



## 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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### EXTREME HEAT AND YOUR HEALTH

- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.
- People with a chronic medical condition are less likely to sense and respond to changes in temperature. In addition, they may be taking medications that can worsen the impact of extreme heat.

### Save the Date

- 7-21-14 DAT Call  
Center Drill
- 7-25-14 Volunteer  
Orientation at the  
RSVP Quincy office
- 10-22-14 41st Annual  
Recognition Banquet

## The Winner Is...



**D**elores Thomas was the winner for April and Rosalie Blentlinger was the winner for May in our new monthly recognition drawing contest. RSVP staff will draw a name from all the Timesheets turned in for each month. **Since the pink Timesheets are due by the 7th of each month**, the drawing will take place the middle of each month for the prior month's timesheets. So...**turn your timesheets in on time** and you could be the next big winner!

**P**aul Brown is our very first winner in our new **Refer a Friend Contest**. We track all the names of those current members who referred a new volunteer who turned in their first Timesheet. On or around the 7th of the month following the end of the quarter, we have the drawing and announce the winner. The prize is a surprise!

## Hazel Mills Receives Award

**H**azel Mills, retired registered nurse and active RSVP volunteer, received the 2014 Blessing Nurses Alumni Association Nurse of the Year award at the group's annual banquet. Hazel is a 1947 graduate of Blessing Hospital School of Nursing, now known as Blessing-Rieman College of Nursing. She spent more than 40 years in the nursing profession before retiring in 1989, including 33 years at Quincy Clinic and 5 years at Blessing Hospital.



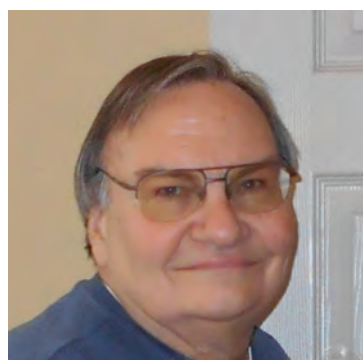
## Ron Larner Named Villa Kathrine Volunteer of the Year

**T**he *Friends of the Castle* awarded Ron Larner the "Volunteer of the Year" for 2014 at their 36th Annual Meeting held at the Villa Kathrine. Ron has been a Volunteer Host at the Villa since 1995. He also served as Membership Chair for the *Friends of the Castle* for three years and Board of Trustees member for three years..



## Paul Brown Named Kiwanian of the Year 2013

**Q**uincy Gem City Breakfast Kiwanis selected Paul Brown as Kiwanian of the Year for 2013. He is a charter member of the club and a past president. During 2013 Paul led the year-long 35th anniversary celebration of the club's founding.



**WE**   
**VOLUNTEERS**

## Carry-In Luncheon

We held our annual Carry-In Luncheon on May 21st in celebration of Senior Corps Week. There was a great selection of delicious food and a good time was had by all! More pics on page 4.



## Raffle Prize Winners

2014 RAFFLE PRIZE LIST	DONATED BY:	WINNER
\$200 grocery gift card	Harrison Hy-Vee & RSVP	Faylene Knuffman
\$200 grocery gift card	County Market & RSVP	Grant Hildebrand
\$50 gift certificate toward trip	Vincent Tours	Judy Caspermeyer
JWCC Drawstring bag with tumbler, t-shirt	JWCC	Betty Thomas
5 (1) day passes to Kroc Center	Mt Sterling YMCA	Alvin & Dorothy Obert
Villa Kathrine watercolor/matted & framed	Friends of the Castle	Sandy Winner
\$25 Walmart gift card, tote & t-shirt	Sunset Home	Alex Bicket
Hummingbird feeder	Comm for Christ Assistance Ctr	Becky Grimm
"Wish You Were Here" historic postcards book	a friend	Alan Prewitt
5 (1) day passes to the Kroc Center	The Salvation Army/Kroc Ctr	Loretta Garrison
"Think Proactive,Live Well" gift basket	North Adams Home	Kitty Crandall
T-shirt, 6 passes to pool & batting cage	Quincy Park District	Kay McDaniel
\$20 Friday's Cash, Free appetizer card	TGI Fridays	Jeanette Winking
\$30 Friday's Cash, Free appetizer card	TGI Fridays	Vicky Hayden
Coffee mug,t-shirt, fitness center pass	Quincy University	Amy Glascock
Coffee mug,t-shirt, fitness center pass	Quincy University	Winnifred Hayden
\$20 Hy Vee gift card	Barb Richmiller	Viola Schmiedeskamp
Tracy Girls' cookbook, hand-blown glass globe	Alzheimer's Association	Betty Utterback
Gift Basket valued at \$65	Blessing Hospital	Brent Fischer
Tote bag,recipe book, mug, book	Quincy Public Library	Freda Parn
4 decorative Christmas Mugs	a friend	Steve Manker
RSVP filled "Goody Basket"	Adams,Brown,Pike County RSVP	Don Altheide
RSVP filled "Goody Basket"	Adams,Brown,Pike County RSVP	Norma Schneider
RSVP filled "Goody Basket"	Adams,Brown,Pike County RSVP	Ken Laaker
1 Yr family membership-Quincy Art Ctr \$40.	Quincy Art Center	Wilma Moran

## More Carry-In Pictures:



## Volunteer Opportunities

**RSVP** needs a volunteer to work Mondays once a month to take grocery orders for Carry-Out Caravan 8:00am-1:00pm.

**Madonna House** volunteer needed to help with light clerical duties-hours flexible

**Kroc Center** needs volunteers to help their Front Desk Supervisor with filing on Tues & Wed 7:00am-9:00am or 5:00pm-7:00pm

**Salvation Army Thrift Store** needs help Mon-Sat, 9:00am-5:00pm sorting and stocking new items. Volunteers also needed to help during local disasters (mostly fires). They would be on call 2-3 weeks every 3-4 months.

**American Collectibles Museum at 301**

**Oak Suite 4-3** brand new museum in Quincy needs help with data entry. The museum is open Monday –Saturday 9:30-5.

**SCORE** needs retired managers to assist small business owners-hours flexible

**RSVP** Local and long distance medical transportation drivers needed

**John Wood Mansion** needs volunteers for tours of the mansion and help in the Quincy's History Shop handling souvenir sales

**Quincy Senior Center Meal Site** clear off tables 12:00-1:00pm Monday-Friday: they provide a free lunch at the Senior Center

**JWCC** GED and ESL Tutors needed

Public Relations office needs help scanning old photos into the computer.

**The Quincy Museum** needs volunteers to assist with special occasions and events.

Volunteers are also needed to staff the front desk, greeting visitors and giving tours.

Tour Hours: 1-5 Tues through Sunday

**Blessing Hospital**

*Mail Messenger:* Tuesdays (1:30-3:30pm)

must be able to push carts to offices on floors; also need subs

*Surgery Waiting Room:* Tues and Wed 7:00am-noon also subs

*ICU Waiting Room:* Fridays 7:00am-noon

*Nurse Server Replenisher:* flexible hours

*Hospitality House:* varied shifts available

## Volunteer Opportunities

### State's Attorney Victim-Witness Program

Need volunteer help in the courtroom and with restitution in the Quincy office. No prior experience needed.

**Villa Kathrine** has immediate openings for volunteer hosts. The Villa is Quincy's Official Tourist Information Center. Duties include greeting and helping visitors, collecting admissions for tours and handling souvenir sales.

### **Bickford Assisted Living & Memory Care**

looking for special volunteers to go through "memory baskets" and interact with memory care clients.

**Quincy Art Center** Volunteer to keep the entry foyer "pretty and inviting" for visitors.

**Unity Point at Home** has openings for volunteers to sit with hospice clients in their home.

**Illinois Veterans Home** Volunteers needed to push wheelchair residents from the various units to the multi-therapy building and back. Volunteers to help the activity personnel with dementia patients. Volunteer to visit 90 year old retired teacher and WWII Navy Veteran. He's wheelchair bound and very hard of hearing. His mind is sharp and he loves to talk.

**Sunset Home** Ice Cream Shop

**Meals on Wheels** Drivers needed for Mondays, Wednesdays and Fridays. Bag bread for delivered meals 8:30am-9:30am Monday-Friday lower level outside the kitchen at Senior Center. Wrap silverware for meal site. Will provide volunteers with free lunch at Senior Center.

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



## Resource Expo at Quincy Senior Center held May 22

We had a great time visiting with all the volunteers who visited our booth at the Resource Expo held at the Senior Center on May 22. Many thanks to Marsha DeJaynes who came and helped out from our Pittsfield office.



Connie Hornsey, Julie Bates, Cathe Grove

## Message from the Director

Update on President Obama's proposed budget: In early June the Senate Labor-HHS subcommittee rejected the Obama Administration's proposal to restructure and eliminate RSVP. It also rejected his proposal to cut RSVP by two thirds and fold the remaining third into the Volunteer Generation Fund. The Senate subcommittee bill recommends funding the senior programs at \$202.1 million. This is the same level of funding as last year. This is a great victory for RSVP but, the fight is not over. Now we must turn our attention to the House and hope the House appropriators will agree with the Senate.

This is a prime example as to why it is so important for you to report your volunteer hours. Remember **EVERY hour counts!** If you know someone who is volunteering that is not a member of RSVP please encourage them to join so we can continue to strengthen our numbers. Thanks for all you do to keep our program strong.

# RSVP CARRY-IN

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- CELEBRATE
- COOKBOOK
- FUNDRAISING
- LIBRARY
- POSTCARDS
- SENIOR
- WATERCOLOR
- ASSISTANCE
- CERTIFICATE
- DONATION
- HOSPITAL
- LUNCHEON
- RAFFLE
- TICKET
- BASKET
- COMMUNITY
- DRAWING
- HUMMINGBIRD
- ORGANIZATION
- RESERVATION
- UNIVERSITY

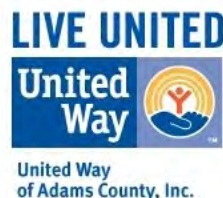
Adams County

# RSVP

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Corporation for  
**NATIONAL &  
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 SERVICE**



RSVP is a United Way Funded Agency