

The RSVP Volunteer

Retired Senior Volunteer Program

March 31, 2011

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Spring 2011 Edition

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Job Opportunity

Help Idaho business Export

Export Coach

1. Do you have experience exporting to Asia, Europe or South America?
2. Would you like to assist in businesses in north Idaho to grow their exports?
3. **Idaho Small Business Development Center** is looking for a part-time Export Coach.
4. Please check out the details at the NIC website under Employment or email WKJhung@nic.edu.

Pearls of Wisdom

Who's claiming your Medicare? This is the theme of the Area Agency on Aging 12th annual conference scheduled for April 20. With experts from The Center for Medicare Advocacy, Inc., Region X Center for Medicare and Medicaid, and Idaho Attorney General's Office, the conferences guarantees to deliver a wealth of valuable information for beneficiaries and people who serve them. For example: Have you ever thought of filing an appeal of a decision? Do you find it easy or difficult to read the Medicare Summary Notice? Are you aware of new prevention benefits available to you? This year we have

partnered with Senior Health Insurance Benefits Advisors (SHIBA) to develop a comprehensive agenda around this very important subject. The conference will be held at the Coeur d'Alene Casino Resort in Worley. All Medicare beneficiaries and their caregivers are able to attend at no cost. Non beneficiary fees are \$50. Preregistration is required so that lunch can be prepared for each attendee; space is limited so don't delay. Visit our web site at www.aaani.org for more information and a registration form. You can also call the office at 1-800-786-5536 to receive a registration brochure by mail.

Pearl Bouchard Director AAANI

12th Annual Conference on Aging


AGINGWELL

April 20th, 2011

Coeur d'Alene Casino & Resort in Worley, Idaho

Register Now

For information call
800-786-5536
or visit our website
at www.aaani.org



WHO'S CLAIMING YOUR MEDICARE?

Sponsored by: Area Agency on Aging of North Idaho, Idaho Commission on Aging (ICOA) and Senior Health Insurance Benefits Advisors (SHIBA)

Spring is Here!

Rising temperatures with occasional rain showers. Spring is here and it looks like it's going to be a good one. I hope everyone survived the winter, not too long or harsh, but enough of it anyway. Programs are going well at RSVP. Our new program the **Friendship Corps**, will start training in April. Please call Jane Thomas for information about this new endeavor.

The **Outback Steakhouse**, under the new ownership of Drew Faddis, is again going to sponsor RSVP's annual Recognition Luncheon. The Luncheon will be on September 24th at the Lake City Senior Center. In this time of economic downturn, the Outback is providing an important sponsorship for RSVP's volunteers. The next time you get to dine at the Outback, please ask for Drew and let him know how much the many years of Outback support have meant to RSVP. More information will be coming about the Luncheon in our next newsletter.

We are still working on our budget issues pertaining to mileage reimbursement. I urge all of you that received the reimbursement to continue to get your time sheets in to Cherie. Please note the notice of our annual Area Agency

on Aging Wellness Conference that appears in this issue. This all day conference on Medicare is free to the public and will be a comprehensive forum on current issues. This is a great opportunity for you to stay up to date on Medicare.

Bill



Volunteer Specialist Update

Cherie Saltness, Volunteer Specialist

Thank you for Your Support

This year our volunteer hours have increased again thanks to your efforts. You are reporting six thousand more hours this year than last year. If you have any questions or concerns about how to report your hours please call or e-mail me. The first quarter is almost over, there is an attached timesheet to use for Jan. thru March. I appreciate your help in turning in your hours.

Due to the financial hardships in every facet of life in the past couple of years non-profit groups have greatly suffered. It is you, the volunteer who has made it possible for them to keep giving to their communities.

The best part of my job is seeing how sharing skills and friendships enrich the lives of so many people. When a volunteer delivers a meal they not only impact that person, but they help an extended family feel not so overwhelmed. The volunteer is also rewarded by the gratefulness of not only that family, but of a community who value their generosity and caring.

Thank you again for sharing your friendship and laughter with me.

Thanks 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



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

Betty -Bray Baker VISTA Volunteer Mentoring/Tutoring



Hi Everyone,

As you know, "A child needs encouragement like a plant needs water". That is what you volunteers do when you give of your time and talents for tutoring & mentoring, so THANK YOU.

The hours you put in helps the Retired & Senior Volunteer Program, so keep turning in those hours. It is appreciated very much.

Some information of interest for you:

The dollar value for the calendar year of the all volunteers in the five northern counties is \$1,248,166. See, you are very valuable.

I have given out quite a few books to you readers and it is about time to do it again. Feel free to give me a call if you are ready for some now, or I will be contacting you. It is great to be able to give the kids books to take home to keep. I like to know how many kids you read with and the grade so I can TRY to give you the appropriate books.

"Life isn't about waiting for the storm to pass...It's about learning to dance in the rain."

Thanks again, any questions, please call me.

Betty Bray-Baker – bbbaker@aaani.org

RSVP Vista Volunteer, 667-3179, ext.241



Jane's VISTA/RSVP Friendship Corps

A new VISTA member joins the Area Agency on Aging.

My name is Jane Thomas, and I am a new AmeriCorps/VISTA volunteer here at the Area Agency on Aging of North Idaho, working in conjunction with the Retired and Senior Volunteer Program.

I joined VISTA because I feel strongly that seniors should be able to maintain their independence and be able to grow older without having to move. This is called aging in place.

To help accomplish this, the Area Agency on Aging is introducing a new program called the **Friendship Corps**. Through the Corps, volunteers will receive 12-16 hours of training on Medicare/Medicaid, emergency preparedness, senior fraud/scams and abuse, nutrition and community assistance agencies. The volunteers, working through the Area Agency on Aging and the Lake City Senior Center, will be assigned to a homebound senior. Visitation, which will be twice a month, will be developed as a social time incorporating elements of the training. This visitation will provide the information that maintains the independence of the senior.

Recruitment is currently in place, with training to start April 7, 2011. If you are 55+, interested in the **Friendship Corps**, or just want information, call Jane Thomas at 667-3179 ext.271, jthomas@aaani.org.





Spotlight on Roseanna Lewis, Volunteer Ombudsman Mentor

The Ombudsman Program has 19 volunteers who advocate for residents in either assisted-living or skilled nursing facilities. Some volunteers have been with the program for several years, others completed training in October, and more will be trained this coming fall. These very special people are dedicated to making a difference in the lives of the residents. It's a responsible and rewarding job . . .visiting residents, observing the environment, and helping residents solve problems. The focus is always on resident rights, quality of care and quality of life.

Roseanna Lewis came to the Ombudsman Program as a volunteer. After retiring as Director of Purchasing at the College of Notre Dame of Maryland, and moving with her husband to Coeur d'Alene, a friend suggested that volunteering as an ombudsman would be a good fit for her. As it turns out, it's been a great fit. After the 7-week training, Roseanna was assigned to an assisted-living facility as an assistant ombudsman.

Roseanna was so good at her volunteering job that when Jan Noyes, Volunteer Ombudsman Coordinator, took a two month leave of absence last winter, Roseanna stepped temporarily into Jan's position and did a great job. Her skill working with the volunteers and advocating for the residents eventually turned into part-time employment as Volunteer Ombudsman Mentor. She meets with the volunteers at their assigned facilities, mentors them in proper documentation and procedure, helps solve problems, and generally lends support whenever and wherever needed.

Like so many of the volunteer ombudsmen, Roseanna has previous experience caring for elders in her own family. Three of five had severe dementia. She realized there was more to care-giving than just giving cares. She became an advocate for their rights. Roseanna says, "As a mentor, I am able to pass along my personal experience and knowledge to nurture other ombudsmen who are making a difference in the elder communities."

Jan Young, the Ombudsman for the Elderly, is glad Roseanna made the decision to become an ombudsman. "Her presence and participation has strengthened the Volunteer Ombudsman Program," she says. The residents in long-term care are ultimately the ones who benefit the most.



**Jan Noyes, Volunteer Ombudsman Coordinator
Jan Young, Ombudsman &
Roseanna Lewis, Volunteer Ombudsman Mentor**

Crossing The Line

Mary Jacobsen, Community Services Manager

Direct 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.

Anytime someone takes advantage of friendly relationships, even if the elder is happy doing it, they cross the line into abuse and exploitation. The elderly are many times, both physically and emotionally vulnerable. They crave intimacy and meaning in their lives, as physical impairments begin to increase their physical isolation. These needs create greater dependency, which in turn increases their vulnerability to exploitation.

There are many reasons some workers “cross the line”. These can include the socio-economic disparity between their clients and themselves and a perceived lack of appreciation and value for their work.

In light of the constant temptation direct service workers are presented with, how do they avoid it? First as a general rule they should not accept any gifts from clients, even if unsolicited. Second, they need to talk about temptation with co-workers. It helps to be reminded and to know others also struggle with the same issues.

The concern is more than value of money-it is abuse of the trust bestowed upon the worker.

Caregiver Tip of the Month - Spring 2011

Notes from Area Agency on Aging of North Idaho

Alone but able to get immediate help!

PERS (Personal Emergency Response Systems), sometimes called a medical alert is activated by a push of a button and in some cases, even detects a fall. It initiates contact with a monitoring center, which then contacts appropriate emergency personnel, or notifies a family member, or a neighbor. An elderly or disabled person or couple, living

alone, can feel more secure and safe in their homes, and it can give added peace of mind for their family members. For a list of companies that provide these systems in our area or questions to ask before purchasing, contact Betsy Bullard, Area Agency on Aging, at 667-3179, ext. 222, or email infoassist@aaani.org. For other caregiver tips go to our website at www.aaani.org and click on Caregiving.

Spring Recipe - Coq au Vin

Yvette Wuest, Rathdrum Senior Center

Authentic French Cuisine

3 lbs cut-up frying chicken
¼ cup Cognac (optional)
2 cloves garlic (mashed)
¼ tsp. thyme

4 chunks of bacon
3 cups red wine
½ tsp. salt
1 bay leaf

2 tbsp. butter
2 cups chicken stock
⅛ tsp. pepper
mushrooms (optional)



Simmer the bacon for 10 minutes, then add the butter. Add chicken and brown it in the hot fat. Add the cognac and ignite it with a lighted match (make sure you have a fire extinguisher near by). After the alcohol burns off add the wine and chicken stock. Add spices and then mushrooms. Cover and simmer slowly for 25 to 30 minutes.

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 disaster responders and instructors for CPR & 1st Aid classes Call- Dawn at 509-326-3330 ext. 214.

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 Vanita at 664-3194 ext.100.

Community Action Partnership Food Bank For volunteer opportunities call Margaret 208-770-3017.

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 servers on Tuesday. They also need donations to their pantry such as canned goods, produce. Call Alyson 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 and call Maryann at 661-6122 at the CDA Thrift Store.

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 these volunteers. Call Maranda at 772-4019 in Post Falls or Kevin at 667-5373 in CDA.

Inland NW Blood Center. Volunteers

needed in canteen to watch for donor reactions after donation and serving refreshments at the CDA office. Selina Worley 1-800-423-0151.

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

Kootenai County Office of Emergency Management Is Looking for volunteers for the Citizen Corps to answer inquiries from callers. Call Kerren 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.

Project Safe Place keeping kids safe is located in Coeur d'Alene. There are many volunteer opportunities from bringing a home cooked meal to staffing the drop-in center. Call Holly at 664-3095 ext. 237.

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 Shirley at 773-0139.

Post Falls Police Dept. Call Ashleigh at 208-773-3517.

Post Falls Senior Center is looking for Volunteers to serve at the

Mon./Wed./Fri. lunches. Call Alison 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 and provide companionship. This is for at risk seniors, and isolated seniors, assisting them with simple chores. Call Miranda 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! Call 1-800-488-5725 Heather.

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 students. More than 30% of our high school kids are struggling academically every year! Volunteer tutors are needed now. Contact Paul Ivie at 765-5227.

We have many, many volunteer opportunities in our community. 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 / E-Mail is csalness@aaani.org.



Where you go for answers on aging.

Volunteer Opportunities + Benefit Programs + Resources
Senior Services

To discuss your options, call
(800) 786-5536 + (208) 667-3179

Area Agency on Aging of North Idaho
2120 Lakewood Drive, Suite B, Coeur d'Alene, ID 83814
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



Sunny, Jan, Bobbie, Mary & Dot

RSVP
Getting Things Done



Humane Society Thrift S.

Welcome New Volunteers

Marni Brunansky
Joe Brunansky
Erma Dunn
Robert Dunn
Yvonne Ferguson
Lois Florea
Mercile Goes
Diane Graves
Dottie Gray
Nathaniel Greenwood
Paula Hannon
Virginia Kempton

Lori Nelson
Roberta Parker-Madsen
Kim Riordan
Ron Schiller
Tammy Schonhans
Larry Seaward
George Silva
Pat Sims
Alice Van Essen
Nancy Wetherelt
Dani Zibell-Wolfe



New Mentors & Tutors

Bud Addison
Ruth Ekins
Nancy Fletcher
George Grandy

Jean Leeds
Doris Sadler
Liz Steele
Julia Young

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

Post Falls Senior Center

The Post Falls Senior Center is on its way to a full recovery thanks to a great effort between the community and members of the Post Falls Senior Center. Alison, the new director at the center gave me a tour of the newly remodeled center and you too can see the progress at www.postfallsseniorcenter.org or follow their Post Falls Senior Center Facebook page for weekly updates.

The senior center is expected to reopen on Friday, May 6th with an all day Open House. Ribbon cutting will take place at 5:30 with Mayor Larkin, Board Members and Center Members. They will be showcasing their cooks talents with treats all day long. The center is still accepting donations for the center.

Please stop by and see the new expansion.

Community Calendar

April 17:

Spring Dash- Five mile run downtown CDA

May 13:

Art Walk- Second Fridays thru Dec

June 1:

Down Town Farmer's Market begins in CDA

June 17 & 18:

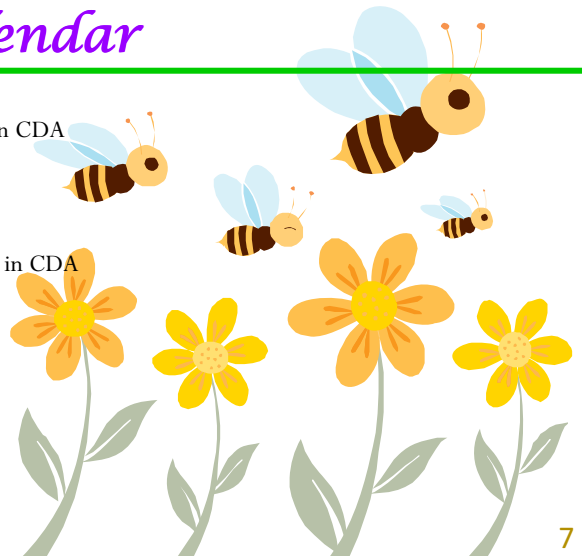
Car D' Lane- In down town CDA

June 26:

Ironman Competition

July 4:

4th of July Parade and Fireworks



RETIRED AND SENIOR VOLUNTEER PROGRAM

Monthly Time Sheet

Month/Year _____



REIMBURSEMENT?: Yes _____
Yes _____ No

No _____

APPLICATION ON FILE?: _____

VOLUNTEER NAME: _____ SIGNATURE: _____

VOLUNTEER HOME ADDRESS: _____

VOLUNTEER E-MAIL ADDRESS: _____

Worksite: _____ Supervisor Signature: _____

| DATES | WORKSITE | ACTIVITY | HOURS | MILES |
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| Supervisor signatures are needed for all travel reimbursement claims. | | | 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.