



Your Invitation to Serve!

The RSVP Reporter

Spring 2009

RSVP Louisville Metro Community Action Partnership (CAP)

810 Barret Avenue, Louisville, KY 40204

www.louisvilleky.gov/cap

MLK project, "40 Days of Peace," celebrates closure and volunteers share success stories

On Friday, March 13, 2009 nearly 100 RSVP and FGP volunteers who participated in the MLK project of "40 Days of Peace" attended a joint celebration of their efforts.

With the help of a list of meditative quotes and a personal journal, participants worked through a 6-week course of sharing techniques for positive, calm-driven, behavior modification.

RSVP Volunteers who participated in the 6-week program included: **Evelyn Alston, Della Boller, Audrey Cochran, Marie Crawford-Barbary, Elizabeth Dix, Sarah Drummond, Virginia Drummond, Sharon Fowler, Ruth Gathright, Bertha Henderson, Doris Howard, Velma Martin, Stella Miller, Jerry Wells, Jean Williams, Lucille Wilson and Sandy Wilson.**

This was the first year Louisville Metro Community Action Partnership sponsored RSVP, AmeriCorp and FGP volunteers were involved in spreading the philosophy of non-violence as lived by Dr. King and others.

AmeriCorps/Vista Coordinator and course instructor, Keith Bertrand, was presented with a gift symbolizing peace in gratitude for his mentoring.

"Forty days is just not enough!" said RSVP volunteer Sharon Fowler.

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal."

~~~~~  
Dr. Martin L. King, Jr.  
~~~~~

NEW for 2009

In-service trainings

Your presence is requested at one of the five new RSVP regional training and fellowship gatherings.

RSVP volunteers will be invited to the sessions on the basis of your home zip code to keep your travel time and costs at a minimum.

The cycle of trainings will run from May through September. The dates and places will be announced by fliers to the nearby sites and individual invitations.

Each event for 2009 will offer speakers and a fellowship agenda of fun, food and news about your RSVP program. Don't miss it.

Also, please feel free to invite a friend who may want to know more about RSVP's many volunteer opportunities and free benefits.

Watch for your invitation in the mail.

Join Us for the 2009 Volunteer Recognition

On Tuesday, May 26, 2009 at 7:05 PM, the Louisville River Bats invite you to come cheer them on as they swing for the fences and recognize the volunteers within the Louisville Metro Department of Housing and Family Services Community Action Partnership.

Free admission and refreshments in a special picnic area are being provided to the honored guests, including volunteers of RSVP, FGP, Senior Nutrition and AmeriCorps programs.

Arrive that night, sign in and pick up your tickets at the RSVP registration table inside the Hall of Fame.

Please make your reservations by calling the RSVP office at 574-1530 by Friday, May 15, 2009.

**RSVP has a new
phone number
574-1530**

RSVP Staff

Program Coordinator:

Teresa Walton

Volunteer Coordinators:

Marian Gosling

Carol Huff

Your Invitation to Serve!

Most parties come with an "RSVP" the need to respond to the invitation.

President and Mrs. Obama are cordially inviting all seniors to an on-going party of community change through volunteer service.

Please share the RSVP invitation to serve with your friends & colleagues. RSVP currently partners with over 80 local agencies to serve a wide buffet of volunteer opportunities and schedules.

We eagerly await your presence.

Spring Events Need Volunteers!



Many agencies are planning special or annual events for the spring months. Make the time to get out, get involved and have some fun! To get connected, call RSVP at **574-1530**.

- Get acquainted with local history and botanical excellence by helping with the **Butchertown, Edison House Garden Tours, May 17, 2009**.
- Can you draw, paint, make or do other handicrafts? Come out and lead the playtime once-a-week (**June 15-July 24, 2009**) at a nearby Metro Parks community center.

ON-GOING Volunteer

Positions:

- Experienced photographers needed for special events and/or to capture that "choose me!" face of lovable animal

friends for weekly adoptable pets posters, newsletters, etc.

- The Road to Recovery needs caring escorts for brave battlers of cancer
- Midday mobile meal deliverers to elderly and disabled persons
- Sort surplus sterile, packaged medical supplies for shipments to clinics in Appalachia and beyond – 2 locations
- Quilters, embroiderers and seamstresses for pillow cases
- Condo or apartment dwelling volunteers for recycling research project. Let's "go green" quarterly meetings
- Friendly, weekly visitors, escorts to/from activities, and shopping companions for residents of long-term care homes
- Persons to do lawn care or light carpentry or plumbing chores for elderly/disabled persons
- Installers of boxes to convert analog TVs for the June switch to digital (training provided)

To be part of solutions to problems, to have fun and to help others for a day or more, call **RSVP at 574-1530**.

2008 Louisville Metro

RSVP Volunteer Report

102 locations served

898 volunteer positions served

113,325 total hours donated

164 avg. # hrs. per volunteer

Your donated service has a *minimum* equivalent of over \$1.5 million dollars of positive impact on the social services and public welfare of our community. **WELL DONE.**

Please update your RSVP records

Please notify the RSVP office at **574-1530** if you have a new address, phone number or e-mail. Don't miss RSVP social invitations or important program notices.

Also, please supply us with a copy of your updated driver's license upon each renewal and your car insurance information annually. **Thank you**

Welcome to our newest RSVP enrollees

Rose Bidwell
Samuel Bidwell
Sheraline Browning
Charles Cartwright
Mary T. Cartwright
Bonnie Caskey
Jerome Dickerson
Mary Ann Eaglin
Harry Frye
Mary Helen Garrett
Cynthia Gimbel
Lula K. Howard
Bernice Humble
Eula Kennedy
Robert LeBlond
Marlene LeBlond
Ferne McCauley
Kenneth R. Miller
James D. Penick
Carolyn Quick
Lorena Russell
Joyce Schepers
Pat Smith
Robert Streever
Martha Tichener
Mary J. VanVactor
Sandy Wilson

Happy Birthday to all May and June celebrants. Please continue to build your volunteer legacy of good works.



Your Invitation to Serve

The **RSVP** Reporter

Autumn 2009

Louisville Metro Community Action Partnership (CAP)
810 Barret Avenue, 2nd Fl., Louisville, KY 40204

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“Harvest” some good feelings by helping others

Volunteerism runs in seasons and autumn is a recall to action. Opportunities are many and we hope you choose to stay involved. Beyond that ... engage your friends. Make a person-to-person invitation to offer RSVP as one-stop volunteer position shopping. Form a team to split a monthly commitment and *share* the responsibilities, satisfaction and fun.

RSVP can help you find the right match and provide additional free benefits. Check out the most current openings below:

- Assist with Low Income Heating & Energy Assistance Program (LIHEAP): receptionists needed check in clients for appointments or help with alphabetical filing of finished portfolios (Oct. - Dec. only)
- Hospital volunteers: receptionists for lobby, in specialty areas, as escorts and in gift shops
- Midday mobile meal routes (*Various areas of town, teams of 4 or more welcome to rotate weeks of service, 1 ½ hours per week*)
- Assist with light clerical and reception duties, free parking, friendly atmosphere in Old Louisville
- Ushers for day and evening performances
- Trainees to learn Medicare, help with Part D registrations, share fraud avoidance tips
- Sign-ups are earlier this year to assist with “Angel Tree” booths / holiday relief for families (October – early December)
- Every1Reads volunteers or homework helpers for library branches, 1-2 hours per week (*Background checks mandatory*)
- Help low-income families with simple 1040E and 1040 tax returns – many service locations to choose from. Training provided.
- Become trained as a pet adoption counselor, foster parent or as mobile clinic helper
- Quilters, embroiderers, seamstresses
- Thrift store helpers -first Saturday of the month 9 AM- 12 noon
- Activity assistants for residents of LTC facilities

For other opportunities or more information, call the RSVP office at 574-1530.

2009 RSVP In-service series a success

Nearly 200 RSVP volunteers and friends attended the RSVP In-Service trainings. RSVP staff sincerely appreciates your time and the valuable ideas shared in the brainstorming sessions. We will strive to use as many as possible for 2010’s program calendar. Thank you to our generous host sites: Watson-Powell Center, Newburg Community Center, St. Joseph Children’s Home, Sun Valley Community Center and Arthur Kling Center.

2010 a challenge for RSVP budget

The Louisville RSVP has historically offered an annual volunteer recognition event. Unlike some other RSVPs around the nation, we also still offer limited reimbursement benefits for travel and meals to volunteers who could not volunteer without the help on expenses. These are major portions of the annual RSVP budget. Unfortunately, due to higher costs and more volunteers in need, these budget items have outgrown the federal amounts available.

The budget area for printing and PR materials, such as this newsletter, also needs additional funding.

The Louisville Metro CAP Senior Services Advisory Council is working to put together a 2010 calendar of fund-raising projects. If successful, they will enable us to continue offering a high quality program for our RSVP members. Three of the four ideas below were actually suggested at the RSVP in-service sessions.

They are: Candy sale (February-March)

Group Movie Day (May)

Talent Show (September)

Parking for St. James Art Fair (October)

Please make every effort to be an active member in all phases of the 2010 RSVP calendar of fund-raising events. They are all planned with your benefits in mind.

Mark Your Calendars

2009 RSVP Volunteer

“In-Service Holiday Happening”

ALL active RSVP members invited!

RSVP Members: Free Guests: 10.00

Tuesday, December 8th, 3:00 – 6:30 PM

Watch for your invitation, with more details, coming to your site and home mailbox in November. There will be 2010 RSVP program news, dancing, fun, food and more!

Annual RSVP Site & Volunteer surveys coming by November 30

The Louisville Metro CAP Senior Services Advisory Council will be scheduling interview times with a selected number of RSVP site managers to complete the annual program quality survey.

The sites will also receive forms for RSVP site managers to schedule an interview with each RSVP volunteer to complete their performance satisfaction survey.

This process is required by RSVP's federal funder to help improve both the individual volunteer's experience and to help RSVP staff better respond to site needs.

Please take the approximate 15 minutes to sit down with your service site supervisor when requested for this project. It gives you an opportunity to provide feedback, to receive recognition for your job “well done” and understand your volunteer role a little better within the agency.

Louisville Metro CAP LIHEAP opens Monday, October 26

LIHEAP is the annual federally-funded program to help low-income families and individuals maintain heat/electricity during the cold winter months. Louisville Metro Community Action Partnership (CAP) helped over 30,000 people between November, 2008 and March 2009.

Low income RSVP members are welcome to apply (by appointment only) either **Monday, October 26** or **Wednesday, October 28, from 9 AM- 1 PM** at the Louisville Metro CAP “LBJ Senior Lounge”, 810 Barret Ave., Su. 260. Please call RSVP for details and your required appointment time at **574-1530**.

Help us spread the word of RSVP

If you are a member of a senior civic, neighborhood or church group, please invite RSVP to come and share our benefits and opportunities.

Call **574-1530** to book your meeting speaker.

Plan now for statewide 2010 Kentucky Volunteer Conference

The Kentucky Association of Senior Service Corps (KSSC) is once again planning an optional statewide volunteer conference for all RSVP, FGP and SCP members. For the first time in nearly a decade, it will be held in Louisville, Monday-Wednesday, **October 25-27, 2010**.

Come meet your Kentucky peer volunteers, learn new lifestyle tips and have a couple of days of refreshing fun! Past years attendees have given the KSSC conferences “great” reviews.

Make it your early goal to include the whole conference experience by having an on-site hotel room (two nights, double occupancy). The conference also includes five meals, the learning sessions, two social events, door prizes and more.

The details will be announced in April, 2010. However, please start filling your “piggy bank” so you can join in *all* the festivities. Set yourself a generous goal at \$250.00. You have ten months before reservations are due in August, 2010.

If you would like a fund-raising pledge sheet to help ask your family, friends (or maybe a corporate “benefactor”) to donate toward your conference expenses as recognition for your volunteer service, call Marian Gosling at **574-7306**.

This conference is a sure way to more fully enjoy your RSVP membership. We sincerely hope many of you will choose to attend!



Thanksgiving Notes:

Thanks for a pair shoes that don't hurt my feet!
Thanks for my ability to continue driving *or* for the patience of my escorts and drivers.
Thanks for clean drinking water and inside toilet.
Thanks for the pets that loved me and taught me responsibility.
Thanks for the knick-knack that holds a precious memory.
Thanks for the volunteer duties that keep me active and connected to others by kindness.

Quick Quotes:

“Growing older is not upsetting; being perceived as ‘old’ is.”
Kenny Rogers

“Live your life so that you would not be ashamed to sell your family parrot to the town gossip.”

Will Rogers