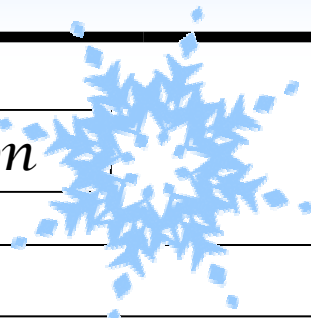


# THE RSVP VOLUNTEER

*Fall / Winter Edition*



## From Bill's Desk

I'm glad to see that the early signs of winter that we've had, have backed off into a more typical fall rain pattern. I'm putting my hopes into the winter forecasts that are predicting a more reasonable winter than the last 2 years. For the sake of us that love the beauty of winter, but that get frustrated with the daily grind of snow and ice, I think a nice mild winter would suit us just fine. Mild winters also help our worthy causes of volunteering. Many volunteers had to curtail their volunteer commitments the last two years due to winter conditions.

The Annual Volunteer Recognition Luncheon on September 12th was a great time. The food, provided for the 10th consecutive year by the Outback Steakhouse, was outstanding. Again, our heartfelt thanks to owner John Little. Their appreciation of the volunteer efforts of RSVP is very apparent in their annual support. They also are grateful to those volunteers who have had the opportunity to dine at the Outback. I gave out over 100 Blooming Onion coupons at the luncheon,

and I have some left. If you would like one, please call or talk to Cherie, Betty or myself, and we will get one to you.

I just finished the RSVP budget for 2010. Despite some small budget shortfalls, I think that we are on a solid foundation for next year. We were able to maintain the same level of support for mileage reimbursement as in previous years. That account is never enough, but at least we can offer some help to volunteers who request it. Many RSVP Programs in the country have eliminated volunteer mileage reimbursements from their federal funding. When this occurs, the reimbursement has to rely on community donations, which can be very inconsistent. Anyway, we look good for 2010.

Have a Merry Christmas and a Happy New Year. Be safe through the winter, and stay in touch. And be assured, your volunteer efforts are a Godsend to your community.

Thank you, Bill

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## Cherie Saltness - Volunteer Specialist

As our country is still struggling with an economic crisis, volunteers are needed now more than ever. With cuts to non-profits from reduced donations and grants, agencies are relying on the generosity of volunteers more than ever.

The facts show that despite a difficult economy the numbers of volunteers have grown from 26.2 percent in 2007 to 26.4 percent in 2008.

We are so blessed here to have so many people who share their time, skills and knowledge with the local community. Being new to this position I am enjoying going out and meeting with you. I am continually surprised by the hours many of you devote to the local community.

The greatest challenge I have encountered in this new position is getting volunteer hours turned in.

I have sent out time sheets to volunteers that are not current with a return envelope. Please fill these out and return them as soon as you can. The funding for the RSVP program is predicated on volunteer participation, so it is important to record your hours.

If you want mileage reimbursement turn in your time sheets monthly. If you are not asking to be reimbursed you can choose to send in your hours quarterly. We are in the final quarter of the year. You can always call for more time sheets and they will be mailed to you in a couple of days.

Finally I would like to thank you for coming to our annual luncheon, it is always the highlight of my year.

Take Care of Yourselves, Cherie

# The RSVP Volunteer

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## Volunteers Sought for “Living Well in Idaho” Program

The "Living Well in Idaho" is the name given to the Chronic Disease Self-Management Program (CDSMP) developed at Stanford University and used in Idaho. Trained lay leaders teach the classes and follow the curriculum as developed by Stanford. The CDSMP is designed to teach a range of skills in managing chronic conditions. This group-based course consists of six weekly sessions, each session lasting 2.5 hours.

A Master Leader training with Stanford instructors will be offered locally. It will be at the Panhandle Health District office, 8500 N Atlas Road in Hayden, ID, May 10 through May 14, 2010.

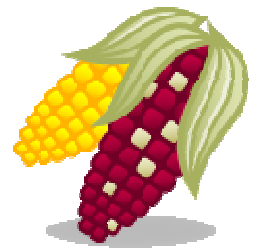
Costs for registration and training are covered by a Heart Disease and Stroke Prevention grant. Class size is limited to 20 attendees. Upon completion of the attendance and teaching requirements, attendees can be certified through Stanford University to teach the CDSMP class and other lay leaders.

Call Panhandle Health District Living Well in Idaho Program Manager, Joanna Adams, at 208-415-5141 for more information and to register for the training.



Also, at Panhandle Health volunteers are needed to be Fit & Fall Proof instructors. Contact Joanna Adams at 208-415-5100.

The Senior Companion Program is looking for volunteers as well. Contact Tami Johnson at 208-415-5160.



## Caregiver Tip

### Notes from Area Agency on Aging of North Idaho

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#### Who's caring for Grandma?

In these economic times, we are faced with the questions of eldercare in a very personal way. Families are changing. Traditional families of the 50's TV shows, like "Ozzie and Harriet", have evolved into a mix of blended, alternative, and traditional families—but we're not yet hearing about the new relevant issue—Eldercare. How do we approach some of these long term aspects of care? Information is key and we need to know where to go for it.

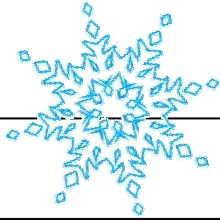
Medicare Part D Open Enrollment (for prescription drug plans) is November 15 -December 31. Insurance policies change each year. If we're not on top of it, we, our parents, grandparents or others we are caring for may be swallowed up in the "donut hole" – paying for medicines that aren't covered, for

premiums that aren't used or drug co-pays that don't make sense, no matter what happens with health care reform. The Area Agency on Aging will be working with SHIBA (Senior Health Insurance Benefits Advisors) to help families in the five northern Idaho counties determine choices that make sense. Call for enrollment sites and appointments at (208) 666-6847 (SHIBA) or 667-3179 x 222 (Area Agency).

This is an example of the type of monthly information Area Agency on Agency will share with you in "Caregiver Tips for the Month". Contact Betsy Bullard, Area Agency on Aging For more information on aging issues or this series of related "Tips", at 667-3179, ext. 222, or email [info@aaani.org](mailto:info@aaani.org).



**2009 RSVP LUNCHEON**



# The RSVP Volunteer

## Volunteer Opportunities

**Adult Basic Education** needs tutors to help young adults get their GED. Call Marty at 676-8005.

**American Red Cross** is looking for volunteers to answer phones, schedule people into CPR & 1st Aid classes and some minor filing and data entry on the computer. Please call Peggy Cedros at 640-0441.

**Big Brother's Big Sister's** are looking for mentor's to help children ages 6 to 12 . Call Tabitha Baker at 667-0975.

**CASA Program:** Office Worker or CASA volunteer guardian. Need volunteers in N. Idaho Call Judy at 667-9165

**CDA Chamber of Commerce** is looking for volunteers for CDA visitor's Center Call Judy Padilla at 292--1633.

**Community Action Partnership Food Bank.** M-F. Pick a day to work from 9-4. Call Angie Lee at 664-8757.

**Disability Action Center.** Office worker. Call Amy at 664-9896.

**Family Promise of North Idaho** Need volunteers to help with events, computer mentor which will improve employment opportunities, donation pick up, newsletter, phones. Contact Cindy at 777-4190.

**Fit and Fall Proof** is in need of volunteers or if you would like to get fit and find out where you can attend a class, call Joanna Adams at 415-5141.

**Habitat for Humanity** Needs extra helping hands Call Glory at 762- 4532

**Hayden Gems Senior Citizens Center** are in need of a maintenance person. They are also in need of donations to their pantry , Call Barbara Tennery at 762-7052.

**Hospice and Hospice Thrift Store.** Call Ken at 772-7994.

**Humane Society** is looking for volunteers at the shelter, thrift store and for those willing to volunteer in the foster

program. Call Mike at 772-4019.

**Idaho State Police** duties include general office work, assist with training set-up and coordination. 2-3 days a week. John Par-mann 769-1420.

**Inland NW Blood Center.** Selina Worley 1-800-423-0151.

**Juvenile Justice Mentoring Program** is looking for Mentors for children in the Juvenile Probation Program. Call Tabitha Hunter at 446-1939.

**Kootenai County Office of Emergency Management** . Please call Jim Miller at 446-1775.

**Kootenai County Sheriffs Department** needs volunteers for 4 hrs. wkly. Jobs from working in the jail, drivers license, admin., Call Ed Burke at 446-1300

**Kootenai Medical Center** has been providing free same day rides. Volunteers are needed to dispatch, schedule and assist drivers in helping the elderly, disabled and fragile clients. Call Pam Thompson at 208-666-2932. .

**Panhandle Animal Shelter & Thrift Sand-point** needs volunteers, for information call Carleen Angel at 265-7297.

**Mentor's and Tutor's** are needed in schools close to your home. For information on a school close to you call Betty-Bray-Baker at 667-3179 ext. 241.

**Ombudsman:** Become a **volunteer ombudsman** (advocate). Call Jan Noyes at the Area Agency on Aging 208-667-3179 or jnoyes@aaani.org.

**Post Falls Food Bank.** Call Cathy at 773-0139.

**Post Falls Police Dept.** Call Paul Farina 773-6395

**Sagle Senior Citizen Thrift Store and Senior Center.** Contact Frankie at 208-265-2627.

**Senior Citizens of Benewah County.** Con-

tact Leslie at 208-245-3032.

**Senior Companion Program-** Senior companions assist their adult client with basic but essential activities; they provide companionship and friendship. Call Tammy Johnson at 415-5177.

**SHIBA-** Are you a good researcher? Do you enjoy analyzing information and explaining it to others? If you think you can, apply to become a SHIBA volunteer! 1-800-488-5725 Heather Stotts.

**Silver Wood Good Samaritan** needs volunteers, contact David at 208-556-1147.

**Spirit Lake Senior Citizens.** Call Bermae at 208-623-6125.

**Teen Aid Project** tutoring program for the purpose of helping K.C. teenagers who are failing in their core subjects. It helps them stay in school and graduate. Volunteer tutors and a Branch Director are needed now. Contact Dr. Frank Bittick at 208.666.0406.

**United Way of North Idaho.** Call Caryl or Jessica at 667-8112.

We have many, many volunteer opportunities in our community with 100 sites to choose from. If you are interested in volunteering, or maybe you have a friend who is interested.

