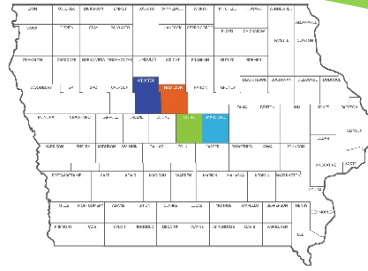




Serving Story, Marshall,



Annual summary of
accomplishments
and impact
2022-2023

Engaging **Volunteers** Age **55+**

Feature Story

Celebrating 50 Years!

Together with our sponsoring organization, Story City Senior Citizens, Inc., Central Iowa RSVP hosted an anniversary event, commemorating 50 years serving our communities.

A celebration held on June 29 honored the thousands of Story County RSVP volunteers, past and present, who have defined “senior service” and, through their contributions and commitment, have transformed our communities. Since 1973, older adult volunteers serving through RSVP have dedicated millions of hours of service to address needs in food security, education, independent living, public safety, non-profit capacity building, and so much more.

Nationally RSVP began as an outgrowth by private groups and government agencies to create opportunities of engagement, activity, and growth for older Americans. One of the earliest programs, the Community Service Society of New York, began in 1965 on Staten Island. The project involved a small group of volunteers who were dedicated to serving their communities in a variety of ways. It was due to the success of their efforts that led to an amendment to the Older Americans Act creating RSVP as a nationwide program in 1969. RSVP in Iowa began in 1972 with Central Iowa RSVP being one of 20 projects that serve 65 Iowa counties.

RSVP provides a proven and effective infrastructure to attract, screen, and engage volunteers to meet local needs.



OUR MISSION

Enhance the lives of adults age 55 and older by connecting them with rewarding volunteer experiences that meet community needs

OUR VISION

To be the premiere volunteer management resource for mobilizing adults age 55 and older

ADDITIONAL SERVICES

Emergency Services

Contracting with Story County Emergency Management, partnering with the Story County Sheriff's Office and Story County Public Health (MGHHHS), RSVP coordinates the management of volunteers mobilized in natural disasters, public health and/or public safety emergencies.

Transportation Services

Primary Purpose: Provide Story County's older adults with safe and reliable transportation to and from medical appointments and other essential services.

Central Iowa RSVP supplements existing transportation services in Story County by managing and scheduling volunteer drivers who are providing rides to Story County residents who can no longer drive.

Testimonial

When I retired 9 years ago, I wasn't sure what I was going to do as I had worked full-time since I graduated from high school. I saw a notice that RSVP was looking for volunteers to provide transportation to seniors who no longer drive and thought "I could do that!" I enjoy meeting people and this was a great opportunity to do just that on a one-to-one basis. The more I volunteered, the better I felt. I also signed up to be a pen pal to a fifth grade student, which has been awesome. Volunteering helps so many people and has been a wonderful experience for me. There are so many opportunities to share your talents so I encour-

EDUCATIONAL SERVICES—*Helping youth succeed academically*



Working to re-engage volunteers in education-based assignments in 22-23, the number of students served increased by 35% over the previous year, restoring many previously suspended (due to COVID-19) school-based assignments and developing new partnerships. RSVP Pen Pal volunteers also continued to write and send cards and letters of encouragement to isolated residents of several care facilities and to hospice patients. This assignment (born out of COVID) continues to grow and is an important way for RSVP volunteers to help reduce the impact of isolation among some of our most vulnerable citizens.

RSVP Literacy Partners
(Pen Pals and Reading Buddies)

A total of 367 RSVP volunteers (4,551 hours) were matched one-on-one or in small groups with 626 elementary/middle school students as pen pals or reading tutors. Volunteers helped students learn important letter writing skills and developed a relationship through the mail with a caring adult from another generation (pen pals). They also helped students improve reading skills by serving as Reading Buddies and Tutors. **Partners:** Schools - Gilbert, Roland-Story, South Hamilton, SE Webster-Grand, St. Edmond's (Fort Dodge), St. Thomas Aquinas (Webster City), Stratford, Webster City, West Marshall, and Raising Readers in Story County.



HEALTHY FUTURES—*Helping citizens stay healthy and maintain control of their well-being*

RSVP Volunteer Driver Program

RSVP VOLUNTEER DRIVER

36 Story County RSVP volunteer drivers (1,389 hours) served 68

Story County residents, providing safe and reliable transportation to and from essential services, with priority given to older adults needing rides to medical appointments. Volunteers used their own vehicles to **provide 704 round trips and drove 21,092 miles.** (In a survey conducted in June, 2023, over 97% of client respondents indicated that having this service is an important factor in helping maintain their independence and overall health/well-being).



Thank you and congratulations to all of our Transportation Program drivers and grocery delivery volunteers, recipients of a 2023 Governor's Group Volunteer award! You are fantastic!

RSVP BASE Fitness Program

Balance, Agility, Strength, and Endurance

A total of 23 RSVP volunteers in Webster and Hamilton Counties (1,228 hours) facilitated this free fitness program at 16 locations for 307 seniors. BASE focuses on increasing healthy exercise habits that positively impact the well-being of the participants. **Partners:** Webster City Parks & Recreation Dept; McFarland Clinic Physical Therapy Dept; Leah Feltz Fitness.

"I was recently hospitalized for three weeks. I can't tell you how weak I became during this time. I am so very thankful that I was doing the BASE program before this all happened! I truly believe that having been involved in BASE has helped tremendously in my recovery. I'm getting stronger every day. The PT gave me exercises to do every day that are basically the same as we do in class, with a few variations. I highly recommend the BASE program to everyone!" - Memory Iles, Athens Woods BASE Exercise Class Leader

BASE Outcomes: 85% reported improved overall health as a result of BASE; over 72% reported somewhat or a lot of improved balance; 82% reported either somewhat or a lot of improved range of motion.



DISASTER SERVICES, PUBLIC HEALTH & SAFETY—*Keeping our communities safe and prepared***Volunteer Management for Emergencies serving Story County**

In a natural disaster, public health or safety emergency, RSVP volunteers staff a **volunteer reception center**, facilitating the intake and management of community volunteers willing to help in a local disaster or emergency. RSVP volunteers are also prepared to fill several roles in the implementation of public health clinics, and a tip hotline in the event of a missing and/or abducted child/person. **Partners:** Story County Emergency Management (EMA), Story County Public Health (MGHHS) and Story County Sheriff's Office. *There were no activations during this fiscal year but trainings were held to keep volunteers prepared to respond. (15 volunteers—78 hours)*

Fraud Fighters: RSVP Volunteers Working to Take a Bite Out of Crime

One in three Americans ages 65 and older are scammed, losing over \$36 billion annually to financial exploitation, criminal fraud and caregiver abuse. In partnership with the Iowa Insurance Division, trained RSVP volunteers are serving as “Fraud Fighters”, conducting presentations to educate community members (primarily targeting seniors and retirees) and provide prevention tips to avoid common frauds and scams. **A total of 7 presentations were conducted in 2022-2023 by 6 RSVP volunteers sharing important fraud prevention information to 224 individuals.**

FOOD SECURITY—*Helping others have reliable access to enough affordable, nutritious food*

Central Iowa RSVP volunteers are doing their part to address the needs of those struggling with food insecurity. RSVP volunteers made a difference in addressing hunger by helping at local food pantries, stocking free neighborhood food pantries, providing home delivered meals, helping deliver commodity food boxes to families and individuals in need, maintaining community gardens (with produce donated to local shelters and food pantries), and providing assistance at hot meal programs and fresh markets. **Working with 11 local partners, 124 RSVP volunteers served 4,181 hours addressing food insecurity in 2022-2023.**

**GROWING! RSVP/Heartland Services Grocery Delivery Program**

In 2021, Central Iowa RSVP began a new program addressing hunger through a partnership established with Heartland of Story County. Working together with Heartland Outreach staff, the RSVP grocery delivery service utilizes RSVP volunteers to pick up and deliver groceries to homebound seniors. Clients are registered and screened by HSS while delivery volunteers are recruited and vetted by RSVP. **In 2022-2023, 29 RSVP volunteers served 361 hours and drove 5,146 miles to deliver food and staples from local grocery stores to 14 Story County residents, making 274 grocery deliveries.** In addition, RSVP enlists the skills of a dedicated volunteer who provides weekly ordering assistance to individuals who have challenges with online ordering.

CAPACITY BUILDING—*Providing diverse volunteer recruitment and placement support that supplements or enhances the existing services of 56 public, non-profit, and health care agencies (not reflected in other sections of this report).***OTHER COMMUNITY PRIORITIES**

ENVIRONMENTAL STEWARDSHIP—(Conservation centers, trail maintenance, city/community garden spaces, Reiman Gardens)

OTHER EDUCATION—(Library services, museums, art, pre-school assistance, extension, other school-based activities)

HOUSING/FINANCIAL—(Rep. payees, agencies meeting housing and financial needs, shelters)

MEDICAL—(Serving at local medical/senior care facilities, blood drives, substance abuse prevention/support, hospice)

OTHER PUBLIC, NON-PROFIT SUPPORT—(Thrift store help, clerical, special events/projects, senior service agencies)

264 RSVP volunteers served 11,117 hours providing capacity building services to area non-profits

final thoughts...

2022-2023 Monetary Impact

Value of the Volunteer Hours: \$1,015,593

Based on the Independent Sector for Iowa's dollar value of a volunteer hour

Funding/Budget Information

2022-2023 Funding Sources/General Operating Budget

Federal Grant (AmeriCorps)

State of Iowa

Story County

City of Ames

City of Story City

United Way of Story County

Marshalltown Area United Way

Contractual Funding:

Story County Emergency Management: *Emergency/Disaster Volunteer Management*

Story City Senior Citizens: *Building Rental Management*

Self-Generated: *Donations, Special Grants, United Way Designations, Newsletter Sponsors, Fundraising Revenues, etc.*

Total 2022-2023 Revenues (Operating Budget): \$336,058

Total 2022-2023 Expenses (Operating Budget): \$336,559

2022-2023 Special Grants and Support

ITN America – \$1,300: “Rides in Sight” grant—Transportation to support rides to eye doctor appointments

Transportation Program Donations—\$4,626

Iowa Insurance Division (Fraud Fighter Presentations)—\$450

Other general donations—\$1,350

50th Anniversary Event Sponsors: Bethany Life; Hy-Vee Stores—Ames; Reliance State Bank; State Farm Insurance—Story City; Story City Floral & Garden; Thrivent Financial—Story City

Central Iowa RSVP Endowment

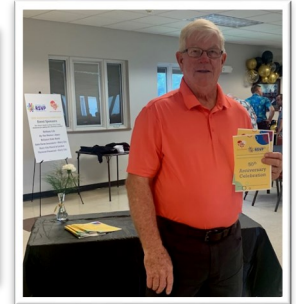
(Part of the Story County Community Foundation Family of Funds)

2022-2023 Contributions: \$3,250

As of June 30, 2023 contributions and realized gains have brought the balance to: \$27,340.77

THANK YOU
to our financial

THANKS to all of our amazing volunteers, past and present, who are the heart and soul of RSVP's 50-year success story!



Office Locations

STORY COUNTY

503 Elm Avenue (Business Office) Story City, IA 50248
515-733-4917

110 Crystal Street
Ames, IA 50010
515-292-8890

MARSHALL COUNTY

2608 S. 2nd Street (ISU Extension)
Marshalltown, IA 50158
641-752-0279

WEBSTER COUNTY

308 Central Avenue (Elderbridge)
Fort Dodge, IA 50501
515-573-3477

HAMILTON COUNTY

749 Second Street
Webster City, IA 50595
515-832-2525

www.rsvpvolunteer.org



United Way of Story County



Marshalltown Area
United Way



AmeriCorps
Seniors