



Adams County Retired and Senior Volunteer Program

Volunteer Voice

Barb Casady, Manager / Nicole Zulauf, Volunteer Specialist 217-641-4961



RSVP is a program of John Wood Community College



New Staff Member

Susan Abbott has joined RSVP as a part-time staff member who is taking the position that Connie Hornsey held. Susan is a recent retiree from JWCC having previously worked in the Office of Human Resources.

Susan was born and raised in Arkansas and moved to Quincy in 1979. Don't be surprised if you occasionally hear a bit of a Southern twang—you can take the girl out of the South but you can't take the South out of the girl!

Susan and her husband James have a daughter, son-in-law, and one grandson who is a bit spoiled but it's not Susan's fault!

IMPORTANT RSVP UPDATES

This is a difficult newsletter message to write—because there are so many unknowns. COVID-19 is changing the way we volunteer, run our errands, take care of our friends and family, live our lives.

It is vital we do not panic, we do not fall victim to rumors, and we remember that while changes are all around us—this too shall pass. We are a country and community of resilient people.

The most important thing is that you are healthy!!!

- Many of your volunteer locations are closed and they have asked you to remain at home and take care of yourself. **We agree**—remember we are all part of the vulnerable population for COVID-19.
- You will note in this addition of the newsletter—for the first time ever— we have not listed any Volunteer Opportunities. We do not want to put volunteers at risk. If we have opportunities for volunteering that can be done at home, we will send out an email or contact you by phone. Feel free to call our office to see if we have any requests.

I strongly encourage you to use this time to....

- Identify five people who live near you that maybe you met at a volunteer event or, perhaps, they go to your church—give them a phone call and just check in on them, visit with them, tell a joke, share a story. We all need to hear other peoples' voices, know someone cares, keep in touch with our community. Social isolation touches the lives of people of all ages—and it is especially present in the lives of many seniors. We can brighten someone's day with a simple phone call.
- Reach out to the organization where you volunteer—see if they have anything you could do for them while you are home. They might come up with some interesting volunteer experiences.
- Give the Adams County RSVP Office a phone call. We will be available and will very much like to hear from you!

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While there are many unknowns—this we know:

- The Adams County RSVP Office will remain open and available via phone call, email, and text.
 - As I write this newsletter the RSVP Office is still open. That could change if Governor Pritzker makes a decision to close community college campuses.
 - If JWCC closes I will still be available Monday—Friday, 8:00 a.m.—5:00 p.m.
 - Via phone at 217-641-4960
 - Via email at bcasady@jwcc.edu
 - Via text at 217-242-7460—be sure and identify yourself in the text.
 - The Adams, Brown and Pike Counties RSVP Facebook page will remain active.

Because of the unknowns, in this newsletter we have listed some upcoming events scheduled for May. Please put them on your calendar and we will keep you updated closer to the date.

Anita Crowley Receives Citizen of the Year Award

The Exchange Club of Quincy awarded its Citizen of the Year award to Anita Crowley for her dedication to community service, especially with the Adams County Emergency Management Agency.

Adams County Board Chairman Kent Snider said Crowley answered the call of the community during the 2019 floods.

"Her efforts were tireless in making sure that every detail was in order for the regional sandbagging site that managed more than 3,000 volunteers that showed up over seven days to sandbag," Snider said. "Although she is retired, it is early to rise and late to bed with never skipping a beat to make sure her community was doing everything they could to fight the 2019 flood."

Crowley told the crowd that she was shocked by the award.

"I appreciate all the help of everyone, because I think everyone in this audience was there for the flood," she said.

Anita has been key in pulling volunteers together for Adams Co. Emergency Management, Adams Co. RSVP, and Adams Co. Medical Reserve Corps for all disaster preparedness and disaster response efforts. Her work with the 2019 Floods was matched by her work with the 2015 Windstorm. She has also been an important support to the Brown County Disaster Activation Team—a group made up of volunteers from Brown Co. RSVP, the Brown County Health Department, and Brown County Emergency Management.



WINNERS

Kathrine Maas 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.

Connie Scott is the winner of our Refer a Friend Contest for the 1st quarter of 2020. We track all the names of those current members who referred a new volunteer who turned in their first Timesheet

Winners—please call the RSVP Office and we will arrange for you to receive your \$15.00 gift card to HyVee.

CONNECT WITH OTHERS

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk “face to face” with friends and loved ones using Skype or FaceTime, if possible.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.

USE PRACTICAL WAYS TO COPE AND RELAX

- Relax your body often by doing things that work for you -- take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Try to maintain a sense of hope and positive thinking -- consider keeping a journal to write down things you are grateful for or things that are going well.

We are still hoping we will be able to hold the Volunteer Carry-In Lunch in May. However, we realize that may not be possible so please mark your calendars and we will keep you updated closer to that time.

RSVP Volunteer Luncheon!

Wednesday, May 20th, 2020

12:00 noon

Salem Evangelical United Church of Christ
Church Hall

435 South 9th St.

The corner of 9th St. and State St.

The following are all dates/times for events in the near future. Because of COVID-19 things are changing daily. We will be positive and hope that we are back to more regular schedules in the very near future!! So—you can mark your calendars and, as we get closer to the dates listed below, we will keep you updated.

Please note if the Governor of the State of Illinois closes community college campuses, John Wood Community College will close and the Adams, Brown and Pike Counties RSVP Offices will close. RSVP staff will work from home—so you can continue to call our RSVP Office phone numbers or email us and we will respond as quickly as possible.

- ◆ **Barb Casady—217-641-4960, bcasady@jwcc.edu,
— you can also text Barb at 217-242-7460**
- ◆ **Nicole Zulauf—217-641-4961, nzulauf@jwcc.edu**

- **Mark your calendars for the Adams County RSVP Annual Carry-In Luncheon to be held at noon on May 20th at the Salem Evangelical Church Hall on State Street. The lunch is a celebration of Senior Corps Week. There is no cost. RSVP will provide the table service, drinks, and meal. See you there!**

- **The Quincy Senior and Family Resource Center is sponsoring their 14th Annual Resource Expo. This is an informational expo for seniors and persons with disabilities. Save the date of May 28, 2020 from 10:00am to 2:00pm, 639 York, Quincy. Lunch will be served from 11:00am to 1:30pm. Please stop by and visit the RSVP booth!**

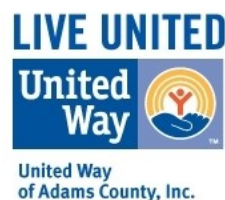
- **Summer hours for RSVP and John Wood Community College begin on Monday, May 18 and end on Friday, August 3. RSVP's summer hours will be:**
 - **Monday through Thursday, 8:00 a.m.– 4:00p.m.**
 - **Friday, 8:00 a.m. – 12:00 noon**

Adams County
RSVP
Lead With Experience

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