Louisville Metro Community Action Partnership

RSVP Reporter

January – February, 2005
VOL. 3, No.1

1200 S. 3rd Street
Louisville, KY 40203
PH:(502) 574-1157 FAX: 634-1546

Have a daily serving of laughter for good health in 2005!

Dr. Ann Weeks, DSN & RN, the keynote speaker at the 2004 RSVP Volunteer Recognition, gave this highly entertaining and helpful "prescription" to all present.

She also recommended that RSVP begin including the question of "Do you have a sense of humor?" on our applications.

Dr. Weeks also has a FREE, clean humor web site www.weeksoffun.com with subscribers from all around the world.

The festivities also featured nearly 90 volunteers reaching increments of service ranging from 5 to 25 years of ongoing service.

The handmade quilt created and donated by RSVP volunteer, **Alene Young,** was won by RSVP volunteer **Martha Cavins** – who was present to happily claim her prize!

Our thanks go out to all who participated in the event, site managers who brought door prizes and our generous speakers.

Make laughter your 2005 daily health habit!

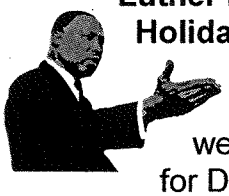
Our Apologies!!!

Due to a computer programming glitch, two wonderful volunteers now at the Beechmont Nutrition Center were omitted from the Anniversary of Service page and presentations at the 2004 Volunteer Recognition program.

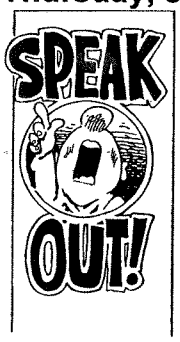
Our heartfelt apologies and warmest congratulations go out to both **Lucienne Bookout** who reached the outstanding level of 25 years and to **Maxine Carter** who reached the generous level of 10 years of continuous service!

Their personal tokens of recognition will be presented ASAP at the Beechmont Nutrition site!

THANKS to all RSVP volunteers who participated in the Thursday, January 13th celebration and service opportunity in honor of the **Dr. Martin Luther King, Jr. Holiday**! Over 300 canned goods were collected for Dare to Care!



Thursday, January 27th



6:00 pm – 8:00 pm
Louisville Metro Council Meeting
Metro Hall - Jefferson Street

Please come and give your enthusiastic support to **Jewell Strange**, RSVP volunteer and staff! They will be addressing the Council to educate and apply for funds from the Metro Council to support YOUR volunteer travel reimbursement benefit!

"Ambassadors" now on duty at the airport!

Our congratulations go out to **RSVP volunteers, Judy Cederholm** and **Audrey Burrell** who have graduated from the new Louisville International Airport's Volunteer Ambassador Course.

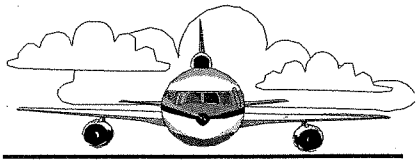
"It's a fascinating opportunity – meeting so many different and interesting people," said Mrs. Cederholm.

More volunteers are needed! Qualifications include:
open/welcoming attitude, ability to walk distances

(continued from p. 1)
and stand for extended periods, good listening skills, careful awareness of what is going on around you, a willingness to reach out and desire to portray a positive image for our community to travelers. The ability to speak a language beyond English is a "plus!"

If you would like to be part of the exciting world of air travel without flying, sign up to be an RSVP/ Louisville Airport Ambassador!

Call Carol Huff at **574-1157, ext. 322** for more details!!



Help ease a child's "middle" age!

"It's such a difficult age!!" We've all heard or said it -- about the years of a child in "middle" school.

However, volunteers with most middle school students find it rewarding to share their time and energy with young folks on the verge of discovering the needs for so many life skills.

The JCPS Talent Center is in need of more caring seniors to help with tutoring or other spring projects.

Call the RSVP office at **574-1157, ext. 324** to be placed with a placement fitting your volunteer interests and capabilities!

M A Y O R's CONVERSATIONS

Monday, January 24
Moore High School
Theatre Room,
6415 Outer Loop
Monday, February 28
Portland Community Center
640 N. 27th Street

Not ONLY the Mayor will be there! All Metro Gov't departments and other vital providers such as LGE, Louisville Water Co, Insight Cable etc. usually have representatives to hear your concerns, ideas or questions.

This is like the old-fashion "town meetings" on a neighborhood scale.

Don't miss your chance to hear and be heard on current issues and opportunities for a better community RIGHT WHERE YOU LIVE!

Happy Birthday!

JANUARY

Happy New Year!

Jay Abraham
John Angstadt, Jr.
Gladys Bristoe
Verena Buren
Clara Bynum
Frances Calbert
Raymond Calloway
Jack Dooley
Katherine Felker
Jack Fleischer
Leona Fulkerson
Sam Gaddie
Bessie Geary
Cora Gilbert
Irvin Goldstein
Eckhard Grammenz
Lola Hetterman
Minnie Jones
Neva Keeton
Donna Kruer
Peggy Lancaster
Nicholas Lanning
Mary Jo Lauer
Mary Lukes
Carolyn Marshall
Edward Masterson
Dorothy McClure
Shirley McCullum
Norma Meschede
Helen Milam
Aline Miller
Mary Nall
Mary Estell O'Brien
Patricia Palas
James Pearson
Don Rankin
Sr. Rosemary Reasbeck
Thomas Reynolds
Thomas Rowe
Annie Shively
Florence Stansbury
Herbert Swindler
Dolores Thornberry
Viola Tillman
Doris Van Slyke
Evelyn Watkins
Ruth Weibel
Louise Wilkins
Richard Williams
Adriana Winstead
Nancy Wood

FEBRUARY

Charlotte Alexander
Norman Barker, Jr.
Helen Beyerle
Kathryn Bickel
Eloise Boarman
Corrie Booth
Mary Cobb
Connie DiFranco
Guy Dorsey, Jr.
Shirley Dunagan
Ursula Eckstein
Delores Frierson
Hazel Fryrear
Gertrude Gay
Maxine Goldstein
Mary Hanks
Martha Harper
Frank Hausman
Rose Hayden
Henry Hohman
Martha Holliger
M. Susan Hope
LaVerne Huber
Madeleine Jenne

Esther Kelley
Betty Kenney
Esther Kirchner
Ann Koch
Mary Elizabeth Laird
Marcella Leverett
Betty Mahaffey
Lena McCutchen
Evelyn McKune
Bennie Moore
William Mouser
Rita Faye Nichols
Anna Payne
Mary Pontrich
Mattie Price

Marjorie Richmond
Betty Rusk
Mary Schulte
Carolyn Searcy
Betty Shofner
Martha Smith
Maxine Staib
Anita Steilberg
Sr. M. Vincent Strittmatter
Lillie Trinkle
Leonard Verbeke
William Viscusi
Jessie Walker
Mary Wicke
Addie Wilt
Verlon Winstead, Sr.

2005 KY Senior Service Corps (RSVP) Conference to be in Lexington.

More details on date, exact hotel and costs will be in the next newsletter. A personal fund-raising pledge sheet to assist you with sponsoring your trip will also be in the next issue. It's sure to be great fun!

Creating your 2005 Volunteer PLAN!

The first response most folks give is "WHY?"

When looking at a new year, we immediately start thinking of the important things we ***plan*** to do – family events, vacations, health issues we're tackling . . .

One of the ingredients of an RSVP volunteer's life is the donation of your energy and time to your charity work. The best and most enjoyable volunteer life has BOTH TYPES of activity.

Both? Yes. If you are able, ***plan*** to engage in a volunteer activity that is FUN or stimulating for yourself either mentally or physically. Then also ***plan*** for an unselfish volunteer activity that really addresses a serious community need!

Help yourself get the best of both of the RSVP program goals – *to meet community needs and to provide an enriching and satisfying opportunity for YOU.*

ABCDEFGHIJKLMNO Everyone Reads

Hundreds of children are waiting to have just one hour of story-time with a caring adult each week!

Call Marian Gosling at **574-1157, ext. 324** to volunteer or refer a friend!

$ YOU TELL US! $

It is no secret . . . RSVP WILL have to do fund-raising again in 2005.

The costs of providing for RSVP volunteers' (YOUR) support, recognition and motivation are steadily increasing.

Please check the listing of possible projects and/or special events below and let us know the three YOU would support and promote to your family and friends :

___ Spring/summer festival in Jefferson Square
___ "Moonlight & Roses" dance w/ DJ and snacks
___ Candy bar sales
___ Pizza discount card sales drive
___ Raffle of larger items – TV, vacation, etc.
___ Purchase of RSVP wearables or display items/ magnets, etc.
___ Food booth at public event on waterfront, Derby time, etc.
___ Penny drive
___ "Casino night"
___ Other-:Please describe
_____

Please call Carolyn White with your votes **ASAP** at **574-1157, ext. 336!!**

KSSM-KY Seniors Saving Medicare

Learn how you can help others be responsible consumers of their health care needs, receive the most recent information about changes in your Medicare benefits and more by calling **Jennifer Fahey** at **574-1157, ext. 333.**

VOLUNTEERS NEEDED!

If YOU can't do it, please help us find someone who can!! **RSVP - 574-1157!**

Senior Citizens East – for Home Delivered Meals Drivers, routes open in St. Matthews, Buechel-Hikes Point, Jeffersontown and Fern Creek areas.

It only takes about 90 minutes one day a week! Please help us get a nutritious, hot, noonday meal delivered to our local home-bound seniors.

Nazareth Home – for the following positions and schedules:

1) Information Station Volunteer to escort visitors, answer questions, etc. 4-hour shifts are preferred with daily openings from noon to 6 pm.

2) Rehab Volunteers to assist and escort residents to and from appointments for Occupational, Speech or Physical therapy. Openings on Tuesday and Thursday mornings: 9:00-11:30 am

Sheppard Square Learning Center – needs volunteer math tutors on Wednesday mornings from 10 AM –12 noon.

Norton Healthcare – Audubon, Kosair, Downtown Pavilion, Southwest and Suburban have a variety of volunteer positions open. Call RSVP to arrange an appointment for the one nearest you!

The **Kentucky Humane Society** needs volunteers to be: dedicated "foster parents (on-call) for puppies and kittens who are still on bottle feedings and (scheduled) daily or weekly walkers for puppies and dogs to encourage good manners and attitudes

Training is provided.

Big Brothers Big Sisters of Kentuckiana- (MCOP) Mentoring Children of Prisoners Program: Needs volunteers to befriend and spend quality time, 2-3 times a month for a year with a specifically matched child 7-14 yrs. old who has a parent currently incarcerated. Volunteer training and several screenings are required prior to meeting the matched child. ***Over 80 volunteers are currently needed!***

DHS Nutrition -Shawnee and Shively areas need mobile meal deliverers!! Call Carol Huff at **574-1157, ext. 322!**

Louisville Community Action Partnership – RSVP
1200 So. 3rd Street
Louisville, KY 40203

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Louisville Metro Community Action Partnership

RSVP Reporter

March - April, 2005
VOL. 3, No.2

1200 S. 3rd Street
Louisville, KY 40203
PH:(502) 574-1157 FAX: 634-1546

We care too!

Please notify the RSVP office when a fellow RSVP volunteer or site manager receives a special award or has a new achievement.

Likewise, we want to know if a volunteer suffers a serious illness or death in their immediate families (for some, that even means a beloved pet).

Call 574-1157 and ask for RSVP.

National Volunteer Week

R S V P

OPEN HOUSE

When: Friday, April 22nd

Time: 2 – 4:30 PM

Where: 1200 So. 3rd
(Rear building, free parking)

Please feel free to visit the RSVP offices and have some light refreshments!

P. S. *Bring a **new** RSVP recruit and be eligible for a special door prize drawing!*

Thanks for being a RSVP Volunteer!

Be Prepared!

Volunteers are needed and encouraged to:

- take the **American Red Cross** CPR and First Aid courses
- create and keep a personal emergency kit in your home
- become American Red Cross ambassadors and speakers to elementary classes. (Materials are provided to help with your presentation! *And you should remember how much most children LOVE a break in the routine!*)

RSVP and the American Red Cross are working together to find volunteers who can be trained AHEAD of being in crisis.

Call Marian at **574-1157, ext. 324** to get involved!

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Governor's Award Nominees – Norton SW Hospital RSVP Volunteers

RSVP congratulates our 2005 nominated "group" for their dedication to the hospital, auxiliary and to the community at-large!

They have shown great enthusiasm, willingness to go "above and beyond" and many have overcome personal hardships to continue as volunteers! Well done!!

Spring thaw – time to plant "seeds!"

Seeds of personal good health – EXERCISE!! Get out and use the walking paths at local parks. Join a local, "low-impact" exercise or Tai Chi group at **ElderServe** or check for classes at the nearest Metro Nutrition Center!

Seeds of beauty –

Outside opportunities:

- Grab some garden gloves, sign up for a plot of "common" land and grow a small garden of flowers for Metro Louisville's image by an expressway or in a park
- Or grow some vegetables to share at the **Riverside Moorman** or one of 13 Metro Community gardens!
- Be a **"RSVP Litter Gitter"** in your neighborhood! We provide the gloves, bags and picker-upper!

Inside opportunities:

- Help create beautiful bulletin boards or area decorations within a nearby school or nursing home

Seeds of fun and knowledge:

- help with field trips at a local school
- help teach fishing and/or conservation

Call 574-1157, ext. 324!

"Singles Sorting Salvage"

Here's a great way to meet other folks while sorting food and non-perishables to help Dare To Care!

You'll be examining slightly damaged, single cans and other goods to put them into food groups for storage and distribution.

Open to all SINGLE adults age 21 and over!

Dress is very casual – plan for warehouse conditions with closed-toe shoes. Some bending, walking and very light lifting will be involved. Wheelchairs welcome.

WHEN: Wednesday, March 9th
TIME: 6:30 – 8:30 pm
Where: 5803 Fern Valley Road

Meet some new folks, have fun and "do good!"

For more information call Pat Kenkel at **966-3821** . . . and tell her RSVP sent you!!

Mayor's Community Conversations

3rd Monday of each month, 6:30 - 8:00 pm
March 21st -
Fern Creek H. S. Gym, 9115 Fern Creek Rd.
April 18th –
Valley H. S. Gym, 10200 Dixie Hwy

Bring your concerns, ideas and questions to those who are on hand to help!

More Medicare Changes are Coming

Jennifer Fahey
KSSM

Medicare beneficiaries saw the first "baby step" of change enacted last year under the Medicare Modernization Act of 2003 (MMA 2003) -- the Medicare-approved Prescription Drug Discount Card Program.

Notices of *additional* changes and choices will focus on two new benefits that will be coming into effect **January 1, 2006.** These will be important to both Medicare and Medicaid beneficiaries.

There will be a new prescription drug plan (Part D) available to everyone who is in Medicare regardless of their income. Medicare will be responsible for prescription drug coverage for Medicaid beneficiaries.

People on both Medicare and Medicaid will be *automatically* enrolled in a drug plan (if they haven't specified one) by **December 31, 2005.**

Also, an improved set of health plan choices will be offered through the Medicare Advantage (MA) program.

MA will be strengthened to provide lower-cost coverage and additional benefits to a greater number of people.

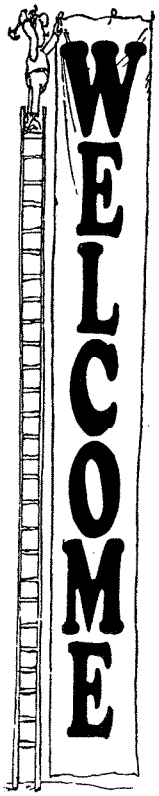
Those with retirement health plans that provide "creditable coverage", when compared to the Medicare plans offered, do not need to make a change.

Medicare beneficiaries should be mindful that these new benefits are **optional** and you will have to decide if you want to enroll or not by **May 15, 2006** to avoid a penalty.

For more information on the new Medicare and Medicaid benefit changes or if you would like to learn important tips on how to recognize error, fraud and abuse, contact **Jennifer Fahey at 574-1157, ext. 333.**

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

WELCOME to RSVP 2005 Enrollees!

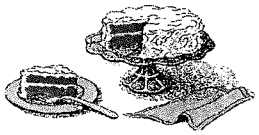


(Jan. 1- March 3)
Welcome to these folks who have completed the RSVP enrollment process!

John Aebi
Beth Ashley
Darlys Becker
Helen Bube
JoAnn Foster
Anna Harris
Christine Jones
Michaeleen Peck
Teresa Spellman
Sam Streeter
Diony Swartz
Mary Jo Watters

^^^^^^^^^^^^^^^^^^

"Do not wait for leaders; do it alone, person to person." *Mother Terresa*



HAPPY BIRTHDAY

March Celebrants:

Barbara Angstadt
Millydean Aschbachler
Mildred Bivens
Betty Boeschel
G. Thomas Bruenig
Lillian Brewer
Leslie Brooks
Robert Bruckert
Carolyn Burton
Leo Buser
Kenneth Catlett
Robert Chally
Ollie Cole
Wilbur Cundiff
Gilbert Ebel
George Fahey
John Feldman
Estelle Fink
Jenny Forman
Margie Fox
Mary Francow
Anna Frankum
Dorothy Frantz
Carol Friske
Joan Gillespie
Marian Gosling
Doris Hennies
Sr. M. Clarentia Hutchins
Patricia Jaegers
Christine Jones
George Kok
John Long
Elaine Marheine
Ann Masterson
Margaret Maum
Mary McCoy
Bessie McGee
Vivian McLaughlin
Patricia Meagher
Mary Miller
Angela Norris
Vera Olson
Jacqueline Peoples
John Rodgers
Martha Rooney
Doris Schaefer
William Schulte
Edna Shawgo
Joseph Smith
Lucille Smith
Mary Smith
Vala Sommer
Henry Watson, Sr.
Dorothy Weber
Thelma West
Henry Wheeler
Jessie Whitaker
Ruth Wilder
M. Ruby Wilkins
Martha Woodard
Virginia Yocum

April Celebrants:

Eunice Akins
Fannie Allen
Virginia Brown
Kathleen Butts
Mary M. Caster
Christine Clarke
Mary Ellen Clements
Louise Deutsch
Elizabeth Dorsey
Dorothy Duncan
Jennifer Fahey
Martha Gaddie
Marion Gardner
Keith Gentry
Edna Harkins
Sr. Bernadette Henkel
Sallie Jackson
Beatrice Jolly
Mildred Killmeier
Isabel Newsome
Nadine Paynter
Mary Ellen Pinto
Jane Ramsey
Jane Roemer
Billie Satterly
Genevieve Sherwood
Carolyn Smith
Peggy Soeder
LaVern Sottile
Mig Temple
Evelyn Timmons
Ann Trowbridge
Edward Wagner
Patricia Walker
Maxine Weinberger
Ruby Williams
Henry Wolfe

KSSC Annual Conference – September 12-14, Lexington, KY

Enclosed in this issue is your personal fund-raising, sponsorship sheet for the 2005 statewide RSVP Volunteer Conference.

The **$170 estimated cost per person** reflected on the sheet does NOT include any money toward your transportation plans at this time.

Therefore, we are hoping to raise the $4,000 needed for a bus!! Each site is being furnished with a flier and label for a **"Bottle Bank for the Bus".** We hope the sites will help ***you*** and us collect donations to pay for this conference expense!

There will be more details in the next newsletter. Till then, start planning and filling up your sponsor sheet!

"Spring SAFELY forward!"

Saturday, April 2nd -set your clock forward!
Sunday, April 3rd - change the battery in your smoke detector!

RSVP NEEDS MORE VOLUNTEERS!

Call the RSVP office at **574-1157** and ask for **Marian Gosling, ext. 324.**

Highland Comm. Ministries Adult Day Health Center Volunteers are needed to assist clients with fun activities and meals.

JCPS: Reading tutors are needed in the following elementary schools: Frayser, Roosevelt-Perry Cooleridge-Taylor and Dr. M. L. King, Jr.

~~~~~~~~~~~~~~~~~~~~~~~~

JCPS Adult Ed – Sheppard Square needs math tutor for Wednesday mornings.

Kentucky Humane Society Needs volunteers as dog-walkers and on-call "foster" parents for premature puppies and kittens.

The Thomas Edison House, in Butchertown area, needs docents for tours, special event helpers and flower garden attendants.

Nazareth Home needs volunteers to serve as wheel-chair pushers for activities, help in beauty shop, on rehab reception desk. Schedules available in 2-4 hour shifts.

Norton Healthcare's Downtown Pavilion Center, Audubon, Suburban and Southwest Hospitals – ALL need volunteers for a variety of positions and schedules. Call RSVP to be matched with the one you prefer.

Riverside, Farnsley-Moorman Landing needs volunteers for the following: Docents for tours; Community Gardeners – for vegetable produce or to add to the flowering beds' beauty; Spirit of Jefferson greeters; Gift shop attendants; and Special event helpers.

Southwest Resource Center, Metro United Way Needs 2-3 volunteers to answer phones and receive clients. Four or five-hour shifts preferred.

St. Joseph Children's Home and Child Development Center needs volunteers to: sew, embroidery and quilt – day or evening schedules; make ceramics – day or evening available.

Telecare, on-site next to Dosker Manor, needs two caring volunteers on each day, Monday – Friday, for 2 hours of calling frail or disabled persons for health and safety checks. Parking is adjacent to building.

Veterans Admin. Medical Center needs volunteers for on-site shuttle drivers; patient aides; clerical helpers; escorts and more!

Wayside Christian Mission Child Care Center needs caring, discreet volunteers for meals, story and playtimes.

Metro Human Services needs Mobile Meals Deliverers!! All areas of Jefferson County have routes available!

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1200 So. 3rd Street
Louisville KY 40203

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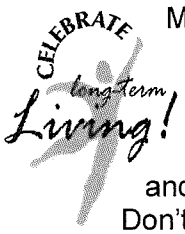


May is **Older Americans Month!** EXERCISE your muscles and your mind!! Don't let age be the gauge of your living abilities!

May is also **National Community Action Partnership Month**. Thank you for being a "partner" of our agency's mission through RSVP!

New CAP Interim Executive Director

The RSVP staff welcomes our Interim Executive Director, **Kimberly L. Bunton**.

Ms. Bunton is currently splitting her leadership schedule between duties at CAP and at the Metro Office of Policy and Strategic Planning.

We are very grateful for her insight and commitment to CAP's future success!

HURRAY for Mary Cooper who was named the Right At Home's winner of the 2005 "Volunteer-Senior Style Award". Mary is a multi-task RSVP volunteer who serves at the Christian Church Home, as a KSSM volunteer and as an elementary tutor at Coleridge-Taylor Montessori Elementary.

Our sincere best wishes and congratulations!

Congratulations!

Mrs. Bennie Moore, RSVP volunteer at the Shawnee H. S. Neighborhood Place. Her dedicated service for the clothes closet has earned her the "Outstanding Volunteer of the Year"!

Mrs. Moore also serves as a RSVP "Litter-Gitter". She improves her neighborhood environment by picking up and bagging trash!

Our sincere best wishes and a hearty "thank you!"

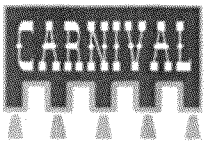
Mrs. Naomi Bayne, RSVP volunteer at both Baptist East Hospital and Tinsley Senior Center. Mrs. Bayne received the highly acclaimed Adult "Black Achievers" Award for her generous service and leadership example. Our belated best wishes and congratulations!

Mrs. Mary Ellen Flanagan has been nominated for the Corporation for National Service' RSVP Volunteer of the Year Award. Mary Ellen serves at the American Red Cross, Just Creations, the KY Lions Club, JCPS' Middle School "Reality Fairs", Visiting Nurse Flu Clinics, the Kentucky Derby Festival and more! Her versatility and generosity is a fitting example of what RSVP volunteers are all about here in Louisville, Kentucky.

We wish her great luck in the national judging!

***Fund-raising*:**

Spring Into Summer Festival!



Friday, June 10th
10:00 AM – 2:00 PM
Jefferson Square Park
6th and Jefferson Streets

Fish Fry BBQ sandwiches
Games Raffles Wheels
Music and Fun
(Rain date: June 24th)

This is one of several fund-raising events of the year! Please plan to be there and participate!

Volunteers are needed to:

- Provide home baked desserts for the cake wheel
- Work 3-hour (or longer) shifts in booths
- Help with food service or clean up

Workers can park at CAP and be shuttled to and from the event for easier parking.

Call Marian Gosling at **574-1157, ext. 324** to help.

DERBY TIME HORSE SENSE

A mint julep in hand is worth two sprigs from the bush.

LMPD Citizens Police Academy – Register now for Fall classes!

The LMPD Citizens Police Academy offers a free training on the various divisions, officer guidelines and functions of the police units. The topics are many and provide for a wealth of knowledge on the why's, how's and "what if " challenges that face our local officers.

Classes are held on twelve consecutive Tuesday nights from 7:00-9:30 PM, beginning September 6th through November 22, 2005.

There are also several tours and equipment demonstrations included. Registrants will receive detailed schedules since locations will change to allow for the class focus.

There are also "Latino" and "International" Citizens Police Academies being offered. These assist and expand understanding when English may not be the primary communication tool and/or other cultural differences may apply.

To register or for more information, please contact:

Officer Minerva Virola
Community Relations
709 Fairdale Rd. 40118
PH# (502) **367-7238** or
Minerva.Virola@lmpd.loukymetro.org

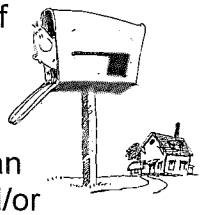
Space is limited, so call NOW!

Volunteer Opportunities!

American Cancer Society
- Looking for a volunteer to be responsible for coordinating their patient/driver requests. These duties can be completed from your home by phone.
Contact: Paige Volmer - **560-6035**

Schuhmann Center
- Is seeking a person who is computer literate, willing and able to do a variety of tasks.
- Is in need of a facility maintenance person - trained and capable of general upkeep and repairs. Contact: Jim Nix – **589-6696**

DARE to CARE Annual Letter Carriers Food Drive – Saturday, May 14th: Please place your donation of non-perishable items by your mailbox.



Also, if you can help sort and/or unload the donations, please call Pat Kenkel at **966-3821**.

Riverside Farnsley Moorman Landing, 7410 Moorman Road, is offering positions as docents, cruise boat greeters, gardeners, special events' help and more. Contact Renee Butterworth at **935-6809**

REMINDERS!

Please verify with your site manager that your hours of service ARE being forwarded to RSVP. (Your FREE insurance depends on it!)

The RSVP office needs to know of any address, phone or emergency contact changes.

Please call the RSVP office if you are going to be "on leave" for periods of over 90 days.

Please notify the RSVP office when a volunteer has an accident, is seriously ill or suffers a loss of an immediate family member.

2005 CAP Summer Lunch Program Kick-off May 19th

The CAP Main Campus, 1200 So. 3rd Street, will host an Open House, 4-7PM, with clowns, food and fun to acquaint folks with the Summer Lunch Program. The public is welcome!

The 2005 Louisville Metro Community Action Partnership's Summer Lunch program is expecting to serve 6,000 children daily.

Over 100 Summer Lunch sites welcome children aged 18 years or younger. The CAP program is often their most nutritious option for breakfast, lunch, snacks and/or dinner.

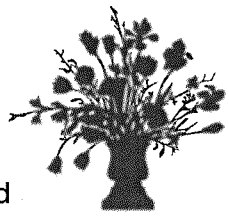
The program starts June 6th and ends August 12th.

Details will be available at the CAP office **after May 31st** or you may call **574-1157, ext. 340.**

Happy Birthday

May:
Annette Abrams
Roberta Ambers
Mabel Aniton
Velma Ashby
Kathleen Barker
Yvonne Bass
Ann Bellingham
Helen Bernd
Marcy Beyer
Maxine Carter
Martha Cavins
Vivian Christmas
Shirley Crawford
Sylvia Crowe
Donald Dever
Betty Eberle
Stuart Fink
Paul Fulner
Fred Gaddie
Robert Gatz
Charles Gipperich, Jr.
Lucille Gordon
John Hamblin
Judy Haynes
Richard Helm
Shirley Hemmelgarn
Robert Keller
Doris King
Lucille Kok
Peggy Krause
Phyllis Kurz
Laretta Lampe
Colleen Magruder
Priscilla Matz
James Meagher
James Parker
Linda Peters
Roger Peterson
James Potts
Robley Rex
Rose Rogers
Elizabeth Ross
Bernard Schoenbachler
Juanita Skinner
Georgetta Smith
Ralph Snowberger
Norma Spalding
Betty Stinson
Mary Thornton
Nancy Totty
Mary Vance
Joseph VonBokern
Mamie Wallace
Arnetia Wells
Marilyn Wortham

Happy Mother's Day!



June:
Adolph Ash
Barbara Bard
Dorothy Beard
Barbara Becker
Tom Bell
LaVerne Breunig
Charles Brown
Viola Bullitt
Flossie Carney
Irma Chaudoin
Flora Chen
Edward Conners, Jr.
Mary Ellen Flanagan
Louise Gaddie
William Griffin
Robert Hardesty
Dorothy Hartstern
Jacqueline Haysley
Laura Heverin
Jesse Hilton
Ivy Jackson
Doris Johmann
Geraldine Kaestner
Marybea Klein
Anthony Krebs
Daisy Mace
Daniel Magruder
Dorothy Marshall
Alvin Martin
Mary Metzler
Stella Miller
Marjorie Monroe
Emma Page
Claude Powell
Marion Radway
Donna Robbins
Irma Roy
Helen Schoenbachler
Bucky Schueler
Mona Simcoe
Leon Southerling
Clifton Sturgeon
JoanThompson
Ruth Ulmer
Elsie Viergutz
Thelma Walther
Doris Warder
Rebecca Wathen
Emma Watkins
F. Oleta Williams

HAPPY FATHER'S DAY

The RSVP Office will be closed Memorial Day, Monday, May 30, 2005. Please remember those service men and women who have given their lives to insure our freedoms!

Ya'll Come Back Next Year!

Thanks to the volunteers who joined us for the RSVP Open House on April 22nd.

Mrs. Mary Panke won our grand door prize – $30 gift card from **Texas Roadhouse.** Other lucky folks won Bingo prizes.

While the weather was forecasted as stormy, it was smooth sailing around the snack tables!

Our sincere thanks to **Texas Roadhouse** for putting the "extra" in our special event!

Get movin!

2005 Kentucky Senior Service Corps (RSVP) Conference

Monday, Sept. 19th - Wednesday, Sept. 21st
Holiday Inn North, Lexington, KY

If you would like to make ***partial*** payments toward this trip, just make your checks payable and mail to:
CAP-RSVP
1200 So. 3rd Street
Louisville, KY 40203
ATTN: KSSC Conference
The **$149.00 per volunteer** cost includes:
5 meals (Tuesday night dinner is "on your own"), two nights stay with double occupancy, bingo fun, an evening dance, four workshops and an optional field trip.

THANK YOU!!!

The RSVP volunteers of the **Southwest Hospital Volunteer Organization** and **The Silver Notes** have each committed their $50 toward the **"Bottle Bank for the Bus"** drive.

All funds raised will support the costs of RSVP volunteers going to the conference.

Please encourage others and support YOUR site's donation drive!

If an actual "bottle bank" is needed for your site, call Marian Gosling at **574-1157, ext. 324!**

Please let the RSVP office know if you want to go to the Conference and of your payment plans by **Friday, July 15th**.

PAID reservation **DEADLINE is AUGUST 13th.** Contact Marian Gosling at **574-1157, ext. 324.**

"The Extreme Paper Raffle" needs your donations

KSSC, the conference sponsor, is also trying a new fund-raiser!

Please join in this "volunteer service" opportunity and bring any of the following to the RSVP Office:
- aluminum foil, wax and plastic wraps, zip lock bags (all sizes), 4-packs of toilet paper, foam/paper plates & cups, plastic flatware, paper towels, napkins, etc.

$1 each chances will also be available before and at the conference. The winning name will be drawn at the conference but you do not have to be present to win.

Louisville Metro Community Action Partnership – **RSVP**
1200 So. 3rd Street
Louisville KY 40203

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Louisville, KY
Permit 52

Louisville Metro Community Action Partnership
1200 S. 3rd Street
Louisville, KY 40203
PH:(502) 574-1157
FAX: 634-1546

community Action PARTNERSHIP
Helping People. Changing Lives.

Kimberly L. Bunton
Interim Executive Director

Sarah Richie
RSVP Manager

SENIOR CORPS RSVP

RSVP REPORTER

July- August 2005 Vol. 3, No. 4

Senior volunteerism with versatility and impact!

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Louisville

Metro United Way
Together We Improve More Lives

RSVP offices will be closed Monday, July 4th and Monday, September 5th.

Quick Quotes:

"Nobody cares how much you know unless they know how much you care." - *Unknown*

"Encouragement is oxygen to the soul."
George M. Adams

CONGRATULATIONS!

RSVP/KSSM volunteers **Patricia Palas** and **Joan Thompson** and staffer **Jennifer Fahey** have received commendation certificates from the KY Commission On Community Volunteerism for their Long-Term Care Ombudsman services during 2004!

Patricia serves at Rockford Manor. Joan volunteers at Jefferson Place and Jennifer serves the residents of Eastern Star Home. WELL done!!!

Fish for ideas and insights!

The acronym "FISH" has invaded the CAP-RSVP offices. "**F**resh **I**deas **S**tart **H**ere" is one interpretation of the "fish" theme.

For RSVP, this translates to examining new and/or redefining recruitment, fund-raising, volunteer appreciation efforts, and impact-measurement tools.

Another "fish" theme came from a book based on the *world-famous* Pike Place Market located in Seattle, Washington.

The fish-throwing, wise-cracking staff have fun and make huge profits because of their work ethics

Using these techniques could also improve your performance and impact as a volunteer!

"Play" relates to the *way* you do your job tasks. *Share* and actively involve your client in the service you're giving. Find fun ways to provide your service and be flexible within reason.

"Make Their Day" means giving customer service that leaves them a little happier than when you met.

"Be There" relates to listening and giving your *full* attention to the activity at hand or the person you're serving RIGHT THEN!

"Choose Your Attitude" is making a personal CONSCIOUS decision for the day to be a happy, productive person.

Stephen Lundin, Harry Paul and John Christensen are the authors of Fish! A Remarkable Way to Boost Morale and Improve Results. There are also two subsequent books.

For more information, check you local library or go online at **www.Amazon.com**.

Thanks to all RSVP Spring Festival supporters!

RSVP's first "Spring Into Summer Fest" was rockin' & rollin' until it encountered the fury of a thunderstorm.

Sadly, the second half of the event was washed away in the downpour; but the experience was still considered a qualified success! We learned a LOT and made a little!

Staff would like to heartily thank the following RSVP volunteer workers:
Charlotte and James Alexander, Maggi and Joe Bopp, Audrey and Bill Burrell, Frances Calbert, Dinvel Calvert, Mary Cooper, Betty Foppiano, Dolores and Embry Frierson, Mary Panke, Amanda and Thomas Rowe, Walter Wilson and Marie Witt.

Our gratitude also goes to these generous donors and workers: several CAP staff, Kroger, Bonnycastle Appliance, TV Sales & Service, Holiday World & Splashin' Safari, Texas Roadhouse, J. Link Floral Wholesale, Metro Louisville IPL and Public Works, James E. Price, DJGoz & Family Music, Jimmie Conti & Sons Fun Services.

Thanks also to our baked goods donors: Christina Davis, Fred and Louise Gaddie, Gertrude Gay, Marcia Gosling, Betty Weber and several CAP staff!

The raffle prize winners were:
$100 Kroger Gift Card – Gary Drehmel
$150 Kroger Gift Card – Nila Jaeger
Toshiba DVD Player – Lisa Shipp
Texas Roadhouse Gift Card -
Cathy McGaughey
Holiday World & Splashing Safari, 2 passes – Georgia Thomas

Please watch for and SUPPORT future RSVP fund-raisers!

CAN WE TALK???

Do you belong to a seniors' social, civic or religious group? Do you look for speakers? Please consider booking RSVP! We need your help to find more volunteers! Call **574-1157, ext. 324!**

If you can read this . . .

You are equipped to share the first academic skill of success with others. Your ability to "sound out" or recognize letter combinations was *shared* with you by a concerned adult. Will you pass that gift on?

As summer simmers down into fall, please call the RSVP office to sign up as an "Everyone Reads", ESL (English as Second Language), basic Math or a GED tutor for adults.

Your commitment can be as little as one hour per week plus your travel time! Site choices are plentiful!

Call Marian Gosling at 574-1157, ext. 324 to register for training and placements.

>>>>>>>>>>>>>>>>>>>>

KSSC Conference DEADLINE is August 13th

The 2005 KSSC Conference is September 12-14th, in Lexington. The time is NOW to make your reservation and remit payments to the CAP Business office.

Your $149 per person fee includes five meals, some entertainment options, two nights hotel (double occupancy) and all seminars.

Please notify your assigned RSVP Coordinator if your site has been collecting money for the transportation fund. We would like to have all "Bus Banks" or donations by Friday, **July 29th! MANY THANKS** to all who have contributed!

This annual statewide gathering includes RSVP, Foster Grandparent and Senior Companion Programs. Call Sarah at **574-1157, ext. 325** for more specific information.

To HAVE good neighbors, BE a good neighbor! National Night Out is **Tuesday, August 2nd.** To host or organize an event for your neighborhood, contact Renee Stigall at 367-6716 or go online to
Patsy.Stigall@lmpd.loukymetro.org

For Grandparents, Parents, etc.

A] The June issue of "The JCPS Parent Connection" had several computer site tips for enjoying summer with your (grand)children. These are for weird and/or science fun:

1)www.unmuseum.org/unmain.htm
2)www.howtoandroid.com
3)http://science.howstuffworks.com
And for dozens of others check out
www.yahooligans.com

B] For those who like outdoor fun, have Play-dough, crayons and paper for creative sessions on animals, birds, trees, etc.

C] Another cheap way to have fun is letting the child's (ages 5-??) imagination create bugs, animals, puppets, etc. from reusable paper bags, bits of cloth, ribbons, plastic drink containers, etc.

D] OR, if you have older children (ages 8-11), help them start their own "city". Put careers (Mayor, Doctor, Police, Fire, Architect, Banker, Business Owner, College Coach, Teacher, ??? etc.) in a bag and draw. Help them be creative in mapping out and discussing what's important to them -- for a make believe Utopia of their own!

E] Make "Teen" puzzles! Gather pictures of the "hot" folks, paste on poster paper and then cut into pieces. Throw one or more group in a box for the challenge

And last, but certainly NOT least . . . have a good SHARED LISTENING session!

Upcoming Mayor's Community Conversations

Mondays,
6:30 PM – 8:00 PM
July 18 – Carter Elementary School Cafeteria, 3600 Bohne Avenue
August 15 – Seneca High School Small Gym, 3510 Goldsmith Lane

Back to School ReadyFest!

The Louisville CAP, Cane Run and South Jefferson Neighborhood Places and seven area schools are collaborating for this annual event.

WHEN & WHERE:
Monday, August 1st
3-7 PM at Valley High School, 10200 Dixie Hwy.
Featuring *LOTS of fun, fun, fun!*
AND . . .
- Immunization Clinic *(fees determined by eligibility in the "Vaccines for Children Program")*
- FREE General School Physicals *(must be accompanied by parent or guardian)*
- Free school supplies *(until quantities run out!)*
- School Uniform/Clothes Exchange
- "Talkshops" on essential family issues
- Health and Wellness info
- Sports physicals -$15 charge, 1st come/1st served with parent or guardian

For more information or to make an appointment, call **363-1459.**

****

Scramble: Summer fun

tseat irfa _____ _____
bwhatloece _____ _____
fwkioesrr _____
lwciahrna _____ _____
kphetuc _____
ccrlahoa _____
sheril _____
sudrtam _____
ssnicet _____
nnoois _____
knipas _____
rbaebeuq _____ ____ _____
rregubmhas _____
repepp _____

(Answers on p. 6)

New 2005 Members
(as of June 21, 2005)

John Aebi
Louis Allen
Beth Ashby
Alleene Barber
Barbara Becker
Darlys Becker
Kathy Bottoms
Helen Bube
Jeanine Chalifoux
Carrie Deeb
Daniel Donsky
JoAnn Foster
Anna Harris
Emma Howard
Christine Jones
Don Lockhart
Shirley Lockhart
Marvin Lyons
Teresa Gail Lyons
Felicia Napier
Eva Norton
Michaeleen Peck
Virginia Rode
Rosemary Sandman
Teresa Spellman
Sam Streeter
Diony Swartz
Mary Jo Watters
Laura Woods

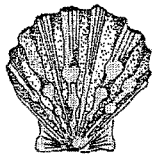
Happy Birthday!!!

(Belated - so sorry!)
Walter Wilson

July:

Steve Adams
Pearline Allen
Alberta Banks
Doris Billharz
Thomas Blue, Jr.
Edna Bolden
Marilyn Brock
Linda Bucayu
Charles Crenshaw
Peggy Cyrus
Gertrude Dentinger
Margery Driskell

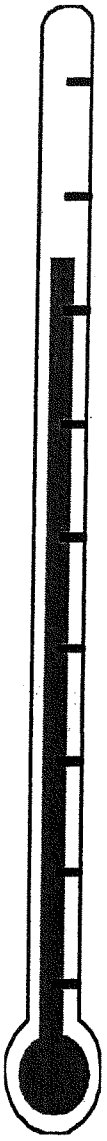
Edna Givens
Mary Gordon
Geraldine Gravatte
Annaliese Griffin
Margaret Hamblin
Anna Harris
Mildred Heck
Anita Hinkle
Mary Hittle
Kay Hoehler
Helen Jones
Virginia Kern
Avis Kettring
Della Kibler
Lue Lantz
Dolores LaPointe
Verna Leet
Rev. Marvin Marheine
Betty Menesse
Frederick Minch, Sr.
Rena Moses
Charlotte Mosley
Anne Netick
Willie Nolen
Elsie Parker
Ollie Pearson
Lois Pendleton
Velma Robertson
Dorothy Roehrig
John Roemer
Julia Rullman
Vivian Ruzanka
George Schaefer
Helen Schmitt
Clay Scott
Frances E. Scott
Fletcher Seay, Jr.
Rosene Singleton
Ralph Smith
Wanda Smith
Paul Soeder, Sr.
Norma Steber
Robert Steinmetz
Ruth Steinmetz
Robert Stratman
Elizabeth Stuecker
LaVerne Vandevander
Carolyn Walker
Anna Washington
Myra White
Florence Willett



AUGUST:

Julia Alvey
Johnnie Barnett
Joyce Brumleve
Dorothy Byarley
Dinvel Calvert
Wilma Clayborn
Nora Clemerson
Clyde Coffey
Mary Cooper
Mary Crompton
Helen Crowe
Perrie Daniels
Carolyn Downs
Marcella Early
Betty Foppiano
Jo Ann Foster
Ruth Gathright
Barbara Harding
Mary Hayden
Alfred Hittinger
Gerry Hope
Mary Huber
Mary E. Hughes
Esther Karschner
Robert Kissling
Victoria Koenig
Martha Kopatz
Sherry Kralik
Gladys Kraus
Roberta Lucian
Marvin Lyons
Eva Norton
Miriam Petersen
Suzanne Riordan
Dorothy Rosenbaum
Peggy Reuff
Vera Sanders
Norma Stafford
Marion Steiner
Roland Steiner
Betty Thomas
Al Tillman
Marion Traynor
Matthew Tress
Lowell Vance
Marion Vincent
Lorraine Wells
Virginia Wilhelm
Bette Zeller

Summer Heat Relief!



Applications to the CAP Summer Heat Relief Program are now available for those who are at or below 125% of poverty guidelines and have one or more qualifying medical conditions. In partnership with the WLKY "Fan Club," CAP provides one room-size air conditioner or fan to qualified households.

The immediately qualifying medical conditions are: Cystic Fibrosis, terminal Cancer, Ashthma, COPD, seizures, AIDS in later stages, Renal failure/dialysis and home oxygen / respirator care.

Other cases get a medical board review for qualification: other Cancers, persons on anti-depressants or anti-seizure meds, steroids or meds for diabetes or high blood pressure, AIDS sufferers in early stages.

Call **Tammy Schneithorst** at **574-1157, ext. 332** for more information!

OTHER TIPS:

If you feel yourself getting overheated, run cool water or place a cool rag on pulse points - your wrists, neck, etc. for quick, temporary relief.

Eat smaller meals more often during the day and drink water even if you don't "feel" thirsty.

Take "siestas" or just avoid strenuous work during the hottest part of the day.

If your medications require refrigeration, have a small cooler ready for a bag of ice if a lengthy power outage hits. Also, have a neighbor or family member on-call to get the ice!

☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺

LAUGHTER is healthy! ☺

These days, about half of the things in my shopping cart say "for fast relief!"

Those who get too big for their britches will be exposed in the end!

Acupuncture is a jab well done!

Enjoy Good Health

The Mayor's Office and the Metro Health Department are continuing their focus on the promotion of good health instead of just addressing or treating public health problems.

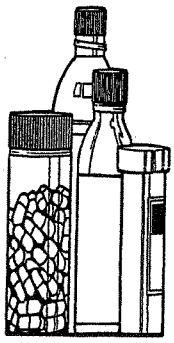
RSVP staff and volunteers are being asked to support the Mayor's Healthy Hometown Movement.

It is now in the "Lose It" phase because Metro Louisville is, sadly, targeted for the obesity of its residents.

"More fruits, vegetables and exercise equals less weight" is the battle cry!

In theory, it's nothing new – good nutrition and regular activity.

Social Security can help with Medicare Prescription Drug Costs



If you have Medicare and limited income and resources, Social Security may be able to help with Medicare prescription drug costs.

Individuals with a monthly income under $1,196.25 ($1,603.75 for a couple) and resources under $11,500 for an individual ($23,000 for a couple) may qualify for help in paying for prescription drugs.

The Social Security Administration will be holding weekly workshops for people who may be eligible for help with Medicare prescription drug costs. These workshops will be held on **Wednesdays** at **10:00 a.m.** in the downtown Social Security office at **601 W. Broadway**.

Applications will also be available as of July 1st to those who do not need / want to attend the workshop.

If you have further questions on this or another Medicare/Medicaid issue, you can call **Jennifer Fahey, KSSM, at 574-1157, ext. 333.**

Volunteers are needed!

Noontime meal deliverers for:

Buechel	Okolona
Shively	St. Matthews
West Louisville	Highlands
Jeffersontown	

Telephone callers are needed for:

- Cancer clinic customer satisfaction surveys
- for frail and/or elderly homebodies

Special event workers for upcoming Memory Walk, September 10th .

Congregate meal servers at several sites

Airport Information Desk attendants for various 4-hour shift openings

Volunteers to sign up for tutor trainings to be held in Fall – all ages of students

Volunteers needed as guardians for model train displays in busy children's section of the zoo. Wednesday morning clerical help also needed.

Volunteers are needed at several hospitals for positions – receptionists/ information, clinic attendants for families, clerical duties, patient care services, etc.

Volunteers are needed to fill vacancies in quilting, sewing and ceramics areas. NO experience necessary.

Fern Creek/Highview and Highlands area adult activity centers need volunteers for a variety of positions, several shifts available.

Monthly volunteers needed for parties, shopping trip escorts, etc. at Hikes Point long-term care home.

Weekly "friendly visitors" and activities' helpers needed at six long-term care homes.

Southwest historic home and grounds needs volunteers to guide guests, serve in gift shop, light gardening, etc.

Answers for summer scramble: state fair, beach towel, fireworks, lawn chair, ketchup, charcoal, relish, mustard, insects, onions, napkins, bar-be-que, hamburgers, pepper

Louisville Metro Community Action
Partnership – RSVP
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community Action PARTNERSHIP
Helping People. Changing Lives.

Kimberly L. Bunton
Interim Executive Director

Sarah Richie
RSVP Manager

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Louisville

Metro United Way
Together We Improve More Lives

Quick Quotes:

"What poison is to food, self pity is to life."
-Unknown

"Success follows doing what you WANT to do. There is NO other way to be successful."
-Malcolm Forbes

"The more you lose yourself in something bigger than yourself, the more energy you will have." -Norman Vincent Peale

Happy Grandparent's Day
September 11

RSVP REPORTER

September-October 2005 Vol. 3, No. 5
Senior volunteerism with versatility and impact!

It's PARTY TIME in YOUR honor!

The Annual RSVP Volunteer Appreciation party will be held on **Friday, October 21, 2005** at the **Executive Inn, Canterbury Room** at 978 Phillips Lane, from 11 AM to 2 PM. (*NOTE: **NOT** Executive West!)*

FUN is the "order of the day" as we blend the Halloween season with our recognition of your service!

Invitations for a FREE admission will soon be sent to all "active" RSVP volunteers. Guests are *very* welcome, but will need to pay for their meal in advance.

Reservations are required!

EVENT HIGHLIGHTS:

Service Anniversary Awards
Delicious buffet luncheon
Dance to music of "DJ Goz"
Door prizes
"Live It Up Downtown" Raffle drawing!

Costume contests: 3 prizes awarded!

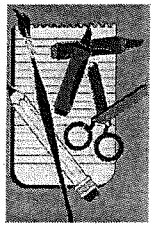
- 2 Individuals – one for a bought and one for a homemade costume!
- 1 Group - table or site participation

Other games and surprises

This is RSVP's largest annual "THANK YOU" to active volunteers. Please come!

Mark your calendars NOW! Watch your mail! Gather with your fellow RSVP volunteers! Don't miss this "bewitchingly enchanted" celebration!

Back to School Campaign for Volunteers!



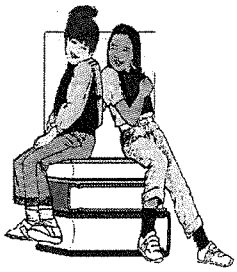
The pools are closed. The Kentucky State Fair is over. Students are settling down from the Labor Day holiday. It's that time of year!

RSVP is searching for **50-100 new volunteers** to help with Jefferson County Public Schools' activities, educational programs and Adult Education tutors for GED and ESL classes. Below are just some of the details!

EveryOne Reads Program: Volunteers meet for a pleasant 2-hour training, pass the required background check, are offered their choice of a school from a generous list and are encouraged to visit before committing to a student match. Thereafter, volunteers offer a minimum of ***½ hour a week*** to help elementary students improve and enjoy reading skills.

Family Resource Centers need volunteers to assist with after-school programs and parent outreach efforts.

Middle School Connection: Volunteers are needed for a one-time visit. The total commitment is ***only one hour*** at a nearby school. The volunteers dialogue with and encourage students to think beyond middle school into careers and adulthood. A packet of information and guiding questions are provided. This initiative runs from late September through early November.



Mentors for Clubs, Associations, etc.: Help students develop skills, hobbies or foster the academic excellence of honor societies. Assist with field trips!

GED Tutors: Help returning students refresh and learn the skills that enable them to pass the test. It may be their first step to a career and self-sufficiency!

English as Second Language (ESL) Tutors: Volunteers do NOT need to be bi-lingual to help these very motivated children and/or adult students.

Refer your friends! Call the RSVP office at 574-1157, ext. 324!

RSVP Fund-Raising!!

3rd Annual "Park at CAP" for St. James Art Fair

Friday, September 30, Saturday, October 1st and Sunday, October 2nd

Spaces open 8:00 AM – 6 PM on Friday and Saturday
Spaces open 10:00 AM – 6 PM, Sunday
$10. 00 per car
YOU keep your keys! NO overlapping!

REMEMBER . . . RSVP fund-raising efforts are held to benefit *YOU, the volunteers!!* Please "volunteer" to do your part in helping the program pay for *volunteer* expenses!

"Live it up downtown!" Raffle

RSVP is offering you, your family and friends a chance to win a unique package of exciting nightclubs, haute' cuisine and luxurious rest!

PRIZE package includes:

$25 -"4th Street *Live"*
Overnight for 2 at Seelbach Hotel
Champagne in room
Valet parking
Breakfast for two
30 minute horse–drawn carriage ride

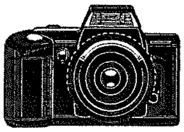
Tickets: $1.00 each

Winner announced **10/21/05** at RSVP Annual Volunteer Party.

AGAIN, all proceeds support RSVP volunteer benefits!

Please help sell tickets! Your RSVP Coordinator can provide you / your site with a packet(s) of $25.00 in tickets to sell and fliers to post! Call 574-1157!

If everyone helps, our burden will be lighter . . . our results sweeter!!



Your PICTURE Id's are needed!

VOLUNTEERS: We need to keep our files current to maintain correct insurance coverage. Please give your site manager a copy of your *most recent* driver's license, official KY State or TARC picture identification badge.

SITE MANAGERS - Please include the copies with the regular return of September's volunteer time sheet. Also, if you have any new or changed volunteer job descriptions we need to publicize for you; please enclose them. THANK YOU!!

When's the last time you did something for the first time?

"As you're growing up, your life is filled with 'firsts.' First steps. First day of school. First bike ride without training wheels. Remember how excited and proud you were when you accomplished these firsts?

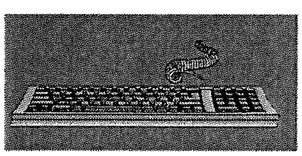
Once you're firmly rooted in adulthood, the opportunities for firsts – and their ensuing excitement and pride – sadly seem to disappear."

Julie Scoskie, Director of JCPS Adult and Continuing Education, used this provocative title and these paragraphs to encourage adults. Her worthy objective was to have folks browse and choose new "firsts" as classes from the wonderfully diverse and comprehensive *"Lifelong Learning"* catalog.

As Ms. Scoskie says, "When's the last time you did something for the first time? There's no time like the present!"

Check your local grocery, library or call **485-3400** for a Fall catalog of classes!

"Basic Keys" Introduction to the Computer



FREE class for beginners! Class dates are:
September 13-15 & 20-22, 2005,
2:00-4:00 PM at the CAP Building,
1200 So. 3rd Street.
Call **Jeannie Gough at 574-1157, ext. 314** to apply for enrollment!

Focus on the children!

Many folks who have made a serious legal mistake resulting in incarceration are parents. These children need a positive sign that our society has NOT judged them, too.

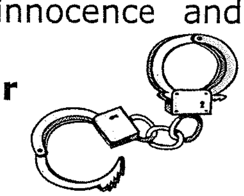
The Mentors for Children of Incarcerated Parents Program is one of the most rewarding opportunities a volunteer can attempt.

The training and background checks are provided. They are truly designed to put you at ease, give you the tools you'll need *and* provide the family with a sense of much needed security as they open their homes and lives to an "outsider." The matches are closely screened and monitored for success indicators on a one-to-one basis.

Your commitment is relative to the family's need but not less than six months of weekly visits.

When the judge sentences a parent, mentors preserve the child's personal sense of the freedom, innocence and lessen the burden of loss!

Call the RSVP office for further details at 574-1157.



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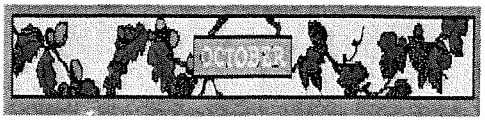
Need additional income?

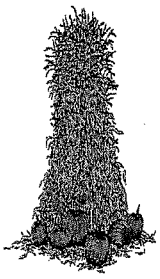
Louisville Metro CAP 2005
Career Fair
Wednesday, September 14
10:00 AM – 3:00 PM
The Gardens
525 W. Muhammad Ali Boulevard

Several companies will be represented.
BRING YOUR RESUME!
Bring your family and friends!
For more information, call
574-1157, ext. 314.

Generose Bain
Marie Barrett
Naomi Bayne
Joanne Benim
Marie Broadhurst
Nemy Bucayu, Jr.
Audrey Burrell
Kenneth Chaudoin
Carrie Deeb
Rita Dunda
Alfonso Fiorucci
Sara George
Barbara Grammenz
Florence Hamblin
Doris Harper
Bertha Henderson
Margaret Hennekes
Marilyn Hoehler
John Kroeger
Joan Kuhns
Marian Logan
Catherine Luckett
Anita Maier
Julie Metzler
Marie Moore
Patricia Nelson
Gloria Nimocks
Doris Paine
Paul Price
Grace Riley
Mary C. Riley
Shirley A. Roberts
Betty Rothwell
Magdalene Scharfenberger
Bette Schwab
Marian Schwind
Anna Scott
Ruby Shull
Teresa Spellman
Stanley Trinkle
Bettie Weyler
Drucilla Wilkins
Jean Williams



Anna Allgeier
Alleene Barber
Billie Barnes
Margaret Bidwell
Norma Bratcher
Mary Brown
Judy Cederholm
Louise Eichenberger
M. Yolanda Fanton
Betty Feldman
Marjorie Ferris
Edward Frazier
Laverne Fulner
Lena Gilbert
Barbara Greene
Dorothy Gregory
Anne Grim
Jessie Harris
Alta Haunsz
Bill Hopper
Loretta Hopper
Ruth Kelly
Marky Kreite
Mary Jo Krupp
Maxine Lampe
Maddalena Marano
Carolyn McNair
Ruby Mitsch
Irene Mueller
Letha Nutter
Gladys Officer
Charles Patterson, Jr.
Louise Payton
Christina Proctor
James Robertson
Helen Ross
Mary E. Schweichler
Uldine Skees
Mary K. Steier
Eloise Terry
Charlene Tomlinson
Martha Wagner
Jen Wallace
Marie Weckman
Anne Wells



Wilma Westenhoefer
Marie Witt
Harriet Wolf

~~~~~~~~~~~~~~~~

KY Seniors Saving Medicare-KSSM

Be Informed

Be Aware Be Involved

KSSM can provide you with easy to understand instructions on the new Medicare Prescription Drug Plans (PDP) that will begin January 2006.

Then, take on the satisfying challenge to help your *fellow* Medicare recipients and caregivers understand, too.

It's easy! You can share your knowledge about the PDPs with people you are already comfortable with, relatives, church family members, neighbors and friends.

KSSM needs your help in getting the message out that ***everyone*** on Medicare is eligible to receive this new Medicare benefit.

If you would like to join KSSM as a volunteer or schedule a group presentation to better understand the new Medicare PDP benefit, please contact Jennifer Fahey, at **574-1157, ext. 333.**
~~~~~~~~~~~~~~~~

Don't be shy! Be insured & take credit for what you do!

RSVP is committed to your protection and recognition as a community volunteer. Your RSVP volunteer insurance is intended to cover your activity time if your hours are reported to the RSVP office.

Please notify Sarah Richie at 574-1157, ext. 325 to record your eligible involvement if you are serving as a member of a local civic committee, Council or Board of Directors *(beyond your personal Church services)*.

^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^

Caregiving? Need respite breaks?

ElderServe, Inc. with a grant from KIPDA, is offering 50 hours of free respite to caregivers of relatives and/or friends who are 60 years of age or older.

Please contact **Sandra French,** Caregiver Specialist at **778-7418.**

Mayor's Community Conversations

What's on your mind regarding Louisville Metro? You can tell Mayor Abramson and meet the Metro staff who could possibly help!

These open forums are always held on Mondays from 6:30 until 8: 00 PM.

September 19 –Iroquois H. S. Gym
4615 Taylor Boulevard

October 17 – Eastern H. S. Gym
12400 Old Shelbyville Road

Call MetroCall at "311" for further info!

PLEASE support the 2005 METRO UNITED WAY Campaign. They help fund RSVP!

Metro United Way
Together We Improve More Lives

HOMELESSNESS FYI . . .

So sadly, 11,006 persons used homeless services in the Louisville Metro area during 2004!! Over 2,000 were children age 17 or younger!

Please volunteer to help as one or more of the following:

- shelter assistant
- transitional housing family mentor
- program or activities assistant at a day center for adults
- activities or reading buddy at shelter's infant and child day care
- soup kitchen/cafeteria worker
- seasonal help for special projects
- food and clothing warehouse assistants
- donation pick up drivers

Call Carol Huff at **574-1157,ext. 322** to refer a friend as a new enrollee or for more placement information. There are many locations to choose from!

The Homeless Coalition can also email you the weekly Coalition's "Just the FAX" newsletter to keep you up to date! Call 589-0190 or email them at www.homelesscoa.org.

Everyone deserves a place to call "home!"

2005 TRIAD "Senior Day Out"

Monday, October 11, 2005
9 AM – 3 PM
Slugger Field
FREE

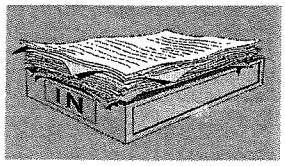
Come join in the fun!

Health and Information Booths
Entertainment
DOOR PRIZES and Speakers

Pre-registration required to receive lunch!

DEADLINE: September 20th

Call: Cindy Venable at **574-5092**



OVER FLOWING requests for Volunteers!

Please encourage your family and friends age 55 and over to call the RSVP office at **574-1157 TODAY!**

ACTIVE DAY CENTERS FOR ADULTS – Volunteers needed for activities and meals service. Several locations waiting!

AT HOME PHONE Opportunities:

- Agency needs folks to call clients for feedback on service satisfaction and suggestions.
- Agency needs folks to call frail and disabled persons to check on daily safety and welfare

HALLOWEEN EVENT – Give out candy and treats to zoo visitors, help with crowd control help volunteers w/costumes, refreshment room monitors, etc. 5-hour shifts preferred. Some walking required. Rain, shine or snow the "show" goes on for the children.

BLOOD DONORS NEEDED!!

"HOMELAND SECURITY" – Training is provided.

Emergency/Disaster Services is in need of volunteers to share information on preparing *home* kits, on personal safety and other health information with schools, civic and local church groups.

Airport Ambassadors Program: Welcome and inform arriving and departing travelers, coordinate special assistance for those with disabilities. 4-hour shifts.

HOSPITAL – Downtown location makes volunteering SO easy to enjoy - valet parking. "People" persons desired for reception desks.

LUNCHTIME MEAL DELIVERERS – All areas of Jefferson County are in need of services to the frail and disabled. The waiting lists are LONG! Please help eliminate the hunger!

TUTORS for adults or children! – From K-12, GED or ESL, pick your most compatible age, level and closest school location! Training classes being booked NOW.

Louisville Metro Community Action
Partnership – RSVP
1200 So. 3rd Street
Louisville, KY 40203

Pre-sorted Standard
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Louisville, KY
Permit 52

Louisville Metro Community Action Partnership
1200 S. 3rd Street
Louisville, KY 40203
PH:(502) 574-1157 FAX: 637-6814

community Action PARTNERSHIP
Helping People. Changing Lives.

Kimberly L. Bunton
Interim Executive Director

Sarah Richie
RSVP Manager

RSVP REPORTER

November-December 2005 Vol. 3, No. 6
Senior volunteerism with versatility and impact!

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Louisville

Metro United Way
Together We Improve More Lives

"Country Wisdom"

It don't take a very big person to carry a grudge.

Every path has some puddles.

Words that sink into your ears are whispered, not yelled.

Don't corner something meaner than you.

Man is the only critter who feels the need to label something as flowers or weeds.

Unknown

LIHEAP season opens at CAP

The recent news of increases in utility costs is expected to push many more mid and low-income households to seek help with the annual Low Income Heating & Energy Assistance Program (LIHEAP) at the Louisville Metro Community Action Partnership (CAP).

Public applications will be taken according to an alphabetized schedule by the last name of the head of the household.

Low-income RSVP volunteers facing hardship, however, may contact their assigned Coordinator for a personal appointment and avoid the general public lines.

The application process began Tuesday, November 1st . To apply for assistance, you need to bring:

1) Your most recent heating bill or verification from your landlord that the heating expenses are included in your rent.
2) Social Security Number or Permanent Resident Card Number for everyone living in your household.
3) Proof of your household's income for the preceding month.
4) Proof of housing (lease, mortgage, Section 8, etc.) and
5) Picture ID

The last day for this program is Friday, December 9th. If you are "homebound", please call 574-1157, ext. 332 and a CAP worker will respond.

For the hearing impaired, call 1-800-372-2973 for the TTY.

CAP, RSVP staff and FGP volunteers raise $2,707.28 for Metro United Way Campaign! RSVP thanks our fellow CAP staff and FGP volunteers for donating to our other important funding source.

RSVP depends heavily on Metro United Way's annual support for program necessities! If you are able, please support Metro United Way.

VOLUNTEERS, SHARE THE NEWS!

Please encourage your family members, friends and acquaintances age 55 and over to become a volunteer with RSVP. We can match almost any talent and schedule with a satisfying volunteer position.

Just call 574-1157 and ask for RSVP!

Positions now open and waiting!

- Receptionists at CAP Main office to direct LIHEAP clients to processing area Mon-Thurs – 8:30 am – 3:30 pm, 3 ½ hr. shifts (thru December 8th)
- Angel Tree assistants and gift warehouse workers for upcoming holiday season
- Mentors/friends for children with parents that are incarcerated
- Historic homes need help for school groups and general holiday season visitors – decorating, guides, etc.
- Trainees/ speakers for disaster preparation for schools, churches and other local groups/neighborhoods
- Trainees for emergency on-call response to disasters, home fires, etc.
- Food sorters and packagers for pantry distributions
- Book route drivers for homebound subscribers to libraries
- Cafeteria workers for kid's café and/or adult homeless shelter
- Practical English tutors for immigrants and refugees, bilingual skills a plus but not necessary
- "Rock & Read" pre-school care-givers for children in homeless shelter day-care
- Kitchen aides for congregate meal sites
- Activities assistants at long-term care facilities – weekly or monthly shopping aides, seasonal gift wrappers, bedside or group readers, special event servers, manicurists, friendly visitors
- Literacy Council needs members to help with public relations and fund-raising
- Historic home needs docents and gift shop help for visitors
- Ceramics artisans with products used as fund-raisers for local orphanage
- Metro Senior Nutrition Program needs mobile meal deliverers – routes take about one hour during early midday. ALL areas of Jefferson County need service! Call NOW to be a "Holiday" deliverer!
- Senior Citizens East needs the following:
  - Mobile meal deliverers in St. Matthews and J'Town areas
  - Telephone receptionists with some light clerical duties (computer skills are *not* required). Mornings and afternoons available.
  - Data entry help updating information into database programs. Basic computer skills required, training provided on specific software. Weekdays – flexible hours.
- Helpers for "Pets with Santa" fund-raiser – December weekend shifts at pet stores

KSSM Volunteers continue training others as Rx plan deadline nears

The Kentucky Seniors Saving Medicare volunteers and staff are ready and willing to share the newest tips on identifying your choices for prescription coverage plans.

If you have questions about the forms you have received at home and what needs to be done next and how to beat the "penalty" deadline, call KSSM!

Call **Jennifer Fahey at 574-1157, ext. 333** to book your trained volunteer consultant for a group session at your apartment or condo complex, church group, civic or social grouping.

Focusing on the Future

RSVP in 2006 and beyond?

The RSVP staff will soon begin planning our calendar of events and projects for 2006. We'd like your input!

Our #1 priority is to find and recruit MORE seniors to RSVP volunteerism! We are the one-stop "shop" for positions specifically targeted toward the talents and flexibility of "Boomers" and beyond!

We need YOUR help in reaching those who do not yet donate a minimum of 2-4 hours a month toward relieving a community need.

On a broader scale . . . Some events are "givens" to happen – fund-raisers (2 or more will be necessary during 2006), the annual Volunteer Recognition party, and RSVP's participation in many local health and information fairs.

RSVP is also looking toward a joint venture with other local programs to honor and remember Dr. Martin Luther King, Jr. in January 2006. We sincerely hope you will join in the event's program and celebration!

Free basic computer classes will again be offered to those at or below 125% of poverty levels through the CAP Training & Employment Division. RSVP volunteers are invited to call Jeannie Gough at 5741157, ext. 314 to apply. Class dates are January 17-19 & 24-26, 2006 at 2:00-4:00 PM.

For social opportunities, would you like to plan an outing or one-day social trip to celebrate National Volunteers Month (April) or for National Older Americans Month in May? Would you like to dream BIG and do a multi-year plan for an RSVP group trip on a cruise or cross-country?

RSVP is YOUR program to guide, enjoy and help improve! Be an ACTIVE participant! The more you treat this program as a working club – with goals and opportunities to create perks, the better it will reflect YOUR retired and senior lifestyle!

Traditions

Happy Holidays!

RSVP is a very diverse group of volunteers with many different faiths and ethnic traditions within our families. Many or most of us celebrate a significant "holiday" during these last two months of the Roman calendar year.

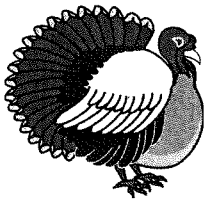
Staff wishes volunteers, site managers and families all the best of your chosen celebration!

May the memories you share and the new ones you're making bring you joy, peace and a desire to share your good fortunes!

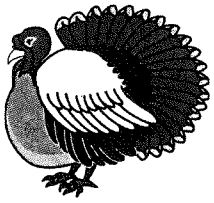
November Birthdays

Helen Abbott-Ireland	Lois Anderson
Beth Ashley	Geraldine Auslander
Dot Bail	William Beaumont
Dolores Block	Maggi Bopp
Rose Breunig	Lee Bruner
Helen Bube	Samuel Clark
Marcelle Collini	Felicia Couch
Carl Eberle	Gloria Fortwengler
Charles Greene	Arvin Harper
Mary Hervey	Mary Hester
Lottie Hodge	Trudy Hubbuch
Aileen Jolly	Beatrice Keller
Rubenna Kirby	Allie Lee Lanham
Mary Leland	Betty Leonard
Geneva Likens	Patty Moser
Carol Mudd	Mary Louise Pfisterer
Margaret Reed	Jane Revlett
Amanda Rowe	Elizabeth Schweinhart
Myra Smith	Rose Smith

Linda Spalding
Beth Thomson
Tom Waskevich
Louise Wells
Betty Tabor
Robert Tipton
Betty Watson
Doris Zollner



Thanks to ALL for giving your time & talents!



DECEMBER BIRTHDAYS

JoAnne Abraham
John Aebi
Thelma Blakemore
Lucienne Bookout
Ruby J. Brown
Mattie Correro
Katie Daub
Leona Elsler
Carmen Hayes
Don Hemmelgarn
Jean Horn
Carolyn Hulse
Millie Matthews
Harold Miller
Mary Ann Niehaus
Ernest Ramsey
Margie Sowders
Mary Catherine Sullivan
Mary Thompson
Sue White
Mary Ann Willinger
Gabriella Wirta
Connie Abrigo
Dora Dean Beard
Jessie Blevins
Joseph Bopp
Alphonse Cerebie
Beulah Cowherd
Shirley Davis
Barbara Foley
Beatrice Head
Sr. Joan Hill
Patricia Hughes
Katie Krebs
Russell Meredith
Betty Minch
Connie Owens
Robert Ritter
Martin Stansbury, Sr.
Betty Weber
Frances Wicker
Irene Winner
Emma Young
Florence Zeillmann

REMINDER!

The RSVP office needs all drivers to provide a copy of their valid licenses for our files. We must retain proof in order to maintain your free RSVP insurance benefits.

Thanks!

Can you help? Holiday wish items for local homeless persons:

(NEW items only, please.)

Men:
Shoes
Socks
Underwear
Sweaters/ sweatshirts
Hooded sweatshirts
Jeans
Men's toiletries:
- razors/blades
- combs
- deodorant
- toothbrush/paste

Children:
Shoes
Socks
Underwear/ t-shirts
Disposable diapers – all sizes
Pj's & "onesies"
Baby toiletries
- shampoo, lotions
Blankets & crib sheets
Toothbrush/paste

Women:
Knee-hi's, trouser socks, pantyhose
Underwear, slips, bras
Hair items- brush, clips, barrettes, etc.
Career wear
Unopened make-up & nail care items
Toiletries:
Shampoo/conditioners
Hair color kits / hair blow dryers
Deodorant, toothbrush/paste
Sanitary/feminine hygiene items

General:
Bath and hand towels, washcloths
Twin size sheet sets w/ pillowcases
Pillows – standard size
Antibacterial bar soap

****

Please bring your donations no later than **Monday, December 12th** to:
CAP - RSVP
Attn: M. Gosling or C. Huff
1200 So. 3rd Street
They will see to the items' delivery to one or more below agencies:
Wayside Christian Mission, St. Vincent DePaul, Salvation Army and/or Dare to Care for distribution to needy families.
THANK YOU!

SEASON of Generosity?
The most worthy gifts are to those who can't give you one in return.

SENIOR FITNESS

New Device Lowers Blood Pressure Without Medication

By Jim Evans

DEAR JIM: I have recently been diagnosed with moderately high blood pressure (149/95), and my doctor wants to put me on medication. I am otherwise in pretty good health at 74, but I am hesitant to start taking any medication for this problem if there is another solution. What's the scoop? **CHECKING ALL THE OPTIONS IN ANDOVER**

DEAR CAO (CHECKING ALL THE OPTIONS): Exercise can often reduce blood pressure. In fact, many recent studies have shown that regular aerobic exercise – even something as simple as walking - may modestly lower blood pressure over several months. According to a recent National Institutes of Health conference, aerobic exercise reduces resting blood pressure in people who have hypertension by an average of 11 points off the top number (systolic pressure) and 9 points off the bottom number (diastolic pressure). That could be enough to lower high blood pressure to normal.

A reading of 140/90 or greater is considered high, so your doctor's diagnosis was correct, and you should definitely be looking at ways to reduce your blood pressure.

But now a new device – RESPeRATE – has recently been introduced as the first FDA-approved non-drug medical device that can be safely used in conjunction with medication and lifestyle modifications and has been clinically proven to reduce blood pressure without side effects. Even your doctor may not have heard about it yet.

What is it? It is a portable, hand-held, computerized electronic device that guides users through a series of breathing exercises – personalized according to the individual – causing the muscles around the small blood vessels to relax, thereby reducing the blood pressure.

Sound too simple? According to research, "structured therapeutic breathing can significantly lower blood pressure." However, since such therapeutic breathing is difficult to achieve without extensive training and coaching, RESPeRATE takes over by establishing a "personalized melody composed of two distinct inhale and exhale guiding tones." Users listen to the melody through special headphones and syncrhonize their breathing to the tones.

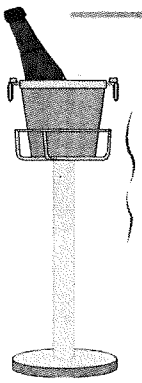
RESPeRATE does not require a prescription. However, people with certain medical conditions should consult their physician prior to using RESPeRATE only because these particular conditions were not included as part of the clinical trials.

For further information about this remarkable new medical development, readers can refer to www.resperate.com. High blood pressure is no laughing matter, and perhaps you will find this to be a valuable tool in managing your blood pressure in the future.

Jim Evans is a 38-year veteran of the health and fitness industry and a nationally recognized consultant and radio host on fitness for seniors.

Last 2005 Mayor's Community Conversation

Monday, November 21, 2005
Butler High School Small Gym
2222 Crums Lane
6:30 p.m.
The Mayor and/or the many Metro Louisville departments and major utility vendors will be there to listen and help.



Congratulations to "Live It Up Downtown" raffle winner

Mr. Neal Caviness

ENJOY!!

The RSVP / CAP offices will be closed for observance of holidays on:
Thursday, November 24th
Friday, November 25th
Monday, December 26th
Monday, January 2, 2006

Our apologies to . . .

Connie Owens who was accidentally left out of the 10 Years Celebrants listing in the Recognition Program!

And to Marie Moore who was accidentally left off the volunteers' listing at Nazareth Home !

Thanks so much for your understanding and continued participation!

NEW SITE: Welcome Council on Mental Retardation – Family Friends Program.

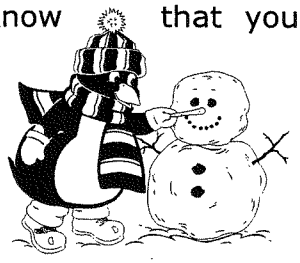
The Council on Mental Retardation is located at 1146 South Third Street, just a half a block north from the CAP-RSVP offices.

The Family Friends Program is seeking volunteers to be caring mentors and as weekly visitors with families with children under the age of 16 with disabilities.

Family Friends spend two to three hours a week with the family - sometimes providing a respite to parents and but always as an additional friend to the child.

Also, if you would be willing to introduce the Family Friends opportunity to your civic group or church family; please contact Sandy Woolen at 584-1239 or email her at **swoolen@councilonmr.org**

If you are interested in this opportunity, be sure to let Sandy know that you are an RSVP volunteer and your hours need to be reported to the RSVP office each month.



Louisville Metro Community Action Partnership – RSVP
1200 South Third Street
Louisville, KY 40203

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Louisville, KY
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