

# THE RSVP VOLUNTEER

## Spring Edition



March 2009

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Well its been a good long ride and I'm afraid it's time for me to get off. I am regretfully writing this last letter as my farewell. I put in my notice of resignation with the Retired and Senior Volunteer Program after 2 1/2 years of being with this program. The decision was a necessity as my husband needed me to work for him in our business. This will allow me the opportunity to work from home and will give me the ability to be there for my two boys ages 6 and 8. I had a extremely hard time telling my wonderful and easy going boss Bill Langer. It is hard to leave a job that has become part of your life and your being. But I had the opportunity to work along side some wonderful people in our communities. It is not every day that you get to go to work and see positive and wonderful things happening in our communities. I want to express my gratitude to all of those

who welcomed me. I will put in my plug right now about continuing to document your hours. I want to thank Bill for giving me this wonderful opportunity to be part of RSVP and see the potential in me. Every day was a learning opportunity experience and he allowed me to further my education, allowing me to take grant writing classes, educational seminars involving management, and having me solve problems. I certainly have gained far more than what I probably given back. Also, thank you to all at the Area Agency on Aging office. I have enjoyed friendships and bonds that come with our common goal to help others in our communities. Both Cherie Saltness and Bill Langer will be covering my position until the Spring when an official decision is made on the Volunteer Specialist position. Thank you for letting me be part of your lives. Carrie

### From Bill's Desk

After being so wrong about the arrival of spring last year, I'm afraid to be too optimistic this year. At least most of the snow is gone here in town. As you can probably imagine after reading Carrie's farewell letter, the program is again going through staff change. We'll really miss Carrie. She added a youthful spark to RSVP and was developing a good understanding of the volunteer and aging profession. She has a great future in this area if she chooses. We all wish her well and I know she'll be in touch, especially the thrift stores, which she loves.

The good news is that Cherie is still on staff as a VISTA employee and the plans are for her to transfer over to the Volunteer specialist position in August when her VISTA assignment has been completed. So again I will be looking to hire a VISTA volunteer to work mainly in the mentoring and tutoring programs. This is a one year commitment that pays a living stipend of \$800 per month, provides health insurance,

and has an education bonus at the completion of one year. The VISTA volunteer needs a car ( gas is reimbursed), and must have some working knowledge of the computer, although some training can be provided. I will probably be interviewing in late May, so I encourage all interested RSVP volunteers to contact me if you think you might be interested. Please call Cherie if you have any questions about the program. It's a great opportunity for RSVP volunteers. Two previous VISTAs have been RSVP volunteers first.

Spring activates the RSVP Board, so we'll be having our first meeting in April to discuss the annual luncheon and other items of business, such as budgets and policy. Please call me if you're interested in being part of our planning process. Get ready to enjoy Spring and have a great 2009. Let's all make this an outstanding volunteer year. Thanks for your service.

Call Bill (208) 667-3179

# The RSVP Volunteer

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## Cherie Saltness- Vista Volunteer Mentoring/ Tutoring

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With Spring right around the corner it makes me think of the wonderful people I have met with this school year and the dedication they show in helping children to blossom into happy and successful students. The individual attention given by volunteers in our schools is invaluable to teachers who are having to get by with fewer resources. Volunteers who mentor or tutor provide assistance to educators in a variety of ways. With a friend you may find a fun way to share your talents.

Recently placed were two new volunteers for John Brown Elementary in Rathdrum. Sherry Bradley and Peggy Davis are sisters who wanted to volunteer together as a fun experience for them to share. After their first time volunteering in Betty Mobb's classroom I received an e-mail from Betty

telling me she feels like she has won the lottery. She was wondering if we had anymore special people like them. This would be a great opportunity to share in some fun with a sister, spouse or friend.

Friends Bobbie Quested, Suny Fagan and others volunteer at New Vision High School in Post Falls making craft projects with students there. Mentoring is about connecting with another person teaching them skills such as patience and perseverance as well as giving them encouragement and a feeling of accomplishment. Again, having fun with friends but also giving of yourself to the community. Get a friend to join together for this rewarding experience.

Call Cherie 667-3179

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## Pearl's of Wisdom

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During these times of economic instability, agencies relying on volunteer support meet new challenges. A variety of issues, including a lack of volunteers, new possible placements, or absorbing associated costs, come into play and present new challenges.

One reliable source for volunteers is the corporate volunteer. Yet, with corporate profits down and employees being laid off, they don't have as much to give. Retired members of the community are the mainstay of volunteerism. Yet, with retirement accounts and home equity dwindling, many of these folks are thinking about working part time or just thinking about using valuable fuel to drive to and from a volunteer station.

Non-profit organizations need to be creative in utilizing volunteers in order to recruit or keep them engaged. It is essential to match a willing person up with a job they are interested in, that draws on their skills, and leaves the volunteer feeling their effort contributed to the good of the community. Is the

placement simply benefiting the organization? Do the skills required for the placement match up with the volunteer's life experiences? Will the placement help open the eyes of the volunteer so they have the opportunity to know about issues affecting their community?

There are many volunteer placements orchestrated by **RSVP** waiting to be filled. Be assured that the volunteer's wishes and desires are our top priority. If you have the time and inclination, do not hesitate to call; you are needed.

Call Area Agency on Aging (208) 667-3179

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## Elder Abuse Team Formed

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Reflecting a growing consensus that no single agency or discipline has all the resources or expertise needed to effectively resolve all forms of abuse and neglect, the use of multidisciplinary teams are becoming a hallmark of elder abuse prevention programs. Under the leadership of the local Adult Protection Program a team of individuals from Kootenai County has formed the area's first elder/vulnerable adult abuse multidisciplinary team. Participating individuals include the **Area Agency on Aging**, the Department of Health and Welfare, local law enforcement agencies, the banking and home care industries, victims and sexual assault advoc-

cates, and Prosecuting Attorney. The mission of the team is the prevention of elder and vulnerable adult abuse through agency collaboration, consultation and education. Of special note is the desire of all participants to learn from each other. In pursuit of this endeavor they will undertake review of case studies and will present differing agency information at each of their quarterly meetings. Members hope to serve as resources for other team members, their co-workers and the community at large in an effort to reduce risk to vulnerable elders and adults.

Adult Protection (208) 667-3179

# Area Agency on Aging of North Idaho

*Dedicated to protection, independence, and dignity  
of individuals through advocacy and service*

## **Reach Out with a Gift of Help!**

The Area Agency on Aging reaches out each day to help older adults remain safe and independent in their homes.

For many this is a daily challenge. Basic housekeeping activities may be difficult or even unsafe for many seniors. And spouses or family members who are caregivers may have the burden of maintaining a home while providing care of a loved one.

Our Homemaker participants believe this assistance contributes to the *quality* of their home environment.

## **“Respite care is such a blessing!”**

Family caregivers know Family Caregiver Respite enables them to provide 24/7 care of a loved one for a longer time than would have been possible without the service.

## **We need your assistance!**



May is Older Americans Month, a great time to bring attention to the issues that effect older adults, and to create community-wide opportunities to help older Americans improve their quality of life. Working together we can offer older adults the tools they need to make healthy decisions, and to enjoy Living Today for a Better Tomorrow.

## **Your Gift will help seniors!**

Your gift to our Homemaker and Family Caregiver Respite programs will provide so much more than just in-home help. Your gift will help older adults:

- Continue to live in their own homes
- Feel secure in a safer environment

*Cut Here*

### **~Homemaker and Intensive Respite Services Campaign 2009~**

**YES**, I want to support the Homemaker and Respite programs for older adults in North Idaho.

I am pleased to contribute: \$100 \$50 \$25 \$10 Other \_\_\_\_\_

Please make your check payable to **Area Agency on Aging**. Your contribution is tax deductible.

Please provide the following information, so that we may acknowledge your donation:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

**Thank you for your support**  
Area Agency on Aging of North Idaho  
1221 Ironwood Drive Ste. 102  
Coeur d'Alene, ID 83814  
208-667-3179/800-786-5536  
[www.aaani.org](http://www.aaani.org)

# The RSVP Volunteer

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## Volunteer Ombudsmen Training in Sandpoint

Sally Washburn, Joyce Schernitzki, Delores Gardner, Sandra Fleetwood and Judy Cunningham are in their third week of training as the first volunteer ombudsmen for Bonner County. Every 7 weeks they meet in Sandpoint with Jan Young, the Regional Ombudsman, and Jan Noyes the Volunteer Ombudsman Coordinator, and spend 6 hours learning how to be effective advocates for residents of long-term care facilities.

So far the volunteers have learned about what an ombudsman does, the history of the ombudsman program and the aging process. Still to be covered are residents' rights, care rules and regulations. Each training day ends with visits to assisted-living and skilled nursing facilities.

As they learn, each volunteer develops a sense of excitement and anticipation. They are going to be engaged in tremendously rewarding work—being voices for vulnerable elders in long term facilities.

Bonner County has its share of long-term care facilities and this is the first group of volunteer ombudsmen to be assigned there. While most facilities do a good job, there are always issues and problems to address, and residents who need someone to advocate and speak for them. A friendly visit with a new and trusted friend is always a welcome event.



Call Jan Young/Jan Noyes (208) 667-3179  
For volunteer information

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## The Idaho Circuit Breaker Program

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The **Circuit Breaker Program** is the Idaho Property Tax Reduction Program. You must apply between January 1 and April 15th of this year.

You may qualify in 2009 if you:

1. Owned and lived in a home in Idaho that was your primary residence before April 15, 2009 (Contact your county assessor for information)
2. Had income of \$28,000, or less for 2008, and
3. Met one or more of the following as of 1/1/09:
  - Age 65 or older
  - Widow/Widower
  - Blind
  - Fatherless/motherless child under 18 years
  - Former prisoner of war/hostage
  - Veteran with 10% or more service connected disability or receiving VA pension for non service disability.

- Disabled as recognized by the Social Security Administration, Railroad Retirement Board, or Federal Civil Service.

Contact your county assessor for application materials. The office is listed under County Offices in your telephone directory.

Contact Information:

Kootenai County Assessor Office (208)446-1500

Idaho State Tax Commission (800) 334-7756, ext. 7736

E-mail: [tax.idaho.gov](mailto:tax.idaho.gov)

# 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 Kerren Vollmer or Noel Abbott at 640-0441.

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

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

**CDA Chamber of Commerce** is looking for volunteers for CDA visitor's Center and the Huetter Truck Stop. 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** are in need of volunteers to help with events, fundraising, become a computer mentor to our guests to improve their computer skills which will improve their employment opportunities, pick up donations, work on newsletter, work in the day center answering phones, data entry and assisting guests in their immediate needs, Van driver, or you tell us what you would like to do to help our program. 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.

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

**Habitat for Humanity** is always in need of an extra helping hand. 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 such as canned goods, produce, etc. Call Cherie at 667-3179.

**Head Start:** Call Doug at 666-6755.

**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. You will enjoy working with this great group of volunteers, they have a lot of fun and laughs while they work! They also just open a new thrift store in Post Falls and are looking for volunteers. Call Mike at 772-4019.

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

**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.

**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. You will be interviewed and receive special training.

**Mentor's and Tutor's** are needed in schools close to your home. For information on a school close to you call Cherie Saltness at 667-3179.

**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.** Robin Hutchins 208-773-3517.

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

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

**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.

**SHIBA-** Are you a good researcher? Do you enjoy analyzing information and explaining it to others? If you think you can make difference in the lives of our seniors then 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 Bernae at 208-623-6125.

**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.

**United Way of North Idaho.** Call Angela 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, give **Cherie Saltness a call at 667-3179.**

# The RSVP Volunteer

## Volunteer Spotlight

### Don Minford - Helping Children Succeed

Don Minford started with RSVP in 1999 working with children at Borah Elementary as part of the Math Motivator program. Don is still at Borah one hour a week tutoring with the **Idaho Reads** program and he also tutors high school students at **Teen Aid Project** four hours each week.



Borah. This program, helping children with math was the perfect fit for an engineer. Don stayed with that program until it was replaced with the school's present reading program, Don said he enjoys helping children by encouraging them in their progress throughout the school year. He is that special person who gives each child he reads with the attention and compassion they need.

Don grew up and lived in Nebraska through college. He became an electrical engineer and is married to Janis a former teacher who is also a volunteer at **Ramsey Elementary**. Don and Janis have three children and seven grandchildren. Don has moved around in his work from Missouri to Iowa and then to Ritzville Washington where he worked for ten years for the Electrical Co-Op. In 1987 the family moved to Coeur d' Alene to work for Kootenai Electric until retiring.

At Teen Aid Project Don also tutors in math but with high school children. This is a structured program in six week segments where each student is evaluated on their progress by their teachers and their parents. If you are not progressing they have to make room for another student.

After retiring Janis encouraged him to get out in the community to volunteer when he saw an ad for tutors at

Last year Don's student went from a D to high B's and A's. Don is an example of using his skills to help others in the community.

This is Don's reward for a job he enjoys. Thank you Don.

## Recipe

### Vegetable Frittata

Prep and cook time: 25 minutes/ 85 calories per serving

2 whole eggs	4 egg whites
Pinch of turmeric	1/2 chopped onion
1 Tbsp. Broth	3 cloves garlic chopped
2 cups sliced zucchini	2 oz. canned diced
Green chilies	1 chopped small
Tomato pulp removed	2 Tbsp cilantro
Salt & Pepper	

1. Chop onions and garlic, let sit for 5 minutes.
2. Beat together eggs, egg whites, turmeric and pinch of salt & pepper. Set aside.
3. Heat 1 Tbsp broth in 10-12 inch skillet.. Sauté' onion garlic, zucchini and green chilies for 3 min. stirring frequently.
4. After 3 min. add tomato, cilantro to zucchini mixture.
5. Pour egg over vegetables, turn heat to low and cover. Cook for about 10 min. checking periodically to see if eggs are firm. When done, run a rubber spatula around edge of frittata, cut into four wedges and serve.

Make sure you use a pan no larger than 12 inches so it won't overcook. Check eggs after 5 min., it helps to beat them right before adding the vegetables.

## Health tips

### Calcium Tied To Lowering Cancer Risk


Duke University nutrition researcher has said results from a study of 492,810 people shows that somehow calcium may keep cells from becoming cancerous. The results support the idea that food rather than supplements is the best source for nutrients.

Participants were AARP members aged 50 to 71 who began the study in the mid-1990s. Compared with people who got little calcium, those who consumed the most had the lowest risk of getting colon cancer. The recommended amount for older people is 1,200 milligrams, and getting much more than that didn't result in any greater protection. Adults can get that amount from four cups of milk or calcium-fortified orange juice.

Adults who ate the most calcium also tended to be healthier overall than the others.

Northwestern University called the results impressive. But they noted that AARP members may have been healthier and wealthier than the general U.S. population.

# The RSVP Volunteer

<b>Retired Senior Volunteer Program</b>	<b>Dates to remember:</b>	<b>Welcome New Volunteers</b>	
<p>Area Agency on Aging 1221 Ironwood Drive, Suite 102 Coeur d'Alene, Id 83814</p> <p>Phone: 667-3179 Phone: 1-800-786-5536 Fax: 1-208-667-5938 Email: csaltness@aaani.org</p> <p>Affiliated with North Idaho College 1000 Garden Avenue Coeur d'Alene, ID 83814</p>	<p><b>LOCAL COMMUNITY EVENTS</b></p> <p><b>April 11-</b>Die Cast &amp; Collectibles K.C. Fairgrounds  <b>April 15-</b> Job Fair at K.C. Fairground.  <b>April 18-</b> Gardener's Swap K.C. Fairgrounds  <b>April 23/24-</b> Coeur d'Alene Music Walk  <b>April 24-26-</b> Artist Showcase K.C. Fairgrounds  <b>April 24-</b> Arch'e Brasil- Sandpoint at the Panida Theater.</p> <p><b>May 1-3-</b>K7K Spring Fishing Derby Lake Pend Oreille.  <b>May 2/3-</b> Gun Show K.C. Fairgrounds  <b>May 6-</b> CDA Downtown Farmer's Market every Wednesday  <b>May 8-</b> CDA Art Walk  <b>May 10-</b> Wallace Northern Pacific Depot Railroad Museum Festival and Classic Car Show.  <b>May 14-17-</b> Lost In The 50's Classic Cars in Sandpoint  <b>May 15-</b> Chocolate and Wine Tasting Cancer Benefit at Silver Mountain Resort.  <b>May 23-</b> Horse Show K.C. Fairgrounds  <b>May 24-</b> CDA Marathon  <b>May 25/26-</b> Dog Show K.C. Fairgrounds</p> <p><b>June 1-</b> The Gondola reopens at Silver Mountain reopens for many summer activities.  <b>June 6/7-</b> Rock and Gem Show K.C. Fairgrounds  <b>June 12/13-</b> Car d'Alene Classis Cars in downtown Coeur d' Alene  <b>June 12-July 27-</b> Sandpoint Art Walk begins.  <b>June 14-</b> Lead Creek Derby- It runs from Mullan to Wallace.  <b>June 18-</b> Sandpoint Summer Sampler with cook offs and music  <b>June 20-</b> Shrine Circus at K.C. Fairgrounds  <b>June 21-</b> Ford Ironman Coeur d'Alene Triathlon  <b>June 26/27-</b> The Quilt Show K.C. Fairgrounds.</p>	<p>Linda Alldredge Frank Bogardus Kathleen Bradetich Carol Davenport Gerry Gibbs Ronald Hansen William D. Hutchinson Maurene Humphrey Barrie MacConnell Jeanne MacConnell Robert E. McKay Joan McNeil Helen Meyer Janice Purdy Janet Russell</p>	<p>Constance L. Walters Gayle Wemhoff John M. Wheaton</p>
<p><b>We're on the web!</b> <a href="http://www.aaani.org">www.aaani.org</a></p>			
<p><b>Dedicated to protection, independence, and dignity of individuals through advocacy and service.</b></p>			
			
<p><b>Are you counting all your volunteer hours?</b></p> <p>Make sure you send in all of your hours!</p> <p>IF YOU HAVE ANY QUESTIONS, PLEASE CALL RSVP, CHERIE SALTNESS 667-3179</p>			
			
		<b>New Mentors and Tutors</b>	
<p>Lizaya Collier Lucy Gonzolas Ruby Hill Bob Hughes Jane Penney</p>	<p>Bobbi Qusted Diane Reeves Patty Skogmo Janice Solum Linda Wright</p>		
<p><b>Celebrate Spring!</b></p>			
			
<p><i>Photo courtesy of Shinji Imoto</i></p>			
<p><b>An Irish Blessing</b></p>			
<p><i>May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face, the rains fall soft upon your fields and, until we meet again, may God hold you in the palm of his hand.</i></p> 			

**RETIRED AND SENIOR VOLUNTEER PROGRAM  
Monthly Time Sheet**

Month/Year \_\_\_\_\_

REIMBURSEMENT?: Yes \_\_\_\_\_ No \_\_\_\_\_ APPLICATION ON FILE?: Yes \_\_\_\_\_ No \_\_\_\_\_

VOLUNTEER NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

VOLUNTEER ADDRESS: \_\_\_\_\_  
(Address or Box #, City, State, and Zip Code)

Worksite: \_\_\_\_\_ Supervisor Signature: \_\_\_\_\_

DATES	WORKSITE	ACTIVITY	HOURS	MILES
<i>Supervisor signatures are needed for all travel reimbursement claims.</i>			<b>SUBTOTAL</b>	

Mail timesheet to: Area Agency on Aging  
ATTN: Volunteer Specialist  
1221 Ironwood Drive, Suite 102  
Coeur d'Alene, ID 83814

Total Mileage: \_\_\_\_\_ x \_\_\_\_\_ = \$ \_\_\_\_\_  
\$ \_\_\_\_\_

Unless otherwise notified by you, RSVP will use unreimbursed mileage as an "in kind" donation.