



Volunteer Voice

Adams County Retired and Senior Volunteer Program

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RSVP is a
program of
John Wood
Community
College



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Things to Remember

"News & Views"—Volunteers need to prepare newsletters on Tuesday, February 27, and on Tuesday, March 26, 2024.

Happy Valentine's Day!

Happy President's Day!

Message from Heath Richmond

WOW! Where did 2023 go? And 2024 is off to just as fast a start as last year. It is hard to believe that January is already finished. We had so many great things happen in 2023 with recruiting new volunteers, serving our neighbors and communities, working with all our station partners, and learning even more about the needs that surround us every day. RSVP helps make an impact on all these things. In 2023, 273 Adams County Volunteers contributed 42,479 service hours to individuals and agencies across our communities. Both numbers represent increases from the same time period in 2022. As I have said many times before, it is you, our dedicated volunteers who are the Retired and Senior Volunteer Program's biggest champions and cheerleaders. The example you set with your service in the community and the message you share when you talk to others about what RSVP is and what it does provide way more visibility to our program than the five members of the RSVP staff are able to accomplish.

In 2024, I want to challenge us all to continue to share the RSVP message and help to uncover more ways we can provide service by identifying new volunteer opportunities and encouraging other people 55 and older to register and join the RSVP team. I am sure in the volunteer work you are already doing and in your everyday lives you interact with many like-minded individuals who have yet to sign up for the RSVP program. You are our biggest recruiters and through your efforts and good works, 2024 can be another year of growth for RSVP. Thank you again for all you do and here's to another great year.

Make A Difference

Heath



RSVP & Retirees Enjoy Basketball Games 1-27-2024



AmeriCorps Week March 10-16

This year, AmeriCorps is celebrating three decades of national service. 30 years ago, more than 20,000 Americans raised their right hands and pledged to get things done for America. These members helped more than 1,000 communities nationwide during their first year of service. Since then, more than 1.25 million Americans and hundreds of thousands more AmeriCorps Seniors volunteers of all backgrounds have followed in their footsteps, providing billions of hours of results-driven service across each of the 50 states and US territories. Members and volunteers combat hunger and homelessness, respond to natural disasters, fight the opioid epidemic, help seniors live independently, support veterans and military families, ensure that students are set up for success, and so much more.

During AmeriCorps Week, we recognize the commitment of the millions of Americans who have chosen to serve their country through AmeriCorps and AmeriCorps Seniors and encourage others to follow in their footsteps of service. To celebrate our Adams County AmeriCorps Seniors RSVP Volunteers, please join us for an open house on Thursday, March 14th, from 8:30 – 10:30 am. We will have donuts and coffee on JWCC's Main Campus in the lobby of the Mary Ellen Orr Auditorium (lower level of D Building). We will have a brief program at 9:00 am. Hope to see you all there.



Better Business Bureau

New Year's Resolutions

By Don O'Brien

Happy New Year! Your New Year's resolutions might be financial, career or health goals, but let's resolve to be scam-free this year, too. The best way to protect yourself all year long is to know the signs of scams and fraud.

Each year, BBB publishes its [Scam Tracker Risk Report](#), an analysis of the riskiest scams reported to BBB in the prior year, dollar amounts lost and how the scams impacted consumers. Among the riskiest scams in 2022 were online purchase scams, employment scams and cryptocurrency scams.

BBB has compiled all the lessons learned from this year's Scam Tracker Risk Report into a handy set of resolutions for staying fraud-free in 2024.

BBB's resolutions for a fraud-free New Year:

- **I resolve to research before I buy online.** Consumers report to BBB that online purchases are the most common way they lose money to scams. Always research online retailers and [check their BBB Business Profile](#). Consult [BBB's guide to online shopping](#), and ask yourself before you buy:
 - Is this a person or business I know and trust?
 - Do they have a working customer service number?
 - Where is the company physically located?
 - Is their website secure (<https://>)?
 - Have other shoppers complained about this company?
- **I resolve to job hunt safely.** Reports to BBB about [employment scams](#) are up 250% over last year. These include fake listings designed to steal personal information, as well as fraudulent or illegal jobs. Research the company offering the job at [BBB.org](#) and call the company to make sure the listing is real. Never pay a stranger for a job and be cautious about giving out your personal information.
- **I resolve to bank smart online.** The lack of regulation in [online banking services](#) and [cryptocurrency](#) means the potential for fraud is high. If you use online banking services, be protective of your account information and fund your account with a credit card so you have more recourse in the event of fraud. If you use cryptocurrency, be wary of sharing your wallet. Use caution with new or unfamiliar cryptocurrencies, especially if they claim to bring high returns.
- **I resolve to keep my computer safe.** Taking the right precautions can protect your computer from viruses if you happen to be the victim of a phishing scam. Install antivirus software on your computer and check regularly for updates. [Don't open attachments or click on links in emails](#) unless you can confirm the email came from someone you trust.
- **I resolve to review a local business.** You can play a critical part in making the marketplace better and safer for everyone by sharing information about your experiences, good or bad, with local businesses. [Review a business at BBB.org](#) to let your fellow shoppers know how to expect. If you've experienced a scam, report it to [BBB Scam Tracker](#).

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!

Villa Kathrine - Volunteers are needed as hosts—shifts are flexible and available Monday through Sunday with a special need for volunteers on Saturdays. The Villa Kathrine is home to Quincy's Tourist Information Center and welcomes and provides information to visitors and residents. Training is provided. For more information, please call Volunteer Coordinator, Betty Poore at **217-224-6922**.



The Quincy Museum - Currently looking for volunteers for greeters and tour guides—there will be training provided. Shifts would be during operating hours only (Tues.—Sun. 1:00PM-5:00PM) and they will work around any scheduling conflicts you may have, meaning you can pick your own day(s)! There are event volunteer opportunities as well. They can find the right task for you! If interested, please call the Museum at **217-224-7669**; email Nancy@thequincymuseum.org; or visit them at 1601 Maine. They can't wait to hear from you!



deliver a difference

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 stay safe. Call **217-223-7904** for more information or to volunteer.

Quincy Catholic Charities - There are volunteer opportunities at Quincy Catholic Charities in their food pantry. Volunteers can help assist clients through the pantry on days the pantry is open. They also receive a truck once per month that they could use some help unloading. This does require heavy lifting. They could also use help sorting through donations. This involves checking dates on items donated and sorting them into categories. All volunteers must complete a background check prior to volunteering. Pantry hours are Monday 2:00-3:30, Wednesday 9:00-11:30, and Friday 2:00-3:30. If you need additional information, please contact **Kevin Williams at 217-222-0958**.

Horizons - Volunteers are needed to work in their food pantry at 224 S. 8th St. Please call **217-224-5530** or email Eric Thorsen at eric@horizonsquincy.com with any questions.

Quanada - They are in need of volunteers for their clothing room and food pantry. Volunteers may work in the clothing room anytime during the week between 9am-4pm. Volunteers for the food pantry are needed each week Monday—Thursday between 9:00am and 4:00pm to fill commodity bags. On Fridays, the pantry is open to the public and volunteers are needed to distribute food bags. They would like to have the clothing room open to the public during the food pantry hours. They will need volunteer coverage there as well. Anyone who is interested in getting involved can contact Libby Holt, Volunteer Coordinator, via call at **217-222-0069** or email at lholt@quanada.org.

The District - The next big volunteering event is the downtown clean-up from 10:00a.m.—11:00a.m. on April 20th. They like to have as many volunteers as possible to help during this particular event! If you are interested, please call **217-228-8696** or email at www.thedistrictquincy.com.

Arts Quincy - Volunteers needed who would be willing to sit in on our after-school program sessions to provide assistance to our service providers with anything they may need, such as taking attendance, passing out supplies, keeping the kids focused and listening to directions, cleaning up after the class, or helping out during pick-up time. The sessions will be at four of the Quincy public schools: Iles on Monday, Denman on Tuesday, Rooney on Thursday, and Baldwin on Friday. Will start at 3:15 pm and end at 4:15 pm with 15 minutes allotted for pick-up of the students. Our quarter 3 starts on 1/30 and ends 3/3 with no program on 2/17 and 2/20 due to conference for QPS and President's Day. Then, quarter 4 starts 4/17 and ends on 5/12.

Please email the Arts Quincy Office at office@artsquincy.org or call **217-222-3432** and ask for Jaycie.

[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.

- **Medical Appointment Escort**

Assist residents to medical appointments, to sit with them while they wait for their appointment, and to help them get back to unit. Requires arriving 45 minutes prior to appointment, ride with security & resident to appointment location, and return to unit following appointment. Hours vary depending on weekly appointment schedule and/or type of appointment.

- **Welcome Corner Assistant**

Help accept clothing donations, push carts, lift boxes, and sort through clothes. Assist residents with shopping for clothes. Tuesdays from 1 pm to 3 pm

...To keep you and our residents safe & healthy, masks are required and weekly covid screening/testing required for volunteers.

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.

Non-profit Board Member Development Course

Ever thought about serving as a Non-Profit Board Member or are you serving on a Non-Profit Board but you would like to become a better board member? Area non-profits are always in need of quality, diverse individuals to help guide and direct their organizations towards fulfilling their missions and growing their impact within our communities. A strong non-profit board is crucial for an organization's ability to serve its mission. However, non-profits indicate their boards often lack engagement, attendance, volunteerism, and structure. The Tracy Family Foundation, in collaboration with John Wood Community College and the Community Foundation, seeks to develop quality volunteer leaders and create a pool from which local non-profit organizations may recruit board leadership.

The Board Member Development Course addresses the need within our community for knowledgeable and engaged nonprofit board members. This course will help cultivate the skills and characteristics needed to become an effective leader at work and in the community. Coming to understand the connection and need for balance between knowledge and human interest in things outside of self is where growth and development of a true leader begins. This interactive in-person course allows emerging leaders to network with their peers and learn from each other throughout the course. Local non-profit organizations will be featured allowing participants the opportunity to connect to a mission that speaks to them, and, in return, allow their specific expertise to be utilized for a greater good.

We would like to encourage RSVP Volunteers who have an interest in becoming a non-profit board member to attend this free course. For more information, visit <https://www.jwcc.edu/workforce/#nonprofit-board-member-training>. You may also contact Kelly Lewis at **217.641.4971** or lewis@jwcc.edu.

The Winner Is . . .

Winner for November is **Mike Cooley** and the winner for December is **Emily Peterson**. 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!**

Did You Know?

For February course descriptions and registration: www.jwcc.edu/cbo

- Community-Based Outreach at John Wood Community College offers noncredit personal enrichment and professional development classes. Our goal is to provide a wide range of programs to meet community needs and interests. Upcoming February classes include: The Magic World of Herbs and Spices; Hand Built Ceramics; Valentine's Day Charcuterie Board; BLS: Basic Life Support (Feb. 8); French Cuisine & A Love Affair with Butter; Mindfulness on Mondays via Zoom; BLS: Basic Life Support (Feb. 15); I Can Do This: Making Your Diet More Mediterranean with Trying New Recipes; Brunch Charcuterie Board; and Charcuterie Crudites Board. Please visit our website to find a complete list of course descriptions and registration.
- The income tax assistance through the United Way (VITA) will, unfortunately, not be available this year. You may contact the Quincy Senior Center at 217-224-5031 or at myfreetaxes.com.

Save the Date

February 16-18 and February 22-25 - Quincy Community Theatre will present "**Matilda the Musical**" to kick off the 2024 season. General tickets went on sale January 23.

March 8 - Quincy Civic Music Association presents "**Take 6**" at 7:30 p.m. at Salem Evangelical Church, 435 South 9th Street.

March 24 - Family Concert - 2:30 - Quincy Symphony Orchestra presents "**Family Concert**" at 2:30 p.m.; Instrumental Petting Zoo at 1:30 p.m. at North Quincy High School Auditorium.

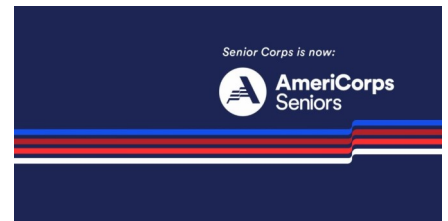
April 19 - April 28 - Quincy Community Theatre presents "**Shakespeare in Love**". Please call **217-222-3188** for more information.

Adams County

Lead With Experience...

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February 19, 2024



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