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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MESSAGE FROM BARB CASADY

National Volunteer Week – April 15 – 21, 2018

“The spirit of volunteerism, one of the hallmarks of American life, has rarely been stronger than it is today. American volunteers are improving the quality of life in the United States and working to improve the quality of life for others in distant corners of the world.”

The year was 1974. Hank Aaron had just broken Babe Ruth's home run record and UPC codes were introduced as a major new technological innovation. America was in an energy crisis, and in the midst of the Watergate scandal. And on April 20, 1974, President Richard Nixon introduced the first National Volunteer Week with the words above, in an address to the nation.

Seventeen years later, President George H. W. Bush ushered in what many have long recognized as the birth of the U.S. service movement, when he shared the following words, also in a presidential address:

“We all have something to give ... if you know how to read, find someone who can't. If you've got a hammer, find a nail. If you're not hungry, not lonely, not in trouble, seek out someone who is. Join the community of conscience. Do the hard work of freedom. And that will define the state of our Union.”

In the 27 years since then, overall volunteer rates have increased by more than 60 percent and young people are engaged twice as much. Service has been embraced and employed as an effective strategy for addressing big national issues, from raising graduation rates, to supporting the re-integration of post-9/11 veterans, and disaster response. We are in a time of great national service in our country. (reprinted from Points of Light Newsletter – April, 2015)

During this year’s National Volunteer Week we celebrate you the volunteer who touches lives and makes positive impact on the community every day. Your ability to see a job and get it done is...
**Sherry Sparks** won for **January** and **Geneva Davis** 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.

*Winners please stop by the RSVP office to pick up your $15.00 Hy-Vee gift card at the John Wood Community College campus 1301 South 48th Street*

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**Advocacy Network for Children**

In 2013 Governor Pat Quinn signed Erin’s Law which mandates that schools statewide teach age-appropriate sexual assault and abuse awareness and prevention classes. In anticipation of the passage of Erin’s Law, Advocacy Network for Children began exploring possible prevention programs to be an additional resource for schools, churches and other organizations in all nine counties served. The agency chose “P.S. It’s My Body-Happy Bear”. This research-based curriculum teaches children safety strategies and is designed to decrease children’s risk of being abused. Children will learn to recognize welcome and unwelcome touches, practice saying “No” and moving away, and identify trusted adults they can report unwelcome touches to. Children will be reminded that they have the right to say “No” and that abuse is never their fault.

The program includes a Happy Bear personal safety play, a teacher and parent component that provides safety tips, strategies for talking to children about personal safety, and what to do if a child discloses abuse. **They are currently looking for volunteers to give presentations and play the role of Happy Bear.**
Volunteer Opportunities

As you can see, there are many good volunteer opportunities. Please share with others of all ages who might be interested.

**Advocacy Network for Children** - needs CASA volunteers in Adams and McDonough County. CASA volunteers are trained community volunteers appointed by a judge to speak up for abused or neglected children in the court system. Volunteers receive 30 hours of training prior to case assignment. Training includes courtroom procedures, working with social service agencies and the special needs of abused and neglected children. Training is free with training manuals and materials provided. Once trained, CASA volunteers work alongside attorneys and social workers from case inception to its completion. CASA volunteers come from all walks of life and no special experience is required. Trained volunteers will represent abused and neglected children in the Adams and McDonough County court system. Currently there are children waiting for a CASA to be assigned.

**Ladies of Charity** - Do you have some free time on Mondays or Fridays? The Ladies of Charity, 510 South 4th Street, would love to have you come and help at the food pantry, help to sort donations, or help at the counter checking out customers picking up the free clothing and household supplies. Hours are 9:00a.m. – 11:45a.m. and 1:00p.m. – 2:45p.m.

**Blessing** – Volunteer service areas: Animal Assisted Activities, Blessed Beginnings, Blessing Cancer Center, Emergency Department Advocate, Hospitality House, ICU Waiting Room, M.E.N. of Blessing, Nurse Server Replenisher, Radiation Oncology Waiting Room, Safety Volunteer, Surgery/GI Center Discharge Transporter, Tea/Room, Surgery Waiting Room Host/Hostess-regular weekly or substitute shifts are available Monday through Friday from 7am to 4pm. Volunteers must be comfortable in a medical environment.

**Blessing Hospice** Needs volunteers to complete the following: 1. Tuck in Calls: Making calls to patients and possible caregivers on Monday’s and Thursdays. Calls are made from the 936 Broadway office. Questions are provided to volunteer to ask patients to assist their staff in providing quality of care to patients. 2. Patient Care can involve the following: Visiting with Patients ~ This may include sitting at the bed side simply listening and talking with the patient, or assisting with life review. Respite Care ~ allows caregivers to attend their own appointments, run errands or simply to just rest. 3. Administration: Clerical assistance, phones, and data entry. 4. Special events: Memorial Service – usually held in May.

**Villa Kathrine** Seeking volunteers to help with the Tourism Information Center. They offer flexible scheduling. Volunteers work in shifts of 9:00am-1:00pm or 1:00pm-5:00pm. Volunteer hosts greet visitors and offer maps and brochures. Tours of the Villa are also available to visitors. To volunteer or for more information, please call 217-224-3688. The Villa Kathrine is located at 532 Gardner Expressway in Quincy.

**YMCA Rock Steady Boxing** at the Quincy Family YMCA is a program geared toward individuals with Parkinson's Disease. They are in need of volunteers to help run the class. Hours are: Monday/Wednesday 1:00-2:30 and Tuesday/Thursday 10:30am-12:00pm.

**Illinois Veterans Home** If you love popcorn, they have a job for you! Popcorn poppers needed on Mondays 7:30am-10:30am. They also need assistance with wrapping 800-900 hotdogs on Friday, May 25 for their Memorial Day Family Picnic. They will also need volunteers to help serve food to approximately 300-400 people.
American Red Cross - volunteers urgently needed for blood drives in Quincy on a regular basis.

Friends of the Log Cabins - volunteers willing to act as guides to a cabin during group tours of the village. Guides are provided information telling about the cabin and life in the 1800's. Friends of the Log Cabins is also looking for grant writing assistance.

The District - is looking for volunteers who love Quincy and would like to meet and greet people visiting the city. If you are interested in volunteering a few hours a week staffing the front desk at The District office give Meg a call at (217) 228-8696. This is a great opportunity to share your love of the city, meet people from other places, and maybe even learn things about Quincy you didn't know!

American Red Cross—would like to have a group of 6 volunteers to stuff packets for the next smoke detector event. Work will be done at the Red Cross building 3000 N 23rd St. beginning at 1:00p.m. on Thursday, April 12.

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

Severe Weather Facts

• Illinois ranks fifth in the U.S. for the most tornadoes per square mile.

• On average, 50 tornadoes occur each year in Illinois.

• There were 50 tornadoes reported in Illinois in 2017, which resulted in three fatalities, 17 injuries and more than $12 million in property damage.

• Straight-line winds and downbursts from a severe thunderstorm can cause more damage than nearly 75 percent of the tornadoes that occur in Illinois.

• Lightning is to blame for more than 100 deaths in Illinois since 1960.

• Flooding has been a factor in 49 deaths in Illinois since 1995 – more than the number of fatalities caused by tornadoes during the same period.

• Many flood-related rescues, injuries and fatalities have been the result of people in vehicles attempting to drive across flooded roads.
Volunteer Carry-in Luncheon!

**Wednesday, May 23rd**

**12:00 noon**

Help us celebrate Senior Corps Week by attending this event! The cost of the meal is a covered dish. RSVP Staff will provide table service, drinks, and meat. Friends and family are welcome!

The RSVP Raffle Drawing will take place after lunch.

Reservations are preferred and should be made by Wednesday, May 16th by calling the RSVP office at 217-641-4961.

Request for transportation call 217-641-4961
• Mark your calendars for our annual Carry-In Luncheon to be held at noon on May 23rd at Salem Church Hall in celebration of Senior Corps Week. The cost of the meal is a covered dish. RSVP will provide the table service, drinks, and meat. See you there!

• The Quincy Senior and Family Resource Center is sponsoring their 11th Annual Resource Expo. This is an informational expo for seniors and persons with disabilities. Lunch will be served from 11:00am to 1:30pm. Save the date of May 31, 2018 from 10:00am to 2:00pm, 639 York, Quincy. Please stop by and visit the RSVP booth!

• Because of needed building repairs, the Kinscherff Center will be closed until further notice. RSVP is now operating from the Community Based Outreach Offices in the Heath Center at John Wood Community College. We have our own parking space for volunteers in front of the Heath Building. Now our volunteers will have a dedicated place to park when visiting our office!