



Serving Story, Marshall,



Annual summary of accomplishments and impact

# Engaging **Volunteers Age 55+**

## Feature Story

### A YEAR OF RECOVERY AND THE SURVEY SAYS...

As we all began to recover from the impact of a global pandemic, previously displaced RSVP volunteers re-engaged in service to our communities. They joined the many volunteers whose assignments never stopped during the worst of COVID-19. Although we are not where we were pre-pandemic, significant strides were made to recover and restore RSVP services.

Studies show that people who volunteer are healthier than their friends and neighbors who do not volunteer. Wanting to learn how our RSVP volunteers lives are enhanced through service and better understand the impact COVID-19 had, a comprehensive survey was conducted. We were pleased that over 93% of respondents indicated that volunteering contributes in a positive way to their overall physical, emotional, social and intellectual well-being and 90% stated that volunteering gives them an increased sense of purpose. It is

*RSVP provides a proven and effective infra-structure to attract, screen, and engage volunteers to meet local needs.*



## OUR MISSION

Enhance the lives of adults age 55 and older by connecting them with rewarding volunteer experiences that meet community needs

## OUR VISION

## ADDITIONAL SERVICES

### Emergency Services

Contracting with Story County Emergency Management, partnering with the Story County Sheriff's Office and Story County Public Health (MGHHHS), RSVP coordinates the management of volunteers mobilized in natural disasters, public health and/or public safety emergencies.

### Transportation Services

**Primary Purpose:** Provide Story County's older adults with safe and reliable transportation to and from medical appointments and other essential services.

Central Iowa RSVP supplements existing transportation services in Story County by managing and scheduling volunteer drivers

## RESPONSE TO THE VOLUNTEER IMPACT SURVEY

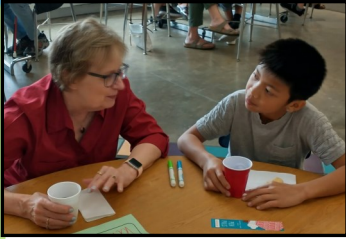
*"Volunteering through RSVP helps me stay physically and/or mentally active and it gives me an increased sense of purpose"*  
 Answer: Yes! **ADDITIONAL COMMENT:** *"Contributing to society lifelong was instilled in me by parents, family, church, organizations, etc. When you stop giving, you cease to live."*

# CENTRAL IOWA RSVP SIGNATURE PROGRAM ACCOMPLISHMENTS

*RSVP Signature Programs are those assignments that are either coordinated exclusively by RSVP or ones that RSVP plays a significant role in direct partnership with another organization or organizations.*

## EDUCATIONAL SERVICES—Helping youth succeed academically

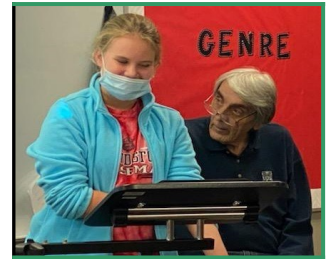
Due to COVID-19, some school-based assignments were still suspended in 2021-2022. However, we were able to re-engage many volunteers in educational assignments that were either restored or developed. RSVP Pen Pal volunteers also continued to write and send cards and letters of encouragement to isolated residents of several care facilities and to hospice patients. Although this service could not affect student academic success, it was an important way



### **RSVP Literacy Partners** **(Pen Pals, Reading & Public Speaking Tutors)**

**339 RSVP volunteers (1,987 hours) were matched one-on-one or in small groups with 466 elementary/middle school students as pen pals or reading/public speaking tutors.** Volunteers helped students learn important letter

writing skills and developed a relationship through the mail with a caring adult from another generation (pen pals). They also helped students



## HEALTHY FUTURES – Helping citizens stay healthy and maintain control of their well-being

### **RSVP Volunteer Driver Program**

**RSVP VOLUNTEER DRIVER**

**36 Story County RSVP volunteer drivers (1,389 hours) served 78**

**Story County residents**, providing safe and reliable transportation to and from essential services, with priority given to older adults needing rides to medical appointments. Volunteers used their own vehicles to **provide 704 round trips and drove 17,562 miles.** (In a survey conducted in June, 2022, over 97% of client respondents indicated that having this service is an important factor in helping maintain their independence and overall health/well-being).



*New BASE Senior Fitness Class—Fort Dodge*

### **RSVP BASE Fitness Program**

*Balance, Agility, Strength, and Endurance*

*(BASE resumed a majority of the classes that had been suspended in 2020 due to COVID-19)*

**21 RSVP volunteers in Hamilton and Webster Counties (1,225 hours) resumed facilitating this fitness program at 13 locations for 291 seniors** that focused on increasing healthy exercise habits that positively impact the well-being

### **Testimonials**

“My sports medicine doctor (for my knees) said BASE was a wonderful program and said I didn’t need to go to therapy if I was participating in BASE!” **Jackie Baker, BASE participant—Stanhope, Iowa**





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### DISASTER SERVICES, PUBLIC HEALTH & SAFETY—*Keeping our communities safe and prepared*

#### **Volunteer Management for Emergencies serving Story County**

In a natural disaster, public health or safety emergency, RSVP volunteers staff a **volunteer reception center, facilitating intake and management** of community volunteers, **fill several roles** in the implementation of **public health clinics**, and **staff a tip hotline** in the event of a missing and/or abducted child/person. **Partners:** Story County Emergency Management (EMA), Story County Public Health

(MGHHHS) and Story County Sheriff's Office. *There were no activations during this fiscal year but drills and trainings were held to keep volunteers prepared to respond. (18 volunteers—151 hours)*



#### **NEW! RSVP Volunteers Work to Take a Bite Out of Crime**

One in three Americans ages 65 and older are scammed, losing over \$36 billion annually to financial exploitation, criminal fraud and caregiver abuse. In partnership with the Iowa Insurance Division, trained RSVP volunteers are serving as “Fraud Fighters”, conducting presentations to educate community members (primarily targeting seniors and retirees) and provide prevention tips to avoid common frauds and scams. A total of 11 presentations were conducted in 2021-2022 by 6 RSVP volunteers sharing important fraud prevention information to 369 individuals. (Most of these presentations were conducted at the end of the fiscal year as more groups and organizations began to meet in person. This important initiative is continuing in 2022-2023).

### FOOD SECURITY—*Helping others have reliable access to enough affordable, nutritious food*

Central Iowa RSVP volunteers are doing their part to address the needs of those struggling with food insecurity. RSVP volunteers have been making a difference in addressing hunger by helping at local food pantries, providing home delivered meals, helping deliver commodity food boxes to families and individuals in need and providing assistance at hot meal programs and fresh markets. Working with local partners, 114 RSVP volunteers served 3,635 hours addressing food insecurity in 2021-2022.



#### **NEW! RSVP/Heartland Senior Services Grocery Delivery Program**

Central Iowa RSVP began a new program addressing hunger in 2021 through a partnership established with Heartland Senior Services (HSS). A survey conducted by the HSS Outreach team revealed that there were older residents struggling to get the groceries they needed,

**Capacity Building** – *Providing diverse volunteer recruitment and placement support that supplements or enhances the existing services of 66 public, non-profit and health care agencies (not reflected in the other sections of this report)*

### OTHER COMMUNITY PRIORITIES

**ENVIRONMENTAL STEWARDSHIP** (*Conservation centers, trail maintenance, city/community garden spaces, Reiman Gardens*)

**OTHER EDUCATION** (*Library services, museums, art, pre-school assistance, extension, YM/YWCA*)

**OTHER PUBLIC, NON-PROFIT, AND HEALTHCARE** (*Thrift store help, senior center support, clerical, special events, etc.*)

**MEDICAL**—(*Serving at local medical/senior care facilities, blood drives and hospice*)

# final thoughts...

## 2021-2022 Monetary Impact

Value of the Volunteer Hours: \$1,015,291

### Funding/Budget Information

#### 2021-2022 Funding Sources/General Operating Budget

Federal Grant (CNCS—AmeriCorps Seniors)

State of Iowa

Story County

City of Ames

United Way of Story County

Marshalltown Area United Way

Other Cities: Nevada, Story City

Contractual Funding:

Story County Emergency Management: Emergency/Disaster  
Volunteer Management/Disaster Recovery Coordination

Story City Senior Citizens: Building Rental Management

Self-Generated: Donations, Special Grants, United Way  
Designations, Newsletter Sponsors, Fundraising Revenues, etc.

Total 2021-2022 Revenues (Operating Budget): \$327,587

Total 2021-2022 Expenses (Operating Budget): \$327,619

#### 2021-2022 Special Grants and Support

ITN America – \$920—“Rides in Sight” grant—Transportation  
To support rides to eye doctor appointments

Transportation Program Donations—\$4,875

Iowa Insurance Division (Fraud Fighter Presentations)—\$850

Other general donations—\$1,251

#### Central Iowa RSVP Endowment

(Part of the Story County Community Foundation Family of Funds)

2021-2022 Contributions: \$4,500

As of June 30, 2022 con-

**THANK YOU**  
to our financial

THANKS to all of our amazing volunteers for



### Office Locations

#### STORY COUNTY

503 Elm Avenue (Business Office) 110 Crystal Street  
Story City, IA 50248 Ames, IA 50010  
515-733-4917 515-292-8890

#### MARSHALL COUNTY

2608 S. 2<sup>nd</sup> Street (ISU Extension)  
Marshalltown, IA 50158  
641-752-0279

#### WEBSTER COUNTY

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

#### HAMILTON COUNTY

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

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



United Way of Story County



Marshalltown Area  
United Way



**AmeriCorps  
Seniors**