



Volunteer Voice

Adams County Retired and Senior Volunteer Program

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Susan Abbott, Editor



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Things to Remember

“News & Views”—Volunteers need to prepare newsletters on Tuesday, August 29, and on Tuesday, September 26, 2023.

Summer hours for JWCC and RSVP end on Friday July 28 and regular hours resume on Monday July 31, 2023.



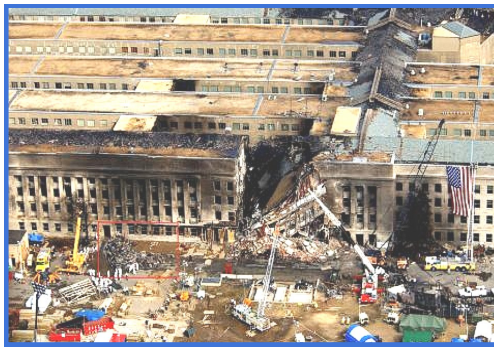
Message from Heath Richmond

I am happy to announce that I am once again a grandpa. McKinley Quinn Richmond was born July 17 in Lakenheath, England. My son, daughter-in law, and oldest granddaughter are all excited for her to finally be here. Kathy and I are anxiously awaiting our trip to see all of them at the end of September. Having another grandchild has more and more made me try to remind myself to not get lost in the commotion of things happening so fast. I think we all need to take time to remember, appreciate, and be present for the small moments that we will never get back. Taking the time to call my WOW (MOM spelled upside down), checking in with a friend we may not have seen for a while, or even just sitting alone watching the sun set—we sometimes get so wrapped up in the “Big Picture” that we forget all the little brush strokes that make it up.

Next month, we have a special day that, as an organization, RSVP will be taking some time to remember. September 11, 2001, is a day I am sure none of us will ever forget but, sometimes, with the passage of so many years, the event itself becomes less sharp—less real. In fact, we have an entire generation of young people who were not even born when that awful day happened. To help us all to recognize what this day meant and what it means, 9/11 was designated as a National Day of Service for all Americans. Adams, Brown, and Pike County RSVP will be doing multiple projects to commemorate this day by once again collecting items for “Care Boxes” which will then be presented to area first responders in all three counties. We will also be participating in other projects around our service area. If you are not able to take part in one of these organized projects, I hope you will take some extra time to remember those who gave everything on that tragic day. One of the things I remember most about the days, weeks, and months following 9/11/01 was how the country came together. It didn’t matter what our political beliefs were, what our ethnicity was, or what our age or social standing was—we came together as Americans and helped one another. As a RSVP program, we try each day to continue to do that, and I want to say thanks to all of you for the time and effort you expend to improve this wonderful community we call home.



Heath



UNTIL IT WASN'T . . .

An ordinary day—a beautiful day. . . until it wasn't. Some got up that morning and routinely put on their uniforms and went to work just as they had done yesterday and would do again tomorrow. Some were probably joking around with colleagues as they checked their vehicles to make sure all were in good, running order. Checking in . . . checking out . . . just an ordinary day—until it wasn't.

Not one of us knows what is coming our way and first responders are no different. At any given moment at any given place, tragedy can and does strike. We want to acknowledge, celebrate, and remember our first responders because we know that each day can turn into disaster in the blink of an eye. These men and women are ready to risk their lives for our safety. On this day of remembrance, we say thank you.

Adams County RSVP volunteers will deliver "Care Boxes" to our first responders on **Monday, September 11**, and we need your help!

- We will need six volunteers to help deliver these boxes to Adams County First Responders Units. Please call the RSVP office at 217-641-4961 to sign up. It will take about an hour of your time.
- We will need contributions of healthy snacks such as snack crackers, energy drinks, bottled water, snack packs, etc. to fill up the boxes. You may drop off your items at the RSVP Office located in the Heath Building in Room D128 on the JWCC main campus in Quincy by Friday, September 8.
- If you would like to write thank-you notes to our first responders, please drop them off at the RSVP Office by Friday, September 8, and we will gladly add them to the boxes.

This is definitely a team effort and we appreciate whatever contribution you are able to make.

9/11 Day of Service at the Illinois Veterans Home



AmeriCorps

Unite in Service. *Never Forget.*



Monday, September 11, we will be honoring the lives and service of those we lost on September 11, 2001. This year, in addition to our Care Boxes for area first responders, we will be combining our annual picnic with a special service project at the Illinois Veterans Home. We will be giving residents who are able a golf cart excursion of the Veterans Home grounds. This will give them the opportunity to see the Deer Park and the buffalo enclosure while they enjoy just being outside. We will also be hosting our hot dog cook-out this same day. We will be needing volunteers to help drive golf carts, to assist our veterans at the residents' halls getting them ready to go on their tour, and to help with the cook-out by serving meals at the Illinois Lake American Legion Pavilion. We will have volunteer opportunities starting at 9 AM until 1:30 or 2 PM. You do not have to commit to the entire time to help with this project. We will also be joined by student volunteers from JWCC.

BBB: Taking Extra Safeguards Against Scams and Frauds

June was Alzheimer's Awareness Month, which reminds us that this time of year is a good time for older adults and their loved ones to take extra safeguards against scams and fraud.

Older adults, especially those living with Alzheimer's disease and dementia, can be more susceptible to scams. Scam awareness is a complex mental task, and it's harder for those who have a condition that impacts memory, thinking, and behavior.

A growing body of research suggests that changes in financial decision-making and difficulty identifying scams may be very early signs of Alzheimer's. Loneliness and isolation are also risk factors for older adults, who may be more willing to trust and befriend scam artists seeking their money or personal information. All of this means that older adults often need extra support to protect themselves from fraud.

If you are a senior or a caregiver, one of the best things you can do is know the signs of common scams targeting older adults. BBB recommends you make a plan for what to do if you or a loved one receive a call or message that you think might be a scam.

Tips for older adults:

If something feels off, tell someone you trust. Ask a family member or friend who can help you tell if a message is safe and legitimate.

Don't give out personal information. Never share sensitive information like your social security number or Medicaid ID with a stranger over the phone or online.

Pay and donate to familiar sources. Stick to charities and stores you know and trust, and be cautious about any unsolicited requests to donate.

Watch out for phone fraud. Scammers often impersonate government agents or bank employees. Remember that caller IDs can be faked and that government agents won't make unsolicited calls. When in doubt, hang up and call the official source to verify who you were speaking with.

Don't click links in emails, especially if you don't know the sender. Scammers can send phishing emails that look like they come from an official source, but actually contain links that download viruses onto your computer.

Beware of urgent requests from strangers. Scammers might try to pressure you into an impulse decision or offer too-good-to-be-true deals. If someone wants you to buy or act immediately, take a step back.

Tips for caregivers:

Watch for warning signs. You may need to talk with your loved one if they are receiving frequent junk or spam calls, making unfamiliar payments, acting secretive about phone calls or messages, or experiencing sudden financial trouble.

Talk with your loved one. Help them be as prepared as possible – discuss what common scams look like and encourage them to ignore suspicious messages or phone calls. Make sure they know that you are there to help if something doesn't seem right, and that they can tell you if they receive a strange call or message.

Reduce solicitations. Register all unsolicited phone numbers on the "Do Not Call" registry and all unsolicited mail on the "Do Not Mail" registry. You can also reduce unwanted mail by registering with the Direct Marketing Association (DMA). Remove a person's name from the credit bureau's mailing list by calling the Consumer Credit and Reporting Industry at 1.888.567.8688.

Screen calls. Make sure your loved one has a working caller ID and answering machine. Advise them not to answer the phone for people they don't know. If someone is a frequent target for spam calls, you may need to help them change their phone number.

Discuss financial security. In some cases, it may be helpful to have a calm discussion with your loved one about helping them secure their accounts and monitor their finances to prevent and identify scams.

Learn more about Alzheimer's disease and dementia from [Alzheimer's Association](#). BBB has more resources for older adults. If you or a loved one has been the victim of a scam that targets older adults, report it to [BBB ScamTrackerSM](#).

Don O'Brien is the regional director for the Quincy Better Business Bureau. Contact him at

dobrien@quincybbb.org or (217) 209-3972.

Volunteer Opportunities—please share with friends and family!

This is just a sample of opportunities. Call the RSVP office to find the right fit for you!

The Salvation Army - Needs volunteers for the following:

Family Services: Receptionist Monday, Wednesday, Thursday, or Friday, from 9:00a.m. to 12:00p.m.

Family Services: Help in the process of preparing dinner for residents Monday—Friday from 4:00 to 6:00p.m.

Family Store: Monday—Saturday any time between 9:00a.m.—7:00p.m.

Summer Food Program: Monday—Friday up until August 11th. Shifts are from 11:15a.m. to 1:00p.m.

Volunteers will help serve food and wipe down tables. To sign up on-line, follow this link: [https://](https://www.signupgenius.com/go/10C084CAEA72AA7FECF8-summer)

www.signupgenius.com/go/10C084CAEA72AA7FECF8-summer or call Tina Lewis at **217-231-5626**.

Advocacy Network for Children - Approximately 10 volunteers needed for a large mailing on Friday, August 25, from 9:00 a.m. to Noon at the Advocacy Network for Children Office (1420 Harrison Street in Quincy). Envelopes will need to be hand-addressed as well as stuffed and stamped. If you are interested in this worthwhile project, please call Nicole at the RSVP Office at **217-641-4961**.

Meals on Wheels - Taking a route for Meals on Wheels not only is a great way to learn more about the community but it is also a tangible way to help those in need. It would only require an hour of your time once a month. You might want to encourage a friend to volunteer as well—one person drives and the other person delivers! If you aren't able to deliver, please mention this need at your church or other organization. Together, we can fill the needed slots. The process for delivering MOW is designed so that volunteers are safe. Call **217-223-7904** for more information or to volunteer.



Illinois Veterans Home - Here are volunteer opportunities from the Illinois Veterans Home:

- **CDL Driver** (with passenger endorsement)

Our residents love to go for bus rides! Times vary depending on units. Activity bus is a 16 passenger vehicle that holds 2-3 wheelchairs and up to 14 walk-ons.

- **Bus Driver**

Ability to drive a 10-wheelchair bus. Does not require a CDL but experience in driving large vehicles a plus! Assist with transporting residents to special events, Wal-Mart, or just a bus ride around town.

- **Golfing Buddy**

Want to go golfing? We have a resident that is interested in golfing at a local golf course and needs a ride there and back. You're welcome to golf with him!

- **Activity Helper**

We welcome anyone to volunteer to help with a wide variety of activities—loading the bus, cooking hotdogs, escorting residents to Smith Hall, serving treats at a special event, assisting with games or just being “on call” to help when a special event is scheduled.

If you are interested in any of these volunteer opportunities or would like more information, please feel free to contact

Sara Colgrove **217-640-2260** or email: sara.colgrove@illinois.gov

Quanada - Volunteers needed for the following tasks:

Libby Holt, Volunteer Coordinator

217-222-0069 or lholt@quanada.org

- —the parking lot could use a good de-weeding
- —our upstairs storage area is in major need of reorganization—probably a 2 day project.
- —our clothing room always needs some love! I have big dreams of doing a "free yard sale" this summer to clear some room, but I'm going to need several helping hands . . . Also, just working in the clothing room hanging garments is always needed and appreciated.
- —we are looking for a couple of weekly volunteers to come in and fill bags for the food pantry—more info can be given, if interested.
- —client bedrooms could use a deep cleaning (when not in use).
- —the QStore needs to be organized—I would put you in touch with Advocate Astrid to plan a time to come in to work on that.

All of these duties would be performed at our shelter location, 2707 Maine St. Times would be generally during regular business hours, 8:00-4:30 M-F.

Villa Kathrine - Critically low on volunteer hosts, especially for Saturday shifts. Open seven days a week—Monday—Saturday from 9:00a.m.—5:00p.m. and Sunday afternoon from 1:00p.m. to 5:00p.m.

The Villa Kathrine is often the first place people stop when coming into Quincy and, on Sundays, it is one of the few places open for information and sight-seeing. It is so exciting for our hosts to meet people from all over the world, and it is a chance to help visitors discover all the great things in Quincy.

The Villa itself has been updated and restaged to fit the architecture and it gets many compliments. The Quincy Park District has just finished the addition of the walking path and observation benches which will allow visitors the opportunity to sit and enjoy the Villa Kathrine park and river views.

If interested, please use the following email address: information@thevillakathrine.org (this is a new address).

A full training program is provided and new volunteers will work with our experienced hosts. It is a wonderful way to serve the city, learn more about local history, and contribute to our growing tourism. A simple email to the above address or a phone call to our volunteer coordinator can get a person started. Betty Poore serves in that capacity and can be reached at **217-224-6922**.

Quincy Public Schools - The need for one-on-one student mentors is greater than ever before! Can you spare 30—45 minutes a week during the school day to make a difference in a young person's life? Our community needs you! To find out more about this pivotal program, please visit :

<https://www.qps.org/departments/cia/student-mentoring/> or
www.qps.org

You may also contact Tracy at bughtr@qps.org or by calling **217-228-7158 x2243**.

United Way of Adams County

The United Way Restaurant Tour continues each Wednesday when our area eateries are spotlighted! Each restaurant will give back a portion of their sales to UWAC!

  WEDNESDAYS			
7/19		10/11	
7/26		10/18	
8/2		10/25	
8/9		11/1	
8/16		11/8	
8/23		11/15	
8/30		11/22	
9/6		11/29	
9/13		12/6	
9/20		12/13	
9/27		12/20	
10/4		12/27	
Thank You to our sponsor:			

Did You Know?

- ♦ JWCC and RSVP will be closed on Monday, September 4th, for Labor Day.
- ♦ Regular hours of 8:00 a.m. to 5:00 p.m. Monday—Thursday and Friday 8:00 a.m. to 12:00 noon resume on Monday, July 31, 2023.

Save the Date

August 25—Blues in the District—The Ivas John Band—5:30-9:30 Washington Park

Saturday, September 9 - Frontier Settlement Day 11:00a.m.—4:00p.m. at the Log Cabin Village on Quinsippi Island

September 11—Care Boxes Delivered to First Responders/Veterans Home Cook-out

September 22—The Knapheide Community Concert with Blacktop South at 6:30p.m. Washington Park—free admission

The Winner Is . . .

Winner for May is **Carmen Zulauf** and the winner for June is **Alma Duesdieker**. RSVP staff draw a name from all the pink timesheets submitted by the 7th of each month. **Remember—if you turn your pink sheets in by the 7th of the month, you may be a winner!**

Winners, please stop by the RSVP office on the JWCC Main Campus to pick up your \$20.00 Hy-Vee gift card. We suggest calling before you come—217-641-4961.

Adams County

RSVP

Lead With Experience...

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Known as the Survivors' Stairs, these stairs connected the northern edge of the World Trade Center's Austin J. Tobin Plaza to the Vesey Street sidewalk. The stairs aided in the escape of hundreds during the attacks.

The National 9/11 Memorial & Museum

RSVP is a United Way
Funded Agency

