



# Volunteer Voice

## Adams County Retired and Senior Volunteer Program

Heath Richmond, Manager / Nicole Havermale, Volunteer Specialist 217-641-4961

Susan Abbott, Editor



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### Things to Remember

“News & Views”—Volunteers need to prepare newsletters on Tuesday, December 26, and on Tuesday, January 30, 2024.

JWCC and RSVP will be closed on December 22, 2023, through January 2, 2024 for Winter Break.



### Message from Heath Richmond

It is hard to believe that 2023 is ending. However, we are in the middle of my favorite season! The end of the year is my favorite time of year. I love watching the leaves change, being able to turn off the air conditioning, and getting to spend time with my friends and family during the holidays. I really enjoy the cooler weather, warm soup, marching bands, an evening around a bonfire, and watching football games. Although, this is also the time of year when the needs of our communities are highlighted. The increased traffic at our food banks, noticing kids who do not have enough warm clothes to wear, families needing help with heating bills or transportation do to it no longer being warm enough for them to walk to where they need to go. The things we tend to notice more at this time of year, are why your efforts as RSVP volunteers make such an impact on the community you serve every day. The holidays and the “year end” provide good opportunities for all of us to reflect on the many things we have to be thankful for and to remember what we have accomplished. We are thankful to you, the Adams County RSVP volunteers, who “Lead by Experience” every day. So, with the “year end” approaching call and check on your friends and neighbors a little more, ask a friend to join you as an RSVP volunteer and make a difference together. Or just talk to people about the places you volunteer at and share all the good things going on in our community. Thanks for all you do and have a safe and happy Holiday Season!

*Heath*



## *Annual Recognition Luncheon Held on October 25, 2023*



The Annual Recognition Luncheon for our volunteers was held on Wednesday, October 25. We had a fine crowd and everything was delicious!

We appreciate our RSVP volunteers so very much and it was wonderful to see everyone having such a good time!



## [BBB: Caregivers Should Be Aware of SCAMS](#)

Since 1997, presidents have designated November as National Family Caregivers Month to celebrate and honor the millions of Americans caring for those who need support and medical assistance.

In Missouri, 1 in 5 adults are caregivers to a friend or family member; in Illinois, 1 in 6. In both states, around 20% of caregivers currently provide care to someone with dementia.

In many cases, caregivers are not just supporting someone's health or medical needs, but also their financial wellbeing. Older adults, especially those living with Alzheimer's and other forms of dementia, may need extra support to protect themselves from fraud.

Scam and fraud awareness is a complex mental task. It's harder for those who have a condition that impacts memory, thinking, and behavior. One of the best ways to prevent fraud is for caregivers to know the signs.

BBB recommends that older adults and their caregivers familiarize themselves with common scams targeting older adults and make a plan for what to do if they receive a strange call or message.

Tips for caregivers:

**Watch for warning signs.** It may be time 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.

BBB has more resources for older adults. If you think someone has been targeted by a scam, report it to [BBB ScamTrackerSM](#).

*Don O'Brien is the regional director for the Quincy Better Business Bureau. Contact him at [dobrien@quincyybbb.org](mailto:dobrien@quincyybbb.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!

**Blessing Hospital** - Volunteers are needed in the Tea Room; as an ICU Host(ess) or Surgical Host(ess); Shuttle Driver; M.E.N.; G.I. Center; Patient/Flower Courier; Sewing, Knitting, & Crocheting (done at home); 927 Broadway; Teresa Adams House; and Chaplaincy Program. \*Volunteer Services will schedule a 2 hour general volunteer orientation. Please call **217-223-8400 ext. 6821** or email [sarah.cole@blessinghealth.org](mailto:sarah.cole@blessinghealth.org).

**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 deliver a difference for delivering MOW is designed so that volunteers are safe. Call **217-223-7904** for more information or to volunteer.



**Quanada** - There are lots of ways for people to get involved! Volunteers are always needed in the clothing room. They can volunteer anytime between 9-4pm M-F. They are especially in need for individuals that may be willing to sit in there on Friday mornings from 9-11am while their food pantry is open so people may utilize it and "shop" there at that time. They are also in need of individuals that are interested in filling food pantry commodity bags on a weekly basis. There is an upstairs storage area that is in need of organization and would need some items removed as well. This is a particularly labor intensive task, no worries if no one wants to take this on. They can also use some volunteers to apply bathroom stickers throughout the community in public restrooms. The stickers have their hotline info on them, hopefully you've seen them around town. Finally, we are currently offering a paid on-call opportunity, which is hospital response to sexual assault survivors. Those who are interested would get paid for their training as well as their time on-call. They encourage anyone who is interested in ANY of these opportunities should call **217-222-0069**, or email at [lholt@quanada.org](mailto:lholt@quanada.org).

**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](http://www.qps.org)

You may also contact Tracy at [bughtr@qps.org](mailto:bughtr@qps.org) or by calling **217-228-7158 x2243**.



### **Volunteer Voices Is Active Again!**



Volunteer Voices is active! They will singing the first three Fridays in December. If you are interested in becoming a part of the group or need more information, please call Nicole in the RSVP Office at **217-641-4961**.



Our names are Kodi Duke and Jillian Shaffer, and we are Chairpersons of the Ursa Willing Workers 4-H Club's Wreaths Across America project. Our project involves organizing the 5th Annual **Wreaths Across America** event on **December 16, 2023** at the Quincy National Cemetery on 36<sup>th</sup> & Maine Street in Quincy, IL. This ceremony will take place at 10:00 AM.

There are 563 total tombstones in the cemetery. **Wreaths Across America** charges \$17 per wreath or \$34 for three wreaths. We need to raise \$6,380.00 in order to place a wreath on each tombstone.

We are looking for sponsors to help with the cost of this wonderful national project. We are asking various groups/companies in the local area to help with the costs of wreaths.

Local television and radio stations will be invited to the event. We will also be contacting a color and honor guard in order to present the wreaths for each branch of service. The fallen Veterans' names will be read as each wreath is placed. We're very excited for this project, and especially excited to promote 4-H to our community!

Please consider being a sponsor for this national program. There are many ways to donate: visit **Wreaths Across America** (<https://www.wreathscrossamerica.org/>). Group ID: IL0159 Location ID: ILQNCY; using the @ursawillingworkers Venmo account; or by mailing the form below and donation to the below address. If you have any questions, please call Kodi at 217-919-7768.

Thank you for considering a donation to **Wreaths Across America** at the Quincy, IL. location!

Sincerely,

Kodi Duke & Jillian Shaffer

Name - \_\_\_\_\_

**Checks payable to Ursa Willing Workers 4-H Club**

\_\_\_ \$1,000 or more (RED level sponsorship)

\_\_\_ \$500 + (WHITE level sponsorship)

\_\_\_ \$100 + (BLUE level sponsorship)

\_\_\_ \$99 and less (GREEN level sponsorship)

Mail donations to Ursa Willing Workers 4-H Club Att: Jillian Shaffer 628 N. 2053rd Place Quincy, IL 62305.

Carol Hull  
@ursawillingworkers



**venmo**

## Save the Date

December 1 — December 10—Quincy Community Theatre — “Peter Pan” (please call 217-222-3209 for more information or to purchase tickets)

December 2 — Quincy Symphony Orchestra— “Christmas Keepsakes” at 3:00 p.m. at Salem Church

December 9—Civic Music Association — “Orquesta Alto Maiz” is a popular Latin-jazz-dance band will perform at State Street Theatre at 7:30 p.m.

December 16—Wreaths Across America — Quincy National Cemetery on 36th and Maine Street—ceremony begins at 10:00 a.m. See below for more information.

## Wreaths Across America

RSVP is taking part in the **Wreaths Across America** on December 16 in Quincy. We will be taking donations to go toward the purchase of wreaths at the RSVP Office at JWCC’s main campus in Room D128. Wreaths Across America charges \$17 per wreath or \$34 for 3 wreaths but we are taking any amount you are willing to give. All proceeds will go toward the purchase of wreaths.

We are also looking for volunteers who would be willing to help place wreaths on Saturday, December 16, at 10:00 a.m. There will be over 500 wreaths needing to be placed by each grave site. If you are interested in helping place wreaths, please contact the RSVP office at 217-641-4961 so we can sign you up. Please keep in mind that this event will take place whether rain, shine, or snow.

## The Winner Is . . .

Winner for September is **Vivian Funke** and the winner for October is **Keith Harrison**. 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!**

We also track the names of our current members who referred a new volunteer who, in turn, submitted their first timesheet. **Karen Avoletta** is the winner for September and October!

**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

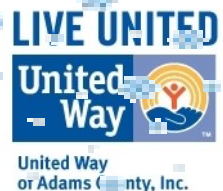
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RSVP is a United Way  
Funded Agency



Senior Corps is now:

 AmeriCorps  
Seniors