



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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Here are some spring cleaning safety tips to help you out along the way:

1. **Safety First:** Try to fall-proof your home by securing rugs, clearing high traffic areas such as staircases, and hiding all loose cords and electrical cords. Check all lighting and replace burned out bulbs so you have enough light to move freely without the risk of tripping or falling due to lack of light. In the kitchen, remove infrequently used appliances off the counter, organize cabinets, create front row spaces for frequently used items, and clear out the refrigerator and pantry of stale food.
2. **Check the Medicine Cabinet:** Clean out the medicine cabinet and dispose of expired medications or those no longer prescribed.
3. **Clean Up Clutter:** Don't be afraid to get rid of items you won't use. Recycle what you can, toss things that are broken, can't be reused or donated. Talk to family members about possibly sending them keepsakes or items you would like to give to them.
4. **Organization:** Organize financial and legal documents into appropriate files. Shred anything that contains personal information, especially anything with account numbers, social security numbers, birth dates and phone numbers. Make sure you have talked to trusted family members about locations of important papers and information they may need to access.
5. **Emergency Plan:** In case of an emergency such as a fall, attempted burglary, or a kitchen accident, do you have important numbers on speed dial? Know who to call in an emergency and have your phone programmed. Emergency kits should be checked and restocked with general contents including a flashlight and spare batteries, thermometer, Band-Aids, scissors, tape, triple antibiotic ointment, wound care dressings, allergy and digestive medications, protein bars, and a current medication list.

Save the Date

1. **5-21-14** Annual Carry-In Luncheon starting at noon at Salem Church—BE THERE!
2. **5-22-14** Resource Expo at Quincy Senior & Family Resource Center from 10am-2pm. Stop by to visit the RSVP booth!

Spring Cleaning Cont.

6. **Annual Maintenance:** Test your smoke and carbon monoxide detectors, fire extinguishers, and change batteries in all safety appliances including flashlights and phones. Have your air conditioning system inspected and maintained and vacuum accessible air ducts.

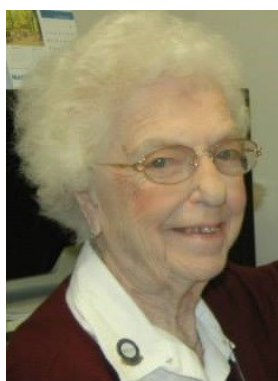
7. **Cleaning Products:** Use non-toxic products, such as vinegar and water as opposed to a chemical solution. Never mix household cleaning products. Use cordless cleaning tools and lightweight equipment which are easier to use.

8. **Garage:** Pay special attention to flammable and hazardous liquids such as gasoline, old paint cans or solvents. Ensure safety caps are working and in place and that they are not stored near a heat source.



In The News

Our very own RSVP office volunteer, Ginny Jorgensen, celebrated her 90th birthday on March 26, 2014. Ginny has been a volunteer in the RSVP office for 27 years. Ginny was honored with a breakfast held at Crazy Cakes attended by the current RSVP staff along with retired RSVP director, Carla Gosney, and retired volunteer coordinator, Kathy Clark. Ginny has been vital to the operation of the RSVP office over the years and is always ready with a smile and a quip!



Happy 90th Birthday Ginny!

Resource Expo 2014

The Quincy Senior and Family Resource Center is sponsoring their eighth annual Resource Expo. This is an informational Expo for seniors and persons with disabilities. They are having a motivational speaker along with live entertainment and demonstrations throughout the day. Lunch will be served from 11:00am to 1:30pm. There will be a raffle, giveaways, door prizes, and a 50/50 drawing.

Save the date of May 22, 2014 from 10:00am to 2:00pm, 639 York, Quincy. Please stop by and visit the RSVP booth!

Volunteer Carry-In Luncheon

Mark your calendars for our annual Carry-In Luncheon to be held at noon on May 21st at Salem Church Hall in celebration of **Senior Corps Week**. The cost of the meal is a covered dish. RSVP staff and Advisory Council will provide the table service, drinks, meat and 3 side dishes. Friends and family are welcome. The invitation and a list of the raffle items along with tickets have been mailed out. See you there!

Timesheet Reporting

For those of you who volunteer for **Meals on Wheels**, the Quincy Senior Center is no longer reporting volunteer hours for that program to RSVP because of changes in their personnel. Please record those hours worked on your own monthly Volunteer Timesheet. If you perform Neighborly Assistance, please be sure to also include those hours. **Neighborly Assistance** includes taking neighbors to the doctor, bank, grocery store, hairdresser, helping with laundry, cleaning, mowing the yard, cleaning up after a storm, snow removal; sending a card or letter to a shut-in or someone who lives alone; writing or sending packages to the armed forces; making calls to check on someone or visiting them; reading to, writing letters, addressing/posting monthly bills, and many other acts of kindness to someone who's not a family member.



The Winner Is...

Edith Shiraki was the winner for January, Sally Johnson was the winner for February, and Bev VanLeer was the winner for March 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!

Mary Wilson and Rick Smith were both winners from the drawing held at our booth at the **Curtis Creek Senior Expo** held on February 25th.

Paul 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!

RSVP Fund

The Foundation office of John Wood Community College has created a wonderful avenue for donations to the RSVP program. They have established a fund in the name of Adams, Brown & Pike County RSVP. Any money you contribute to this fund will be used directly for RSVP programs and events. Keep this fund in mind when establishing a memorial for loved ones.

Emergency Readiness Full Scale Disaster Drill

The Medical Reserve Corps in conjunction with several other area agencies, is helping to host a Full Scale Disaster Drill on June 28th. This drill will take place at Flynn Stadium in Quincy. They are needing 50 volunteers to assist in the drill to act as participants/victims.

Disaster Activation Team (DAT)

We are recruiting those individuals who may be interested in volunteering for the **Disaster Activation Team (DAT)**. 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. Call our office to sign up!

Message from the Director

President Obama released his proposed budget on March 4th. If passed, this proposal could have a major impact on RSVP nationwide. RSVP is funded primarily through the Corporation for National and Community Service (CNCS). In light of this proposal CNCS has made changes on how they will allocate the proposed funding to their agency programs. The CNCS budget calls for a reduction in funding for RSVP and the elimination of two-thirds of RSVP programs nationwide. CNCS will choose the RSVP programs that will continue to exist based on what programs they feel are the "most competitive".

This is a reminder of why it is so important to send in your timesheets each month. The data gathered from your pink sheets helps us report vital statistics to our government officials. It is also a way for us to let the public know about all the great things seniors are doing in our community. We will keep you updated on any new information we receive regarding this proposal. In the meantime please help us keep our program strong by doing what you do best – **VOLUNTEERING**.

Volunteer Opportunities

Family Planning 636 Hampshire Street

Suite 201 2 volunteers to help with a project to rebill for certain services from January 2013 – January 2014. Work on your own schedule Tues – Fri 8-5.

UnityPoint at Home has opening for a volunteer to sit with a hospice client in their home.

Quincy Community Theatre

Opportunity for 6-8 volunteers to deliver posters advertising upcoming productions for this season. Volunteers will pick up 18-10 posters to be delivered to Quincy businesses.

American Collectibles Museum at 301

Oak Suite 4-3 A brand new museum in Quincy, is in need of some volunteer help with data entry. The museum is open Monday –Saturday 9:30-5.

The Quincy Museum is looking for folks who would like to assist with special occasions and events such as the Folk Life Festival in September. Volunteers are also needed to staff the front desk, greeting visitors and giving tours. Hours for tours are from 1-5 Tuesday through Sunday.

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.

Volunteer Opportunities

John Wood Mansion 425 South 12th

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

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

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

RSVP Local and long distance medical transportation drivers needed

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.

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

JWCC GED and ESL Tutors needed
Public Relations office needs help scanning old photos into the computer.

Early Childhood Center help needed with booths and games at Carnival Night on May 15 from 5:00pm-7:30pm at the Center.

Bridge the Gap 2-3 volunteers needed at the water station on May 17th



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.

Blessing Hospital

MEN of Blessing: varied shifts

Mail Messenger: Mon & Tues afternoons

Patient Flower Delivery: Monday afternoon

Surgical Waiting Room: Wed (7am-noon)

Tea Room: various shifts available

Surgery Center at Hampshire: Tues morning

Blessing Health Center Lobby: Mon and Tues (8am-noon)

Diagnostic Center: Tues,Thurs,Fri mornings

ICU Waiting Room: Wed mornings available

Nurse Server Replenisher: flexible hours

Radiation Therapy: morning and afternoon shifts available

JWCC Career Center

Beginning in August, volunteers are needed to aid students by offering resume advice, answer phones, and receptionist duties in the new Career Center located in the Heath Bldg. on JWCC main campus. Hours: 3:00-6:00pm, Monday-Thursday.

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



15 Great Reasons to Volunteer

- Help others
- Make a difference
- Find purpose
- Connect with your community
- Contribute to a cause you care about
- Use your skills in a productive way
- Develop new skills
- Meet new people
- Have fun
- Improves self esteem
- Get out of the house
- Explore new areas of interest
- Its good for you
- It saves resources
- Build your resume



Summer hours for RSVP will begin on May 19th: 7:30 am—4:00 pm Monday through Friday. The doors will be locked at 4:00 pm and the phones will go directly to the answering machine. Summer hours will end on August 8th and we will return to our normal 8:00 am—5:00 pm schedule.

Volunteer Orientation for RSVP will be held on Friday, June 7, from 9:30am-11:00am at the Kinscherff Center. Light refreshments will be served. Please call the RSVP office to make your reservation.

“Don’t Go Breaking Your Heart” - A free, live presentation by Dr. Monty Karoll on heart, brain, vascular and bone health will be held on June 4th, 10–11am at the JWCC Paul Heath Center, Room D023. Complimentary muffins, fruit, coffee and tea will be served. A drawing will be held for a gift certificate for a free Ultrasound Carotid Screening or a free Bone Density Screening. Call RSVP at (217) 641-4961 by Friday, May 30 to make your reservation— space is limited.

Senior Police Academy 2014

West Central Illinois Area on Aging, Quincy Police Department, and the Quincy Fire Department are sponsoring the 2014 Senior Police Academy. It will be held May 7-28 on every Wednesday from 2:00pm-4:00pm at the Quincy Senior & Family Resource Center, 639 York, Quincy. Please call 217-223-5700 or 800-252-9027 for reservations. On May 28 at 5pm there will be a Dinner/Graduation Banquet.

ADAMS, BROWN & PIKE COUNTY RSVP



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- ADAMS
- ADVISORY
- BENEFITS
- BROWN
- CONFIDENTIAL
- COUNCIL
- GROCERIES
- INSURANCE
- LUNCHEON
- OPPORTUNITIES
- ORIENTATION
- PIKE
- PROGRAM
- RECOGNITION
- REFER
- RETIRED
- SENIOR
- SPOT
- STATIONS
- TRANSPORTATION
- VOLUNTEER

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