



CENTRAL IOWA
RSVP
 Connecting People To Purpose

The Connection
 Spring 2026



Celebrating You, the Volunteers!



April is National Volunteer month and we wanted to say 'Thank You' to all of our amazing volunteers! Central Iowa RSVP simply connects you, our volunteers, with the needs in our communities through these opportunities. Your collective impact and work is astounding! In our last quarterly newsletter we shared some numbers from our

annual report, but I would like to highlight those again. In the 2024-2025 fiscal year...



807 RSVP Volunteers
 aged 55 and over



Served **35,341** hours
 in their communities



Valued at
\$1,020,648

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We also want to highlight some of our volunteers and why volunteering is important to them. We asked a few of our volunteers to tell us what motivates them to give back to the community and what they enjoy most about volunteering.



“ I enjoy serving people in a capacity that benefits them, whether it be driving, delivering commodities, or working with my therapy dog. Volunteering has opened doors to meeting new people and given me a sense of purpose as I ease into retirement. Practically, it helps to fill up my time and keep me as busy as I want to be. What I enjoy most is meeting people I wouldn't normally in my daily life. People are so appreciative and grateful, which confirms my belief that we need each other. - Michelle Soderstrum ”

“ What motivates me is the great feeling it gives me to know that I can help somebody along the way. It makes me feel better about myself, and about helping the community. One of my most rewarding activities was working with the SNAP food distribution at Emergency Food Box this summer. RSVP is a good resource for finding volunteer opportunities in places that really need me. - Rita Frederick ”

**Article
 continued
 on page 7**

SENIOR EXPO
 PRESENTED BY *Seniors in Story*
FRIDAY, MAY 8TH, 2026
9:00 A.M. - 3:00 P.M.
GATEWAY HOTEL & CONFERENCE CENTER
 2100 GREEN HILLS DR, AMES
SENIORSINSTORY.ORG

The 2026 Senior Expo is fast approaching!

Come and connect with many exhibitors serving “seniors” in Central Iowa and/or attend informative presentations. Everything is free, including beverages, refreshments, and lunch! Stop by the RSVP booth to say “Hi” and get a gift!

We are also looking for volunteers to assist in making this event a success. Contact Kim for more information at (515) 292-8890 or story@rsvpvolunteer.org.

Staff Updates

We have had several changes within our small staff! Two of our long-time, dedicated employees recently retired! Kalen (Director) retired December 31, and Linda (Marshall & Story County Volunteer Coordinator) retired January 15. Please welcome our staff in new roles...

- Laura Severson, who has been the Office Coordinator for the past few years, is the new Director, located in Story City
- Shari Reilly, who started January 5, is our new Marshall & Story County Volunteer Coordinator



Laura Severson
Director



Shari Reilly
Volunteer Coordinator

Call for Groups to Present To

We have several educational programs that our volunteers present to groups. We love to provide education to our communities, especially on these important topics. However, **we are in need of groups to speak to.**

If you belong to a group, or know of some local groups that might be interested in these topics, let us know!



**LEARN,
PREVENT,
& PROTECT**

- **Fraud Fighters:** educate older adults about how to avoid being a victim of financial scams and fraud
- **Disaster PrepWise:** educate older adults about how to prepare for an emergency and shelter in place
- **SPAN:** Seniors Preventing Addiction to Narcotics - provide information about this epidemic and how to spot and prevent this in those around you

Contact Paul at (515) 292-8890 for Story County
Shari at (641) 752-0279 for Marshall County, or
Becky at (515) 832-2525 for Hamilton & Webster Counties



A Note From Kalen...

Thank you for all of the retirement well-wishes I received! I so appreciated the "stops by the office," email messages, phone calls, cards, gifts, and all who attended my retirement party.

Thanks, also, to the amazing RSVP staff for their thoughtful planning of such a special celebration.

Thank you to the SCSC, Inc. Board of Directors for the wonderful gift and plaque (displayed proudly in my home).

RSVP and all of the incredible people I have had the privilege to know will always be a part of me. That being said, retirement is pretty good! God bless you all. - Kalen

Facebook Opportunities

We have updated the appearance of our volunteer opportunities posted on Facebook, in an effort to make it easier to identify which county they are in. Let us know what you think!

<p>Story County</p> <p>VOLUNTEER opportunity</p> <p>Fraud Fighters Presenter Schedule varies based on presentation dates.</p> <p>Fraud Fighters is a program through the Iowa Insurance Division to give presentations to community groups to educate the public about common scams and more.</p> <p>Details: Following training, lead or assist with presentations to community groups following the Fraud Fighters booklet and PowerPoint.</p> <p>Central Iowa RSVP - 503 Elm Ave, Story City If interested, contact Paul at (515) 292-8890</p>	<p>Marshall County</p> <p>VOLUNTEER opportunity</p> <p>Kindness Calls Weekly, as your schedule allows</p> <p>NEI3A's mission is to empower older individuals, caregivers, and those with disabilities to remain independent and in their homes as long as desired.</p> <p>Details: Will provide companionship and social contact to older adults through weekly phone calls.</p> <p>NE IA Area Agency on Aging - 123 W Main St, Marshalltown If interested, contact Shari at (641) 752-0279</p>	<p>Hamilton County</p> <p>VOLUNTEER opportunity</p> <p>Child Care Once a Week, 10:00 - 11:30 AM</p> <p>ACE is enhancing the social and economic well-being of communities by empowering people to communicate and connect.</p> <p>Details: Take care of children while parents participate in ESL classes.</p> <p>All Cultures Equal - 1440 Second St, Webster City If interested, contact Becky at (515) 832-2525</p>	<p>Webster County</p> <p>VOLUNTEER opportunity</p> <p>BASE Senior Fitness Leader Times and Dates will vary</p> <p>A free, fun and safe senior exercise program that focuses on balance, agility, strength, and endurance. It is designed to improve physical and mental wellness of people age 55 and older.</p> <p>Details: Lead senior fitness classes, training provided. Many locations, times, and dates to choose from.</p> <p>Central Iowa RSVP - 308 Central Ave, Ft Dodge If interested, contact Becky at (515) 832-2525</p>
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Call for Advisory Council Members

We have recently lost several members of our Advisory Councils and are seeking new members. We are looking for members for both our Story/Marshall and Hamilton/Webster groups.

What is the Advisory Council?

The Advisory Council is an impartial, objective group separate from the Sponsor and Project Director, giving input to the operation of AmeriCorps Seniors programs.

What does an Advisory Council member do?

- Meets quarterly with the Director and RSVP staff
- Serves as Ambassadors for RSVP
- Assists staff with
 - Marketing & technical support
 - Project management
 - Special events
 - Volunteer management
 - Fiscal guidance

If you are interested, or know of someone who may be a great addition to our group, please reach out to either Becky at (515) 832-2525 or hamweb@rsvpvolunteer.org or Laura at (515) 310-7323 or director@rsvpvolunteer.org.

Board of Directors

Andy Webb, President
Pat Hashman, Vice President
Travis DeRidder, Treasurer
McKenzie Alvarado Lopez, Secretary
Tim Kadolph
Joe Lucas
Laura Loots
Warren Straszheim
Kathy Thorson

Advisory Council Members

Thank you to these great groups of RSVP Advisors and Ambassadors for your service!

Story & Marshall Counties

Marlys Barker, Nevada
Nic Briseno, Ames
Marsha Hegland, McCallsburg
Arlyss Peterson, Cambridge
Maryna Salas, Marshalltown
Diana Schwendinger, Ames
Gaylan Scofield, Story City—Chair
Jeff Sodt, Nevada

Hamilton & Webster Counties

Paula Brownell, Webster City
Tom Carlson, Dayton
Danielle Moore, Webster City
Bonnie Reck, Dayton
Susan Schmitz, Webster City
Billie Shelton, Stratford

Story & Marshall Counties Updates

Volunteer Drivers - We Need You!



Our Volunteer Driver Transportation Program in Story County is booming! Our program provides older adults with safe and reliable transportation to and from medical appointments and other essential services.

We have seen a significant increase in transportation client applications recently. However, in order to meet the needs of those older adults, **we need more drivers!** If you have even a few hours a week and you would like to make a difference, consider signing up as a driver.

Drivers are covered by our supplemental insurance while driving, are eligible for mileage reimbursement, and get to spend time meeting new people, making friends, and making a difference to those in need!

Call Shari with any questions at (515) 292-8890 or Melissa at (515) 733-4917.



WELCOME

New Arrivals to Central IA RSVP

Beth Bachman Caulfield, Ames

William Britton, Slater

Diana Broshar, Slater

Phillip Cochran, Webster City

Linda Doyle, Story City

Rick Hackett, Cambridge

Carol Hart, Maxwell

Nancy Iles, Webster City

Donald Johnson, Story City

Marcy Kaufman, Colo

Ken Kwilos, Norwalk

Richard Martin, Slater

Rhonda Olson, Fort Dodge

Thomas Russell, Ames

Diana Sampson, Nevada

Mary Severseike, Garden City

Brian Stall, Huxley



BASE Leaders Needed

Last December we started our first BASE (Balance, Agility, Strength, and Endurance) Senior Fitness class in Story County. This (free) class is located in Colo and is doing great! The group has continued to grow and is even drawing people from neighboring communities.

We would love to be able to expand this class to other rural communities in Story County, but in order to do that we need more leaders!

If you would be interested in learning more about becoming a BASE leader and/or starting a class in your community, please contact Laura at (515) 733-4917 or director@rsvpvolunteer.org.

BASE
Senior Fitness
BALANCE | AGILITY | STRENGTH | ENDURANCE

Below: our BASE class in Colo on its first day, leader: Susan Hayes



Clockwise: 1) Kalen at her retirement party; **2)** Kalen and Andy Webb, SCSC President, at her retirement party; **3)** New BASE class in Colo led by volunteer Susan Hayes (wearing the hat); **4)** participants in the Colo BASE class exercising, **5)** Judy Jones volunteering at the Salvation Army Toy Shop at Christmas; **6)** Paul Litscher delivering gifts with Santa to a Senior; **7)** David Loupee delivering gifts with Santa to a Senior; **8)** Diana Schwendinger & Paul Litscher at the RSVP booth at a volunteer fair in Ames; **9)** Patricia Ewing, Shelly Rivera, Kim Anderson, and Linda Wild making tie blankets to donate to Suncrest hospice patients.



Hamilton & Webster Counties Updates



SPAN the Generations is an educational program created by Central Iowa RSVP with the help of a number of professional agencies that deal with drug usage. SPAN stands for Seniors Preventing the Abuse of Narcotics. The focus of the SPAN program is on opioids and our goal is to inform people about opioids, safe use and disposal, and warning signs of misuse.

The Centers for Disease Control and Prevention indicates that the number of opioid-involved overdose deaths in the United States in 2024 was 54,743. That is 150 people dying each day. That would be like a jet airliner full of passengers falling out of the sky every day. We would be pretty alarmed if that were happening.

Opioids, pain killers made from the poppy plant or made synthetically in a lab, are necessary to manage pain following an injury or surgery, as the body cannot heal properly if pain is intense and not controlled. Opioids may also be used for long term pain control with certain illnesses. It is important to use opioids as directed, to store them in a safe place, and to dispose of what you don't use. Proper disposal is also discussed in our SPAN presentations.

SPAN presentations are done by trained RSVP volunteers, and are offered free of charge to any sized group. If you know of a group that would like to learn more about the safe use of opioids and the dangers of opioid abuse, please contact RSVP.



Hamilton & Webster Counties Brag Book

Top row: BASE class at Fuller Hall; **Bottom left:** Mark Dohms at VanDiest Medical Center; **Bottom right:** new Tai Chi class in Fort Dodge led by RSVP volunteer Jo Berkland



Continued from page 1



“ My motivation comes from seeing people who are unable to carry out everyday activities on their own. Ordinary tasks can be hard or impossible. Driving for the RSVP transportation program helps meet important needs of so many in our communities.

What I enjoy most is the people I help, ranging from young to old and coming from a variety of backgrounds and experiences. A simple “thank you” or a genuine smile is meaningful and reminds me that someone felt cared for. Giving of oneself enriches the lives of both the giver, and the recipient equally. - Marsha Scofield

“ Giving back has always felt as simple as doing the right thing, which makes me feel good. Becoming an RN and taking care of people was an extension of that.

Once I retired, I knew I couldn't walk away from helping others. Volunteering is a gift to those who need help. But if I'm able to make a difference or help others feel safe, happy, or give hope even for a short time, I feel useful; that is a gift to me.

- Anne Kohler



“ The clients I drive to appointments are so very grateful. I feel like I am helping people when I drive them to an appointment, but in reality the driving opportunity gives me purpose. - Rhonda Ostrem

“ As a hospital volunteer I greet patients and visitors, give directions to various patient rooms and departments, take people to the specific locations, or assist with wheeling them in a courtesy hospital wheelchair. The work is in a clean, friendly environment and volunteers are respected and well treated by hospital staff and visitors alike. I have performed this role for almost fifteen years and hope to continue. - Mark Dohms

“ I was able to become a certified instructor for Tai Chi for Arthritis and Fall Prevention recently, thanks to Elderbridge. It has been such a blessing to me and many others. My class has over 40 attend each week. Tai Chi has had such a positive impact on their lives! - Jo Berkland



“ I find it very rewarding to help others stay active and to be of value to the community. For me, volunteering enhances both my physical and mental health. - Peggy Barkhaus

“ My mom and I love volunteering because we get to meet a variety of people who also like to make a difference in other's lives. We enjoy having a lot of different things to do from writing pen pal letters, to greeting people events, addressing envelopes, hanging fliers, and making cards, just to name a few. We enjoy meeting new people and can see how appreciative they are when we get involved. Without volunteering, my mom and I would not know nearly as many people. - Heather & Mary Lou Sanders



Current Volunteer Opportunities

The following opportunities are currently available in Story & Marshall Counties. Mileage reimbursement is available. For additional assignment details, please contact: Kim in Story County at (515) 292-8890, story@rsvpvolunteer.org, or Shari in Marshall County at (641) 752-0279, marshall@rsvpvolunteer.org.

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

- *Office:* (Monday - Friday, 9:00 AM - 5:00 PM, 4 hr shifts) Answering phones and other admin tasks.
- *Caring Cards:* (At home on your own time) Write letters or cards and send them to clients.
- *Handmade Blankets:* (At home on your own time) Make blankets for survivors as they rebuild their lives.

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.

ANCHORED HOPE – Ames

- *Miscellaneous Support:* Volunteer needs include mentors, transportation, skills training, and events.

BERTHA BARTLETT PUBLIC LIBRARY – Story City

- *After School Program:* (Wednesdays, 1:45 – 4:00 PM) Assist with after school program and crafts.

CAMELOT THEATRE FOUNDATION – Nevada

- *Concessions:* (Times/Dates vary) Stock concessions, assist with orders, ushering, and clean up.

CARE INITIATIVES HOSPICE – Story & Marshall County

- *Friendly Visitors:* (Days/times determined by the volunteer & client) Offer a variety of support to Hospice clients such as reading, playing music and games, or simply listening.

CENTRAL IOWA RSVP – Story & Marshall County

- *Transportation Program:* (Times/Dates vary) Provide occasional rides to medical appointments and essential services for older adults who can no longer drive. **Story County only**
- *Fraud Fighters Presenter:* (Dates/time vary) Give presentations to community groups to educate the public about common scams, following Fraud Fighters booklet and PowerPoint. Training provided.

EASTERN STORY COUNTY FOOD AT FIRST – Nevada

- *Meal Assistance:* (Mondays and Thursdays) Assist with the 400+ free meals. **Preparation** (2:00 – 5:00 PM), **Packing** (4:30 – 6:00 PM), **Delivery** (4:30 – 5:45 PM), **Clean Up** (5:30 – 7:00 PM).
- *Food Rescuers:* Pick up food and transport to Nevada First United Methodist Church. (Nevada Dollar Fresh & DG Market Mondays & Thursdays 1:00 PM, Crumbl Cookie (Ames) Tuesdays mid AM.)
- *Meal Preparation with Special Assignment:* (E/O Tuesday & Friday, 9:30 AM - 11:00 AM) Assist with meal preparation while working with community members from a local habilitation program.

Village Cooperative of Ames

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AND WAITLIST DETAILS

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AMES@THEAAPG.COM

Current Volunteer Opportunities

EMERGENCY FOOD BOX – Marshalltown

- *Miscellaneous Support:* Assisting clients with pantry items; sorting donations, and reception duties.

GOOD NEIGHBOR – 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 RE-STORE – Ames

- *Store Clerk:* (Saturdays, 10:00 AM - 4:00 PM) Greet and assist customers, organize and shelve donations.

HARMONY CLOTHING CLOSET – Nevada

- *Clerk:* (Mondays, 3:00 - 7:00 PM) Welcome guests, hang/sort clothing, assist customers, tidy up.
- *Board Member:* (Once a month) Board member who might be interested in a treasurer role.
- *Prom Dress Attendant:* (Mondays, 4:00 - 7:00 PM **March & April only**) Assist patrons and keep the area tidy.

HEARTLAND OF STORY COUNTY – Story County

- *Commodity Box Delivery:* (Once/month) Deliver commodity boxes to seniors' homes in Story County, pick up at Heartland. **OR** Deliver commodity boxes to seniors' homes in Eastern Story County (Nevada/Cambridge/Maxwell), Pick up at SCORE Park in Nevada.
- *Friendly Visitors:* (Days/times determined by the volunteer & client) Visit homebound clients and offer a variety of support like reading, playing music, playing games, or simply listening.
- *Kindness Calls:* (Days/times determined by the volunteer & client) Call homebound clients and offer an opportunity for increased social interaction.

HOUSE OF COMPASSION – Marshalltown

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

IOWA ARBORETUM & GARDENS – Madrid

- *Gift Shop:* (Saturdays and Sundays, 10:00 AM - 4:00 PM) Accept admissions, sell gift shop items.

IOWA STATE UNIVERSITY EXTENSION – Marshalltown

- *Miscellaneous Support:* Volunteer needs include clerical assistance when staff is away and re-stocking the Free Little Food Pantry.



60 FORWARD CENTER

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www.RSBiowa.com



Current Volunteer Opportunities

IOWA VETERANS HOME - Marshalltown

- *Card Sorter:* (As your schedule allows) Organize donated greeting cards and ensure variety available for residents.
- *Gift Shop Assistant:* (As your schedule allows) Assist customers, handle sales, restock shelves.
- *Library Assistant:* (As your schedule allows) Maintain order on shelves, catalog new books, assist residents.
- *Pet Therapy:* (As your schedule allows) Bring your pet to interact with residents. All pets must be clean, well-groomed, friendly, and current vaccination records required.
- *Recreation Activity Assistant:* (As your schedule allows) Help residents participate in in-house activities (ex: Bingo, musical performances) or off-grounds outings and trips (ex: athletic events, restaurant, shopping).
- *Resident Escort:* (As your schedule allows) Escort residents to Chapel, workshops, and activities in-house.
- *Sewing Room Assistant:* (As your schedule allows) Assist with cutting and sewing carpet rags for the Rug Program.

KIDS AT FIRST – Nevada

- *Child Caregivers:* (Monday mornings) Care for kids before school starts. Prep and serve breakfast, help in the “kid rooms,” indoor activities, walk group to elementary school. Background check required.

MARY GREELEY MEDICAL CENTER – Ames

- *Medical Telemetry Support:* (Mondays 8:00 AM - 10:00 AM) Provide admin support, answer phones, and direct visitors.
- *Patient Safety:* (Mon., Tues., Thurs., Fri. 2-hour shift between 1:00 PM - 7:00 PM) Visit patients who have been designated at risk for fall. Document compliance of fall protocol on a spreadsheet. Training provided.
- *Pet Enhanced Therapy:* (Variety of days and times) Volunteers and their registered* dog will visit clients in the Acute Rehabilitation Unit and Behavioral Health.

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Lifelong Learning for Adults

The Osher Lifelong Learning Institute at Iowa State University (OLLI at Iowa State) nurtures a joyful community of lifelong learning for adults of all ages. A variety of in-person and online courses as well as social experiences spark curiosity with no tests or grades, simply learning for the fun of learning.



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Mary Greeley

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

Current Volunteer Opportunities

NEI3A (NORTHEAST IOWA AREA AGENCY ON AGING) – Marshall County

- *Kindness Calls:* (Days/times determined by the volunteer & client) Weekly calls to provide a personal contact that helps the older person socialize and connect on a regular basis. Will notify NEI3A of changes, training provided.

OCTAGON CENTER FOR THE ARTS – Ames

- *Greeter:* (3rd Thursdays 5:15 - 7:15 PM) Greet guests, serve/replenish beverages and snacks.

OVERFLOW THRIFT STORE – Ames

- *North (202 S Duff Ave), East (919 E Lincoln Way) & West (4723 W Lincoln Way):* (Monday - Friday, 10:00 - 6:00 PM, Saturdays 10:00 - 4:00 PM) Run the registers, sort merchandise, clean items, and stock donations.

RAISING READERS OF STORY COUNTY - Story County

- *Reading Buddies:* (Feb. - Apr., 45 min., 2x/week in PM) Meet with students for personalized reading sessions to help each child with their literacy skills.
- *Story Pals:* (Feb. - Apr., 2x/week in PM in Nevada & Ames) Meet with students for personalized help for kids struggling with language skills in school.
- *Playful Pages:* (Feb. - Apr., every 3rd Sat. at North Grand Mall) Hands-on support to families at reading event.

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 a program for Pre-K and younger kids about nature exploration. Set up, clean up, read books, sing songs, assist with activities.
- *Garden Guide:* (1 hr tours) Guide groups through the butterfly wing, conservatory, and outdoors.
- *Indoor Gardening Assistants:* (Flexible shifts) Water, plant, deadhead, trim, weed, other projects, etc.
- *Indoor Pot Washing:* (Tuesdays and Thursdays, 9:00 AM - 12:00 PM) Scrape, soak, and wash plant pots.
- *Stenciling:* (On your own time) Cut out stencils for pumpkins, done in your home, year-round.

SALVATION ARMY - Ames

Food Pantry: (Monday - Friday, 12:30 - 3:30 PM) Fill food boxes for distribution.

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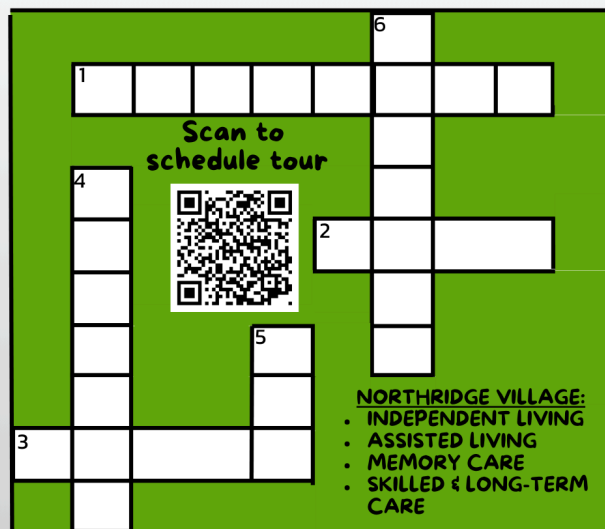
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Current Volunteer Opportunities

SALVATION ARMY - Ames (continued)

- *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 the 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 and 4th Thursday/month, 1 hr) Visit, snack, play games, do crafts, etc.

SUNCREST HOSPICE - Story & Marshall County

- *Caring Cards:* (On your own time) Write letters, make cards, or send caring notes to hospice patients.
- *Fidget Blankets:* (On your own time) Make lap size fidget blankets for Alzheimer's/Dementia patients.
- *Hand-Made Blankets:* (On your own time) Make hand-made, crocheted or quilted blankets.
- *Friendly Dog Visits:* (Flexible days/times) Bring your dog, and you, with a staff member, will visit patients in their homes or facilities.

THE WARMING PLACE - Ames

- *Cleaning:* (7:00 - 9:00 AM, when the warming center is open) Clean the facility after guests leave for the morning, all supplies provided.

THE WELL RESOURCE CENTER - Ames

- *Hospitality:* (Tuesdays, Thursdays, and Fridays 9:30 AM - 4:30 PM, 3.5 hr shifts) Manage reception area, welcome guests, offer refreshments, engage in conversation with guests, office tasks, and tidy up.

WOLFE RANCH/QUAKERDALE - Marshalltown

- *Cat Lounge Volunteer:* (On your own time) Socialize and cuddle with the cats, greet visitors and answer questions, support weekend hours if available, and help with occasional cat transport.

Current Volunteer Opportunities

WORLDLY GOODS - Ames

- **Store Associate:** (Fridays and Saturdays, 10:00 AM - 5:00 PM, 2 hr shifts) Greet customers, assist shoppers, organize shelves, keep the store tidy. Receive 20% discount on purchases!

YSS (YOUTH & SHELTER SERVICES) - Story County

- **Skills Training at Cambridge Ember Recovery Campus:** (Flexible days/times) Teach a class or work one-on-one with youth on specific skills. This could include card games, crafting, knitting, baking, etc.
- **School-Based Mentoring:** (Once/week for 30-60 minutes) Meet with your mentee during the school day to reach goals.

UPCOMING EVENT: 17TH ANNUAL SENIOR EXPO

Connecting older adults, caregivers, and families with local area agencies that provide senior services.

Date: Friday, May 8th | **Time:** 9:00 am to 3:00 pm | **Location:** Gateway Hotel - 2100 Green Hills Dr., Ames

Unless otherwise specified, all opportunities are for Friday, May 8 in 2 hr shifts

- **Distribute Flyers:** (April) Distribute event flyers to main street businesses and senior facilities in Story County
- **Exhibitor check-in:** (Thursday, May 7, 3:00 - 7:00 PM) Welcome, check in, and direct exhibitors to booth location
- **Expo Bags:** (Thursday, May 7) Assemble the Guest EXPO bags
- **Set Up:** (Thursday, May 7, 3:00 - 7:00 PM) Help set-up in the Ballroom with tables, posters, and signage
- **Breakfast:** Welcome guests and assist as needed
- **Entrance Greeters:** Welcome guests, hold open doors as needed, and direct to registration table
- **Registration:** Greet guests, sign guests in, and hand out event bags
- **Scanners:** Greet guests in line and scan their pre-registration tickets
- **Raffle Table:** Organize the gift table, sign-up guests for drawings, and track winners
- **Presentation Greeter:** Welcome guests to the room, direct them to register for presentations, and assist presenters
- **Volunteer Registration:** Greet volunteers, sign them in, and hand out name badges
- **VIP Room:** Organize and keep the room clean
- **Vendor Lunch:** Collect vouchers, assist vendors
- **Lounge Room:** Assist guests while in the room, help organize and keep the room clean
- **Ballroom Exhibitor:** Assist exhibitors in the Ballroom
- **Lunch Set Up and Clean Up:** Greet guests, collect lunch vouchers, assist guests as needed
- **Clean Up:** Assist in the event tear down and clean-up

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aging well...



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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.



"While it was an adjustment, Green Hills feels like living in a really nice hotel or cruise ship."

— Florine Swanson



2205 Green Hills Dr. Ames, IA 50014

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GreenHillsRC.com

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

Webster City Office

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

Fort Dodge Office

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



We are trying out a new format for our quarterly newsletter. We have included information from all four counties that Central Iowa RSVP covers. We hope this will give you a better idea of all the

amazing work going on throughout central Iowa, as well as a broader picture of what Central Iowa RSVP does. We hope you enjoy this, and would appreciate any feedback you have! Just send a note to us at office@rsvpvolunteer.org.

Want to learn more about Central Iowa RSVP?

Visit us online at:

www.rsvpvolunteer.org

Stay up-to-date between newsletters with volunteer opportunities, events, training opportunities, pictures, and more at:

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