

Retired and Senior Volunteer Program

Volunteer Voice

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Jim Fisher Receives Governor's Award

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RSVP Volunteer Jim Fischer recently won a Governor's Volunteer Service Award for his assistance to the Quincy Disabled American Veterans program.

Fisher recently celebrated a ten year service milestone with the Retired and Senior Volunteer Program (RSVP), and nine of those years have been spent driving disabled veterans to their medical appointments at the Veterans Administration Hospital and Clinic in Io-

wa City, Iowa.

Every Tuesday and Wednesday, Fisher begins the 131 mile one way trip with a van full of veterans at 4:30 in the morning. On the way he sometimes picks up other veterans in places such as LaGrange, Mo and Keokuk, Ia. Once there, he will spend an average of six hours waiting while the veterans attend their medical appointments.

Fisher's experience as a truck driver is what led him to help the DAV and driving the veterans. He plans to continue his volunteer mission as long as he is able. By sharing his story of serving these American heroes, he hopes to inspire others to do the same.

"Jim has helped fill a vital need in our community," said Julie Bates, Director of RSVP. "He



considers each of the individuals he helps get to Iowa City a hero."

"I just want to help those guys," Fisher said. "They've been kicked around their whole lives."

Awards were also given to Hy-Vee on Harrison for their 25 year support of RSVP's Carry-out Caravan, assembling grocery orders to deliver to those unable to shop for themselves, and the late Dan Dietrich for his 26 years as a literacy tutor for the JWCC Adult Volunteer Literacy Program.

Facebook Good for Your Brain?

According to an article by Rachael Rettner, *My Health News Daily*, early results from a small study indicate that older adults may get a mental boost from using Facebook. According to the article, "after eight weeks, people in the Facebook group performed 25% better than they did at the study's

start on a task that measured their ability to focus on relevant information while a stream of new information is presented—a mental process the researchers refer to as updating."

The article states that for people who don't want to join Facebook, other tasks may have similar ef-

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From the Director's Desk

I would like to start by thanking everyone who attended our Senior Corps Carry-In Luncheon & Raffle on May 9. We had a marvelous turn out and lots of delicious food.

A BIG thank you to all the volunteers, station staff, friends and family members that either purchased raffle tickets or gave a donation to the program. This annual raffle is one of RSVP's major fundraisers. Raffle money raised will directly benefit the RSVP program.

Our funding from the City of Quincy has been cut another 20% this year. This is the second

year of a five year phase out of funding from the City. In three years RSVP will no longer receive funding from the City of Quincy. Raffle

Your volunteer efforts really do make our program what it is today.

ticket sales and donations meant even more to the

program this year. I appreciate your generosity.

As some of you know, RSVP had to compete for the first time in 40 years for federal grant funding. I am thrilled to announce that the Corporation for National & Community Service (CNCS) has awarded Adams County RSVP another three year grant.

Please keep up the good work and know that your volunteer efforts really do make our program what it is today.

Julie Bates

Bickford BBQ

Friday, June 14th

All veterans are invited to attend a Veteran's Day BBQ at Bickford 4221 Maine Street.

The picnic begins at 4:30.

All Veteran's are invited to bring a guest. Please RSVP with the number attending to 228-0800.

Volunteers are also needed for this event to help veterans carry their meal back to their table.

In a 2012 study on volunteering, 27.6% of people ages 55-64 and 24.4% of people age 65 and older, spent an average of 50 hours a year volunteering.

According to Independent Sector, a leadership network for non-profits, the average economic impact of one hour of volunteering is worth \$22.14.

The majority of those who volunteer, 42.1%, became involved on their own initiative—they approached the organization without being asked to help.

Did You Know?

Did you know that RSVP is just one of three Senior Corps service programs? In total, there are more than 17,000 seniors in Illinois who contribute their time and talents in the three Senior Corps programs. The vast ma-

majority of these are RSVP volunteers—more than 15,000 members statewide, serving more than 1,800 nonprofits across Illinois! About 1,200 Foster Grandparents serve one-on-one as tutors and mentors and another 430 Senior

Companions help more than 820 homebound seniors and other adults. Senior volunteers do so much for so many!

This is one reason why it is so important to turn in your time sheets. Let others see the difference you are making!

Recipe Fund Raiser

RSVP will be collecting recipes to put together an RSVP recipe book. You can mail your favorite recipes to our office, email them to sbonness@jwcc.edu, or stop

by and drop them off during our regular business hours. All recipes will be typed, organized and sold as books for a fund raiser.

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 annual recognition banquet free of charge. We don't want you to miss it this year!

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. We do not get any of the hours entered on the computers at Blessing Hospital so you must fill out a pink sheet for us. An electronic form can be sent out to you or you can call the office to report your hours and we will fill out the form for you. You can also report your hours and where you volunteered by e-mailing

them to sbonness@jwcc.edu. We strive to make this as convenient as possible. If you are out of pink sheets let us know so we can mail some to you. Blank pink sheets are available at the Senior Center, Blessing Hospital and Good Samaritan Home. 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!

Wilma Burke Receives Award for Volunteering

On Tuesday May 14th, Wilma Burke was announced as Villa Kathrine's Volunteer of the Year.

Wilma has been volunteering at the Villa for thirteen years by greeting visitors, handing out maps, giving directions and taking money for tours and merchandise.

Wilma also volunteers at

the blood bank for the Red Cross.

In the past, Wilma has also volunteered in a clerical position for the Red Cross as well as helping at the information desk at Blessing Hospital, volunteering with Neighborhood Assistance at Adams County Senior Citizens Council and served as

a tutor/mentor for Quincy Public Schools and the Washington Afterschool Program.

Wilma joined the Retired and Senior Volunteer Program in 2002 and has volunteered a total of 1,716 hours.

Before joining RSVP, Wilma worked at St. Mary's Hospital for thirty years as a unit clerk.

Carry-In Luncheon

We held our annual Carry-In Luncheon on May 9th in celebration of Senior Corps Week. There was an ample supply of delicious food and a good time was had by all. We even made the news! Check out some of the photos we snapped! For more photos and a list of raffle prize winners, see page 5.



Volunteer Opportunities

- **Quincy Museum 16th & Maine Street:** Tues afternoons from 1-4, greet visitors and take money at door. Can help at gift shop and conduct tour of main level if comfortable. Some Saturday and Sunday afternoon shifts available.
- **Quincy Community Theatre Oakley Lindsey Center:** Friendly, energetic volunteers invited to attend summer training sessions. Positions available include: light board operation, sound board operation, stage management, ushering/box office and delivering posters to local businesses.
- **JWCC Community Education** department needs administrative help. Duties would include data entry, and answering the phone.
- **Villa Kathrine Friends of the Castle** have immediate openings for volunteer hosts. Duties include greeting visitors, sharing information about the area, collecting admissions for tours and handling souvenir sales.
- **MADD Illinois:** court monitor for DUI cases. Must be a good listener and communicator with reliable transportation and no previous DUI conviction. 8:30-4:30 when court is in session. Training provided by MADD Illinois.
- **RSVP Advisory Council** members needed for a three-year term.

Raffle Prize Winners

Raffle Prize

\$200 grocery gift card
 \$200 grocery gift card
 \$50 gift certificate toward trip
 JWCC bag with mugs, t-shirt, notepads
 Flashlight/tool kit
 Villa Kathrine watercolor
 One Kroc Center day pass, t-shirt, pen, backpack
 LCD touch panel phone with speaker and caller ID
 One Quincy Park District t-shirt and batting cage or mini golf pass
 One Quincy Park District t-shirt and batting cage or mini golf pass
 \$10 gift card to QYo sweet café
 Solar Hurricane light and Godiva chocolates
 \$20 Hy-Vee gift card
 Tracy Girls' cookbook
 Handmade scarf and potholders
 Wicker gift basket
 \$25 gift card to County Market Express

Donated by

Harrison Hy-vee & RSVP
 County Market & RSVP
 Vincent Tours
 JWCC
 Bob Druffel
 Friends of the Castle
 Kroc Center
 Kroc Center
 Kroc Center
 Kroc Center
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 Quincy Park District
 Quincy Park District
 Quincy University
 Shirley Murphy
 Barb and Brad Richmiller
 Alzheimer's Association
 Sandra Davis
 Peoples Prosperity Bank
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Prize Winner

Margaret Andrews
 Cathy Myers
 Cindy Perry
 Brent Fischer
 Kenny Randall
 Lance Whitaker
 Norma Schneider
 Carla Gosney
 Sharon Baker
 Ginny Jorgensen
 Wilma Moran
 Pat Stegeman
 Kevin Stratton
 Derv Garrison
 Roberta Winkleman
 Melba Zimmerman
 Helen Dagget
 Jerry Hickey
 Martin Miller
 Marcia Cramsey



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Adams County

RSVP

Lead with experience...

We're on the web!

jwcc.edu/community/rsvp

Facebook cont.

fects. It suggests that staying mentally, physically and socially active in old age helps maintain or boost cognitive function.

“Learning new activities, volunteering or exercising are some ways to stay active.” Of course, those of us at RSVP have known about the health benefits of volunteering for many years. In fact, that is one reason that RSVP was created 40 years ago.

So, take care of your brain. VOLUNTEER, stay active and, if you are using Facebook, be sure to LIKE US: Adams County RSVP, on Facebook.

Check out our Quote Corner, photos of volunteers in action and other information about what's going on!

Volunteer Opportunities cont.

- **Disabled American Veterans:** need a driver to take a van to Iowa City to transport veterans to their medical appointments. No special license needed.
- **RSVP:** Drivers needed for local and long distance medical transportation.
- **Quincy Fire Department:** volunteers needed to respond to structure fires and set up shelters in an effort to rehabilitate firefighters while they work to put out the fire.
- **Bickford of Quincy** needs volunteers to come in and interact with residents during activities, or to introduce new activities.
- **Blessing Hospital** has shifts available for the following service areas: Tea Room table waiting, Hospitality House host, Surgery, Cancer Center, Nurse Server, Surgical Waiting Room, Blessing Foundation clerical, shuttle driver, Blessed Beginnings visitor monitor.
- **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 a volunteer with a manufacturing background in welding, electric, CAD or CNC to serve as a career coach for students.
- **Workforce Development Center** needs a volunteer to help students with soft skills, resume development, and interviewing techniques.

Like us on Facebook at Adams County RSVP!!