

# The RSVP Volunteer

RSVP—Retired Senior  
Volunteer Program

Volume 2, Issue 1  
August 8, 2008

## 2008 RSVP Recognition Luncheon Invitation



Luncheon Theme- Country Fair

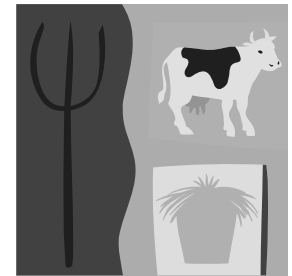
“MOO!”. You have been invited to attend our 2008 RSVP Recognition Luncheon. This year our theme is the “Country Fair.” Volunteers are invited to attend this year’s luncheon to be held on September 20th, 2008 at the Lake City Senior Center in Coeur d’ Alene at 11:30a.m.

We are excited to inform you that our entertainment is going to be provided by JJ Dion.

Please make your reservations as soon as possible and no later that Sept. 11, 2008. we will be accepting the first 150 reservations. You can talk to Bill, Cherie or Carrie. Let them know what you would like to have for dinner ( Steak, Salmon or Chicken). Call 667-3179 or 1-800-786-5536.

Let us know, at the same time, if you need transportation to the event. (Don’t let the lack of transportation be a reason for not attending.) We will help you get there! Call to make your reservations right away! This is the last invitation you will receive. We look forward to seeing you there!

-Carrie Reese



## From Bill ‘s Desk

It’s July 21<sup>st</sup> and I think summer is here—at least for the last 2-3 weeks. I hope you were all able to shake off that long, hard winter. Carrie just compiled the hours volunteered for the first 6 months of this year, and it’s obvious that most of us were staying home and staying warm. It looks like that we’re all getting back to our regular routines, which include lots of volunteering. Although reported volunteer hours were down substantially, mileage reimbursement requests have doubled from last year. Second quarter requests have just been compiled by Carrie and I will be processing them this week. Again the checks won’t be big, but I hope that they help some. Carrie, Cherie, and I have had to cut back our driving to stations and to meet volunteers. Every week we analyze schedules to maximize our driving effectiveness.

The IRS has increased their allowable mileage reimbursement, so if you list deductions on your tax return, I urge you to consult with your tax preparer or the IRS to deduct your allowable mileage for volunteer purposes.

The RSVP Advisory Board and staff are wrapping the major planning for this year’s Volunteer Recognition Luncheon on Sept. 20<sup>th</sup>. Our fine support from the Outback Steakhouse is continuing for the 9<sup>th</sup> consecutive year. I urge you all to respond to the invitation that is highlighted in this newsletter. I hope to see you there.

-Bill Langer

*“The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind.”*

- William James

*(American philosopher and psychologist)*



## Cherie Saltness- VISTA Volunteer Mentoring Tutoring

I hope all of you have enjoyed our beautiful summer; I am looking forward to seeing many of you at our annual luncheon in September. As we approach the new school year I want to thank you for the wonderful work that you have done with the children in our community. I have had positive feedback from educators that you have made a difference in each child's life that you touch.

This school year I am working with Jerry Spreen of the POST FALLS MENTORING PROGRAM to have more training available. I am going to be calling volunteers in the Coeur D' Alene area to see if you are interested in attending a monthly meeting for one hour to discuss mentoring/tutoring and to have training here. I will provide the refreshments and I am counting on your help to provide topics and guest speakers when possible.

Last year volunteers were not properly notified when students were absent. They were not provided another student. I am notifying the schools that our volunteers will call the school secretary to verify their student's attendance. I will provide you with the school secretary's name and phone number.

Here are some interesting facts I have compiled: 20% of persons aged 55 to 64 volunteer. 46.6% of persons aged 64 to 74 volunteer in the community. 59% of seniors view retirement as a "time to be active and get involved, to start new activities and set new goals." America is the world's greatest nation, and yet we rank 19<sup>th</sup> in the world in our graduation rate. The average drop-out rate is 30%. Every day 6,000 students drop out of school. Early intervention is the key to turning a child's life around. You can be the gentle force that makes the difference in a child's life.

I read a poster that touched my soul and I believe its message

P.R.I.O.R.I.T.I.E.S

"A HUNDRED YEARS FROM NOW IT WILL NOT MATTER WHAT MY BANK ACCOUNT WAS, THE SORT OF HOUSE I LIVE IN, THE KIND OF CAR I DRIVE. BUT THE WORLD MAY BE DIFFERENT BECAUSE I WAS IMPORTANT IN THE LIFE OF A CHILD."



-Cherie Saltness

## Gas Buddy.com

### Top ten Fuel Savings Tips

1. Avoid High Speeds -As your speed increases, your aerodynamic drag increases. Driving 62 mph vs. 75 mph will reduce fuel consumption by about 15%.
2. Do not accelerate or brake hard- By anticipating the traffic and applying slow steady acceleration and braking, fuel economy may increase as much as 20%.
3. Keep tires properly inflated-By anticipating the traffic and applying slow steady acceleration and braking, fuel economy may increase as much as 20%.
4. Use A/C sparingly- Air conditioner puts an extra load on the engine forcing more fuel to be used (by about 20%)
5. Keep windows Closed- Windows open, especially at high-speeds, increase drag resulting in decrease of fuel econ-



omy of up to 10%

6. Service vehicle regularly- Proper maintenance avoids poor fuel economy related to dirty air filters, old spark plugs or low fluid levels.
7. Use cruise control- Maintaining a constant speed over long distances often saves gas.
8. Avoid heavy loads-Remove the sand bags from your trunk in the spring and pack lightly for long trips.
9. Avoid long idles- If you anticipate being stopped for more than 1 minute, shut off car. Restarting the car used less fuel than letting it idle for this time.
10. Purchase a fuel efficient vehicle- Examine the vehicle's rated fuel efficiency. Choosing a small vehicle with a manual transmission will provide you with great fuel economy.

For more information look up gas buddy.com

## Fit & Fall Proof

Panhandle Health District is sponsoring a Fit and Fall Proof Class Leader training and refresher workshop. If you are comfortable before a group, enjoy social relationships, and are interested in improving muscle strength, flexibility, and balance to prevent falling, please contact Joanna Adams at 208-415-5141 to register for the training.



The Fit and Fall Proof Leader workshop will be held Thursday, September 4th, in The Sheppard of the Hills Lutheran Church in Rathdrum, ID. Check-in for those registered is from 8 AM to 8:30 AM and the workshop begins at 8:30AM and ends at 4 PM. Lunch and snacks will be provided.

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## Volunteer Opportunities

**CDA Chamber of Commerce** is looking for volunteers for CDA visitor's Center and the Huetter Truck Stop, call Judy Padilla at 664-3194

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

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

**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-** 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

**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 Jes-

sica 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** is looking for 1 or 2 volunteers for their Thursday lunch. Bus tables, wash dishes, clean tables and serve food/dessert. Volunteer job is once a week. Call Carrie 667-3179

**Humane Society** is looking for volunteers at the shelter and are also looking for volunteers for their foster program. 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 at 446-1939

**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

## United Way Day of Caring

United Way of Kootenai County will launch the First Annual Community Day of Caring on Wednesday, Sept 17, 2008. Volunteers and donors from local businesses and organizations will spend a day working on projects that help make a positive impact throughout the community.

Projects could range from building fences, painting, filling food boxes, reading to children, spending time with the elderly, planting flowers, and much more.

Participating in the Day of Caring provides an opportunity for corporate teams, community groups, families, and individuals to get an up close and personal experience with the agencies and clients United Way serves. This is a chance to build relationships among community members and strengthen

the community as a whole. We anticipate about 350 to 400 volunteers.

The day begins with a kickoff breakfast and pep rally. The morning will be filled with prize drawings, music, and games to get volunteers prepped and ready to leave for their job sites. The day is scheduled for Wednesday September 17, 2008. Volunteers must be registered and project requests made by August 22.

The 2008 Day of Caring project proposal and volunteer registration forms are available for download. Look up <http://kootenaiunitedway.org/article/119/day-of-caring> or call 208-667-8112 ask for Jessica. You can also e-mail at

[jessica@kootenaiunitedway.org](mailto:jessica@kootenaiunitedway.org)

# THE RSVP VOLUNTEER

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## Northern Idaho's Long-Term Care Ombudsman Program

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Residents of Long Term Care facilities are often vulnerable. They need interested and caring people to advocate for them. Families are often not able to be as involved as they want or need to be. Trained long-term care ombudsmen volunteers provide an ongoing presence in the facilities to advocate for residents' rights, quality of life and quality of care.

The Long Term Care Ombudsman Program, initiated in 1975 under the Older Americans Act is active in all 50 states. The Idaho State Ombudsman Office is in Boise and the state is divided into 6 regional areas. Area 1 covers the 5 northern counties and is administered by the Area Agency on Aging of North Idaho in Coeur d'Alene. Jan Young is the Region 1 Ombudsman for the Elderly overseeing the Ombudsman Program for Kootenai, Benewah, Bonner, Shoshone and Boundary counties. Jan Noyes is the VISTA ombudsman responsible for recruiting, training and managing the ombudsman volunteers.

Recruitment, training and retention of volunteers is vitality important. The volunteers must complete training before being assigned a facility and additional training throughout the year to remain active. The role of the volunteer is critical to the well-being of the program. Abundant support, recognition and appreciation are essential parts of strengthening and maintaining the program.

The ombudsman volunteer team is a group of people with diverse backgrounds who often have had experience with a loved one in a facility. They know how vulnerable adults can

be who can't or won't speak up for themselves. Every team member is a special person, dedicated to the well being of our elders who need our help and attention. As our population increases and more elders move into long-term care, we need more special people to speak for them.

The primary goal of the ombudsmen volunteers is to advocate for residents. Responsibilities include:

- Visiting with residents and acquainting them with the ombudsman program
- Receiving, investigating and referring complaints made by or on behalf of residents
- Following up on concerns or complaints
- Recording visits, notes and complaints on the appropriate forms
- Working with resident and family councils
- Maintaining a schedule of visits to assigned facilities

Attending ombudsman training meetings

Joining our team of volunteers may be one of the best things you'll ever do. Anyone interested in the volunteer training or in learning more about the Ombudsman Program please contact Jan Noyes at 667-3179 or [jnoyes@aaani.org](mailto:jnoyes@aaani.org).

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## Volunteer Spotlight—Frank Bittick with the Teen Aid Project wins National Award

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Recently, the Retired and Senior Volunteer Program choose Dr. Bittick, out of over 700 volunteers, to be nominated for a national award through the Metropolitan Life Foundation's, "Older Volunteers Enrich America Awards." This is a National Award that is now in its sixth year. It builds on the Foundation's and the National Area Agency on Aging shared commitment to and support for healthy aging and volunteer initiatives. The goal of the awards program is to honor and build awareness of the exemplary contributions of older volunteers and to encourage other older adults to contribute their knowledge, skills and time to enrich society through volunteerism. Only Twenty-five volunteers were honored at an award ceremony in Washington, D.C., on May 9, 2008. Our Volunteer was



one of those 25 persons chosen nationally! Not only was he one of the 25 people chosen to attend, he was one of the three gold honorees.

Frank Bittick was honored for his commitment to young adults in our community through his program, "The Teen Aid Project," which he started in 2000, after having served as an educator for more than 40 years and having observed the needs of the students as a teacher, remedial reading specialist, elementary school principal and a district superintendent.

Our community did not previously have a program for struggling students in high school. He saw a need in the community and took action.

This program helps students who are at risk of failing in school. With the help of volunteer ..... cont'd pg 5

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## Frank Bittick Continued from page 4

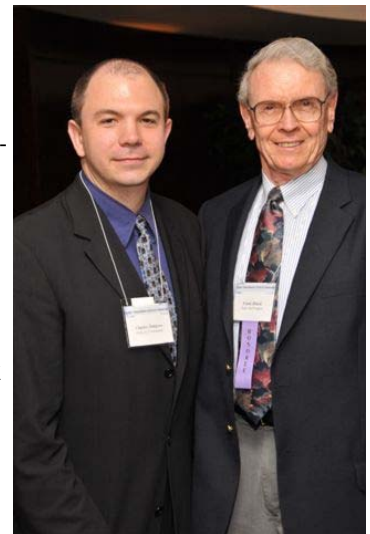
tutors, students are given the support they need to stay in school and improve their grades. These at-risk students would otherwise end up failing or dropping out of school. Frank has empathy for students who struggle and through his program has strived to have all students develop and maximize their gifts to the fullest and to succeed in life.

He has served around 500 students in our community of Coeur d' Alene. Of those who stayed with his program for a minimum of six weeks, 275 have raised their grades from D's and F's to A's and B's. 70% of 400 students have received high school diplomas. Frank's efforts are "above and beyond the call of duty." He contributes 20 to 30 volunteer hours a week at the young age of 81. He visits with each student individually and even makes contact with parents, getting them involved. He oversees and monitors the program. He has also made an effort to get grants to provide supplies, snacks and drinks for the after-school program. Currently, he is seeking a volunteer to take over a directors position to help expand the Teen Aid Project to include Post Falls, Lakeland and Timberlake high schools. The job re-

quires a 20-30 hour commitment a week and only goes for 6 months. Also, they are looking for tutors, this is only a 2 hour commitment a week. Volunteer positions start Oct 27 and end may 1. If you are interested in helping out please contact Bittick at 666-0406.

We are proud to have Frank Bittick as one of our Volunteers! He makes such an impact on our community through his work with the youth. They are our future. Thank you Frank for all that you do!

-Carrie Reese



Frank Bittick with Charles Pettigrew (Senior Business Consultant with the MetLife Foundation.)

## Summer Recipe-

### Huckleberry Pie

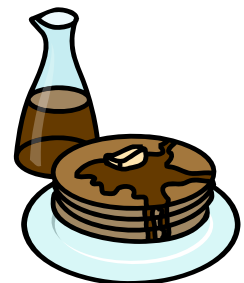
3 cups Fresh or Frozen huckleberries  
1 cup Sugar, (Scant)  
1/2 tsp Almond extract  
1 Pastry for double crust pie  
1 cup Grated apple  
2 tbsp Flour  
Dash of Salt



Measure ingredients into a two quart mixing bowl and mix well. Pour into unbaked pie shell. Cover with top crust and bake at 375 degrees for about one hour or until nicely browned. Makes one 9" pie.

### Sour Cream Huckleberry Pancakes

1 cup flour  
3 tsp. Baking powder  
1/4 tsp. Salt  
1/2 c. huckleberries  
1 egg  
1 Cup milk  
1/4 cup sour cream  
2 tbsp. Melted butter



Sift dry ingredients together. Beat egg, milk and sour cream. Pour milk mixture over dry ingredients. Blend until smooth. Add melted butter; mix well. Fold in huckleberries. Bake on hot griddle

## 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](http://www.aaani.org).

# THE RSVP VOLUNTEER

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## Post Falls Senior Center

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Post Falls Senior Center thought these questions and answers would be helpful...

### Where can I receive help with snow removal next winter?

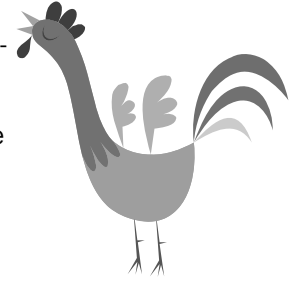
For snow removal seniors in Coeur d' Alene can call the Lake City Senior Center at 208-667-4628. They will contact the Sheriff's Department for assistance. For snow removal for seniors living in the Post Falls area, contact Mark Jones at 208-773-3541. Mark has a crew of kids from the local schools that will help you.

### Where can I find home repair help?

For help with installing ramps, smoke alarms or safety and health related home repairs call Elder Help of North Idaho. The number is 208-209-1143

### Just a reminder

Suny Fagan of the Post Falls Senior Center is still collecting tab tops from pop cans to raise money for Cancer Research. The Lake City Senior Center and Post Falls Senior Center both have receptacles to collect these.



### Do you suffer from pain, frustration,

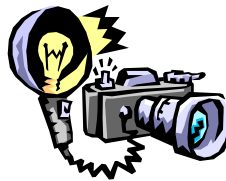
anger, or depression due to chronic condition? Contact Amanda Wylie, 773-9582, for time and dates of her next Wellness Workshop at the Post Falls Senior Center.

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## Thank you Chris Cote for your many years of service

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Chris Cote who volunteers at the lake city senior center is retiring from volunteering. She has given on average for the past 10 years about 120 hours a month of service each month. She has 13,000 plus lifetime hours of service since 1998. She will how-



ever still come into the center for small projects. Chris has been our photographer for a number of years at our RSVP appreciation luncheon. We want to say thank you for all that you do and have done for RSVP! - RSVP Staff

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## Heat Stress Indicator Hints

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### Heat Stress Indicator Hints

Older Americans (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons: Seniors do not adjust as well as young people to sudden changes in temperature. They are more likely to have a chronic medical condition that upsets normal body responses to heat. They are more likely to take prescription medicines that repair the body's ability to regulate its temperature or that inhibit perspiration.

### Signs and Symptoms of Heat Stroke

Warning signs vary but may include the following: An extremely high body Temp. (above 103 degrees F); Red, hot, and dry skin (no sweating); Rapid, strong pulse; Throbbing headache; Dizziness; Nausea.

### Heat Exhaustion

Heat exhaustion is milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

### Signs and Symptoms of Heat Exhaustion

Warning signs vary but may include the following: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting.

### What you can do to protect yourself

You can follow these prevention tips to protect yourself from heat-related stress: Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids

because they can cause cramps.) Rest. Take a cool shower, bath or sponge bath. If possible, seek air-conditioned environment. If you don't have air conditioning, consider visiting an air-conditioned shopping mall, local senior center or public library to cool off. Wear lightweight clothing, if possible remain indoors in the heat of the day. Do not engage in strenuous activities.

### What you can do to help protect senior relatives and neighbors



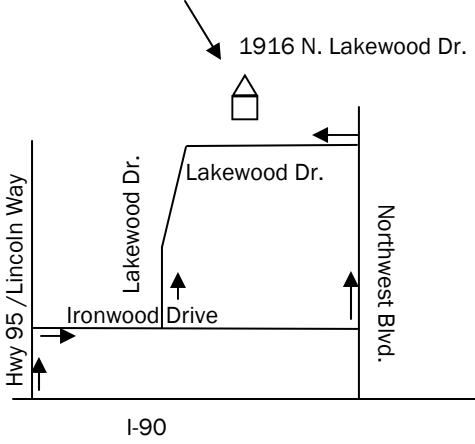
Visit senior relatives or neighbors that are at risk at least twice a day and watch for signs of heat exhaustion or heat stroke, take them to air-conditioned locations, use an electric fan on them when possible.

### What you can do for someone with heat stress

Get the person to a shady area. Cool the person rapidly by whatever methods you can such as immersing the person in a tub of cool water, place the person in a cool shower, spray the person down with cool water from garden hose, sponge the person with cool water, wrap the person in a cool, wet sheet and fan him or her vigorously. Monitor body temp. and continue cooling efforts until body temp drops to 101-102 degrees. If emergency medical personnel are delayed, call the hospital emergency room for further instructions. Get medical assistance as soon as possible

For more information on heat stress in seniors you can get more information from the CDC emergency preparedness and response website at <http://www.bt.cdc.gov>

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RSVP—Retired Senior Volunteer Program	<i>Dates to remember:</i>	<i>Welcome New Volunteers</i>	
<p>Area Agency on Aging 1221 Ironwood Drive, Suite 102 Coeur d'Alene, Id 83814</p>	<p><b>Aug. 9, 16, 23, 30 &amp; Sept. 6.</b> Summer Sounds at Park Place in Sandpoint. Free. Noon-2p.m. Corner of 1st &amp; Ceder.</p>	<p>Kathy Burnworth Kathy Curtiss Judy Dahl</p>	<p>Earl E. Miller Phyllis A. Miller Doris Oleson</p>
<p>Phone: 667-3179 Phone: 1-800-786-5536 Fax: 1-208-667-5938 Email: creese@aaani.org</p>	<p><b>Aug. 8.</b> Rathdrum Concert Series at Rathdrum city park @ 6p.m. <b>Aug. 8.</b> Rathdrum concert series. 6p.m. Free. Rathdrum City Park located on Hwy 53 @ Latah Rd.</p>	<p>James J. Davis Joann C. Drake Natalie Duval</p>	<p>Linda M. Polzin Carol Pluid Ronda Raymond</p>
<p><b>[ We're on the web! ]</b> <b>www.aaani.org</b></p>	<p><b>Aug. 8, 15, 22, 29th.</b> Free movies are shown on a giant inflatable screen every Friday night at Schweitzer Mountain. <b>Aug. 10, 17.</b> Coeur d' Alene City Park Concert Series. Free. 1-4pm.</p>	<p>Carroll Craig Haviland Ronald Haviland H. Johanne Haymond</p>	<p>Rollin Russell Diane Shriner Joanne Smith</p>
<p><b>Dedicated to protection, independence, and dignity of individuals through advocacy</b></p>	<p><b>Aug. 15.</b> Coeur d' Alene Tribal Pilgrimage and Feast of the Assumption. Followed by Mass and dinner accompanied by Native American drumming, singing and dancing. Located at the CDA Old Mission located on I-90, Ext. 39.</p>	<p>Linda R. Henderson Betty J. Hilgers Vance (Bud) Holley</p>	<p>Mary Ann F. Taibi Donna Tompkins Mary Ann Tritt</p>
<p>North Idaho College Area Agency on Aging 1000 Garden Avenue Coeur d'Alene, ID 83814</p>	<p><b>Aug. 16.</b> The Post Falls Police Department is having its annual Open House. It will showcase the Oasis program, Block Watch, Police Officer reserve program, the Dare school Program, and tons of information. You can pick up a child ID kit inc. fingerprints, a picture and a place to include your Childs identification marks, etc. There will be tours of the Department, have Child car seat checked, face painting, a scavenger hunt, free cookies and punch and a Children's Bike Rodeo (Bring your own bike &amp; helmet). Where: PFPD at 1717 E. Polston from 10am to 4pm. Call 1-208-773-3517 for more information or if interested in volunteering.</p>	<p>Helena Jordan Terri L. Kjolso Dian Koefod Denys Knight Roseanna Lewis</p>	<p>Lyle Seebaum Shirley E. Walker Deb Wood Rebecca Zahran</p>
<p><b>Are you counting all your volunteer hours?</b></p> <p>Make sure you count all your hours!</p>	<p><b>Aug. 22.</b> Second Annual Luau at the Post Falls Senior Center, 1215 E 3rd Ave. Dinner at 6p.m followed by entertainment. \$10.00</p>	<p><b><i>Your Invited to Attend our Annual Appreciation Luncheon!</i></b></p>	
<p>IF YOU HAVE ANY QUESTIONS, PLEASE CALL RSVP, CARRIE REESE, 667-3179</p>	<p><b>Aug. 29.</b> "Space Frontiers" presented by Joe Bruce, Official NASA representative, from 10-11am. Everyone welcome. At Post Falls Senior Center.</p>	<p>Call to reserve a spot and let us know if you want steak, salmon or chicken 1-800-786-5536</p> <p>Directions are below. Off I-90, turn on Northwest Blvd. Going south. Take left hand turn on Lakewood Dr. Lake City Senior Center is on the Right hand side.</p>	
<p><b>Thank you:</b> <b>SHIBA</b> <b>Area Agency on Aging</b> <b>North Idaho College</b></p>  	<p><b>Every Weds.</b> in CDA, Farmers Market. 4-7p.m. Goes through Sept.</p> <p><b>Every Weds. &amp; Sat.</b> in Sandpoint, Farmers Market at Farmin Park, 3rd &amp; Oak St. Weds from 3-5:30p.m and Sat. 9-1p.m.</p> <p><b>Every Fri.</b> in St. Maries, Farmer Market on Main Ave. by the Hughes House. Open every Fri. thru Sept. 26th from 3p.m to 6p.m.</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: \_\_\_\_\_

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.