



Center For Siouxland

R.S.V.P. NEWSLETTER

*"Making a difference
in the
State of Iowa"*



RSVP

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Sponsored by:



Center For Siouxland

Assistance, Information,
and Direction



JOHNA'S JOURNAL

The Smile Starter

Smiling is infectious
You catch it like the flu.
When someone smiled at me today,
I started smiling too.
I passed around the corner,
And someone saw my grin.
When he smiled I realized,
I'd passed it on to him.
I thought about that smile,
Then I realized its worth.
A single smile just like mine,
could travel around the earth
So, if you feel a smile begin,
Don't leave it undetected.
Let's start an epidemic quick,
And get the world infected!

-received through e-mail

LOTS OF SOCKS 2008

For the past 16 years RSVP has partnered with Goodwill to give a new pair of socks to go with each new pair of shoes during Goodwill's annual Shoe Party. We are anticipating another large turnout of children this year.

I am asking for YOUR help! Please ask your church representative if we can put a "lots of Socks" collection box in its atrium. If they say yes, please notify the RSVP office. Also encourage your church family to fill the collection box with children's white athletic socks. I will drop off the collection box and pick up the socks when the collection is completed. The drive will take place during the entire month of November.

Think of all the cold little feet that will be warm this winter because of the socks we collect!

Community Impact Initiatives

RSVP Mission Statement:

To recruit, orient, and coordinate the interests of volunteers age 55 years and older with rewarding volunteer opportunities which enrich the lives of volunteers and those they serve by providing services which impact the community.

Check Out
Our New Volunteer
Opportunities!

Don't Forget
To Turn in
Monthly
Timesheets!

SAIF-Seniors Against Investment Fraud

The Seniors Against Investment Fraud (SAIF) Program is a statewide outreach campaign created by the Iowa Insurance Division. The primary purpose of SAIF is to alert and educate Iowans about investment and telemarketing fraud crimes and how to avoid being victimized by scam artists. RSVP is the key outreach partner for the SAIF program. Need 2-3 volunteers

Gospel Mission

This is a newly formed partnership in which RSVP volunteers will become mentors to Sioux City Gospel Mission residents. The goal is to provide residents with an opportunity to building a trusting relationship (friendship) with volunteers in hopes that it might help rebuild the resident's self-worth and value. Need 10 volunteers.

AARP-Tax Aide Program

This is a partnership between RSVP and AARP to provide free tax assistance and preparation with a priority on the elderly, minority populations, and low income residents. Need 3 volunteers

Iowa Radio Reading Information Services

RSVP volunteers will read local news events, feature stories, and magazine articles to approximately 227 residents who are blind or print handicap. The goal for this project is to assist the blind or print handicap to lead as much of a normal life as possible. Need 2-3 volunteers

Meals on Wheels

Volunteers deliver nutritious meals daily to approximately 200 frail homebound seniors. The overall goal of Meals on Wheels is to keep seniors in their own homes for as long as possible. Need 5 volunteers

Siouxland District Health Department-Immunization and Oral Health Clinics

Volunteers assist the Siouxland District Health Department in two areas, the immunization clinic and the oral health clinic. The Siouxland District Health Department offers free immunizations to those that qualify. They also provide oral health screenings with the goal to reduce the percentage of children with evidence of untreated decay in primary teeth by providing education along with screening opportunities and preventive fluoride varnish applications for those who qualify. Need 3 volunteers

Seniors in Schools

RSVP volunteers at schools throughout Woodbury County to provide activities that focus on helping children reach reading, math, and ESL goals. The assistance is provided to students who have been identified by their teachers as needing improvement in the areas of math, reading, and ESL. RSVP volunteers provide 1:1 and small group assistance 1-2 hours per week each month. RSVP volunteers help with academic enrichment activities, provide calm and nurturing support during the one-on-one and small group interactions, and run activities that promote students' social development. Each volunteer works with an average of 4 children during the school year. Need 5-10 volunteers

SHARE

1 in 11 people in Iowa are classified as 'food insecure' by the USDA, meaning that they lack money to adequately feed themselves or their families." With the assistance from the Self-Help And Resource Exchange (SHARE) program, residents have the opportunity to purchase healthy and nutritious food at a substantially lower rate than at the grocery store. The SHARE program is two fold. The participant is able to buy food at a reduced price and in return volunteers 2 hours a month in their community. RSVP volunteers serve one day a month for 2-3 hours to sell, collect, assemble and deliver the SHARE units each month. Seasoned RSVP volunteers orient new volunteers each month before they start sorting the units. Need 2-3 volunteers

**A Warm Welcome To
New RSVP Volunteers**



**Betty Lang
Katherine Siler**



Volunteers in Action

Center For Siouxland's Food Pantry

According to the 2000 US Census, the median household income in Woodbury County is \$38,509. Just over 10% of the families in Woodbury County have incomes that place them at or below the poverty level. Woodbury County has an unemployment rate of 5.5% compared to the state average of 4.3%. The Department of Agriculture estimates that 260,000 Iowa residents experienced food insecurity with or without hunger.

Each year, Center For Siouxland serves approximately 4,000 individuals through the food pantry, and similar figures are reported by other area food pantries. With the assistance they receive from the food distribution programs, these individuals are able to obtain healthy and nutritious food, and in some cases, use the money saved to provide other basic needs for themselves and their families. RSVP volunteer service is a vital part of the overall operation of the food pantry.

RSVP volunteers serve Center For Siouxland's Food Pantry, providing up to 3 hours per week. Food pantry volunteers serve in one or more of the following capacities: interviewing and registering clients; purchasing food from the Food Bank; picking up food from

churches and businesses who have conducted food drives on behalf of Center For Siouxland; and sorting; packing; and distributing food packages.



For more information on volunteering for Center For Siouxland's Food Pantry, please call the RSVP office at 252-1861, ext. 21.

**Happy
Birthday
to
YOU!**

September Birthdays

- Dorothy Rietz-09-01
- Carolyn Iverson-09/02
- Arlette Kretschmer-09/03
- Milton Brown-09/07
- Michaela Cruz-09/07
- Shirley Campbell-09/11
- Earline Hunting-09/16
- Glenn Barnett-09/21
- Lenore Lupo-09/25
- Sandra Cullenward-09/28

October Birthdays

- Barbara Kamradt-10/06
- Mildred Wright-10/15
- Jerry Crossland-10/16
- Sherry McArthur-10/20
- Gene Hill-10/21
- Alberta Nagle-10/21
- Wilhemetta Jernberg-10/22
- Norman Phillips-10/22
- David Scholten-10/25
- John Wansink-10/28





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"Providing assistance, information, and direction by building bridges between people with needs and people with solutions"



September 7, 2008

Nursing Home Visitation Program:

PURPOSE: Celebrate National Grandparents Day by providing compassion and caring to America's forgotten, frail elderly--whether homebound or in nursing-type settings. **(Statistics state that as many as sixty percent of nursing home residents NEVER have a visitor.)**

METHOD: Volunteers should "adopt" a nearby nursing home. With the aid of nursing home staff, those elderly convalescent residents who have few or no nearby relatives could be listed for special attention and visiting by the volunteer or group of volunteers.

COMPLETION: The volunteer or group of volunteers then visit that person--preferably once before Grandparents Day to get acquainted, and then again on Grandparents Day. Visitors spend time talking with this new, special friend and make this their loving way to celebrate National Grandparents Day.

NO GIFTS OR EXPENDITURES ARE DESIRED OR
REQUIRED FROM VOLUNTEER VISITORS.

Your time and kind attention to the lonely and frail is the most precious gift you can bestow.