




CENTRAL IOWA
RSVP
 Connecting People To Purpose

Serving Hamilton
 and
 Webster Counties
Spring 2024

Valentines Go Out in Abundance to Area Nursing Homes

RSVP volunteers poured out their hearts and rallied to the call to send Valentines to area nursing home residents. Over 470 Valentines were sent by about 50 volunteers to seven nursing homes.

Pictured at right is Kathy Sonsalla, who worked with her grandchildren to create a number of Valentines using techniques from her Danish heritage.

Thank you so much to all who worked on this heart-felt project!



Inside this issue:

Brag Book	2
Volunteer Opportunities	3
Inside Story: Hamilton County Foot Clinic	3
Senior Expo in Ames May 9	4

AmeriCorps Seniors Reps Meet with Volunteers



Pictured: RSVP Volunteer Coordinator Becky Koppen, RSVP volunteer Paula Brownell, AmeriCorps Seniors representatives Torri Tuttle, and Kristin Honz

The RSVP office in Webster City received a special visit from two AmeriCorps representatives who oversee our program. Torri Tuttle is a portfolio manager for the AmeriCorps North Central Region, and Kristin Honz is the Senior Portfolio Manager for our region. Both representatives visited a BASE senior fitness class in Duncombe before stopping by the Webster City office. Local RSVP volunteers Kathy Sonsalla, Gayle Olson, Sharon Abbas and Paula Brownell also came in to meet the representatives and talk about what they do as volunteers. AmeriCorps Seniors includes three programs that engage seniors aged 55+ in volunteerism: Foster Grandparent, Senior Companion, and RSVP.

Central Iowa RSVP is one of 19 RSVPs across the state of Iowa. It includes Story County, Marshall County, Webster County and Hamilton County. There are 972 people currently registered with Central Iowa RSVP. You are a part of that number, and your volunteer service makes a difference. Thank you!



Spring 2024

RSVP Brag Book

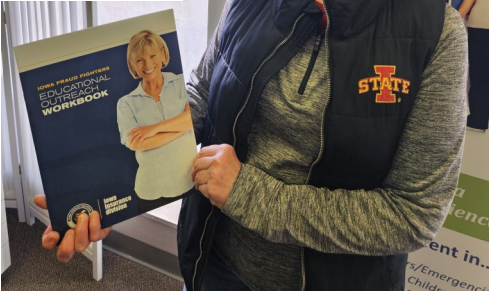


Advisory Council members meet to help RSVP improve and increase its impact on Hamilton and Webster counties



The BASE Senior Fitness participants run through their exercise routine at the Webster City Senior Center

Gayle Olson, Fraud Fighter program presenter, holds a booklet given to all attendees



RSVP volunteer Kathy Sonsalla demonstrates the construction of her Danish Valentines to AmeriCorps rep Torri Tuttle



Pictured: Kathy Sonsalla, RSVP Volunteer Coordinator Becky Koppen, AmeriCorps portfolio manager Torri Tuttle, Paula Brownell and Sharon Abbas

Current Volunteer Opportunities

Spring 2024



These are some of the opportunities available to volunteers in Hamilton and Webster counties. If you are interested in an assignment in another community, RSVP can provide mileage reimbursement. For more information, call Becky Koppen at 515-832-2525.

Van Diest Medical Center

Greeters and guides are needed to help people reach their destination at the hospital. 6 timeslots available each day. Bedside visitors are needed to visit with patients. 1-2 hours, am or pm. Helpers are needed with post cataract surgery patient care.

Elderbridge

Volunteers are needed for a variety of activities including telephone reassurance, medical transportation driver, and errand buddy. Background check required.

Youth and Shelter Care

Volunteers are sought to spend time with young people playing games, having a movie night, doing crafts. Fort Dodge location. Background check required.

Village General Store

Thrift store supports Opportunity Village. Sort incoming donations, stock shelves, run cash register.

The Key on Central

Thrift store supports the Domestic/Sexual Assault Outreach Center in Fort Dodge. Volunteers are needed to sort and fold donated items, dust and vacuum set up displays, and carry boxes and bags.

Dayton Public Library/Harcourt Public Library

Volunteers are sought for a variety of activities including reading, book shelving, organizing, alphabetizing books, cleaning, making room for new books to be shelved, craft program helpers, and after school helpers.

Area Nursing Homes

Area nursing homes are looking for people to help with elderly activities such as Bingo, crafts, cards, and one-on-one visits.

BASE Senior Fitness

Leaders are needed for new locations of BASE Senior Fitness exercise classes. Training is provided by RSVP.

The Inside Story: Hamilton County Public Health Offers Wide Range of Foot Care



Foot Clinic client receives care at Crestview Apartments

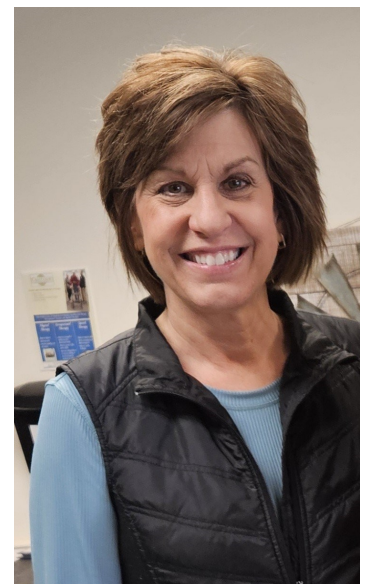
helps as receptionist during each clinic. Peggy Roberts is the nurse who is dedicated to foot care. If you would like more information about the Foot Clinic, call Hamilton County Public Health at 515-832-9565.

The Foot Clinic, offered by Hamilton County Public Health, serves clients with a variety of care including toenail cutting, foot soak, lotion and massage, callous filing, and nail polishing. The cost is \$15, and clinics are held at several locations.

Clinic days are the 1st and 2nd Thursday at the Public Health office, the 3rd Thursday at Crestview Apartments, and the 4th Thursday every other month in Jewell. Anyone over the age of 60 is eligible for the Foot Clinic.

Good foot care is important for prevention of dry skin, prevention of infections, promotion of better mobility, and detection of circulation problems.

RSVP volunteer Paula Brownell calls clients every week to remind them of upcoming appointments, and also



Hamilton County Public Health nurse Peggy Roberts

**Central Iowa RSVP
Staff Members**

Kalen Petersen, Director
515-733-4917
director@cirsvp.org

Becky Koppen, Volunteer Coordinator
Hamilton County
749 2nd Street
Webster City, IA 50595
515-832-2525
Webster County
308 Central Avenue
Fort Dodge, IA 50501
515-832-2525
rsvphamco@cirsvp.org

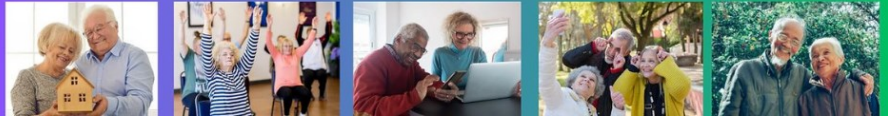
Laura Severson, Office Coordinator
515-733-4917
officemgr@cirsvp.org

SENIOR EXPO

PRESENTED BY *Seniors in Story*

THURSDAY, MAY 9TH
9:00 A.M. - 3:00 P.M.
GATEWAY HOTEL & CONFERENCE CENTER
2100 GREEN HILLS DR, AMES

SENIORSINSTORY.ORG



You are invited to attend the Senior Expo, presented by Seniors in Story on Thursday, May 9, from 9:00am to 3:00pm at the Gateway Hotel and Conference Center in Ames. There will be dozens of vendors at the center, and a free lunch is provided. Free programs will also be offered during the morning and afternoon. Please come!



**AmeriCorps
Seniors**



Like us on
Facebook

Central Iowa RSVP

We're on the web!
www.rsvpvolunteer.org