



CENTRAL IOWA
RSVP
Connecting People To Purpose

The Connection

Summer 2025



Attention RSVP Pen Pals!

As a Pen Pal, you are part of the largest volunteer initiative that RSVP facilitates! With feedback from teachers, volunteers, students, and other successful Pen Pal programs, we have modified this much-loved program to make it even more meaningful and enjoyable for everyone involved. We are excited about the 2025-2026 school year!

If you are a pen pal, or interested in being a pen pal to an elementary or middle school student starting in the fall, we encourage you to attend one of the following events.

Learn how you are making a difference in students' lives and ways that will make our Pen Pal program more rewarding and fun.

Refreshments, Pen Pal supplies, and "thank you" goodies will be provided!



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Volunteers - Your Opinion Matters!

Central Iowa RSVP and our partners are interested in learning how your life is enhanced through service to our communities. Studies have shown that people who volunteer are healthier than their friends and neighbors who do not volunteer. We are asking for your help in defining the impact volunteer service has on your life. The results of this survey will provide valuable information in determining how local investments are making a difference for you, our valued volunteers. Enclosed is a quick survey that should take only a few minutes to fill out.

There are 3 ways to participate:

- Request and fill out a paper copy and mail it or drop it off at any RSVP office location (see addresses on back page).
- Use the link on the RSVP website homepage. The link can also be emailed to you. Contact director@rsvpvolunteer.org.
- Scan this QR code, which will take you directly to the survey.

LINK TO VOLUNTEER SURVEY



PEN PAL KICK OFFS

Tuesday, August 19

10:00 – 11:00 AM

Story City Community Center
and RSVP Office
503 Elm Ave, Story City

Thursday, August 21

10:00 – 11:00 AM

City Church
2400 Oakwood Rd, Ames

Thursday, August 28

10:00 – 11:00 AM

ISU Extension and RSVP Office
2608 2nd St, Marshalltown

Brag Book

Pen Pal Party at West Marshall Elementary

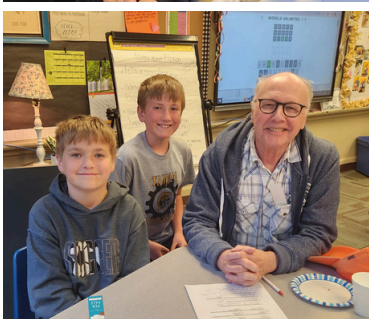
West Marshall 4th grade students: 69 students exchanged letters with 56 volunteers.



"It was a fun time. She was an amazing pen pal."



"I like writing to my pen pal. I hope I get to do it again."



Pen Pal Party at Roland-Story Elementary

Roland-Story 2nd & 3rd grade students: 43 students exchanged letters with 43 volunteers.



"It was so fun. I think I want to keep writing to my pen pal."



"Make it longer. Do it again. Do it every year."

SAVE THE DATES

Tip Hotline Training

For those interested in learning how to help run the Tip Hotline in the event of a missing or abducted child/person, contact Paul to get on the list and have a background check run (required). Our next training will be:

Wednesday, June 25, 5:45 PM
Story County Sheriff's Office, Nevada

All Story County VRC Training

For those interested in helping run a Volunteer Reception Center in the event of an emergency or disaster, our next training will be held on:

Tuesday, July 22, 3:00 - 5:00 PM
Story City Community Center
503 Elm Ave, Story City

Volunteer Meet & Greet

Our Volunteer Meet & Greet is for new volunteers, or those who need a refresher, to discuss RSVP and volunteer opportunities!

Thursday, September 18, 9:30 AM
60 Forward Center, Ames

WELCOME

New Arrivals to Central IA RSVP

Cathlyn Anderson, Story City
Orville Berbano, Ames
Jim Coats, Ames
Linda Erickson, Story City
John Flickinger, Story City
Karen Hashman, Story City
Laura Heitland, Marshalltown
Tina Hill, Ames
Ellen Maxwell, Ames
Mary Metzger, Huxley
Vicky Omundson, Bondurant
Randy Rettleff, Ames
Patricia Rogers, Ames
Joyce Salasek, Marshalltown
Steven Salasek, Marshalltown
Brian Schaeffer, Ames
Diane Swenson, Radcliffe
Stan Valenta, Ames



3



First Friday Coffee

LIFELONG LEARNING FOR ANYONE 50+

LEARNING FOR THE FUN OF LEARNING!

OLLI, the Osher Lifelong Learning Institute at ISU, provides non-credit learning opportunities for anyone 50+. A variety of classes are offered via zoom and in person to fit your schedule.

Learn more at olli.iastate.edu

ISU Alumni Center, 429 Alumni Lane, Ames, Iowa
(515) 294-5790

Follow us on Facebook: @OlliAtISU

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RSVP Promo Video!



Have you heard?! We put together a promotional video for Central Iowa RSVP! With the help of folks at the ISU Alumni Association, we now have a wonderful video to show off just a sample of the amazing things you - our RSVP volunteers - accomplish! If you haven't seen it, check it out on our home page - www.rsvpvolunteer.org. A special thanks to those volunteers we recorded and everyone who had a hand in it behind the scenes!

Transportation Program Turns 15



In 2010, with financial support from United Way of Story County, Central Iowa RSVP began providing supplemental transportation services by engaging volunteers (who utilize their own vehicles) to provide rides to residents no longer able to drive.

With a focus on helping older adults get to medical appointments and other essential services, this one-year pilot project has become an important transportation resource that has now **served 515 Story County residents**.

Since 2010, the program has engaged a total of **146 RSVP drivers** who have **traveled 256,700 miles** providing rides to medical appointments and other essential services, **serving over 20,600 hours**.



Now funded by United Way of Story County, the City of Ames, Story County, ITN America, Aging Resources of Central Iowa, and client donations, this program continues to thrive! Growth over the past 15 years is evidence of how important this service is to our communities and how incredible our volunteer drivers, past and present are.

29th Annual Senior Variety Show



Fri. Aug 15, 7 PM & Sat. Aug 16, 2 PM
Ames City Auditorium
(515) 620-8843 | SeniorVarietyShow.org
Proceeds benefit local senior projects

GREEN HILLS™

“We enjoy living at Green Hills and love our neighbors. The staff is also wonderful!”

- Jerry and Nancy Hall

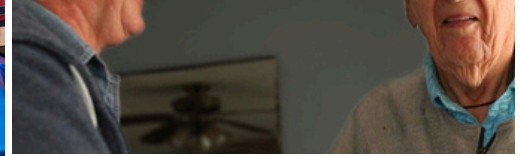
2205 Green Hills Dr. Ames, IA 50014

GreenHillsRC.com

Managed by Life Care Services®

Brag Book

Featured: Emergency Food Box, Senior Expo, Ames History Museum, ISU Extension, RSVP Promo Video, Fraud Fighters Presentation, Transportation/Grocery Recognition, Octagon Art Center



THE CARE YOU NEED, AT HOME

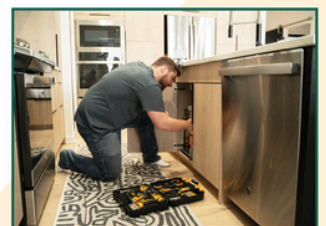


Health & Support

Personal Companion
Homemaker Services:
Cleaning, cooking, laundry
Transportation
Nurse Visits
Medication Mgmt.

Home Solutions

Lawn Care
Landscaping
Home Safety Inspection
Handyman Services
Snow/Ice Removal
Tech Support
Lifeline



515-509-5414
bethanyathomecare.com

Summer Opportunities

BALLARD SUMMER MEAL PROGRAM – Huxley

- Food Program
- Tuesdays & Fridays, June 3 – August 22, times vary between 7:00 AM – 12:00 PM
- Prepare meals, deliver sites, and distribute.

CAMELOT THEATER FOUNDATION – Nevada

- Theatre Assistance
- Set up, concessions, tickets, and clean up.
 - June 15, 1:30 – 4:30 PM, Field of Dreams
 - June 18, 1:30 – 4:30 PM, Field of Dreams
 - June 27, 4:40 – 7:30 PM, Open House
 - June 28, 1:30 – 4:30 PM, True Grit

EMERGENCY FOOD BOX – Marshalltown

- Healthy Kids Iowa Program
- Tuesday – Thursday, June – August, varying shifts, twice per month
- Unload deliveries, help families pick up food.

FRIENDSHIP ARK – Ames

- 5k Run/Walk
- July 4, 6:30 – 10:30 AM, shifts and times vary
- Distribute event signs, walk-up registration, check-in, photographer, pass out popsicles, set up water tables, pass out water, cheer on participants, award medals, pass out food.

MAIN STREET NEVADA – Nevada

- The Wall That Heals
- August 7 – 10, shifts vary (open 24 hours/day)
- Assist at the wall, volunteer services tent, visitor tent operations, parking shuttle.

OCTAGON CENTER FOR THE ARTS – Ames

- Third Thursdays in 2025
- Welcome guests to the gallery, serve and replenish drinks and snacks during events.
 - June 19, 5:00 – 8:00 PM – Paint/Plant on Patio
 - July 17, 4:30 – 8:30 PM – Party on the Patio
 - August 21, 5:30 – 8:00 PM – Poetry SLAM

RAISING READERS – Ames

- Small Talk
- June 9 – August 11, Monday mornings
- Oversee activities, check in, read weekly book.

YSS – Ames

- Supply Drive
- June 21, time TBD
- Collected donated items, distribute to programs.

Living well,
aging well...



Mary Greeley
PRIME TIME ALIVE

Membership is just \$15 a year and includes:

- Educational programs
- Day and overnight trips
- Wellness screenings
- Social events
- Mary Greeley cafeteria discounts

...and more!

To learn more about Prime Time Alive, visit www.mgmc.org/pta or call 515-239-2423 or 800-303-9574

Prime Time Alive is a program of Mary Greeley Medical Center for individuals 50 and better. Prime Time Alive programs are designed to help you achieve a vital balance of physical, financial, emotional, social and spiritual components in your life.



AGING DOESN'T REQUIRE GROWING UP!

Come find your fun at Northridge Village

Independent Living...

provides seniors the opportunity to experience the freedom of independent living, where you enjoy your own space without the burdens of home maintenance, and live life on your terms.

Assisted Living...

provides seniors with the option to embrace a simplified lifestyle while receiving the necessary assistance to maintain as much independence as possible.

Memory Care...

provides those on the dementia journey a safe and secure home to pursue purpose, passion, and joy in life.

Short-Term Rehab...

provides the opportunity to recover swiftly and regain your independence, while empowering you to overcome challenges and restore your vitality.

Long-Term Care...

provides enduring compassion and support, while enhancing your quality of life throughout your journey, ensuring your well-being and happiness.

SCHEDULE A TOUR AT 515.232.1000 OR NORTHDRIDGEVILLAGE.COM



Current Volunteer Opportunities

The following opportunities are currently available in Story County. Mileage reimbursement is available.

For additional assignment details, please contact: Kim in Story County at (515) 292-8890, story@rsvpvolunteer.org, or Linda in Marshall County at (641) 752-0279, marshall@rsvpvolunteer.org.

ACCESS (ASSAULT CARE CENTER EXTENDING SUPPORT & SERVICES) – Ames

- *Office:* (Monday – Friday 9:00 AM – 5:00 PM, 4 hr shifts) Answering phones and other admin tasks.

AFFORDABLES THRIFT STORE – Story City

- *Clerk:* (Tuesday – Friday 10:00 AM – 5:00 PM, Saturday 9:00 AM – 3:00 PM) Sort and price donations.

AMES HISTORY MUSEUM – Ames

- *Gallery Attendant:* (Wednesday– Friday 10:00 AM – 4:00 PM, Saturday 1:00 PM – 4:00 PM, 4 hr shifts) Monitor exhibit spaces, reset interactives, tidy exhibit areas, answer visitor questions.
- *Welcome Desk:* (Various Dates/Shifts 10:00 AM – 4:00 PM) Greet visitors, explain museum layout, tell visitors about exhibits on display, collect visitor feedback.

BERTHA BARTLETT PUBLIC LIBRARY – Story City

- *Library Assistant:* (Monday – Friday 10:00 AM – 2:00 PM) Assist with general library duties.
- *Technology Assistant:* (Monday – Friday 10:00 AM – 2:00 PM) Assist patrons with tech difficulties.

CARE INITIATIVES HOSPICE – Story & Marshall County

- *Friendly Visitors:* (Days/times determined by the volunteer & client) Offer a variety of support for Hospice clients like reading, playing music, playing games, or simple listening. Training provided.

CENTRAL IOWA RSVP – Story & Marshall County

- *Transportation Program:* (Story Co.) Provide occasional rides to medical appointments and essential services. Ames, Story City, and Nevada drivers are needed, will use personal vehicle for rides.
- *Fraud Fighters:* (Story & Marshall Co.) Facilitate Fraud Fighters presentation from Iowa Insurance Division to local groups to educate about fraud, scam, and prevention techniques. Training provided.

EASTERN STORY COUNTY FOOD AT FIRST – Nevada

- *Meal Assistance:* (Mondays & Thursdays) Assist with the 400+ free meals. **Preparation** (2:00 – 5:00 PM), **Packing** (4:30 – 6:00 PM), **Delivery** (4:45 – 5:45 PM), **Clean Up** (5:00 – 7:00 PM).
- *Food Rescuers:* Pick up food and transport to Nevada First United Methodist Church. (Dollar Fresh daily 10:30 AM, Dollar General Market Mondays & Thursdays 1:00 PM, Dollar General Mondays & Thursdays 1:30 PM, Crumbl Cookie (Ames) Tuesdays & Thursdays 8:30 AM.)
- *Food Inventory:* (Monday – Friday 11:00 AM – 2:00 PM) Weigh, sort, and safely store the food donations until distribution to area food pantries can be arranged. Flexible days and hours.

EMERGENCY FOOD BOX – Marshalltown

- *Pantry Assistant:* (Monday – Thursday 1:30 PM – 4:30 PM, Friday 10:30 AM – 1:30 PM) Assist at pantry when open, unload deliveries, pick up food rescue items, assist with data, building maintenance.



GOOD NEIGHBOR EMERGENCY ASSISTANCE – Ames

- *Customer Contact:* (Monday – Friday 1:00 – 4:00 PM) Assist at the reception area, answer phones, assess client needs, and distribute vouchers, must be able to respect confidentiality.

HABITAT FOR HUMANITY – Ames

- *Store Clerk:* (Saturdays 10:00 AM – 4:00 PM) Greet shoppers, run the register, assist customers.

Current Volunteer Opportunities

HEARTLAND OF STORY COUNTY – Story County

- *Volunteer Drivers:* (Monday - Friday 10:00 AM – 1:00 PM) Deliver a hot lunch to seniors' homes in Story County. Pick up the meals at Mary Greeley and deliver to the clients listed on the route.

HOUSE OF COMPASSION – Marshalltown

- *Miscellaneous Support:* Volunteer needs include assisting clients at the Supply Closet, assisting with cooking and serving meals, and processing, moving, sorting, stocking, and cataloging donations.

IOWA STATE UNIVERSITY EXTENSION – Marshalltown

- *Miscellaneous Support:* Volunteer needs include clerical assistance with staff is away, re-stocking the Free Little Food Pantries, and assisting with Youth Programming (library, workshops, trips).

MARY GREELEY MEDICAL CENTER – Ames

- *North Information Desk:* (Fridays 8:00 AM – 12:30 PM & 12:30 – 5:00 PM) Provide directions to patient rooms and other areas, serve as a check point for patient visits, and answer questions.
- *West Information Desk:* (Monday - Friday 10:00 AM – 1:30 PM & 1:30 – 5:00 PM) Provide directions to patient rooms and other areas, serve as a check point for patient visits, and answer questions.
- *ICCU Information Desk:* (Monday - Friday 9:00 AM – 6:00 PM, 2-4 hr shifts) Provide directions to patient rooms and other areas, serve as a check point for patient visits, and answer questions.
- *Meals on Wheels:* (Monday – Friday 10:30 AM – 12:00 PM) Provide support to drivers, clean and organize delivery bags, collect and file route sheets, occasional meal delivery if driver shift is open.
- *Inpatient Comfort Rounds:* (Thursdays 8:00 – 10:00 AM) Support nursing staff by offering patients and guests water, coffee, warm blankets, TV guides, etc. and visit with patients if time allows.
- *Hospice House:* (Daily 9:00 AM - 7:00 PM, 2-3 hr shifts) Answer phone, greet/assist visitors, interact with patients/families.
- *Hospice Caring Cards:* (On own time) Write letters, make cards, or send notes to hospice patients.

MICA (MID IOWA COMMUNITY ACTION) – Ames

- *Food Pantry Assistants:* (Monday, Wednesday, & Friday 9:00 AM – 4:00 PM, 2 hr shifts) Check individuals in, Stock pantry shelves and compile orders, and Contactless Delivery Driver.
- *Food Rescue:* (Mondays & Fridays 8:00 – 8:45 AM) Pick up donations from Kum & Go and Kwik Star, and take to MICA. Volunteers can use their own vehicle or MICA van.

OVERFLOW THRIFT STORE – Ames

- *North (202 S Duff Ave) & East (919 E Lincoln Way):* (Monday - Friday 10:00 AM – 6:00 PM & Saturdays 10:00 AM – 4:00 PM.) Run the registers, sort and clean merchandise, and stock donations.

REIMAN GARDENS – Ames

- *Butterfly Wing Docent:* (Daily 10:00 AM – 4:30 PM, 2 hr shifts) Monitor the butterfly enclosure and interact with the public.
- *Caterpillar Club:* (Thursdays 10:00 - 11:00 AM) Lead or assist with program for birth to Pre-K kids about nature exploration. Set up, clean up, read books, sing songs, assist with activities.
- *Indoor Gardening Assistants:* (Flexible shifts) Water, plant, deadhead, trim, weed, other projects, etc.
- *Indoor Pot Washing:* (Tuesdays & Thursdays, 9:00 AM – 12:00 PM) Scrape, soak, and wash plant pots.
- *Garden Guide:* (1 hr tours) Guide groups through butterfly wing, conservatory, & outdoors.



Now Open

Sixty Forward connects those 60+ and supports a physically active, socially vibrant and healthy life.

Call Heartland of Story County at 515-233-2906



Current Volunteer Opportunities

SALVATION ARMY – Ames

- *Food Pantry:* (Monday - Friday 12:30 - 3:30 PM) Fill food boxes to distribute.
- *Food Inventory:* (Tuesday - Thursday 9:30 AM - 12:30 PM) Accept donations, sort and shelve items.
- *Delivery Driver:* (Monday - Friday 12:30 - 3:30 PM) Deliver food packages in Story County.

SALVATION ARMY – Marshalltown

- *Sal's Cupboard:* (Times/dates vary) Assist sorting food and helping clients in food pantry.
- *Thrift Store:* (Times/dates vary) Meet customers, sort and hang clothing, sort/display merchandise.

STORY MEDICAL SENIOR CARE CENTER – Nevada

- *Friendly Visitors:* (Days/times flexible) Provide companionship, read, reminisce, games, walks, etc.
- *Men's Coffee:* (2nd & 4th Thursday/month, 1 hour) Visit, snack, play games, do crafts, etc.

SUNCREST HOME HEALTH AND HOSPICE – Story County

- *Fidget Blankets:* (On own time) Make lap size fidget blankets for Alzheimer's and Dementia patients.
- *Caring Cards:* (On own time) Write letters, make cards, or send caring notes to hospice patients.

THE WELL RESOURCES CENTER - Ames

- *Hospitality:* (Tuesday, Thursday, Friday 9:30 AM - 4:30 PM, 3.5 hr shifts) Manage reception area, welcome guests, offer refreshments, answer phones, manage appointment book, office tasks.

Don't forget to let us know if you volunteer at one of these locations or for a summer event so we can connect with the site and count your hours!

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- Bereavement



Mary Greeley
MEDICAL CENTER
Home Health Services

1114 DUFF AVE. | AMES, IA 50010

For more information on Home Health Services, visit
www.mgmc.org/homehealth or call 515-239-6730.



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To learn more or schedule a visit, call (515) 382-7019.

Office Locations

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

Ames Office
205 S Walnut Avenue
Ames, IA 50010
(515) 292-8890

Marshalltown Office
2608 S 2nd Street
Marshalltown, IA 50158
(641) 752-0279

For RSVP staff contact information, including email addresses, please call one of our offices or visit the staff page of our website:

www.rsvpvolunteer.org

RSVP Advisory Council Members

Thank you to this great group of RSVP Advisors and Ambassadors for your service!

Marlys Barker, Nevada

Nic Briseno, Ames

Marsha Hegland, McCallsburg

Mary Ann Lovell, Marshalltown

Arlyss Peterson, Cambridge

Maryna Salas, Marshalltown

Diana Schwendinger, Ames

Gaylan Scofield, Story City—Chair

Doni Sheldon, Marshalltown

Jeff Sodt, Nevada

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www.facebook.com/rsvpcentraliowa



CENTRAL IOWA
RSVP
Connecting People To Purpose



UNITED WAY
Story County



Marshalltown
Area
UNITED WAY



AmeriCorps
Seniors

hello
SUMMER