



CENTRAL IOWA
RSVP
Connecting People To Purpose

Serving Hamilton
and
Webster Counties

Fall 2026

Office Hours:
8:30-4:30
Mondays and Fridays
in Fort Dodge,
Tuesday-Thursday
in Webster City

New Dynamic Added to BASE Exercises— Grip Strengthening Balls



Sue Doolittle demonstrates
how to use grip balls

BASE Senior Fitness exercise classes have recently added a new set of strengthening exercises using grip-strengthening balls. Grip strength is a significant indicator of overall health and longevity.

Health Indicator: Grip strength reflects the condition of the entire muscular system and is linked to better cardiovascular health.

Functional Independence: Strong grip strength is associated with the ability to perform daily activities, which is vital for maintaining independence in older age.

Predictor of Longevity: Studies have shown that higher grip strength correlates with a longer lifespan, as it indicates better overall physical condition.

Trainability: Grip strength can be improved through targeted exercises, which can enhance overall health and longevity.

BASE participants at
Fuller Hall learn ways
to strengthen their
grip using the new
balls provided by
Central Iowa RSVP



Gayle Olson, trained Fraud Fighter presenter, speaks to the
BASE Senior Fitness class at Jewell United Church of Christ

Fraud Fighters Warn of New Scams

RSVP volunteers have been trained by the Iowa Insurance Division to give free presentations to warn people about prominent scams being perpetrated in Iowa. If you know of a group that would like to have a Fraud Fighter presentation, please contact Becky Koppen, 515-832-2525, to get on a speaker's schedule. Help keep your friends and family safe from fraud and scams.



Fall 2026

RSVP Photo Gallery



Many RSVP volunteers enjoyed a recognition luncheon at Briggs Woods Conference Center August 11 (top 4 pictures).

RSVP volunteers serve as judge comment writers each year at the Hamilton County Fair. Pictured are Cheryl Eichler, Loween Getter, and Sharon Cline. Sharon is observing a project of the rejuvenation of a Hagie sprayer, which won a blue ribbon at the Hamilton County Fair as well as at the Iowa State Fair.

Current Volunteer Opportunities

Fall 2026



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

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

First Baptist Church SALT Center

Warming/cooling center, help clients access resources

Fort Dodge Elementary Schools

Help students in a variety of classroom activities

Fort Museum

Bingo runners, tour guides, set up marketing system

Friendship Haven

Volunteers are needed to assist in community activities, visit/read to residents, teach a craft, help with transport

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

The Key on Central

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

Make-a-Wish Foundation

Meet with family, determine child's wishes, fill out paperwork, solicit donations

Marion Home

Read to residents, play card games, help with activities

Salvation Army

Food pantry volunteer is needed to assist with food box distribution, receptionist needed during special events

Webster County Conservation

Many volunteer opportunities both indoors and outdoors. The park technician can fit a task to most anyone. Opportunities in River's Edge Discovery Center

Webster County Genealogical Society

Data entry, scanning/indexing documents, microfilm

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:

Community and Family Resources

Volunteers are needed to label brochures and fill give-away bags. 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 local churches. 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

Newsletter Preparation

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

Nursing Home Note Writers

Nursing homes in Hamilton and Webster counties are looking for volunteers to write cards and notes to residents.

Southfield Wellness Community

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

South Hamilton Elementary

Reading partners are needed for elementary classes, read one on one with students

VanDiest Medical Center

Greeters and Guides are needed as well as Bedside Visitors

Webster City Community Schools

Reading Buddies, tutors, pen pals, mentors welcome

Youth and Shelter Services

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

Santa for Seniors—see article on page 4

Volunteers are needed to deliver packages for elderly and needy individuals in Hamilton and Webster counties. Delivery date is yet to be determined, sometime in early December. Volunteers are also encouraged to contribute hand made items such as quilts, lap blankets, and crocheted or knitted items

Central Iowa RSVP North Staff

Laura Severson
Director
503 Elm Avenue
Story City, IA 50248
515-733-4917
director@rsvpvolunteer.org

Becky Koppen
Volunteer Coordinator
Hamilton and Webster Counties

749 2nd Street
Webster City, IA 50595

308 Central Avenue
Fort Dodge, IA 50501
515-832-2525
hamweb@rsvpvolunteer.org

RSVP Collaborates with Elderbridge and UDMO in “Santa for Seniors”

For the fifth year, RSVP will partner with Elderbridge and Upper Des Moines Opportunity in “Santa for Seniors.” Eligible older adults will be selected to receive a package of Christmas gifts purchased through donations from area businesses and organizations.



RSVP volunteers will deliver the packages in mid December. Volunteers will be needed in both Hamilton and Webster counties.

RSVP volunteers are also encouraged to create hand-made items such as lap quilts, dish cloths, and hot pads to be included in the gift packages.

If you would like to be involved in “Santa for Seniors,” call Becky at 515-832-2525. Get into the Christmas spirit!

Central Iowa RSVP

Serving Hamilton and Webster Counties

749 2nd Street

Webster City, IA 50595

RETURN SERVICE REQUESTED

In Commemoration of the 25th Anniversary of 9/11 **RSVP Food Drive**

Through the month of September
Supporting UDMO
and WC Congregate Meals
Bring items to RSVP office

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



Follow Us

