

The RSVP Volunteer

Retired Senior Volunteer Program

August 1, 2010

Volume 3, Issue 2

Summer 2010 Edition

FYI:

Recycle for Sight
The Coeur d'Alene
Lake city Lions Club
collects used cell
phones to be used at
domestic abuse
shelters and used
eyeglasses are
recycled at 17 centers
worldwide to people in
need.

For a list of drop off
locations please call
Roseanna at
772-7050.



In This Issue:

- Annual Volunteer Recognition Luncheon Invitation 1
- From Bill's Desk 2
- Cherie's Update 2
- Betty's VISTA 3
- Pearls of Wisdom 3
- Ombudsman 4
- Senior Services Program 4
- Senior News 5
- Volunteer Spotlight 5
- Volunteer Opportunities 6
- New Volunteers 7
- Recipe of the Month 7
- Community Calendar 7
- Time Sheet 8

WANTED

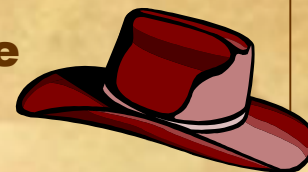
ATTENDEES FOR THE ANNUAL VOLUNTEER RECOGNITION LUNCHEON

September 25, 2010

at 11:30am -1:30pm

Lake City Senior Center

Our theme is the
Old West.



Do the following to reserve your spot and meal:
Call 667-3179 and dial any of these extensions,
Cherie, ext 234 or Bill, ext 235, or Betty, ext 241.

Please leave the following information:

1. Your Name/Guest Name
2. Your phone number
3. Where you Volunteer
4. Your choice between Salmon, Steak or Chicken

Guests of our volunteers will pay \$10.00 at the door.

Deadline for registering is Sept. 10, 2010.

...Limited Seating...

See you there pardner!!





From Bill's Desk

Bill Langer, Director Retired Senior Volunteer Program

Summer 2010 Newsletter

Welcome to summer! It may have been late, but I like what I see so far. I hope you're all getting a chance to get out and enjoy this weather while you can. This kind of weather is the reason that many of you volunteer as tutors and mentors, summers off. That's one of the benefits of that volunteer experience. At present there are over 100 of you who either tutor or mentor in the schools. After their outstanding service in tutoring/mentoring underachieving students, they deserve the summer off.

Effective this year, 2010, the IRS is requiring that North Idaho College issue W-9 forms for all individuals who receive checks

from the College. After trying to work around this requirement, I have given up and am sending the W-9 to all volunteers who are requesting mileage reimbursement. This applies ONLY to volunteers who are new recipients of reimbursement in 2010. I apologize to those 5 of you that had your winter reimbursement held up. I will include it on the summer check after I receive the W-9 from you.

Please note the date of this year's Recognition Luncheon. It is September 25th at the Lake City Senior Center. The Outback Steakhouse is sponsoring the Luncheon for the 11th straight year. They truly appreciate all your volunteer efforts in our community.



Cherie Saltness - Volunteer Specialist Update

RSVP Volunteers Help

With budget cuts and donations down, non-profits in all communities are being faced with hard decisions on what programs they are keeping and what programs have to be cut.

This month I would like to thank the wonderful volunteers who take their time and effort to donate to their local senior centers. Lake City just had their Senior Fun Day, as well as their regular Bingo.

Hayden Gems host Spaghetti Feeds, as well as a huge rummage sale and Bingo.

Rathdrum Seniors also have a spaghetti feed, regular raffles and for the 4th of July they sold fireworks .

Post Falls Seniors have their Thrift Store, Bingo and regular dances as well as raffles. Their last fundraiser for a new bread maker featured Rod Erickson and was quickly sold out.

In our next newsletter we will highlight more Senior

Centers and volunteers.

Thank You For All You Do,
Cherie

Are you counting all your volunteer hours?

Make sure you send in all of your hours!

IF YOU HAVE ANY QUESTIONS, PLEASE CALL RSVP, CHERIE SALTNESS

667-3179 EXT. 234
csaltness @aaani.org



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We're on the web!
www.aaani.org

Betty -Bray Baker VISTA Volunteer Mentoring/Tutoring

Thank you! Thank you! Thank you! Volunteers for the RSVP/VISTA program are what makes this program so wonderful.

I am excited about greeting you at our annual luncheon in Sept. Our schools, teachers and students really appreciate you. During my first year I have enjoyed meeting you and giving you books for the kids to read and take home.

One of the volunteers I finally met is Sam Hamilton at Silver Hills Elementary in Osburn. He is 88 and the school is what keeps him going. He is there everyday volunteering, they love him. He put in over 545 hours just since Jan 2010. Sam was our Volunteer Spotlight in 2008.

Most volunteers get as much out of the "getting" as they do the "giving". We also have couples that are generous with their time.

Do you know we have volunteered 5,171.25 Hours for the 2009-2010 school year! That is with the 25 schools I work with. Borah Elementary has 701 ½ hr and the Teen Aid Project put in 720 ¾ . You are all doing great but it is so important to turn in your hours. There is a monthly time sheet with this Newsletter to help facilitate this.

Idaho ranks 14th among all states in the rate of volunteering, and 3rd by the average number of hours Idahoan's Volunteer, 51.3 hours annually. This is from the latest "Volunteering in America" report. Although Volunteers aren't paid, they are priceless to us and to all the students who benefit from their caring attitude.

Be a Mentor or Tutor & Change a Life



Betty Bray-Baker - bbbaker@aaani.org
RSVP Vista Volunteer, 667-3179, Ext. 241

Pearls of Wisdom

Initially miffed as to why this year's National Conference on Volunteering and Service would be held in New York City, I came to understand the value after attending the conference. Not only did New York City offer adequate venue for the 5,000+ attendees, but Mayor Bloomberg clearly demonstrated his commitment to volunteering as a key component of service and personal transformation. Conference participants learned of plans to boost AmeriCorps from 75,000 to 250,000 participants across the country. Every conference seems to have its favorite "buzz" words and demonstrating impact would be the primary theme or "buzz" at this conference. I attended workshops befitting to the theme and

others that provided guidance to implement programming in the making at the Area Agency on Aging of North Idaho. The retailer known as Target threw a "Party for Good" where participants helped to pack 175,000 food boxes for the local food bank. I especially appreciated the four principles expounded by "Reimagining Service": 1) make volunteers fundamental and not an add on, 2) volunteers change core economics of an organization, 3) don't let supply dictate your program, and 4) to get return you have to invest.

Interested in learning more? Call me at 667-3179 x 228.



Lake City SC Ladies
Irene, Helen, Shirley, Tiny, & Joan

Please visit our web site at www.aaani.org,
Pearl Bouchard
Director, Area Agency on Aging NI



Ombudsman



Ginger Higen
Volunteer
Ombudsman

Open-Hearted Ombudsmen

Volunteerism is big in America. We are an open-hearted society. Thousands of people are daily giving of their time and talent helping others. Well, you know that. You're one of those open-hearted people. Most of us volunteers have counted our blessings and found ways to help others. There are many ways to do that.

The Long-term Care Ombudsman Program trains volunteers to advocate for residents of assisted-living and skilled-nursing facilities. We visit residents, observe the facility environment and help residents solve problems that may arise. Ombudsmen are the voices for those residents who won't or can't speak for themselves. If you've ever had a loved one in a facility, you know that things can and do go wrong. We are visitors as well as trouble-shooters, always working to solve

problems to make life in the facilities more home-like for the residents.

Mostly, we visit. There are so many wonderful elders with interesting stories to share. Residents have given up much of their independence and having a visitor to talk with is a gift we give. Ombudsmen have been well-trained to advocate for resident rights, quality of care and quality of life. We can't always effect the changes as fast as we'd like, or get the all the outcomes the residents wants but we come as close as we can. Often we solve problems that otherwise wouldn't get solved at all. Our presence in a facility makes a positive difference to the people living there.

A new volunteer ombudsman training begins September 7 and runs through October 19, every Tuesday from 9am to 3 pm. If you or anyone you know has given thought to helping our elders in long-term care, please contact Jan Noyes at the Area Agency on Aging, 667-3179 ext. 243 or jnoyes@aaani.org

RSVP Board Members

Bob, Jeanne, Rose, Jerry,
Dorothy & John



Senior Services Program -

Case Management

The Issue of Elder Abuse:

Many of you read the article from the Idaho Statesman regarding the charges of neglect against twin brothers (55) in Boise who neglected the care of their 92 year old mother. This neglect contributed to her decline and subsequent death.

Spiraling rates of elder mistreatment are reported by practioners and researchers. In a recent study of Adult Protective Services (APS), typically the agency of first report concerning elder abuse,

there were 253,421 reports of abuse of adults age 60+ or 832 reports for every 100,000 people over the age of 60. The National Elder Abuse Incident Study found that an estimated 84% of incidents are not reported to authorities. Both figures are too high and indicate that we are denying many elders the protection and support they need. Elder abuse is estimated to cost Americans tens of billions of dollars annually in health care, social services, investigative and legal costs, and lost income and assets.

Elder abuse threatens the health, dignity and economic security of millions of older Americans and of all Americans as a society. It's time for us all to become advocates dedicated to protecting the safety, security and dignity of America's most vulnerable citizens.

Ann Walker, M.S.Ed.

Adult Protection Lead Investigator

Call Area Agency on Aging (208) 667-3179, ext. 230

Senior News

How Regular People can Prevent Medicare Fraud NEWS FROM SHIBA (part of the Department of Insurance)

One of the 'hot button' topics being discussed in the media is Medicare Fraud. There are often stories that go along with these discussions that highlight multi-million dollar problems. These high profile cases are important but there are many smaller cases that add up as well. And there are cases of Medicare Fraud, such as being deceived, that result in human damage instead of monetary damage. Complaints about receiving phone calls from people who say they represent Medicare are common in North Idaho. It is important to know that Medicare does not call people to welcome them to the program or to explain the program. Medicare sends mail to people. People who get these calls should ask for the caller's name and phone number and report them to SHIBA at (800)-247-4422.

Regular people can prevent Medicare Fraud by reviewing their Medicare Summary Notices. These are the statements sent out every three months showing what services were billed to the government. People who use Medicare Advantage Plans to pay for their health services might get a monthly statement showing what services were billed. Medicare Summary Notices will show what the provider charged and what Medicare approved. The amount Medicare approves is the 'fee schedule' amount for that particular service in that particular geographic area. The notice also shows how much Medicare paid and what you may be billed.

People should review these notices to make sure the services being billed were actually received. Some providers may make an error and bill services to the wrong person. Some people or providers may be fraudulently collecting Medicare numbers and billing services that did not occur at all. People should also make sure the bills they receive from their provider matches what the Medicare Summary Notice says they may be billed for. Errors can be addressed with the provider or SHIBA can assist. When fraud is suspected, contact 1-800-MEDICARE or SHIBA to report it.

Volunteer Spotlight

Janine Wildermuth is one of our Super Volunteers. She arrived in Coeur d'Alene 4 years ago on the 4th of July and has been pretty busy every since. She moved from San Jose to be close to her son and family.

She used to own a Garden Center and her yard and flowers are her passion (along with her Granddaughter, 3 dogs and 2 cats.) After moving a lot of landscape rock, she has created a beautiful yard and flower beds.

I was talking to someone in a store about volunteering and Janine picked up on it and asked me about it. Long story short, she started volunteering at Ramsey Elementary. She enjoyed the kids and had a variety of 1st graders. One would tell her "I don't want to read, I want a book to take home". So she told him he had to earn it by reading. Other ones were shy and she talked them into reading by bringing pictures of her animals to show them. Something about the pictures really helped to bring the kids out of their shells.

She kept running into another couple in stores, got to visit with them and now Rudy and Maureen DeLaTorre are volunteers at Ramsey also because of Janine. Thanks Janine.

Not only has she helped greatly tutoring but she puts HOURS in at the Humane Thrift store. She has put in 839 Hours through June. This lady is a going concern.



Janine Wildermuth
Ramsey Elementary & Humane Society Thrift Store



Volunteer Opportunities



Hayden GEMS
Marilyn, Karyl & Donna

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. Call- Peggy Cedros at 640-0441.

CASA Program: Office Worker or CASA volunteer guardian. Need volunteers for all 5 counties. Call Judy at 667-9165.

CDA Visitors' Bureau is looking for volunteers for CDA Visitors' 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 Katy Freer at 664-8757.

Family Promise of North Idaho need volunteers to help with events, fundraising, become a computer mentor to our guests to improve their computer skills, pick up donations, work on newsletter, work in the day center answering phones or van driver. 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.

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. Call Barbara at 762-7052

Hospice and Hospice Thrift Store needs volunteers to help with sorting, pricing, research projects and light maintenance. Call Linda at 773-5076 at the Post Falls Thrift Store call Maryann at 661-6122 at the CDA store Thrift Store.

Humane Society is looking for volunteers at the shelter, thrift store & for those willing to volunteer in the foster program. Call Maranda at 772-4019 in Post Falls or Kevin at 667-5373 in CDA.

Idaho State Police/ POST is looking for volunteers at the Police Officer Standards and Training Facility. Call John at (208) 209-8698.

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

Lake City Senior Center is looking for help with lunches, and Bingo. Call Vicky at 667-4628.

Kootenai County Office of Emergency Management is looking for volunteers to help to staff the Command Center in CDA. Many positions are available. Call Marilyn at 446-1775.

Kootenai Medical Center has been providing free same day rides. Volunteers are needed to dispatch, schedule and assist drivers. Call Pam Thompson at 208-666-2932. You will receive special training.

Museum of North Idaho is looking for volunteers in the gift shop. The skills needed are enjoying the public and sales. A knowledge of the region's history isn't necessary, what you need to know can be learned on the job. The Museum is open April 1 to Oct. 31 Tues thru Sat from 11 to 5. Volunteers can work one day weekly to on call. March 31 Orientation Mtg. Call Dorothy at 664-3448.

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. E-mail bbbaker@aaani.org.

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 Sherry at 773-0139

Post Falls Police Dept. Call Ashleigh at 208-773-4047.

Post Falls Senior Center is looking for Volunteers for the Activities Committee. Call Marie at 773-9582.

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. Call Michael Ahlman at 415-5177, ext 5179.

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 Tabor.

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 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 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, give **Cherie Saltness a call at 667-3179 ext. 234 or Email is csaltness@aaani.org.**



Volunteer Highlights



Post Falls Senior Center
Sunny & Bobbie



Rathdrum Senior Center
Jean, Yvette & Fred



We're on the web!
www.aaani.org

2120 Lakewood Drive, Suite B
Coeur d'Alene, ID 83814

Phone: 208-667-3179
Phone: 1-800-786-5536
Fax: 1-208-667-5938
Email: csaltness@aaani.org

Affiliated with North Idaho College
1000 Garden Avenue
Coeur d'Alene, ID 83814



Welcome New Volunteers

Rita Brewer
Jan Cannarella
Amos Bruce Ferguson
Donna Harper
Maryann Harvey
Brenda Hauptert
Noel Homan
Beverly Hunter
Michael Irwin

Janet Lisenfeld
Anitta Peyton
Julie Robinson
Bob Rogers
Laura Somerton
Irene Sonnichsen
Geneva Thuleen
John Van Essen
William Wolfe



New Mentors & Tutors

Philip Clements
Page Hilgers
Barbara McClain

Ann Sedgwick
Anna McMannus

Recipe of the Month

Pasta with Tomatoes and Basil

1lb. Angel Hair Pasta 2-10oz cans diced tomatoes drained
1 lg garlic clove minced 1 TBSP olive oil
 $\frac{1}{4}$ cup chopped black olives $\frac{1}{4}$ cup chopped celery
Pinch each Italian seasoning, chopped Basil, salt & pepper

Cook pasta, keeping it firm, drain and set aside. In large skillet heat oil and garlic until browned, add tomatoes, celery, olives & spices cook over medium heat for 5 minutes. Remove from heat, add pasta and serve cold topped with grated parmesan cheese.

Community Calendar

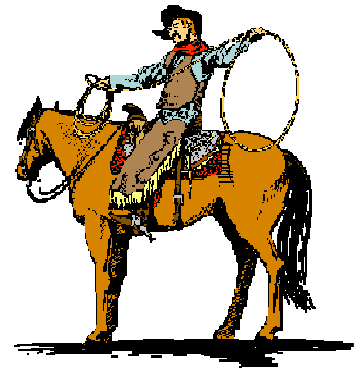
August 14-15th:
Bonner County Rodeo - Sandpoint.

August 19-22nd:
Boundary County Fair, Bonners Ferry

August 20-23rd:
Benewah County Fair, St. Maries.

August 22-23rd:
Wooden Boat Festival, Coeur d'Alene.

August 25th 29th:
North Idaho Fair & Rodeo, Coeur d'Alene



RETIRED AND SENIOR VOLUNTEER PROGRAM
Monthly Time Sheet

Month/Year _____

REIMBURSEMENT?: Yes _____ No _____ APPLICATION ON FILE?: Yes _____ No _____

VOLUNTEER NAME: _____ SIGNATURE: _____

VOLUNTEER HOME ADDRESS: _____

VOLUNTEER E-MAIL ADDRESS: _____

Worksite: _____ **Supervisor Signature:** _____

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

Mail timesheet to: Area Agency on Aging
 ATTN: Volunteer Specialist
 2120 Lakewood Drive Suite B
 Coeur d'Alene, ID 83814
 208-667-3179, ext. 234 or 1-800-786-5536

Total Mileage: _____ x _____ = \$ _____
 \$ _____

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