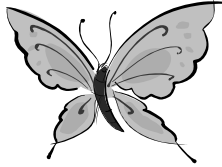


The RSVP Volunteer

RSVP—Retired Senior
Volunteer Program

Volume 1, Issue 14

April 1, 2008



What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable. –Joseph Addison



Carrie Reese—Volunteer Specialist

What a fun and exciting year it has been. I have had such a good time getting out in the community and getting to know all of you better. Thank you for being so welcoming.

Another year has flown by fast. This last year has been such a wonderful year of volunteering. Your volunteer hours have been really impressive this year with a jump of nearly 10,000 hours from last year. 2006 we recorded 48,000 hours and this year we have had an amazing 56,700 plus hours recorded.

The Retired Senior Volunteer Program thanks

you for all your good works. Volunteering is so important to our communities and you are truly making an impact through your efforts!

Remember to fill out the timesheets on a regular basis. There is one included in this newsletter on the back page. Thank you again and please remember that your hours count and support our program!

If you have any questions please give me a call at 667-3179 or 1-800-786-5536



“Every one of us needs to show how much we care for each other and, in the process, care for ourselves.”

Princess Diana

From Bill Langer's Desk—Director

I know that this is the Spring Newsletter, but it's hard to tell with all the snow falling outside my window here on Ironwood Drive. I hope you all wintered well. I've noticed for sale signs springing up like wildflowers in my neighborhood. I hope none of you valuable volunteers will let a little winter scare you. It'll be a memory soon and we'll probably have a “normal” winter for the next 10 years.

The RSVP Advisory Committee is going to restart after taking the last 5 months off, which they do every year. We are a couple of members short for this year, so I invite any of you who might want to help plan the direction of RSVP to get in touch with me. The first meeting for 2008 will be in April.

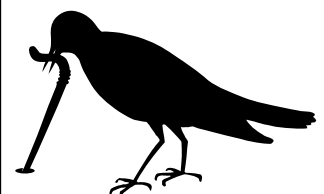
I want to remind you that we are now reimbursing mileage on a quarterly basis. The first checks for 2008 should arrive near the end of April. If the cost of gas has become a real burden on your budget, I urge you to submit your

request through your monthly timesheets. 2008 funding should provide some reimbursement for the entire year.

John Little, the owner of the Outback Steakhouse, tells me that again this year they would love to sponsor our Recognition Luncheon. This will be the 9th consecutive year. They are a wonderful supporter of RSVP. The RSVP Board will discuss the luncheon at our April meeting, and we will set a date, probably near the end of September.

We look forward to a great 2008 in providing volunteer services through over 100 nonprofit sites in north Idaho. Without your strong commitment to community service, this would not be possible. We hope to see many of you personally in the next few months.

Bill Langer—RSVP Director



THE RSVP VOLUNTEER

Cherie Saltness

*“Everybody can be great because everybody can serve.” -
Martin Luther King Jr.*

This quote by Dr. King especially touched my heart. On a daily basis I get the privilege of meeting with the seniors in our community that are sharing their time and skills with others. They aren't looking for accolades; they are looking towards a better future for their family and friends. The one resounding response I receive from each volunteer is that they love what they do and feel renewed after being with one of their kids.

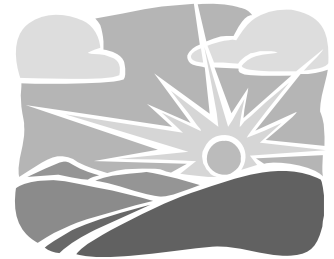
I am still looking for more mentors and tutors. We have a great need right now for male mentors. If you have one hour a week to share your experience, please join me in one of

life's most rewarding experiences. The hour a week you may share with a child may provide the connection that will make a difference in their life.

To close I want to share with you what a dear first grade girl said to me. She said, “Mrs. Saltness, when you come it's my happy day.” I can tell you truthfully that it is my happy day too.

Thank you for all you do,

Cherie Saltness
RSVP Vista Volunteer



Pearl's of Wisdom

2008 marks the ninth annual conference sponsored by the Area Agency on Aging. This year's theme is **Aging Well: Pathways to Financial Health**. With input from seniors in both Post Falls and Coeur d'Alene, subjects were selected that provide a well rounded look at the most pressing concerns faced by individuals who have reached retirement age.

As is always our concern when planning for our conference, the committee wants to make available to participants local experts who can answer their immediate questions. We focus on the need for participants to make and receive contact information so that when the questions really start to formulate—after the event—participants will know who to go to and how to reach them.

Whether a senior or a person who works closely with a senior, the conference is guaranteed to offer useable and valuable information. The keynote speaker, Tod Houston, is the Field Marketing Director for Genworth Financial, one of the countries leading companies marketing long-term care in-

surance. He will be speaking to the importance of protecting ourselves from the greatest risk in retirement—long term care.

If you are like many people who are baffled by the difference between Medicare and Medicaid and how it all works, this conference provides an opportunity to ask any and all questions. Equally confusing can be the question of guardianship, advanced directives, and paying for long-term care.

Visit our web site at www.aaani.org to see the details. A registration form can be printed and mailed or faxed in. For \$20 (60+) a continental breakfast and lunch is included.

Pearl Bouchard - Director of Area Agency on Aging



Ombudsman Program

Volunteer ombudsmen are advocates for residents in long-term care facilities. We are concerned with residents' rights, quality of care and quality of life. It's a tremendously valuable and rewarding way to volunteer. The next training starts April 17. For more

information please call Jan Noyes at 667-3189 at the Area Agency on Aging of North Idaho.

THE RSVP VOLUNTEER

Volunteer Opportunities

CDA Chamber of Commerce is looking for volunteers for CDA visitor's Center and the Huetter Truck Stop Call Colette Lorrain at 664-3194

CASA Program: Office Worker or CASA volunteer guardian. Need volunteers for all five counties. Call Heidi at 667-9165

Head Start: Call Doug at 666-6755

Kootenai Medical: Long Distance Medical Driver's. Call Carrie at 667-3179

Adult Basic Education needs tutors. Call Laura at 769-5997

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

Spirit Lake Senior Citizens. Call Bernmae at 208-623-6125

Friends of the Shelter Thrift Shoppe in Sandpoint. Contact Carleen Angel at 208-265-7297

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

Post Falls Food Bank. Call Cathy at 773-0139

Post Falls Police Dept. Robin Hutchins 208-773-3517

SHIBA- can never have too many volunteers so please give Tonya Steele at call at 1-800-488-5725

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

Habitat for Humanity is always in need of an extra helping hand. Call Glory at 762-4532

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

United Way of North Idaho. Call Janet at 667-8112

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

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

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

Senior Citizens of Benewah County. Contact Leslie at 208-245-3032

Hayden Gems needs a driver to help seniors get to and from the senior center. Volunteer job is once a week. Call Carrie 667-3179

Humane Society needs volunteers at their thrift store. Volunteers typically take either ½ day shift or a full day shift once a week. They help cashier, sort, price and other assorted tasks. It is really a great group of volunteers, they have a lot of fun and laughs while they work! Call Mike at 772-4019

Sorenson homework house through **Catholic Charities** needs volunteers to assist kids K-5 grade from 3:15p.m to 4:00p.m. Only 45 minutes! Make a difference! Call Kelly at 676-1974

Mentor's and Tutor's are needed for school Coeur d' Alene School District #271, Lakeland School District #272 and Post Falls School District #273. Call Cherie at 667-3179

Senior Companion Program- Senior companions assist their adult client with basic but essential activities; they provide companionship and friendship. This is for at risk seniors, and isolated seniors, assisting them with simply chores and adding richness to their client's life's. Call Tammy Johnson at 415-5177.

Kootenai County Office of Emergency

Management is looking for volunteers to help with their mobile RV unit that responds to emergency situations. It works in liaison with the fire and police responders. Volunteers will help set up the Mobile Command Center under the direction of the Incident Commander. Their goal is to have 12 more volunteers. Please call Jim Miller at 446-1775

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

Teen Aid Project tutoring program was created in 2000 for the purpose of helping Kootenai County teenagers who are failing in their core subjects. It helps them stay in school and graduate. More than 30% of our high school kids are struggling academically every year! Volunteer tutors and a Branch Director are needed now. Contact Dr. Frank Bittick at 208.666.0406.

Big Brother's Big Sister's are looking for mentor's to help children ages 6 to 12 increase self confidence academic performance, and social skills. Contact Tabitha Baker at 667-0975.

Juvenile Probation Program is in great need for male mentor's. We would love to have fisherman and outdoorsmen. Minimum 1 hour a week. Contact Jeoff McLachlan **Second Chance Pet Rescue** looking for people to foster cats or dogs. Very self rewarding. Call Diane 665-7762

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, give Carrie Reese a call at 667-3179

Loss of Low Income Subsidy (LIS)

Some Idahoans may lose their Low-Income Subsidy effective April 1, 2008 because they did not provide SSA with information regarding their eligibility. There is a time factor involved—individuals have 10 days to file an appeal in order to continue receiving extra help through the appeal process.

SSA is in the process of mailing "SSA Medicare Prescription Drug Assistance Notice of Termination" letters to some beneficiaries who are currently receiving the low-income subsidy. A small group of beneficiaries will receive this mailing beginning the week of March 2. Beneficiaries will no longer receive the Extra Help effective April 1 because they did not provide information about their continuing eligibility.

It is important for beneficiaries to know three key things:

1. Their current drug plan will contact them to let them know how much their coverage will cost.
2. They have a 3-month special enrollment period to enroll in a less expensive drug plan if they so choose.
3. They can file an appeal or reapply for Extra Help.

Contact SSA ASAP to file an appeal if they disagree with this decision. Appeals can be made within 60 days of receiving the dated letter from SSA. Only those who file an appeal within the first 10 days will continue to receive the Extra Help while their appeal is waiting decision. Beneficiaries should also re-apply for Extra Help if their situation changes at any time in the future. Beneficiaries should contact SSA at 1-800-SSA-1213 (1-800-772-1213) to file the appeal.

THE RSVP VOLUNTEER

Be Sure to File a Tax Return to Receive Your Stimulus Check

To help stimulate the economy, the federal government will be sending a one-time payment to 130 million American households later this year—and yours may be one of them. Even if you don't normally file a tax return, you still may be eligible for a payment.

If you normally file taxes, simply complete and file a tax return for 2007 as usual. The IRS will calculate the amount of your payment and send a check to your home, or you can choose direct deposit. Payments will be up to \$600 for individuals and \$1,200 for married couples filing jointly. The stimulus payment is separate from any other tax refund you may receive and will arrive as a separate check.

If you do not normally file a tax return because your income is below the required level, you still may be eligible for a payment as long as you received at least \$3,000 in 2007 from Social Security, Veterans Affairs, Railroad Retirement, or a combination of these, along with your income you earned in 2007. You may qualify for a payment of up to \$300 for individuals or \$600 for married couples filing jointly.

If you do not normally file taxes, you must complete a sim-

ple IRS tax form called a 1040A to receive your stimulus payment. You can get the form at most public libraries or post offices or online at www.irs.gov. The IRS will be mailing Form 1040A's to around 20 million households that didn't file a tax return last year but may still qualify for an Economic Stimulus payment late in March.

The payment you receive under this Economic Stimulus will not count toward other benefit programs (such as food stamps, Medicaid, or Section 8 housing) as long as:

- You spend the money within two months after receiving it OR
- The payment does not raise your savings above the limit allowed by your benefit programs.

If you receive only Supplemental Security Income (SSI) income or are claimed as a dependent on another person's tax return, you are not eligible for a stimulus payment.

More information and forms are available on the IRS Web site at www.irs.gov and through AARP's Tax-Aide program at www.aarp.org/money/taxaide or at the National Council on Aging's Web site at www.ncoa.org.

Senior Exercise Program Expands

Want to improve your functional fitness? That is, do you want to continue to live independently, be able to lift your grandchild, and climb stairs without losing your breath? Then join Fit and Fall Proof, a senior exercise program. Approximately 45 trained volunteer class leaders are conducting classes in 21 sites in the five northern counties of Idaho.

Classes are offered in six-week sessions, meet at least twice a week, and are an hour in length. Participants get to know each other and if someone doesn't show up for class, someone in the class usually calls to find out "why they weren't there".

Data from the past two years show a significant reduction in participants' perspective of fear of falling. This is, participants who were more likely to be afraid of falling at the beginning of the classes were less likely to be afraid of falling after completion of the Fit and Fall Proof classes. Another significant difference was that the timed Get Up and Go test took less time to complete at the last (12th) class than it did at the first class.

Senior Center sites that sponsored senior falls prevention classes had an opportunity to enhance the exercise program. Post Falls Senior Center, Sandpoint Area Seniors, and Spirit Lake Senior Citizens applied and were selected to contract with Panhandle Health District to conduct the program. Each center selected a Wellness Coordinator and from funds provided through the contract, sent the coordinator to Stanford University for training in the Chronic Disease Self-Management Program (CDSMP).

Wellness Coordinators, Amanda Wylie from Post Falls Senior Center, Judy Totten from Sandpoint Area Seniors, and Mary Dickson from Spirit Lake Senior Citizens are now team teaching the CDSMP as "Living Well in Idaho". The classes are free, but registration is required.

For information about Fit and Fall Proof, contact Joanna Adams, 208-415-5141. For information about the Chronic Disease Self Management Class and to pre-register, contact Amanda Wylie at 208-773-9582; Judy Totten at 208-263-6860; or Mary Dickson at 208-623-6125.

Joanna Adams— Panhandle Health District —Fit and Fall Proof

THE RSVP VOLUNTEER

Crossing the Line

Anytime a worker takes advantage of friendly relationships, even if the elder is happy gifting something, they cross the line into abuse and exploitation. Seniors in need of help with activities of daily living are many times socially isolated and both physically and emotionally needy. They may crave greater intimacy and meaning in their lives. These needs make them more dependent which in turn increases their vulnerability to exploitation.

There are many reasons workers “cross the line” and succumb to the “evil whisper” of temptation. These can include

Facility and in-home service workers are in a unique position to develop supportive and trusting relationships with those for whom they provide care. All too often abuse can arise in such relationships causing good people to do bad things.

the socio-economic disparity between their clients and themselves and a perceived lack of appreciation and value for their work.

The temptation to take advantage of a situation can come in many forms. These may include something as major as using undue influence to solicit gifts and loans to something as minor as shortchanging and over charging someone for goods and services. All are ethically, morally and legally wrong.

The concern is more than the value of the money – it is abuse of the trust the senior has bestowed upon the worker. If you feel someone is being financially exploited call Adult Protection at (208) 667-3179.

Spring Recipe- Frog's Eye Salad

1/2 cup granulated sugar
1 tablespoon all-purpose flour
1/4 teaspoon salt
1 (8-ounce) can crushed pineapple, undrained
1 (20-ounce) can pineapple chunks in its own juice, undrained
2 (11-ounce) cans mandarin orange segments, drained
1 large egg, beaten
2 teaspoons lemon juice
1 1/3 cups (8 ounces) Acine di Pepe Pasta, uncooked
3 1/2 cups (8 ounces) frozen non-dairy whipped topping, thawed and divided
3 cups miniature marshmallows
1/2 cup flaked coconut Maraschino cherries (optional)
In medium saucepan, stir together sugar, flour and salt.

Drain pineapple, reserving juice to equal 1 cup. With whisk, gradually stir juice and egg into sugar mixture. Cook over medium heat, stirring frequently, until mixture comes to a boil. Stir in lemon juice. Cool mixture to room temperature.

Meanwhile, cook pasta according to package directions; drain. Rinse with cold water to cool quickly; drain well.

In large bowl, stir together pineapple juice mixture and pasta. Cover; refrigerate several hours or overnight.

Add crushed pineapple and chunks, oranges, 2 cups whipped topping, marshmallows and coconut; mix gently and thoroughly. Cover; refrigerate until cold.

Top with remaining whipped topping; garnish with cherries, if desired. Makes 12 servings.

This is one of my favorite recipes. Carrie Reese

ICOA Newsletter

If you have access to a computer please check out the newsletter that Area Agency on Aging puts out. You can find their newsletter at:

<http://www.idahoaging.com/newsletters/index.htm>

ICOA stands for Idaho Commission on Aging and the newsletter features several articles about aging, with topics

pertaining to nutrition, senior issues, scams, volunteering, Medicare, etc.

Also, don't forget to check out the Area Agency on Aging web site at www.aaani.org.

THE RSVP VOLUNTEER

Volunteer Spotlight – Sam Hamilton-The Oldest Kid In School



On the first day of Spring I drove through the snow and blustery wind to Silver Hills Elementary School in Osburn, Idaho to meet with a gentleman named Sam Hamilton. I had heard of Sam's good deeds through the school and wanted to spotlight him for this newsletter. Immediately on arrival at the school I was warmed by the respect and loving greetings given to Sam by the staff and the students as we walked through the halls. We have all heard studies about how volunteers engaging in activities they love make them mentally and physically healthier, Sam is living proof of that. He attributes his good health to the feeling of fulfillment he receives through volunteering.

Sam joined **RSVP** in December of 02'. He has almost 4,000 volunteer hours recorded in our database. He volunteers 30 hrs per week at Silver Hills and two days at the Wallace Library.

Sam was a volunteer for the local Search and Rescue; he has

a love of the beauty of nature. He likes to hike up in the hills and capture pictures of wildlife with his camera. For the past four years Sam has ridden his bike from Osburn to Mullan and back on the Trail of the Coeur d' Alenes, a 23 mile trip.

Sam moved to North Idaho from San Diego California after he retired at age 68. Sam and his wife Mary spent three months traveling the Northwest looking for affordable housing. They had almost given up when they saw the sign "Historic Wallace" and decided to spend the night. It was there that Mary, a retired costume and set designer found her perfect pink Victorian house. She spent her time filling it with love and sharing her skills as a set designer with the community. At Halloween she invited the public into their home. Sadly in 1999 Sam lost his beloved Mary to ALS-Lou Gehrig disease.

Sam spent a year in the home and in the spring an acquaintance, who was a volunteer took him to Silver Hills and introduced him to the staff. That began the wonderful relationship Sam enjoys in the community, today the teachers share his talents and keep his schedule full, Sam doesn't like to stand around. Last year Sam received his high school diploma along with the class of 2007' at the urging of school principal Mary Ann Ranells and school secretary Rhonda Hill. Principal Ranells said "He helps us out in every sense of every way and each kid in this school knows him. Sam is the most selfless and giving person I've ever met and we are all very thankful for him." His comment to me was that "This seems like a permanent situation, I'm the oldest kid in school."

Cherie Saltness RSVP VISTA Volunteer

Kootenai County Sheriff's Department

Kootenai County Sheriff's Department is expanding their volunteer positions to include their main office. Volunteers are sought to help expand the Citizen's on Patrol program. They are looking for a Medical filing clerk, detective assistant, evidence assistant and volunteers to work in the control room at the jail.

The purpose of Citizen's on Patrol is to provide assistance with specific calls for service such as: VIN checks, tagging and towing of Abandoned Vehicles, and handling Vacation/Security checks. Person's must have a valid driver's license.

The Medical filing clerk duties include working with the jail medical staff. Person's would help with basic filing in the medical office. Also, assist in restocking non-prescription items on medication carts and communicating needed medical supplies to staff.






The detective assistant provides assistance to detectives and complete tasks which will help enhance the detectives' efficiency.

Evidence assistance provides assistance to the Evidence Custodian and complete tasks which will help enhance the efficiency of the office.

Control room volunteer will assist Jail Technicians with answering telephones, logging pertinent information and keeping a close watch on the inmates.

If you are interested in any of these volunteer positions please contact Carrie Reese or Bill Langer at 667-3179

THE RSVP VOLUNTEER

<p>RSVP—Retired Senior Volunteer Program</p>	<p><i>Dates to remember:</i></p>	<p><i>Welcome New Volunteers</i></p>			
<p>Area Agency on Aging 1221 Ironwood Drive, Suite 102 Coeur d'Alene, Id 83814</p>	<p>April 11. Art Walk. Enjoy an evening of exceptional art, fine dining and friends in downtown Coeur d' Alene at Art walk. The art galleries host opening receptions with an opportunity to meet the artists, listen to live music and see newly arrived works of art—all within strolling distance. From 5p.m. to 8:00p.m. This event is free including 2 hrs. free parking.</p>	<p>Howard D. Boyrne Pat Connell Linda M. Dixon Benita Galland Elaine Hannah Ginger Hagens Jeannette Hill Bette J. Inseth</p>	<p>Nancy Mjelde Robert M. McCroskey Shirlee Newbold Leonard Read Sue Sausser Cindy Lou Schobert Rod Schobert</p>		
<p>Phone: 667-3179 Phone: 1-800-786-5536 Fax: 1-208-667-5938 Email: creese@aaani.org</p>		<p>[We're on the web!] www.aaani.org</p>	<p><i>New Mentors and Tutors</i></p>		
<p>Dedicated to protection, independence, and dignity of individuals through advocacy</p>	<p>April 17, 18, 19, 20. Artist's Showcase. Kootenai County Fairgrounds in CDA, ID. May 14. Runs through September. Downtown Farmer's Market. 5th Street and Sherman Ave. From 4p.m-7p.m.</p>	<p>Donna Sheppard Jan Bruni Sue Cowley Brian Neil Judy Manning</p>	<p>Joyce Barton Jane Jackson Joyce Fitzpatrick James Pierce</p>		
<p>North Idaho College Area Agency on Aging 1000 Garden Avenue Coeur d'Alene, ID 83814</p>	<p>May 22. Aging Well. 9th Annual Conference on Aging sponsored by Area Agency on Aging of North Idaho. Conference to be held at the Edminster Student Union Building at North Idaho College from 8:00a.m 4:15p.m.</p>	<p>Conference on Aging</p>			
<p>Are you counting all your volunteer hours?</p> <p>Make sure you count all your hours!</p>	<p>Every Saturday and Wednesday in May: Farmer's Market. This open-air market of fresh produce, garden starts, handcrafts, flowers, food and music runs for the season at Farmin Park, on Saturdays from 9 a.m. to 1 p.m., and on Wednesdays from 3 p.m. to 5:30 p.m.</p>	<p><i>Clip out and put on your refrigerator!</i></p>			
<p>IF YOU HAVE ANY QUESTIONS, PLEASE CALL RSVP, CARRIE REESE, 667-3179</p>	<p>May 24-Aug. 30. Summer Sounds at Park Place. In Sandpoint. Free concert series with shows every Saturday through Labor Day Weekend. Local and regional musicians perform at Park Place stage, corner of First and Cedar, from noon to 2 p.m., sponsored by POAC. See ArtinSandpoint.org. 208-263-6139</p>	<div style="border: 1px dashed black; padding: 10px;"> <p style="text-align: center;">AGING WELL</p> <p style="text-align: center;">PATHWAYS TO FINANCIAL HEALTH</p>  <p style="text-align: center;">9th ANNUAL CONFERENCE ON AGING</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"> <p>Sponsored by:</p> <p>AREA AGENCY ON AGING OF NORTH IDAHO</p> </td> <td style="width: 50%; text-align: center;"> <p>MAY 22, 2008</p> <p>EDMINSTER STUDENT UNION NORTH IDAHO COLLEGE</p> </td> </tr> </table> </div>		<p>Sponsored by:</p> <p>AREA AGENCY ON AGING OF NORTH IDAHO</p>	<p>MAY 22, 2008</p> <p>EDMINSTER STUDENT UNION NORTH IDAHO COLLEGE</p>
<p>Sponsored by:</p> <p>AREA AGENCY ON AGING OF NORTH IDAHO</p>	<p>MAY 22, 2008</p> <p>EDMINSTER STUDENT UNION NORTH IDAHO COLLEGE</p>				
<p>Thank you: SHIBA Area Agency on Aging North Idaho College</p>  		<p> Cut along the dotted lines</p>			