



Your Invitation to Serve

# The RSVP Reporter

Summer 2010

Lou. Metro Office for Aging & Disabled Citizens (OADC)  
810 Barret Avenue, Room 327 Louisville, KY 40204  
[www.louisvilleky.gov](http://www.louisvilleky.gov)

## Volunteer Recognition "CAP'd" Older Americans Month

Over 500 volunteers and guests celebrated another year of service on Wednesday, May 26<sup>th</sup>. The members of RSVP, Foster Grandparent Program, KY SMP joined the Louisville Metro Community Action Partnership's Administering Board and Senior Nutrition Program for the event.

Dawne Gee, WAVE3 TV, was a sparkling Mistress of Ceremonies as she led the agenda through the "business" of the day – recognition.

Mayor Jerry Abramson came and commended the volunteers for being more than just residents – instead being active "citizens" of the Louisville Metro area.

Kevin Russell, KY State Volunteer Commission, handed out honors from the Governor's Office to volunteers of the **Silver Notes Singers (RSVP)**, **Ida Mathis (FGP & RSVP)** and Senior Advisory Council Chairwoman, **Carolyn Belmar**.



Human Services Director, Regina Warren, welcomed the RSVP program back to the "family" and to Office for Aging & Disabled Citizens. (RSVP was transferred from Lou. Metro CAP as of April 1, 2010.)

Louisville Metro Community Action Partnership Director, Mary Elizabeth Miles, offered her sincere thanks and congratulations to all the volunteers.

RSVP volunteer, **Richard Jarrett**, was honored with the 2010 Louisville Metro CAP Volunteer Award and presented him with a beautiful trophy.



Slide shows ran with the individual names of the attendees, program fun facts, volunteers-at-work photos and more. Local DJ and entertainer Lamont Baker provided lively music for dancing.

RSVP thanks the event sponsors: Eon LG&E of Kentucky, The Courier-Journal, Seven Counties Services, ElderServe, Inc., and 4-C Community Coordinated Child Care.



## RSVP In-service Gatherings resume for 2010

RSVP continues last year's ground-breaking "in-service" gatherings with a first meeting on **Friday, June 25<sup>th</sup>**. Feel free to bring a buddy who may be interested in volunteering. Reservations are sincerely requested.

Registration starts at 10:00 AM. The interactive training activities from 10:30 AM- 1:30 PM. Lunch and refreshments will be served.

We encourage you to attend the session closest to your home. The schedule is as follows:

- June 25, 2010                      American Red Cross, Main Ofc.  
510 E. Chestnut St., 40202
- July 23, 2010                      St. Joseph Children's Home Gym  
2823 Frankfort Ave., 40206
- August 27, 2010                      Watson-Powell Center  
1330 Heafer Road, 40223
- September 24, 2010                      Sun Valley Community Ctr.  
6506 Bethany Lane, 40272
- October 22, 2010                      Newburg Community Center  
4810 Exeter Avenue, 40218

Invitations for the series will be distributed on a zip code basis. Free parking is available on 1<sup>st</sup> come, 1<sup>st</sup> serve basis at each upcoming location.

Watch your U.S. Postal mail and your site bulletin board for your personal invitation!

## Reminder! Volunteer Conference

Join the crowd at the **KSSC Conference – October 26-28, 2010** at the Holiday Inn Hurstbourne. Please see and share the enclosed brochure! Payment plan available and up to 4 per hotel room to save money.



**PLUS!** The Louisville Metro Senior Service Advisory Council is also eagerly searching for corporate and small business donors to be Volunteer Sponsors to help increase the number of volunteers who can attend. Any size donation would be greatly appreciated.

If you know of anyone who can help, please contact

Teresa Walton at **574-5101** or at

[Teresa.walton@louisvilleky.gov](mailto:Teresa.walton@louisvilleky.gov)

## Local wildlife miss the movie but get the popcorn thanks to RSVP volunteer



Former ceramics maker for St. Joseph Children's Home & RSVP volunteer Marjorie Richmond is also known as the "Duck Lady." As a gentle, consistent wildlife volunteer, she's been collecting the leftover popcorn from a local movie theater and provided it to the wild ducks in Spring Park. Starting with 40 adult ducks, over the last eight years, over 230 animals have experienced her loving care and support.

One parenting pair even led their brand new hatchlings across dangerous streets to visit "grandma" Marjorie's home. She also misses those, like the large drake "Donald", who have now "flown away" in spirit.

Sometimes, it's just the creative thought that turns waste into treats and caring into volunteering. Marjorie had the thought and we're happy to acknowledge her efforts on behalf of our feathered neighbors.

If you'd like to get more involved, call the office at **574-1530** and we'll explore other possible environmental volunteer areas together.

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## Open & Urgent Need Volunteer Positions

For more information, call **RSVP at 574-1530**.

- Regional drivers to deliver blood supplies to either Evansville or Bloomington. American Red Cross vehicle used for the 4-5 hour round trip. Volunteers can do once or twice weekly rounds and must be able to lift 50 lbs. repeatedly to load and unload the supplies. Help deliver the gift of life.
- Summer youth mentors for participants at the Salvation Army Boys & Girls Clubs of Portland, Newburg and Parkhill centers. Join the fun, help a child!
- Activities assistants for local adult day centers. Once a week or for special projects, celebrations. Several locations to choose from.
- Volunteers for follow-up calls on missing children cases or to lead courtroom orientations for children experiencing the trauma and anxiety of having to testify at a young age.
- Volunteers to assist with filing care and activity documents for adult day center serving clients with disabilities.
- Musicians, activity, discussion leaders and meal assistants needed for adult day centers.
- Volunteers to learn proven system of helping elementary children become readers at August Every1Reads training. Specific date TBA.
- Volunteers to buddy with American Red Cross staff in disaster preparedness trainings to groups.
- Volunteers to teach high-school students who will then teach "What Tadoo" to younger children when they are in a threatening situation.

## RSVP Volunteer's outreach extending others ability to live independently

RSVP member Mary Cooper has a long and varied career of helping others.

Recently, seeing changes in some of her fellow residents at the Dr. Wm. D. Weathers Building, Mary helped the staff coordinate a new service for her fellow residents. This service can be called in to evaluate and assist a senior adjust to decreasing abilities while still remain living independently. The results so far have been very positive.



Mary Cooper is, indeed, a gem beyond price for her community. RSVP is very honored to have her as a member and friend.

Please encourage your friends and family, age 55 and over, to call the RSVP office at 574-1530 and get involved now. Who knows? If it were you, wouldn't you want a RSVP volunteer helper!?

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## Looking ahead...RSVP Talent Show for 2011

The popularity of the (young) American Idol TV show is unquestioned. However, RSVP wants to highlight our "Senior Idols" with a talent show fundraiser next year.

Amateur musicians, singers, dancers and "clean" comedians will be encouraged to audition for the contest. Entry rules and qualifications will be announced later this year.

A volunteer committee is being formed and plans are underway. Committee meetings will be monthly, usually not lasting longer than 1 ½ hours each, at a location with free parking.

To be part of the committee, call Marian Gosling at **574-7306**.



## Senior Day Out

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### ADVANCE NOTICE!

Please use the enclosed reservation sheet *after* July 1, 2010 to reserve your free box lunch. Check with your site manager before sending if your group is coming together. Mark your calendars NOW for the Tuesday, **October 5, 2010** event!

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**SPECIAL NOTE:** The RSVP active members who will reach milestones of service (5, 10, 15, 20, 25 or 30 years) during 2010 will be recognized at an open-to-all, year-end event on **Tuesday, December 7<sup>th</sup>**. Mark your calendars NOW!





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## The **RSVP** Reporter

Winter 2010

Louisville Metro Community Action Partnership (CAP)

810 Barret Avenue, 2<sup>nd</sup> Fl., Louisville, KY 40204

[www.louisvilleky.gov/cap](http://www.louisvilleky.gov/cap)

### 2010 MLK “Day ON” volunteer project

**RSVP**, FGP members and other volunteers helped host MLK activities on Monday, January 18, 2010, for over 100 children at four Louisville Salvation Army Boys and Girls Clubs. The Newburg, Parkland, Portland and South Louisville Clubs opened on the holiday to welcome the volunteers and encourage neighborhood children to come and learn about Dr. King and the 40 Days of Peace.

The volunteers were provided with DVDs, books, games and arts projects to share along with the 2010 Peace Ambassador’s Journal. The Journal outlines a 6-week course of personal change as the starting point to community change. It provides thoughtful quotes by Dr. King and others to help focus our ideas and behavior into a calmer pattern to deal with today’s world. Participants are asked to make notes of their feelings, successes and (if necessary) failures in the journal to share and reflect upon at the end of the 6-week course.

At the Newburg site, RSVP volunteers spread out for several areas of activities. **Nannie Davis**, recreated Rosa Parks bus experience with the children - even a mock hand-cuff to jail for civil disobedience. In the gym, **Lawrence Moseley**, a volunteer too young for RSVP, held basketball games of “PEACE” on the order of the popular “HORSE” shoot and move game. However, before each shot youngsters were asked to provide an MLK fact to qualify the shot. **Elizabeth Dix** brought her grandchild with her to participate in the festivities and helped the children with word games and coloring. **Jerry Wells** shared his insights on treating people

with dignity, courtesy and having a helpful attitude.



Photo By Tyler Bissmeyer, special to The Courier-Journal) Jan. 18, 2010

At the Parkland location, RSVP volunteer **Pat Frye** read MLK themed books with the children and shared her memories of Dr. King’s impact.

The adults and children who participated received keepsake certificates. Thank you to the Salvation Army Clubs for also providing refreshments.

The children and Salvation Army Club staffs gave a resounding cheer of thanks to the volunteers at the end of the event.

#### **RSVP Volunteers in the News...**

Did you see the article, *Heating Assistance Angels*, in the Courier Journal on December 23, 2009? Volunteers, **Francine Coleman** and **Richard Jarrett**, were highlighted serving with the Louisville Community Action Partnership’s LIHEAP program. We also want to recognize **Jo Ann Rutledge**, **Bright Lyons** and **Jo Ann Paris**. Their dedication and good humor are greatly appreciated by the CAP staff and the clients being served. Our sincere thanks to all of them!

## Over 200 enjoy RSVP December In-Service

Over 200 volunteers and guests came out on the rainy Tuesday, December 8, 2009 afternoon. Attendees enjoyed a delicious buffet, knowledgeable speakers, and entertainment by our very own RSVP volunteers, the Silver Notes. Ironically it rained last year during the Holiday RSVP celebration, but that did not stop the fun at the Mellwood Arts Center this year.

The meeting opened with a grateful welcome from Becky Montague, the new Assistant Director of Community Action Partnership. The Silver Notes cheerily serenaded their fellow volunteers with Christmas carols while volunteers and guests dined. The guest speaker for the evening, former WHAS TV-personality Ken Schulz encouraged volunteers to live their lives to the fullest and congratulated them on their success so far. Volunteers were trained as Peace Ambassador by AmeriCorps VISTA leader Keith Bertrand.

Volunteers also received blue RSVP fleece jackets and peace journals as holiday gifts. Please see the note below about receiving a jacket.

We look forward to another great year of social opportunities and events in 2010!

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### *"I heard it through the grapevine"*

Please let the RSVP office know if you or one of your fellow RSVP volunteers needs a cheery note while dealing with an illness or other challenge. Please also share if a sympathy card is needed for a family due to the loss of the volunteer or if a volunteer loses of his or her loved one – including a beloved companion pet. We care, too!

**Call 574-1530.**

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#### **FREE RSVP Member Sweatshirts**

Call **574-1530!** If you have not yet received your blue fleece jacket with the RSVP logo, please call the RSVP office to make an appointment to pick up your jacket. Carol or Marian will be happy to fit you with the correct size. Sizes S-4XL as long as supplies lasts.

## Reminder:

### **Fall 2010 KY Senior Volunteer Conference**

Join hundreds of other RSVP, FGP and SCP volunteers for fun, learning and celebration in a two and a half day gathering at the conveniently located Holiday Inn at Hurstbourne Lane here in Louisville. Please let the RSVP office know if you're interested. Marian Gosling, RSVP Volunteer Coordinator, sits on the planning committee for the conference and is working hard to make this an enjoyable event! More details on the conference will be announced in the spring. Call **574-1530** to get on the info list.

### **Don't hibernate—Volunteer!**

Beat the winter blahs by remaining or getting involved with RSVP and one or more of the many volunteer opportunities now available. Here are some examples:

- Help local low-income clients with taxes
- Help teach disaster preparedness
- Read 1 hour each week- serving two children
- Help on the RSVP talent show committee
- Help as a receptionist (many locations available)
- Help with parties and shopping trips for nursing home residents
- Deliver lunches to a hungry, isolated senior
- Help "Build-a-Bed" with crocheting or knitting projects for a spring event

### **Call 574-1530 for details!**

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#### **RSVP Volunteers Vital at VITA Tax Site**

RSVP volunteers began working at the Catholic Charities VITA Tax Site in January 2010. The site is located at 2917 S. 4th Street. Site will be open through April 10, 2010. Hours are Mondays, 4:30-7pm, Thursdays, 4:30-7pm and Saturdays, 10-2pm. Presently we have three current RSVP volunteers at the site: **Rita Eichert**, and new volunteers **Patricia Smith** and **Ursula Eckstein**. According to Elizabeth Ray, of Catholic Charities "Rita Eichert is an amazing volunteer. Couldn't do it without her." This could be a great seasonal volunteer opportunity! Please call 574-1530 for more info.