counties |
| Alan Prewitt | - | JWCC Grant Coordinator |
| Barb Richmiller | - | RSVP Volunteer |
| Joan Rinne | - | RSVP Volunteer |
| Sharon Wharton | - | RSVP Volunteer |

Introducing

Please welcome Connie Geisendorfer to our staff at the RSVP office. Connie worked for 5 years in the Business Office on the main campus at JWCC. She retired in April, 2013 and started with us on August 23.



Volunteers do not necessarily have the time; they just have the heart.

- **Elizabeth Andrew**

Volunteers aren't paid, not because they are worthless, but because they are priceless.

- **Anonymous**



Recipe Fund Raiser

The RSVP recipe book has been put on the shelf for lack of response. If you submitted recipes and would like them back, please contact the RSVP office.



40th Annual Recognition Banquet

Don't forget about our Recognition Banquet coming up on October 23rd. All volunteers who have turned in a minimum of 24 hours over the course of this current year are invited to attend our Banquet free of charge. Reservations are required and will be checked at the door. Formal invitations will be going out in the mail early in October. We don't want you to miss it this year!

Shirley Kingery Receives Award for Volunteering

Shirley Kingery was recognized as one of the Heroes Among Us by the Quincy Herald Whig. A special publication to honor members of our local communities who make a difference was included in the Whig on July 21, 2013.

Shirley, along with her husband, Harry, spend some Monday

mornings at Eastside Health and Rehabilitation Center playing gospel music and offering a devotion for residents.

Shirley is a retired respiratory therapist who also tutors at JWCC, works with her church, and volunteers in many other ways in the community.

“It just makes you feel good to help people, to offer them something they don't have to pay for. It's good to get involved in what you like to do. Then it's just a fun thing,” Kingery said.



Marilyn Kuppler Receives Award for Volunteering

Marilyn Kuppler was also recognized as one of the Heroes Among Us by the Quincy Herald Whig.

Marilyn volunteers most Mondays at the RSVP office manning the phone for the Carry Out Caravan, a free grocery delivery service. She takes grocery requests from people unable to shop for themselves.

Marilyn is a retired school librarian who felt that her free time could be spent doing something for the community.

She understands that many of the people she takes grocery orders from each Monday may not speak with another person the rest of the day. Kuppler, along with the oth-

er 17 honorees, were nominated by readers who submitted names of people who give selflessly to causes.

Those who can do. Those who can do more, VOLUNTEER.

- **Unknown**

Ruby Tuesday Give Back Event

We are pleased to announce that our Adams, Brown and Pike County RSVP offices have been approved to host a Ruby Tuesday Give Back Event on December 19, 2013. As a participating charitable organization, RSVP will receive 20% of the net sales from guests who bring in the flyer for this event. Since Give Back events take place at a local Ruby Tuesday restaurant, the money that is raised benefits the communities in which we live, work, and play.

Please watch your mail in early December for the flyer being sent out by the RSVP office. Please note that coupons or discounts are not permitted with this special event.

Quincy Mall Pace Setters

The Quincy Mall Pace Setters is a walking club sponsored by the Blessing Hospital Heart & Vascular Center and Quincy Mall. Members meet every Tuesday and can have their blood pressure and heart rate tested free of charge at the Blessing Hospital kiosk located in the center court.

On August 27, 2013, RSVP volunteers **Barb Richmiller** and **Sharon Wharton** were invited to set up an informational booth next to their kiosk. Barb and Sharon were able to speak to interested walkers about the many volunteer opportunities available through the RSVP program. RSVP will host another booth on December 10. Come on out to the Mall and join us!



Volunteer Opportunities

Early Childhood & Family Center:

Volunteers needed to meet school buses, help in classrooms, and serve lunches for 3-5 year olds Monday-Friday, times flexible.

Sunset Home: Needs help in the Ice Creame Shoppe, various shifts, open 7 days/week 2:00 pm-4:00 pm.

Carry Out Caravan: Help needed on Tuesday mornings to deliver groceries from Harrison Hy-Vee. Times flexible.

Quincy Symphony Orchestra: have immediate openings for volunteers to deliver posters to Quincy businesses.

Illinois Veterans Home: volunteers are needed to help with dementia patients to assist with activities.

Blessing Hospital : has shifts available for the following service areas: Tea Room waitresses and cashiers, Hospitality House host, Surgical Waiting Room, Radiation Therapy, Surgery Center, Blessing Health Center at lobby desk, and BHC Diagnostic Center.

Adams County Health Department needs volunteers for Medical Reserve Corps to help with registration and marking bicycle helmets for children. No medical training needed.

JWCC: needs volunteers in the Library to count everyone coming in from 8:00 am-5:00 pm, Monday-Friday, October 7-11, 2013. Volunteers would work 2 hour shifts.

Safety Preparedness Fair

The Adams County Medical Reserve Corps and its volunteers are hosting a Safety Preparedness Fair on September 25, 2013 from 4:30pm-6:30pm at the Adams County Health Department. They are sectioning off the northeast section of the parking lot for the booths and vehicles. MRC volunteers promote healthy living and respond to emergencies in the Adams County area. The volunteers thought it would be worthwhile to show the community a preview of the services that they offer at this event. RSVP will be hosting a booth at this event. If you are interested in helping, please contact the RSVP office.

No one is useless in this world who lightens the burden of someone else.

- **Benjamin Franklin**



Prescription Discount Card Program

The City of Quincy has a program sponsored by the National League of Cities that offers free prescription discount cards to city residents. This discount card offers an average of 23% savings off the retail price of prescription medications. This discount card can be used by all residents of Quincy and has no restrictions based on age, income level, or existing health coverage. The card benefits not only those without insurance, but can also be used by under-insured residents to obtain prescriptions that are excluded from health benefit plans. The card can be used at approximately 11 pharmacies around the city. There is no enrollment fee or membership fee and covers all family members.



Citywide Cleanup

The annual Citywide Cleanup will be held on Saturday, September 28 from 6:00am to 4:00pm at the lot on Front and Delaware Streets. Allied Waste Services has again been contracted to conduct the event. Residents will be required to show proof of address to gain access to the disposal area. Employees of Allied Waste will be on hand to help residents dispose of bulky or large items. Residents will be directed to dispose of most smaller items themselves and are urged not to overload bags and containers beyond their ability to manage.

Recycle bins are available to pick up from Quincy's Department of Central Services between the hours of 7am-3pm.



Blessing Hospital Volunteer Fair

Blessing Hospital will be holding a Volunteer Fair on September 30, 2013 from 8am-5pm. **Barb Richmiller** and **Sharon Wharton** will be representing RSVP with an information table. If you would like to help represent RSVP, please call.

Dorothy Yackley Receives Award

At the Chapter 96th Annual Meeting on June 20, **Dorothy Yackley** received the Clara Barton Honor Award for Meritorious Volunteer Leadership.



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Adams County

RSVP

Lead With Experience

Volunteer Opportunities

RSVP: Drivers needed for local and long distance medical transportation.

John Wood Mansion: volunteers needed to give tours of the Mansion and work in the gift shop. Hours vary.

If interested in any of these opportunities, call the RSVP office.



United Way
of Adams County, Inc.

RSVP is a United Way Funded Agency

We're on the web!
jwcc.edu/community/rsvp