



CENTRAL IOWA
RSVP
 Connecting People To Purpose

Have you visited our website?
 Learn more about Central Iowa RSVP
 by visiting www.rsvpvolunteer.org

Summer 2023



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If you need an Individual Timesheet, please contact Becky at 515-832-2525.	

Looking Ahead to Future Volunteer Opportunities

Summer is here—hooray! I hope your summer is filled with fun activities that take advantage of the sun and warm temperatures. I do want to ask you to be thinking about volunteer opportunities that will start up this fall.

- ◆ **Patriots’ Day First Responder thank-you cards**—in honor of 9/11 we will be sending out personalized thank-you cards to first responders in Hamilton and Webster counties. I will have the cards ready to be signed.
- ◆ **Pen Pals**—this past year we matched RSVP pen pals with students at six different area schools, and I know for certain that I will be needing many more pen pals for this coming school year. You only need to write one letter per month, and you can be a pen pal and a snow bird at the same time, as long as your mail is forwarded to you. And you get to meet your pen pal at a great party at the end of the year.
- ◆ **Reading partners and mentors** are needed in area schools.
- ◆ **Speak UP!**—this is a complete curriculum created by RSVP to teach 5th grade students how to give speeches. Classes can be held in the fall or spring semesters, with one-hour classes each week for six to eight weeks. St. Thomas Aquinas or St. Edmond schools. Volunteers will be trained by RSVP.



New BASE Senior Fitness Class Starts at Badger

A new BASE Senior Fitness class started in May at the Badger Public Library. The class is led by Kim Meier, who has been a long-time fitness instructor. The class meets on Mondays and Wednesdays at 8:00 am.

BASE (which stands for Balance, Agility, Strength, Endurance) has been very successful since its beginnings 9 years ago, and has now had over 750 participants in Hamilton and Webster Counties.

Classes are free of charge, and are held in 15 locations in Hamilton and Webster County. The exercises are specifically designed for seniors, with the focus being on balance, in an effort to help people avoid falls. If you are interested in participating in a BASE class, please call Becky at 515-832-2525. Join a BASE class and find out how much fun exercise can be!



BASE class at Badger Public Library



Summer 2023

RSVP Brag Book Photo Collage



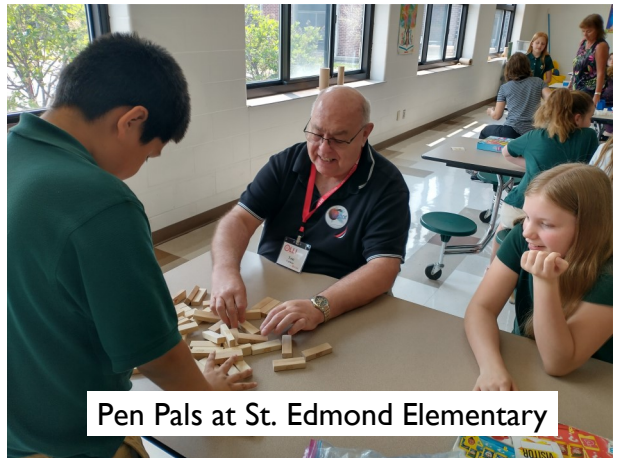
Webster City Middle School pen pal party



Pen Pals at Southeast Valley Middle School



Pen Pals at St. Thomas Aquinas Elementary



Pen Pals at St. Edmond Elementary



Pen Pal party at South Hamilton Elementary



Pen pals at Stratford Elementary



Pen pals at Southeast Valley Middle School



Pen pals at Webster City Middle School

Current Volunteer Opportunities

Summer 2023



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.

9/11 First Responder Thank-you Cards

RSVP will honor first responders in our area by sending them personalized cards. We want as many volunteers as possible taking part in this project.

Jewell Historical Society Museum

Volunteers are needed at the Jewell History Museum. Volunteers can greet visitors and ask them to sign the guest register, do general cleaning in the display area, or help with grounds maintenance. Museum is open Sunday afternoons during the summer.

Youth Shelter Services

Youth Shelter Services of Hamilton County is seeking mentors for Webster City Middle School students for next school year. Background check required. Make a difference in a kid's life!

Pen Pals for 2023-24 School Year

We will need pen pals for nearly 300 students. One letter per month, and you get to meet your pen pal at an end-of-the-year party.

Van Diest Medical Center

Greeters and guides and bedside visitors are needed at Van Diest Medical Center in Webster City.

Nursing Home Visitors

Volunteers are needed at several nursing homes in the area to visit with residents, play cards, help with bingo, do craft activities.

Blanden Memorial Art Museum

The Blanden Memorial Art Museum is seeking docents to help lead groups through the museum, and help with crafts on a weekly basis .

Pen Pal Parties Connect New Friends

As you can see from the pictures in our "Brag Book" section, we had many pen pal parties in the month of May. This year, 282 RSVP volunteers served as pen pals to 6 schools. Pen pals write a letter to their student once a month throughout the school year. The students learn the process of letter writing, and learn how to communicate with someone of an older generation, whom they have never met. The students are always very excited to meet their pen pal at the end-of-the-year party.

The students all fill out a pen pal program survey at the end of the year. Here are some of the comments they made on the survey:

I enjoyed having someone to write to and who would share back.

It was great, and my pen pal and I had a lot in common!

It helped me talk and socialize more, I love writing now.

My pen pal is great. I did not like people very much before I got in 4th grade.

It was nice getting to know someone new and I had a great time writing.

I liked to learn new things from my pen pal and things that she liked to do.

I love it and it gets more people to know each other.

It made me feel better.

Every year we need new pen pals, so please let me know if you would like to be a pen pal next school year.

Central Iowa RSVP Staff

Kalen Petersen
Director
515-733-4917
director@cirsvp.org

Becky Koppen
Volunteer Coordinator
Hamilton and Webster Counties
749 2nd Street
Webster City, IA 50595
515-832-2525
rsvphamco@cirsvp.org

308 Central Avenue
Fort Dodge, IA 50501
515-573-3477
rsvphamco@cirsvp.org

Kendra Breitsprecher
Marketing/Volunteer Coordinator
Webster County
515-571-1666
wcmkt@cirsvp.org

Laura Seiverson
Office Coordinator
503 Elm Ave., Story City, IA 50248
515-733-4917
officemgr@cirsvp.org



Fraud Fighters Working to Get the Message Out: Don't Get Scammed!

RSVP volunteers who have been trained to make Fraud Fighters presentations have been busy getting their very important message out: Beware of scammers!

"Con artists target people age 60 and older, swindling more than 7 million Americans out of almost \$3 billion each year."

—Doug Ommen, Iowa Insurance Commissioner



There are many people who are out to separate you from your hard earned money in fraudulent ways, and they are finding ever more clever deceptions to fool you into trusting them with your savings. Our Fraud Fighters, who have received training from the Iowa Insurance Division, are more than happy to give their presentations and packets of information to any group interested. Contact Becky to arrange a presentation for your group.

We're on the web!
www.rsvpvolunteer.org

RSVP Central Iowa



AmeriCorps
Seniors



Central Iowa RSVP

Serving Hamilton and Webster Counties

749 2nd Street

Webster City, IA 50595

RETURN SERVICE REQUESTED

