



RSVP VOLUNTEERS ... A CRITICAL PART OF THE SOLUTION WHEN DISASTER STRIKES



September is National Preparedness Month and Central Iowa RSVP is proud to be a part of the five mission areas of disaster preparedness: prevention, protection, mitigation, response and recovery. **WE INVITE YOU TO JOIN OUR DISASTER TEAM!**

What is needed? More RSVP volunteers trained to staff a **Volunteer Reception Center (VRC)** in the aftermath of a disaster.

What is a VRC? A central place where community volunteers can be effectively processed and referred to specific assignments and locations to assist with recovery efforts. The VRC is staffed by RSVP volunteers and activated by Story County Emergency Management.

Why is a VRC important? Following a disaster, community members can work alongside each other to clean, repair, and rebuild; but there is a process for coordinating this response. Without committed RSVP volunteers to serve in this capacity, the well-meaning efforts of community volunteers may inadvertently lead to citizens in unsafe areas, injury, accidents, and a burden on public officials, becoming a "disaster within a disaster." The VRC is essential to keeping all individual volunteers safe and accounted for.



Whether you are already a part of RSVP's current Volunteer Disaster Team or just want to learn more, we encourage you to attend this informational meeting.

In the event of a disaster, having many VRC volunteers available to respond will be vital and it is not a matter of **IF** you will be needed, but **WHEN**.

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VRC INFO MEETINGS

Tuesday, October 7

10:00 – 11:00 AM

OR

2:00 – 3:00 PM

**60 Forward Center
225 S Walnut Ave, Ames**

Brag Book

Featured: City of Ames Park & Rec Popcorn for Movie in the Park, YSS School Supply Drive, Main Street Nevada The Wall that Heals Memorial, Pen Pal Kick-Off, and Marshall County ISU Extension program



WELCOME

New Arrivals to Central IA RSVP

Leo Bishop, Story City
 Becky Brand, Ames
 James Chenhall, Ames
 Beverly Hartwig, State Center
 Amy Holmgren, Roland
 Vickie Leek, Ames
 Carolyn Mai, Huxley
 Cindy Mammen, Gilbert
 Madonna McCarthy, State Center
 Richard Ostrem, Huxley
 Sarah Reistroffer, Nevada
 Kay Rosacker, Ames
 Warren Straszheim, Story City
 Louisa Tabatabai, Ames
 Janet Vine, Ames



Retirement - PARTY -

36 YEARS



TUESDAY, DECEMBER 16
3:00 - 6:00 PM
STORY CITY COMMUNITY CENTER
503 ELM AVE

You are invited to celebrate Kalen's time at Central Iowa RSVP and her upcoming retirement! This will be an open house format, so come when you're able, wish Kalen well, and enjoy some refreshments!



CALL FOR PEN PALS



Be part of a great group of volunteers that make a difference in a student's life through letter writing. **Serve as an RSVP Pen Pal!** Volunteers can participate from any location, with a time commitment that fits even the busiest schedules!

We are very confident that we will be adding a couple of schools to our Pen Pal program for this current school year. While we have some volunteers who would love to write to more than one student, **we are in need of more volunteers to be Pen Pals!**

This is a very rewarding program for both volunteers and students. Through the Pen Pal program, you help kids learn their letter writing skills and other core academic requirements. Additionally, you enable them to develop a relationship through the mail with a caring adult from another generation.

For information on our current Pen Pal needs, and how you can become a Pen Pal, **contact Linda** at **(641) 752-0279** or **marshall@rsvpvolunteer.org**.





DID YOU KNOW?

RSVP volunteers provide education to groups in the community about protecting yourself from fraud and scams, as well as being prepared for a disaster.

The Iowa Department of Insurance and Financial Services trains RSVP volunteers to present **fraud and scam prevention** information to groups in their community.

The University of Iowa trains RSVP volunteers to present information regarding **preparing for an emergency/disaster** and what you need in order to shelter in place for a period of time.

We are always looking for groups to present these programs to! **If you belong to, or know of a group that could benefit from the information presented, let us know!**

Story County: Paul (515) 292-8890

Marshall County: Linda (641) 752-0279

TELL YOUR FRIENDS!

We don't need to tell you why being an RSVP volunteer is so great, but we need your help telling your friends!

RSVP volunteers are our best recruiters because you can speak to the impact and difference you make in the community through your volunteer efforts, as well as the benefits you receive by being a volunteer.

Tell your friends about Central Iowa RSVP and encourage them to contact us. We would love to help more people get connected to rewarding volunteer experiences that meet community needs!

Story County:

Kim Anderson
(515) 292-8890

Marshall County:

Linda Von Holten
(641) 752-0279



THE CARE YOU NEED, AT HOME

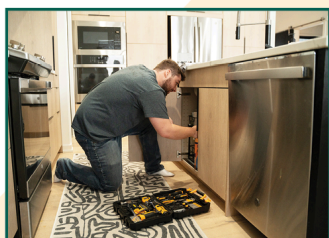


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First Friday Coffee



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ALUMNI

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 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.
- *Caring Cards:* (At home on own time) Write letters or cards and send to clients.
- *Handmade Blankets:* (At home on 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 and ushering, and clean up.

CARE INITIATIVES HOSPICE – Story & Marshall Counties

- *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 Counties

- *Transportation Program (Story Co.):* (Times/Dates vary) Provide occasional rides to medical appointments and essential services for older adults who can no longer drive.
- *Fraud Fighters Presenter (Story & Marshall Co.):* (Dates/time vary) Present 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.)



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Current Volunteer Opportunities

EMERGENCY FOOD BOX – Marshalltown

- *Miscellaneous Support:* Volunteer needs include 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 – Ames

- *Store Clerk:* (Saturdays, 10:00 AM - 4:00 PM) Assist at the reception area, answer phones, assess client needs, and distribute vouchers, must be able to respect confidentiality.

HARMONY CLOTHING CLOSET – Nevada

- *Clerk:* (Mondays, 3:00 - 7:00 PM) Welcome guests, hang/sort clothing, assist customers, tidy up.

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.
- *Commodity Box Delivery:* (Once/month) Delivery commodity boxes to seniors' homes in Story County.

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 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 with staff is away, re-stocking the Free Little Food Pantries, and assisting with Youth Programming (library, workshops, trips).

IOWA VETERANS HOME - Marshalltown

- *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.
- *Handmade Blankets:* (On your own time) Make quilts or crocheted blankets for residents.



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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 req.

MARSHALLTOWN COMMUNITY SCHOOL DISTRICT – Marshalltown

- *Reading Buddies:* (Mornings, Monday - Friday) Read to elementary school students in the morning before school begins.

MARY GREELEY MEDICAL CENTER – Ames

- *ICCU Information Desk:* (Saturdays, 9:00 AM - 6:00 PM, 3 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.
- *Music Sharing:* (Dates/Times vary) Share live music using instruments to support group sessions under the guidance of trained Therapeutic Recreation staff.

MICA (MID IOWA COMMUNITY ACTION) – Ames

- *Food Pantry Assistants:* (Monday, Wednesday, and 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 and 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 - 6:00 PM, Saturdays 10:00 - 4:00) Run the registers, sort and clean merchandise, and stock donations.

RAISING READERS OF STORY COUNTY - Story County

- *Welcome Desk:* (Mondays and Tuesdays, 12:00 - 2:00 PM, Wednesdays, 10:00 - 12:00 or 3:00 - 5:00, Thursdays, 10:00 - 12:00) Greet visitors, assist guests with questions, maintain documents.
- *Reading Buddies:* (Times vary by location, **Sept. 17 - Nov. 19**) Meet with K-2nd students for 45 min. personalized reading sessions twice weekly in the afternoon and supervised by RRSC site facilitators. Locations: Ames Library, Ames Northminster Presbyterian Church, Nevada Memorial Lutheran Church.
- *Story Pals:* (**Oct. 7 - Nov. 20** at Northwood Preschool, Ames: Tuesdays and Thursdays, 8:45 - 10:15 AM or 12:45 - 2:15 PM, OR **Sept. 24 - Dec. 10** at Nevada Central Elementary: Wednesdays, 8:45 - 10:15 AM or 12:45 - 2:15 PM) Work with 4-5 year-olds to increase readiness for school.



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Current Volunteer Opportunities

RAISING READERS OF STORY COUNTY - Story County

- *Small Talk*: (**Sep. 18 - Nov. 20** at Nevada Library, Thursdays, 5:30 - 7:00 PM or 5:45 - 7:15 PM) Help the Family Literacy Specialist oversee station activities, check in, and read weekly story book.
- *Playful Pages Family Workshop*: (**Oct. 21 & Nov. 18** at Cambridge Library, 10:00 - 11:00 AM, OR **3rd Sat/month** at North Grand Mall, 10:00 - 11:00 AM) Greet families, assist with registration, help with program activities.

REIMAN GARDENS - Ames

- *Butterfly Wing Docent*: (Daily, 10:00 AM - 4:30 PM, 2 hr shifts) Monitor butterfly enclosure, interact with guests.
- *Caterpillar Club*: (Thursdays, 10:00 - 11:00 AM) Lead or assist with a program for birth-Pre-K 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.
- *Trivia Night Assistant*: (Sep. 25 and Nov. 21, 6:30 - 9:30 PM) Greet guests, assist with judging team answers, deliver answer sheets to teams.

SALVATION ARMY - Ames & Marshalltown

- *Food Pantry (Ames)*: (Monday - Friday, 12:30 - 3:30 PM) Fill food boxes for distribution.
- *Food Inventory (Ames)*: (Tuesday - Thursday, 9:30 AM - 12:30 PM) Accept donations, sort and shelf items.
- *Delivery Driver (Ames)*: (Monday - Friday, 12:30 - 3:30 PM) Deliver food packages in Story County.
- *Sal's Cupboard (Marshalltown)*: (Times/dates vary) Assist sorting food and helping clients in the food pantry.
- *Thrift Store (Marshalltown)*: (Times/dates vary) Meet customers, sort and display clothing and merchandise.

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Current Volunteer Opportunities

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 HOME HEALTH & HOSPICE - Story & Marshall Counties

- *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.
- *Friendly Dog Visits*: (Flexible days/times) Bring your dog and, along with a staff member, visit patients in their homes or facilities.

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, office tasks, tidy up, engage in conversation with guests.

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.

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emotional, social
and spiritual
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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

Jeff Sodt, Nevada

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CENTRAL IOWA
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UNITED WAY
Story County



Marshalltown
Area
UNITED WAY



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hello
FALL