



**CENTRAL IOWA**  
**RSVP**  
 Connecting People To Purpose

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*Summer 2026*



## Pen Pals Needed for Fall 2026

**Inside this issue:**



We dearly love our Pen Pal program at RSVP. The letters that go back and forth between our volunteers and the students in our area schools are more impactful than you might realize. The students comment about the kindness of their pen pals, and they get so excited to meet the person they have been corresponding with at the end of the school year.

We are so thankful for the teachers who make the program possible. They often comment about the value of the Pen Pal Program for their students.

We are also very thankful for all those volunteers who have committed to write monthly to a student in our area. Your participation in this project helps your student to understand the value of conversational writing, and helps them to feel comfortable communicating with someone of an older generation whom they have never met. Letter writing is nearly a lost art, and through your letters they learn the joy of receiving personal mail from someone who cares about them.

Thank you to all of our pen pals, and welcome to anyone who would like to become a pen pal.

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

Happy  
250th,  
USA!

Enjoy this special  
Independence  
Day!





# Summer 2026 **RSVP Brag Book Photo Collage**



Webster City Middle School pen pal party



Pen Pals at Community Christian School



Pen Pals at South Hamilton Elementary



Stratford Elementary pen pal party



Fraud Fighter Andrea Cook presents at Trinity UMC



Fraud Fighter Gayle Olson presents at Jewell UCC



BASE class at Jewell United Church of Christ



Donna Foster and Joan VanDeer at open house



Webster City MS pen pal party



Webster City MS pen pal party

## Current Volunteer Opportunities Summer 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 Conservation Board

There are many outdoor activities that volunteers can do with the Webster County Conservation Board. Put your gardening and caretaking skills to use for Webster County parks!

### 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. Card writers are sought to write monthly notes to nursing home residents.

### 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 .

### Van Diest Medical Center

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

### 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.

### Community and Family Resources

Brochures are in the Webster City office ready to be labeled, can do the labeling from home.

\*Find more on our website: [rsvpvolunteer.org](http://rsvpvolunteer.org)



## BASE Program Hits Milestone



It has been such a joy to see the BASE Senior Fitness exercise program grow and flourish. Thanks to a wonderful group of volunteer leaders who are dedicated to keeping their classes running smoothly, the BASE program has grown from its original 5 class sites to the current 18 sites. This spring, we hit a special milestone of 1000 people who have registered as BASE participants.

BASE (which stands for Balance, Agility, Strength, Endurance) is a free exercise program designed specifically for seniors. The exercise routine, which takes from 45 minutes to an hour to complete, is gentle and low impact, yet effective in working on all the major muscle groups of the body.

Many participants say that one of the best things about the BASE classes is the social aspect and the sense of group comradery. Fun and fellowship is part of the routine.

Please contact me if you would like to join or start a BASE class in your area.

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# Follow Us on Facebook!

Are you a Facebook frequent flyer? If you find yourself scrolling through the many posts and photos that find their way to your Facebook page every day, please take the time to search for Central Iowa RSVP, and click the Follow button. We have a very impressive Facebook page! We add updates on volunteer opportunities every day, plus other tidbits of information that I am sure you will find interesting.

BASE Senior Fitness also has a page with lots of photos of the various classes. Search for Central Iowa RSVP BASE Fitness Classes.



We're on the web!

[www.rsvpvolunteer.org](http://www.rsvpvolunteer.org)

RSVP Central Iowa



**AmeriCorps  
Seniors**



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