



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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Save the Date

- **June 25, 2015:** Job Fair at Quincy Senior & Family Resource Center with special session for the senior worker. 9:00am—Noon 639 York Street, Quincy

Almost every summer, there is a deadly heat wave in some part of the country. Too much heat is not safe for anyone. It is even riskier if you are older or if you have health problems. If you don't get relief from the heat quickly, you might begin to feel confused or faint. Your heart could become stressed and maybe stop beating. It can cause several illnesses, all classified under *hyperthermia*.

Heat syncope is a sudden dizziness that may happen when you are active during hot weather. If you take a kind of heart medication called a beta blocker or are unused to hot weather, you are even more likely to feel faint. Drinking water, putting your legs up, and resting in a cool place should make the dizzy feeling go away.

Heat cramps cause painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. While your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. These cramps are a sign that you are too hot. Be sure to drink plenty of fluids, but not those with alcohol or caffeine.

Heat edema is a swelling in your ankles and feet when you get hot. Putting your legs up should help. If that doesn't work fairly quickly, check with your doctor.

Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Even though your temperature stays normal, your skin feels cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Heat stroke can be life threatening! You need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. So are people who become dehydrated or those with chronic diseases or alcoholism.

The Winner Is...



Don McCabe won for January and **Betty Gebhardt** won for February in our monthly contest. RSVP staff draw a name from all the pink 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.

Peg Seeley is the winner in our **Refer a Friend Contest** for the first quarter of 2015. We track all the names of those current members who referred a new volunteer who turned in their first Timesheet.

Prizes will be awarded!

In The News

Ruth Ann Scott was named 2015 Volunteer of the Year at North Adams Home in Mendon on April 14. She has been a volunteer in the Special Care Unit for two years. The unit provides care to people with Alzheimer's disease and other types of dementia. She is also co-facilitator of the Quincy Alzheimer's Support Group.



Ruth Ann Scott on left with Vickie Tipton, North Adams Home volunteer director

Mayors Day of Recognition for National Service

Kyle Moore, Mayor of Quincy, acknowledged the contributions to the Quincy area by the Adams, Brown and Pike County RSVP along with the local AmeriCorps members by signing a Proclamation at the Quincy City Council meeting held April 6th. The Proclamation declared April 7, 2015 as National Service Recognition Day and recognized the positive impact of volunteer service to the city; thanked those who serve; and encouraged others to find ways to give back to their community. RSVP is a federal program under Senior Corps, both administered by the Corporation for National and Community Service.



Sarah Bonness, Volunteer Coordinator; Barb Casady, Manager; Ginny Jorgensen, RSVP Volunteer; Connie Hornsey, Volunteer Services; Mayor Kyle Moore; Amy Ash, AmeriCorps Member; Chaundra Bishop, AmeriCorps Member; Emily Andrews, AmeriCorps Alum; Jennifer Hopper, AmeriCorps Program Director-Illinois Public Health Association

By the time a man is wise enough to watch his step, he's too old to go anywhere.

- Billy Crystal

Message from Barb Casady, RSVP Manager

I recently attended a meeting where the speaker asked the group two questions: (1) What are two reasons you volunteer? and (2) What makes your volunteer experience(s) meaningful? This was a room full of volunteers; people, who just like you, give hours of their time to their neighbors and multiple organizations throughout the community.

The discussion that followed was wonderful. Those in attendance began to share their volunteer stories. We heard from people in the room that volunteered because they grew up watching their parents share time and talent with various organizations; several people said their lives had been positively changed because of what a volunteer had done for them and they wanted to give in the same manner; others said that they wanted to give back to a community that had done so much for them and others said (I will admit I was one of them:) they volunteer because they were asked. The flow of the stories were amazing and heart touching. There was a lot of laughter, there were a few tears and it was one of the most powerful meetings I have attended in a long time. Each person volunteered in a unique way that was meaningful to their own lives and touched others throughout the community. At the end of the discussion we could see that the community we lived in was stronger because of the contributions of so many.

I hope while reading this, you will take a few minutes to think about why you volunteer and what it is about your volunteer experiences that are meaningful to you. Then please share your stories with others. I would love to hear from you and learn through your stories. You can email me – stop by the office – or give me a phone call. Thank you for all you give to make your community stronger!

Volunteer Carry-In Luncheon

The annual Carry-In Luncheon was held on May 19th in celebration of Senior Corps Week. A big thank you to all our wonderful volunteers who brought a covered dish. All those goodies along with the what was supplied by Hy-Vee made for a feast! More pics on page 4





Raffle Prize Winners

2015 RAFFLE PRIZE LIST	DONATED BY:	WINNER
\$200 grocery gift card	Harrison Hy-Vee & RSVP	Shirley Murphy
\$200 grocery gift card	County Market & RSVP	Don Hoffman
\$50 gift certificate toward trip/winner's choice	Vincent Tours	Don Adolfs
\$50 gift certificate toward trip/winner's choice	Vincent Tours	Judy Caspermeyer
\$25 County Market Express gift card	County Market	Kayla Hightower
Villa Kathrine watercolor/matted & framed	Friends of the Castle	Mike Reiter
Ticket to Mary Poppins	Quincy Community Theatre	Gary Carter
Ticket to Mary Poppins	Quincy Community Theatre	Trudy Rollins
5 Gallon Cooler filled with picnic supplies	Community for Christ Assistance Ctr	Ken Laaker
1 Cup/ towel and day passes to Kroc Ctr	The Salvation Army/Kroc Center	Derv Garrison
2 pool passes & 2 batting cage passes	Quincy Park District	Steve Shiraki
One month QU Fitness Center Membership	Quincy University	Sue Altheide
\$20 Hy Vee gift card	Barb Richmiller	Jeanette Winking
Tracy Girls' cookbook	Alzheimer's Association	Evelyn Gengenbacher
2 decorative coasters	Blessing Hosp/Quincy Hospitality House	Gail Canavan
2 decorative coasters	Blessing Hosp/Quincy Hospitality House	Glenn Gage
Spring gardening basket	Quincy Catholic Charities	Marty Miller
Spring gardening basket	Quincy Catholic Charities	Nancy Dolan
Thermos, t-shirt and shovel birdhouse	Big Brothers Big Sisters of W Central IL	Betty Thomas
Tote bag with books and coffee mugs	Quincy Public Library	Jane Ippensen
2 Cooks' Night Off Dinner Tickets	Meals Plus for Seniors	Judy Caspermeyer
Bag of "Goodies"	United Way of Adams County	Jeanette Winking
Spring Flower arrangement in basket	Shirley Murphy	Darlene Kerber
2 Admission tickets to the Quincy Museum	Carol Toedte	Gary Carter
1 Cup/ towel and day passes to Kroc Ctr	The Salvation Army/Kroc Center	Steve Manker

Volunteer Opportunities

Blessing Hospital : Discharge Team-volunteers needed at the Moorman Pavilion. Other needs are various shifts in the following: MEN of Blessing; Tea Room Waitresses; Hospitality House; Shuttle Driver needs excellent driving record; and ICU Waiting Room.

Quincy Senior & Resource Center: Needs help with the bulk mailing of News and Views beginning at 8:00am on Friday, June 26.

North Adams Home in Mendon: Needs volunteers for the following: music and crafts; Bingo and other Game Buddies; cooking demonstrations or cooking projects involving residents; one on one visits such as reading/visiting/wheel chair rides; computer work-typing and printing of copies of daily activity sheets; or a special passion you would like to share with the residents.

Meals Plus for Seniors: Needing volunteers to help on a regular basis or as a substitute to deliver meals on wheels. The summer months are a challenge because of vacations. Meals are ready for pick up at 10:45a.m. and it takes about 1 hour to deliver. A free meal at the Senior Center meal site is provided for all volunteers.

RSVP Carry-Out Caravan: needs 2 volunteers to each take one Monday morning a month from 8:00a.m. – 1:00p.m. Job is answering the phone and filling our grocery orders. Usually we receive between 15 and 20 orders each week. Requires legible handwriting and attention to detail.

RSVP Local Medical Transportation: needs additional drivers to help with our large volume of requests. We work around your schedule and do not ask for more than one trip per week.

Volunteer Opportunities

Disaster Activation Team (DAT): Volunteers are trained and then called to assist with the Emergency Operations Center when opened to answer questions and field information to the public in the event of a large scale emergency.

Villa Kathrine: Immediate openings for Volunteer Hosts at the Villa. Duties include greeting visitors, answering questions, sharing information about the area, collecting admissions for tours, and souvenir sales.

Salvation Army: Beginning June 1 help will be needed sorting and pricing items that will be going into the new thrift store. A warehouse with climate control and restrooms will be used temporarily until stocking is complete and the new store is open. Also needed is clerical/secretarial help/receptionist at the Family Services Shelter. Daytime hours Monday-Friday

Volunteer Voices: Looking for men and women who enjoy singing and want to bring enjoyment to residents in nursing and retirement homes. They sing old favorites, a hymn or two, and patriotic songs on Fridays at area homes. Come join the fun! For further information, please contact Peg Seeley, 217-224-3852 or Denise Percy, 217-223-0908.

Medical Reserve Corps (MRC): Is a community-based volunteer program that strengthens and expands the local public health system's response during a health emergency or disaster. Members include medical and non-medical professionals who contribute their unique skills and expertise to prepare for and respond to health emergencies. The Adams County MRC is one of over 900 nationally recognized Medical Reserve Corps units.

If interested in any of these volunteer opportunities, please call our office.

Please complete the below subscription form to receive your **FREE** copy of News & Views published monthly by the West Central Illinois Area Agency on Aging. This is a wonderful publication that includes a calendar of events for the Quincy Senior & Family Resource Center along with a menu, calendar of events for Brown, Calhoun, Hancock, Pike and Schuyler Counties. It also contains many helpful articles and puzzles.

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Adams County

RSVP

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United Way
of Adams County, Inc.

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