



CENTRAL IOWA
RSVP
 Connecting People To Purpose

Serving Hamilton and
 Webster Counties
 Winter 2023-2024



Thank You for a Wonderful Year!



I want to take this opportunity to thank all of you for giving of your time and talents to serve people in your community through the past year. Volunteers are the best kind of people, because they give without expecting anything in return.


I usually plan a Holiday open house at my offices at this time of year, but this year due to an on-going cold that will not let go, I will postpone an open house until Valentine’s Day.

I am hoping that this holy season will fill you with peace and joy, and that you will be blessed with the company of friends and loved ones to celebrate the true meaning of this time of year.

Inside this issue:

RSVP Brag Book	2
Santa for Seniors Brings Joy to Area Elderly	2
Volunteer Opportunities	3
In the News	4
If you need an RSVP Individual Timesheet, call Becky at 515-832-2525.	

As our Christmas gift to you we have attached a handy calendar for your home or auto. Merry Christmas!



A Year in Review—RSVP Volunteer Accomplishments

RSVP volunteers get a lot done! Here is a brief review of 2023:

- Advisory Council members attended meetings quarterly throughout the year.
- BASE Senior Fitness exercise leaders served in 16 locations, with 316 people participating in BASE.
- Volunteers helped with Books on the Go at the Fort Dodge Public Library, serving 33 hours.
- Volunteers labeled thousands of brochures for Community and Family Resources.
- Meals on Wheels deliverers spent 523 hours bringing hot meals to shut-in recipients.
- Volunteers spent almost 100 hours helping at the Lotus Treasures thrift store in Webster City.
- Food pantry helpers at All Cultures Equal and The Lord’s Cupboard put in 515 hours of service.
- Hospital greeters and guides at VanDiest Medical Center put in 583 hours of volunteer service.
- A volunteer helped at Hamilton County Public Health Foot Clinic, logging 117 hours.
- Volunteer Income Tax Assistance appointment schedulers logged 450 hours manning the telephone.
- Elderbridge senior assistance volunteers served 264 hours in transportation and friendly phone visits.
- A volunteer who has helped at the Williams Public Library for many years served 55 hours this year.
- A volunteer who does electronics revamping at Heartland Hope and Homes served 357 hours this year.
- Pen pals wrote to hundreds of students at 6 schools this past year.
- Volunteers sent letters to nursing home residents at eight area nursing homes.
- Volunteers helped at the Blanden Art Museum, serving 264 hours.
- A volunteer did clerical work to help Upper Des Moines Opportunity and logged 53 hours.
- A volunteer who serves with the Webster County Emergency Management office served 32 hours.
- Volunteers served as reading buddies at 2 elementary schools in Hamilton County.
- SPAN the Generations and Fraud Fighters presenters did a number of presentations this past year.
- Volunteers helped to prepare the RSVP newsletter for mailing every quarter.

Let’s give a round of applause for all that was accomplished by RSVP volunteers this year!



Winter 2023-2024

RSVP Brag Book Photo Collage



Santa for Seniors package deliverers first row: Mindy Dahlhauser and Karilyn Cupp, Gayle Olson, Sue and Jon Doolittle, Betty Weber-Maxted. Second row: Gayle Olson, Karen Camp. Central Iowa RSVP Advisory Council for Hamilton and Webster Counties met in the Elderbridge Building in Fort Dodge. Lorie Spanjers gave a Fraud Fighters presentation to the BASE Senior Fitness exercise class at Duncombe.



Santa For Seniors Delivers Joy to Area Elderly

Central Iowa RSVP, Elderbridge Area Agency on Aging and Upper Des Moines Opportunity teamed up together to spread Christmas joy to selected elderly residents. Christmas gifts were purchased through donations from area businesses and organizations. A total of 129 gift packages were given out by the two organizations.

16 RSVP volunteers had the pleasure of delivering the packages on Dec. 7 and 8 in Hamilton and Webster counties. We were thankful for good weather during our delivery dates this year.

Many RSVP volunteers also created beautiful hand-made items such as quilts, dish cloths, pot holders and hot pads to be included in the gifts.

A big thank-you goes out to all those who participated in this fun project!



Merrily Dixon gets into the Christmas Spirit, ready to deliver packages.

Current Volunteer Opportunities Winter 2023-2024



The following opportunities are available to all volunteers in Hamilton and Webster Counties. If you are interested in an assignment in another community, RSVP can provide mileage reimbursement. For more information, contact Becky Koppen at 515-832-2525.

WEBSTER COUNTY:

BASE Senior Fitness

Exercise leaders are needed to co-lead senior fitness classes. Training is provided by RSVP

Dayton Public Library/Harcourt Public Library

Volunteers are sought for a variety of activities including reading, book shelving/organizing/cleaning, alphabetizing books/making room for new books to be shelved, craft program helpers, summer library program helpers, after-school helpers (Wednesdays), organizing Busy Bee Bags -Leading a program of a skill they possess (gardening, quilting, sewing, crafting, cooking, etc.)

Elderbridge

Errand Buddies may assist with and provide transportation to and from day-to-day activities such as shopping. Medical Transportation Drivers provide transportation to medical appointments. Telephone Reassurance Callers provide friendship and companionship as well as checking on the well-being of participants

Fort Dodge Elementary Schools

Help students in a variety of classroom activities

Fort Museum

Bingo runners, tour guides, janitorial help

The Lord's Cupboard

Help facilitate the food pantry. Pantry is open Tuesdays 9:30-11:30 and 4-6pm, Thursdays 9:30-11:30

Heartland Hope and Homes

Need people knowledgeable about building to do pick up and delivery of materials. Need people to help in the resale shop, dusting, helping customers, filing, paperwork, can be trained for cash register

The Key on Central

Volunteers are needed to sort and fold donated items, dust and vacuum, set up displays, carry boxes and bags

Marion Home

Read to residents, play card games, help with activities

Village General Store—Opportunity Village

Sort incoming donations, stock shelves, run cash register

Youth Shelter Care

Play games, do a movie night, do a craft, do some baking, done with a group, as often as you choose

HAMILTON COUNTY:

All Cultures Equal

Food pantry at ACE, 2nd and 4th Thursday each month, help distribute food

Community and Family Resources

Volunteers are needed to label brochures. Work can be done at home

Crestview Nursing and Rehabilitation

Elderly activities—Bingo, one-on-one visits, sing-along leaders, pet visits, etc.

Food Bank of Iowa

Help with food distribution at St. Paul's Lutheran Church, W.C. Food distribution takes place every other month

Head Start

Work with 3-5 year-olds—play time, small group activity time, rest/reading time. M-F 9:00-1:15, you choose how much time you wish to spend

Lotus Community Project

Helpers are needed in the Lotus Treasures thrift shop in Webster City to sort donations

Newsletter Preparation

RSVP puts out a newsletter to approximately 400 addresses each quarter. Helpers are needed to fold, seal, and label newsletters

Southfield Wellness Community

Elderly activities—Bingo, crafts and cards, one-on-one visits. Flexible times

VanDiest Medical Center

Greeters and Guides are needed as well as Bedside Visitors

Veterans Affairs, Hamilton County

Volunteers are needed to drive veterans to doctor appointments. Background check required

Webster City Community Schools

Reading Buddies, tutors, mentors welcome

Youth and Shelter Services

Youth Mentor—new program for 4th and 5th grade students Meet with student one day a week for about 35-45 minutes at middle school

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In the News...



We have newly trained volunteers in our Fraud Fighter program and our SPAN the Generations program who are ready to give presentations to groups.

Fraud Fighters is a program that is facilitated by the Iowa Insurance Division, and their goal is to inform people of the scams and fraud schemes that are in our area. Scams are on the rise, especially around the holidays.

SPAN the Generations (SPAN stands for Seniors Preventing Addiction to Narcotics) focuses on the opioid crisis that is growing in our country. The program covers what opioids are, why they are so addictive, questions to ask your doctor if you are prescribed an opioid, how to safely take a prescription opioid, how to safely store it while taking it, and how to properly dispose of any remaining pills. It also gives warning signs to be aware of in a loved one who may be suffering from opioid addiction.

If you are a part of a group or know of a group that would benefit from one of these presentations, which are **free of charge**, please contact Becky Koppen at 515-832-2525, and we will schedule a presentation.

Visit us on the web!
www.rsvpvolunteer.org

Central Iowa RSVP

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AmeriCorps Seniors