



The Seniors In Service Monthly

A *quick* look at FGP & RSVP!



Seniors In Service is part of the

Louisville & Jefferson County Community Action Agency June, 2002 VOL. 1, No. 1
1200 S. 3rd Street, P. O. Box 2197, Louisville, KY 40201-2197 (502) 574-1157

Foster Grandparent Program JUNE CALENDAR:

TIME SHEET CYCLES:

Start	END
Mon., May 27 th	Fri., June 7 th
Mon., June 10 th	Fri., June 21 st
Mon., June 24 th	Fri., July 5 th

TIME SHEETS DUE IN

Wednesday, June 5th

Wednesday, June 19th (to Mary Butler)

Stipend pick-up ("PAYDAYS"):

Friday, June 14th

Friday, June 28th

PICK-UP TIMES ARE:

8 AM – 12 NOON AND 1-3 PM

IN-SERVICE

Thursday, June 20th

9 A.M. – 1PM

CAA –Back Building

FGP's Birthdays!

<u>May</u>	<u>June</u>
Marilee Casey	Doris Beeler
Ella Jones	Dixie Clyburn
Ada Logan	Sallie Franklin
Eva Miles	Anna Grubbs
Jane Moulden	Lela Means
Annie Patton	Sally Pitts
Malinda Simpson	Roberta Thomas



RSVP / VA Medical Center Volunteer Honored with Award

Our most sincere congratulations go out to **James Pearson!** He was named the winner of this year's "John Duerr Volunteer Award" for his outstanding service.

We're happy that James is recognized as a wonderful representative of the playful spirit and generous dedication of the late John Duerr (*also an RSVP volunteer!*)

OOPS!! RSVP volunteer, **Sylvia Crowe**, was omitted from the May birthday list due to an error on her file card. Our sincere apologies and belated best wishes!!

Congratulations to the staff and volunteers of **The Schuhmann Center.** They recently celebrated the 20th Anniversary of the Center's service to the community! Throughout many locations, they have maintained their mission "to assist homeless persons and those in need by offering food, clothing and social service referrals in a . . . atmosphere of dignity and respect." Best wishes to **Jim Nix** and all his volunteers!! Call **589-6696** to offer your help!

Those who were not able to attend the **Anniversary Tea**, your certificates and pins will be delivered or sent to your primary site. We hope to have them available with your on-site coordinator after June the 7th!

Quick Quote #1: Unknown Author
"We cannot change the wind's direction . . . but we can adjust our sails."

Mike Linnig's Annual Outing
For FGP & RSVP volunteers



Thursday, June 13th
10:30 A.M. – 2: 30 P.M.

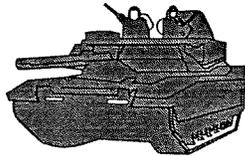
LUNCH AT YOUR OWN EXPENSE

Limited school bus transportation provided round-trip from the CAA Main Building, 1200 South 3rd Street.

Call Marian Gosling at
574-1157, ext. 324
by **Monday, June 10th**

to reserve your seat on the bus and to be included in the group number we tell them to expect.

**Our Boss is
Doing His
Duty!**



Sergeant First Class John Miles, our SIS Manager, will be on active U. S. Army Reserve Duty from June 24th until September 30th. He'll be training recruits at Fort Knox. Amazing!

Let's keep him in our thoughts!

For problems, **Emery Lee** is acting SIS Administrator. Please **do NOT** call John's extension for problems!

As usual, try to contact your regularly assigned SIS Coordinator *first* with any concerns!

Quick quote #2

"We cannot become what we need to be by remaining what we are."

Max Depre

Hope You Were There!



Congratulations to the following **Foster Grandparents** who reached milestones and were recognized at the "Anniversary Tea" at Jay's Cafeteria on May 16th.

Five Years:

Nancy Blincoe
Julia Brady
Lumar Holiday
Carolyn Jacobs
Naum Klinberg
Sally Pitts
Alma Warren
Jennie Wilson
Sicil Wright

Ten Years:

Corine Claypool
Dolores Couch
Lucille Davis
Dorothy McCollum
Willie Powell
Malinda Simpson

15 Years

Annette Brown
Sarah Dedmon
Lillian Ray

20 Years

Rowena Ingram

Let's give them all a big hand! 😊

**CAA helps beat
the coming heat!
Program starts
June 10th!**



If you have the following qualifications, you may be eligible for a room air conditioner or fan – while supplies last!

- Be 65 or over (OR be 6 years or less)
- Have a qualifying income
 - Fill out verification form
- Have a qualifying medical disability
 - Dr. must verify and complete a form
 - A 5-person CAA medical board will review and prioritize the applications based on medical need (if not an automatic approval)

For more information, call **Michael Barnes** at 574-1157, ext. 331.

Reminder to American Red Cross Volunteers!

Unless you turn your time into the main office on those yellow sheets, your time is not transferred to the RSVP recording sheet. This is especially true for those of you who are NOT at the Main office where Marie, Karen or Lori normally would see you.

Thanks very much for your cooperation!



More Volunteer Help Needed

Riverside, Farnsley-Moorman Landing will be one of the summer's more delightful places to volunteer. Interesting subject, great view and your "clients" are people who are not in trouble but have come to be entertained and relaxed. Please call **Patti or Renee at 935-6809** to offer your help. Let them know you heard it through RSVP!

Foster Grandparent Program needs recruits! Please tell you friends who might be on limited, fixed incomes. The emotional rewards are GREAT and the stipend doesn't hurt! Call Sarah Richie for orientation details.

We hope you like this!!

SIS now has this JOINT monthly calendar / newsletter because

- 1) we need to share information equally between the programs
- 2) we need to save money!!

If you have any comments, call

Marian Gosling at 574-1157, ext. 324.



NEW EFFORT!!

SIS Advocates for Seniors In Poverty

Needed: One to three senior (age 55 or over) volunteers per each new Greater Louisville district

Duties: Meet quarterly to address issues that contribute to seniors living in poverty. Specifics may include:

- Willingness to watch TV, read newspapers, listen to radio for issues of interest to the group
- Letter writing / calling
- Sharing information with others
- Learning the basics of (local) government
- Learning meeting & problem-solving techniques
- Participating in other CAA events as needed

Hours required:

- Approximately 2 hours per meeting per quarter
- Other time as needed for research, training, etc.

Benefits: Same as any other RSVP opportunity. Limited travel expense reimbursement, supplemental accident insurance, social opportunities, etc.

Call / contact Marian Gosling, RSVP, at 574-1157, ext. 324



**Happy June
Birthdays to
Active RSVP
Volunteers!!**



Anna Adams
Adolph Ash
Thelma Ballard
Tom Bell
Virginia Bowles
LaVerne Breunig
Flossie Carney
Edna Cisco
Elsie Clemens
Edward Connors
Mary Ellen Flanagan
Blanche Forst
Charles Fort
Louise Gaddie
Eula Gradnigo
Lula Green
William Griffin
Martha Hall
Dorothy Hartstern
Dolly Haysley
Laura Heverin
Jesse Hilton
Anita Hull
Ivy Jackson
Marie Jewell
Doris Johmann
Geraldine Kaestner
Janis Keefe
Marybea Klein
Anthony Krebs
Sunny Long
Daisy Mace
Mary Mackay
Dorothy Marshall
Mary Metzler
Stella Miller
Kathleen Mooser
Aileen Newland
Ken O'Hara
Martha O'Hara
Emma Page
Marion Radway

June Richardson
Howard Robison
Helen Schoenbachler
Bucky Schueler
Donald Shader
Bill Shawler
Doris Straub
Piatt Sullivan
Frances Taylor
Mattie Taylor
Ruth Ulmer
Doris Warder
Rebecca Wathen
Emma Watkins
Oleta Williams
Mary Ellen Williams
Alda Young

VOLUNTEER HELP NEEDED

Senior Citizens East needs:

- WHEELS van driver
- Home meal deliverers
- Clerical assistance

Call Carol Huff at 574-1157, ext. 322 for placement.

SUMMER HELP ONLY!

Gailee Community Development will, again, be offering basic reading and math tutoring to local elementary and middle school students -- along with a schedule of social activities. The course will run from June 3rd until August 9th.

Volunteers are needed on a weekly (OR as many days as you'd like) basis. Last year, it was a very successful and fun project for both children and volunteers.

Please call Marian Gosling at 574-1157, ext. 324 for placement.

Jewish Healthcare Services / Jewish Hospital needs volunteers for clerical, data entry, as surgical desk and visitors' area monitors and more. MANY free benefits! Call Audrey Larkin at 587-4305.



The Seniors In Service Monthly

A quick look at RSVP!



Seniors In Service / RSVP is part of the

Louisville & Jefferson County Community Action Agency July, 2002 VOL. 1, No. 2

1200 S. 3rd Street, P. O. Box 2197, Louisville, KY 40201-2197

(502) 574-1157

KSSM volunteers find success but need additional recruits

In less than one year, the 72 volunteers of the Kentucky Senior Saving Medicare (KSSM) project have already been able to speak to thousands of citizens about the pitfalls of Medicare / Medicaid billings.

However, KSSM still needs new volunteers.

The commitment, after training, involves only a few hours each month.

Duties possibly include

- Staffing a booth at a health fair
- Sharing your knowledge with a group or individuals
- Giving out Medicare patient "check registers" /calendars for keeping track of services recieved

Another training is scheduled for **Tuesday, August 27th – Wednesday, August 28th** in Bardstown. All current and prospective KSSM volunteers are invited. The training is FREE and includes your lodging,

meals, travel and training materials.

Call Jennifer Fahey at 574-1157, ext. 333 for your interview and training registration



Many thanks to all volunteers who continue to work through the summer months! We appreciate those who fill in for other volunteers who go on vacations. Also, the consistent tutoring of children helps reduce the summer boredom and "skills loss" the students normally experience.

Quick Quote:

"We exist temporarily through what we take, but we live forever through what we give."

Vernon E. Jordan, Jr.

Reserve your place NOW for the annual Kentucky Senior Service Corps Conference!

This year's statewide RSVP, FGP and Senior Companion volunteer conference will be **Monday, September 9th through Wednesday, September 11th** in Lexington.

There are about 20 openings left for RSVP volunteers at the **LOW rate of \$50 per volunteer** for the cost of this trip!!

Features include:

- 2 per room at the downtown Hyatt Hotel
- Informative and fun workshops
- 6 meals
- Roundtrip transportation
- Dinner/dance
- Door prizes
- Bingo
- Shopping / touring opportunities

Your reservation must be paid in full by July 25th – first paid, first served! Use the form on page 2!



CAA's SENIORS IN SERVICE PROGRAMS

Foster Grandparent Program (FGP)

&

Retired & Senior Volunteer Program (RSVP)

will be participating in the

2002 Kentucky Senior Service Corps Annual Recognition and Training Conference "Volunteering . . . American Style"

September 9 –11, 2002

Downtown Hyatt Hotel, Lexington, KY

Volunteer cost: \$50.00 per person

Guests - \$175.00

Reservation Cost Includes:

- Round-trip transportation from CAA Main Building, 1200 S. 3rd Street
- 6 meals
- Double occupancy per room
- Informational & fun workshops with any accompanying materials
- Entertainment – Dinner/dance, Bingo, Shopping & Touring Opportunities
- Door prizes entries

**DEADLINE FOR FULL PAYMENT OF RESERVATION IS
THURSDAY, JULY 25TH!**

DETACH HERE AND RETURN WITH PAYMENT

NAME _____

Volunteer Program: ____ FGP ____ RSVP (\$50 Per person) Guest: _____ (\$175. 00 each)

Enclosed is my check or money order for: \$ _____ # _____

Address: _____ Zip _____

Phone: _____

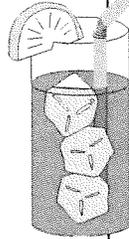
Emergency Contact: _____ PH # _____

Preferred roommate: _____ (not guaranteed)

Special needs: _____ Lodging _____ Dietary _____

**RSVP JULY
BIRTHDAYS**

Pearline Allen
Alberta Banks
Pauline Banks
Bea Bartsch
Doris Billharz
Thomas Blue, Jr.
Edna Bolden
Marilyn Brock
Linda Bucayu
Dora Compton
George Constantine
Ronald Coomes
Peggy Cyrus
Teresa Davidson
Gertrude Dentlinger
Margery Driskell
Edna Givens
Edith Goben
Mary Gordon
Betty Gorence
Geraldine Gravatte
Annaliese Griffin
Karl Harbison
Mildred Heck
Anita Hinkle
Helen Jones
Lucille Kamer
Mary Rose Kamer
Virginia Kern
Avis Kettring
Della Kibler
Lue Lantz
Dolores LaPointe
Verna Leet
Fred Minch, Sr.
Anne Netick
Willie Nolen
Elsie Parker
Ollie Pearson
Lois Pendleton
Velma Robertson
Dorothy Roehrig
John Roemer
Vivian Ruzanka
George Schaefer
Helen Schmitt
Frances E. Scott
Fletcher Seay, Jr.
Ralph Smith



Paul Soeder
Norma Steber
Robert Steinmetz
Ruth Steinmetz
Mary Stokes
Robert Stratman
Elizabeth Stuecker
Agnes Thompson
LaVerne Vandevander
Betty Vannatta
Carolyn Walker
Anna Washington
Betty Weis
Virginia White
Florence Willett
Helen Wimberg

***Spread the word!
Volunteers needed!***
Call 574-1157!

Fairdale Area

Community Ministries

Several positions open:

- Clothing Closet & Rummage
- Emergency Assistance Intake Workers
- REACH after-school helpers
- Office assistants
- Fundraising

CAA - Advocates for Seniors in Poverty

Group: Fall start up expected. Quarterly meetings to address local issues.



St. Joseph Orphanage -

Volunteers needed for basic sewing, embroidery or as quilters. Also needed are ceramics artists. Both areas act as fund-raising efforts for the center's many children's programs.

FYI!! Annual picnic is Saturday, August 10th!

Senior Citizens East -

Several positions open:

- WHEELS van drivers
- Clerical assistants
- Beginning arts & crafts leader at St. Matthews Activity Center
- Mobile meals deliverers

NEW at CAA Main

Office! 5-10 volunteers to assist in new Employment Resource Center. Office and computer experience required. Duties include receptionist, data entry, basic computer usage instruction to clients, coordination of job postings and custodian for equipment, software and materials for client usage. Split shifts per day welcome, with a total weekly commitment of at least 7 hours preferred.

Picnic & Barbeque Safety Tips

Free weekly health tips are offered by www.hopehealth.com.

Below are some very important food facts to keep your family and guests healthy while enjoying a favorite summer past time.

- If picnicking away from home, try to take just enough food so you don't have to worry about storage or safety of leftovers.
- Never put cooked meat on the same plate that held it when raw - unless plate is thoroughly washed in between.
- Wash the surface of melons or fruit before cutting. Bacteria on the peels or rinds can get into the eatable portions.
- Use a separate cooler for drinks to avoid surface dirt or germs from containers to serving ice or foods.
- If you make chicken or potato, pasta salads, etc., cool the *cooked* ingredients before mixing to prevent bacteria from growing. And throw away salads left out at room /outside temperatures at over 40 degrees F for more than two hours.
- Beef and pork should be cooked to a *minimum* of 160 degrees F at the thickest part.
- Poultry should be 180 degrees F at thickest part before serving.



KIPDA list of pharmaceutical companies who offer help with costs

If you have Medicare and no prescription drug coverage, you may qualify for one or more of the prescription discount cards on this list.

Call the toll free number or visit the website to learn more or to apply.

We sincerely thank KIPDA for doing the research and providing the following information!!

Senior Discount Prescription Plan Card
– (Not limited to one company's participation) 1-800-977-3862

GlaxoSmithKline Orange Card
1-888-672-6436

Eli Lilly & Company – Lilly Answers Card 1-877-RX-LILLY
(1-877-795-4559)
www.lilly.com

Novartis Pharmaceuticals – Novartis Care Card 1-866-974-2273
www.novartis.com/carecard

Pfizer, Inc. – Pfizer Share Card
1-800-717-6005
www.pfizer.com

Profound thoughts!

Dogs have owners. Cats have staff.
Once you're over the hill, you pick up speed!

If you look like your passport photo, you probably need the trip!

A conscience is what usually hurts when all your other parts feel so good.

Authors unknown



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A *quick* look at RSVP!



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Louisville & Jefferson County Community Action Agency August, 2002 VOL. 1, No. 3
1200 S. 3rd Street, P. O. Box 2197, Louisville, KY 40201-2197 (502) 574-1157

MONTHLY IN-SERVICE MEETING!!

This is your opportunity to get together and learn, share and enjoy the companionship of other the SIS volunteers – those in the Foster Grandparent Program.

Thursday,
AUGUST 22, 2002
9:00 A.M. - 1:00 P.M.
CAA - Back Building,
1200 S. 3rd Street
Multi-purpose Room
AND for fun ...

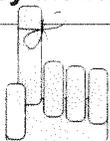
SIS HAT CONTEST!!

BRING ONE OR MORE OF YOUR
BEST ...

- 1) OLDEST, MOST "BEAT UP" HAT
- 2) MOST ELEGANT HAT
- 3) "CRAZY" HAT - DECORATED FOR A SPECIAL OCCASION (Derby, B'day, etc.)

1st & 2nd place awarded token prizes for each category!

Call Marian Gosling to make your reservation for the training, fun and free lunch, at 574-1175, ext. 324. by Monday, August 19th.



DAYS
TO
REMEMBER

Back to School?

It's never too late to learn! Let the sights of yellow buses and mountains of school supplies at your favorite store encourage you to reconsider YOUR learning career.

LIFELONG learning is highly recommended by both physicians and psychologists as a way to slow the aging process.

JCPS Adult and Continuing Education classes are held throughout the area.

They range from the purely practical of home repairs, budgeting, carpentry, auto maintenance to the "fluff" classes of fly-fishing, gardening, music, cooking, dancing and more.

There are employment skills classes, math classes, real estate ...

OR there are the many exercise classes – for all stages and ages. OR sports like playing pool, horsemanship for adults or golf. And STILL more ...

Pick up the newest course catalog at any local grocery store, call **485-3400** or go online at www.lifelonglearning4u.com to see your options.



My "Stuff"

Cleaning out a bookcase, reducing its load from 3 layers of books to one. . . Putting the clothes into a bag for pick-up by a local agency. Dusting, moving, packing it in newspaper or putting it in a chest . . .

As we get older, the "stuff" we accumulate in our houses becomes both a source of pride and a burden. The many picture albums, knick-knack souvenirs from trips or events . . .

These all give us a sense of accomplishment, of a life having had meaning. We look to these reminders to uphold our self image .

But eventually, the time comes when we need to decide just how much is too much and what is most important to our legacy.

Think about having a "stuff" gathering of your family and friends. Do a pot luck meal and share the memories and stories that have brought you to collect your "stuff."

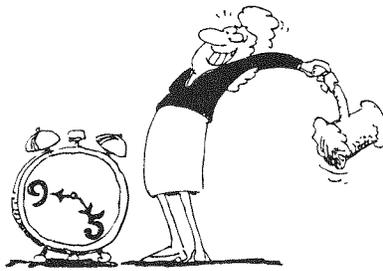
"Stuff" is best when more than one person shares the love behind it.

"Stuff" is more likely to become a family treasure or heirloom when it is passed on to those we love WHILE we are still here to tell the story!



HAPPY BIRTHDAY TO . . .

Julia Alvey
Lynn Beckham
Lavern Boens
Joyce Brumleve
Dinvel Calvert
Wilma Clayborn
Clyde Coffey
Mary Cooper
Helen Crowe
Perrie Daniels
Harry Demling
Shirley Devers
Carolyn Downs
Elizabeth Foppiano
Vince Grenough
Ann Herbig
Alfred Hittinger
Brenda Hittinger
Mary Ann Huber
Frances Kaelin
Vicky Koenig
Martha Kopatz
Sherry Kralik
Cheri Metzger
Rose Munn
Bernie Murphy
Sharon Reesor
William Roehrig
Dorothy Rosenbaum
Peggy Reuff
Vera Sanders
Teena Scott
Marie Shaughnessy
George Sparks
Roland Steiner
Bill Straub
Betty Thomas
Jo Thomas
Fannabel Thompson
Al Tillman
James Torseh
Marion Traynor
Lowell Vance
Marion Vincent
Lorraine Wells
Virginia Wilhelm
Alene Young
Bette Zeller
**AND belated July b'day
best wishes to Pat
Gillenwater!!**



There's STILL time!!

You have until **Friday, August 16th** to register for the Kentucky Seniors Saving Medicare **TOTALLY FREE** Volunteer Training.

Join volunteers from all over the state on **Tuesday and Wednesday, August 27-28th in Bardstown, KY.**

Food and lodging are provided!! Transportation is being coordinated and reimbursement is also being provided for mileage!

Learn to teach other seniors and caregivers how they can develop and keep a "bank book" / Medicare treatment register. On a monthly basis, they can use it to make sure that their Medicare account is correctly billed. If a question or problem is found, you can let them know they have a safe place to call.

It is very unfortunate that some folks don't know how or are afraid to speak up about their Medicare or Medicaid treatments. *YOU can help!*

And yet, your volunteer commitment, after training, involves only a few hours a month!

KSSM also wants to reach potential volunteers in Bullitt, Oldham, Shelby, Henry and Spencer counties. If you know anyone who might want to help save tax dollars, please call **Jennifer Fahey at 574-1157, ext.333** for more information!

AUGUST IS CATARACT AWARENESS MONTH!
This is a serious health and safety risk as it comes on so gradually!

And don't forget to also have your eyes checked for glaucoma – look for free screenings at the Kentucky State Fair!



CAA – SW Gov't Ctr.
7219 Dixie Highway

WELCOMES YOU
to the
"Back to School Fair"

Friday, August 16th
10 AM – 2 PM

Door Prizes
Refreshments
Games
Bicycle Giveaway
Information Booths



Fun Quotes by Unknown Authors

"A true friend is one that lets his grass grow as tall as his neighbor's."

"America still has more marriages than divorces . . . proving that preachers can still out-talk lawyers."

"Before you become old and wise, you must first be young and foolish."



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September, 2002 VOL. 1, No. 4

1200 S. 3rd Street, P. O. Box 2197, Louisville, KY 40201-2197

(502) 574-1157

Volunteers, age 55 and over, are needed for the following opportunities of community service:

10-20 low-income volunteers to be trained as Foster Grandparents (qualifications apply and training is required)

WHEELS van drivers
Drivers for home delivered meals –Buechel, J'town and Fern Creek areas

Kitchen helpers needed at J'town and Fern Creek sites

Attendants for monthly shopping trips for nursing home residents (meet at the store)

Special occasion activities at nursing homes

SW Hospital emergency room liaisons/ receptionists

Tutors for boys in basic reading and math

Fall festival workers

Theater information booth attendants

Horticulture assistants

Regular clerical assistants

Animal keeper assistants

Receptionist for Shawnee area Neighborhood Place

Receptionist /research assistant for job center

Please share the news of these opportunities with your church friends, family, etc.

KSSC Lexington Conference

Those who are cleared to go - meet at CAA Central office (1200 S. 3rd Street) no later than 11:30 A.M. , Monday September, 9th.

Bus / van leaves promptly at 12:00 NOON!!

We will return to CAA on Wednesday, September 11th by 4:30 P.M.

We are sincerely sorry that we were not able to take more people this year!

The success of SIS fundraisers determine our ability to support such events.

SO . . . please plan to support any effort we hold this fall! Details as soon as possible!!

Reminder:

Metro United Way is a major financial supporter of SIS & RSVP. If you are able, please support their annual Campaign! *Thank you!*

"Seniors and RX Drugs-Availability, Accessibility and Affordability"

FREE PUBLIC dialogue with local legislators, candidates, experts and community commentators!

**September 24th,
12:15 – 3:30 PM**

Memorial Auditorium
970 S. 4th Street

Exhibits, refreshments

Call 589-4941 for more info or to register!

"Stand Down" for homeless Veterans and families

**Saturday,
October
19th.**



This joint effort of the City of Louisville, VA Medical Center and the Kentucky Department of Veteran Affairs is a one-day distribution of material and emotional assistance for local veterans and families.

Seniors In Service will be collecting donated items until **Wednesday, October 2nd** at the CAA Central office, C/O Marian Gosling, 1200 So. 3rd Street.

Items needed: personal hygiene (bar soap, razors deodorant, dental care, etc.) underwear/socks, blankets, towels & washcloths, clean winter coats, hats, gloves, backpacks, duffel bags, etc.

Please consider a donation to help them face the winter.

Senior Forum now rescheduled for Friday November 15th!

Those who have indicated their interest previously, please mark this date down on your calendars.

It will still be held at Memorial Auditorium and more details will be forthcoming!

HAPPY BIRTHDAY TO . . .

Generose Bain
Doris Baker
Marie Barrett
Naomi Bayne
Joanne Benim
Pat Brady
Nemy Bucayu, Jr.
Audrey Burrell
LaVern Busch
Al Fiorucci
Margaret Furlong
Sara George
Barbara Grammenz
Florence Hamblin
Doris Harper
Margaret Hennekes
Marilyn Hoehler
Carolyn Ising
Bernice Jackson
Josephine Johnson
Edna Keeling
Lois Krampe
John Kroeger
Catherine Luckett
Anita Maier
Doris Paine
Agnes Pippin
Frances Powell
Paul Price
Norma Raydon
Mary Riley
Betty Rothwell
Magdalene Scharfenberger
Bette Shwab
Anna Scott
Ruby Shull
Jean Singery
Betty Weyler
Drucilla Wilkins
Jean Williams
M. Doris Wuetcher



***Congratulations to
any volunteers
who were named
as ribbon Winners
and/or Honorable
Mentions from
their entries at the
Kentucky State
Fair! !***

**Welcome to
all new
Seniors In
Service /
RSVP
Volunteers!!**

Quick Quote:

*"An ounce of patience is
worth a pound of brains."*

Dutch folk saying

Southwest Airlines again sponsoring "Home for the Holidays"

If you are at least age 65 and living on a fixed income, you can enter the 10th annual competition held through the Aging Resource Center.

Fifteen (15) continental, round-trip Southwest tickets will be awarded to the most compelling stories received from the metro Louisville area. The travel dates are December 1, 2002 through March 31st.

The application blank can be picked up at CAA's main office, 1200 S. 3rd Street, in the Seniors In Service area. OR, it is also available at the Aging Resource Center, 900 So. Fourth Street.

The deadline for the applications is Monday, October 21, 2002.

For more information, call **589-4941**.

September is . . .

"Be Kind to Writers and Editors Month!"

"National Humor in Business Month"

Sign of the month:

"All who pass through these doors bring joy. Some when they enter, some when they leave."

C/O Dr. Ann Weeks
www.healingpassages.com



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October, 2002 VOL. 1, No. 5

1200 S. 3rd Street, P. O. Box 2197, Louisville, KY 40201-2197

(502) 574-1157

Visiting Nurse Association's Annual Flu Clinics Need Volunteers

The Kroger stores are again hosting the VNA flu shot drive throughout Kentucky and Indiana.

Here in Jefferson County, "RSVP volunteers make a critical difference in the efficiency of providing this service to the public." Jewish Healthcare System and VNA's volunteer manager, **Audrey Larkin**, is highly appreciative of the many years RSVP volunteers have been involved as "check-in clerks". "They allow the nurses to concentrate on the actual medical procedures."

A list of the 28 clinic times and locations available between **November 3rd** and **November 20th** needing volunteers is now available.

Please call as soon as possible!

Contact:

Carol Huff between **October 7-18th** at **574-1157, ext. 322.**

Marian Gosling at **ext. 324, October 21st** and so forth to offer your services.

THANK YOU!!



AROUND TOWN:

For your information . . .

**Fire Prevention Week –
Oct. 6-12, 2002**

Theme:

"Team up for fire safety!"

Kick-off on Monday, October 7th at Jefferson Square Park (6th & Jefferson) 11:30 AM – 1:30 PM

And . . .

19th Annual Great Louisville Fire Drill, Sunday Oct. 13th, at Shawnee Park, 1-5 PM

Seniors In Service Monthly In-Service Training

Thursday, October 24th at Memorial Auditorium, 2nd Floor. 9 AM-1 PM

BRING YOUR OWN LUNCH / SNACKS! Food service will NOT be available this time. We are very sorry!

Reminder:

SIS Senior Forum is Friday, November 15th, 9 AM – 1:30 PM at Memorial Auditorium, 2nd Floor.

Food, fun and a chance to express your views on several subjects!

Contact Mary Butler for your reservation at **574-157, ext. 319.**

Watch for it!

CAA's new quarterly publication will keep you up to date on the MANY programs that CAA operates to support the agency mission: "To eliminate poverty and its efforts among the residents of Jefferson County, Kentucky."

Volunteers Needed:

(call 574-1157 and ask for "RSVP" for more info)

- Lunchtime meal deliverers **WITHIN** a single high-rise building, easy parking
- Receptionist for CAA Job Center- computer experience preferred.
- Tutors for K-3 elementary grades
- Tutors for adult learners striving for GED's and/ or English as Second Language students (Being bilingual is NOT a necessity!)
- Activities assistants for pre-schools
- "Shopping day" in-store assistants for Hillcreek residents
- Applicants for the Foster Grandparent Program – must be low income and willing to volunteer 20 hours a week. **TAX FREE stipends and benefits provided.**

HAPPY BIRTHDAY!!

Anna Allgeier
Billie Barnes
Ann Beckemeyer
Margaret Bidwell
Wanda Blake
Mary Brown
Andrew Dittmeier
Adell Durrett
F. Yolanda Fanton
Betty Feldman
Marjorie Ferris
Karl Finck
Harold Forrester, Jr.
Edward Frazier
Laveme Fulner
Lena Gilbert
Mary Glasscock
Barbara Greene
Anne Grim
Helen Hagan
Raymond Hall
Sandra Hall
Margaret Hanley
Jessie Harris
Alta Haunsz
Ruth Kelly
Marky Kriete
Mary Krupp



Clara Kuhl
Maxine Lampe
Maddalena Marano
Carolyn McNair
Ruby Mitsch
Juanita Moore
Anita Nieder
Woodrow North
Letha Nutter
Louise Payton
Blanche Ray
Remedios Romero
Helen Ross
Ann Ruhl
Udine Skees
Mary Steier
Beatrice Strohman
Eloise Terry
Martha Wagner
Jen Wallace
Charles Watson
Marie Weckman
Anne Wells
Wilma Westenhofer
Marie Witt
Julio Zayas

Did You Know . . . ?

There are RSVP volunteers helping in 108 locations within Jefferson County.

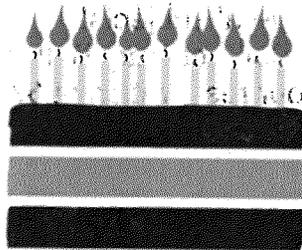
There about 787 volunteers with hours that qualify them as being "active."

If you do not volunteer and report your hours at least once within a three-month period, you are "inactive" and your benefits lapse.

Our most sincere condolences go out to those who have lost loved ones and/or fellow volunteers.



Happy Halloween





The Seniors In Service Monthly

Seniors In Service consists of FGP & RSVP, programs of the Corporation for National Service - Senior Corps, and is sponsored by the Louisville & Jefferson County Community Action Agency



November, 2002 VOL. 1, No.6

1200 S. 3rd Street, P. O. Box 2197, Louisville, KY 40201-2197

(502) 574-1157

REMINDER: TARC 3 Recertification Public Hearing

Wednesday, November 6th
6-8 PM at the Jefferson County
Courthouse,
617 W. Jefferson St.

Their contract is up for
renewal for January 1, 2003.
If you have any information or
opinions you feel relevant,
please take this opportunity to
voice your concerns or
suggestions.

Congratulations to . . .

Betty Feldman,

volunteer at
the VA
Medical



Center and *one of many* at this
year's "Stand Down" effort for
homeless veterans and their
families. She was featured in
the Courier Journal. She is a
worthy representative of the
GREAT GROUP of volunteers
who serve year-round.

YES . . .

The **Annual Volunteer
Recognition** event is in the
earliest planning stages.

We will update you ASAP!

AND NO . . .

We will NOT be having a
separate "holiday party" this
year.

**FGP vol's required - RSVP
vol's invited!** Next SIS In-
Service Training is Thursday,
November 21st at Memorial
Auditorium. 9AM - 1PM, brown
bag your lunch.

VOLUNTEER

Please call
Marian Gosling
at 574-1157,
ext. 324 if you, a
friend or family
member age 55 or over is
interested in helping.



Schedules and time
commitments are varied and
usually flexible.

All locations offer training to
enhance your comfort in
serving others!

Nazareth Home:

Escorts/guides for visitors to
nursing home

Senior Citizens East / St.

Matthews area:

Van drivers

Substitute meal deliverers

Clerical workers for data entry
and finance areas

Travel / education department
clerical workers

St. Joseph Home for

Children:

Quilters, seamstresses and
ceramics artisans

ElderServe- Dosker Manor:

Activities assistants and

Clerical helpers

South Louisville Community

Ministries:

Lunchtime meal deliverers

Kentucky Humane Society:

Foster parents for newborns

Exercise and socialization

mentors for adoptees

JCPS Elementary Schools

Reading coaches, math

coaches, science and

homework mentors, after

school mentors, activities

assistants

ALSO - STIPENDED FGP

openings available!!

For your pleasure . . .

JOIN
US!



Volunteer Christmas Bazaar

Where: Norton

Southwest Hospital

When: November 22, 2002

Place: Hospital Cafeteria

Time: 9 AM - 2:30 PM

Handmade crafts and goodies
to eat! Proceeds support the
SW Hospital volunteer program.

IMPORTANT NOTICE to volunteers and site managers:

RSVP Coordinator Carol Huff
will be on leave throughout
November and possibly into
December.

Please contact Marian
Gosling at 574-1157, ext. 324
with any questions or concerns.
*"And please be patient, I'll do
the best I can to respond
quickly!@"*

SIS MEMBER PRIVILEGE! CAA Annual LIHEAP starts November 4th!

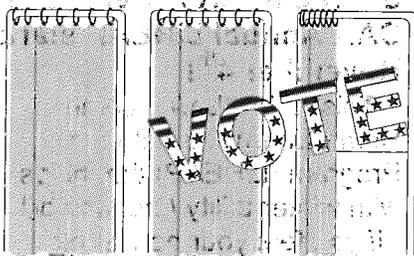
This is the "Low Income
Home Energy Assistance
Program (LIHEAP) that helps
with winter utility / heating bills.

If you feel your household
meets the poverty guidelines to
receive this help, call your SIS
(FGP/RSVP) coordinator for an
appointment. You, as a SIS
volunteer, can avoid the long
wait with the general public!

QUICK QUOTE: "A clear
conscience is usually a sign of
a bad memory." Steven Wright

**HAPPY BIRTHDAY
TO ALL THE
FOLLOWING
ACTIVE
VOLUNTEERS**

Lois Anderson
 Geraldine Auslander
 William Beaumont
 Dolores Block
 Maggi Bopp
 Rose Breunig
 Marcelle Collini
 Carl Eberle
 William Ehlig
 Audrey Elzy
 Pearline Ferguson
 Gloria Fortwengler
 Dolores Gidcumb
 Charles Greene
 J. Edward Hennies
 Mary Hervey
 Aileen Jolly
 Rubenna Kirby
 Betty Leonard
 Geneva Likens
 Geneva Logsdon



**PLEASE
EXERCISE
YOUR IMPORTANT
CONSTITUTIONAL
RIGHT!!**

Dorothy C. McCauley
 Doris McQuese
 Ada Miller
 Carol Mudd
 Claude Oliver
 Mary Panke
 Mary Louise Pfisterer
 Mattie Pillows
 Juan Pinto
 Annalee Pollock
 Margaret Reed
 Jane Revlett
 Mildred Reynolds
 Evelyn Scheuler
 Elizabeth
 Schweinhart
 Myra Smith
 Rose Smith
 Betty Tabor
 Beth Thomson
 Thomas Waskevich
 Louise Wells
 Doris Zollner



**Due to a computer
error . . .**

**Belated best birthday
wishes to Irene Mueller!!**

Holiday office closings:
 Veterans Day - Monday,
 November 11th
 Thanksgiving Day, November
 28th
 Friday, November 29th

Please leave a message and
 we'll get back to you ASAP!!

**Report relays mostly
good news from
employees of not-for-
profits**

The results of a recent survey of the Brookings Institute relate that the employees of not-for-profits:

- Felt more dedicated to the outcomes of their work
- 75% felt less bored with the tasks
- 58% were satisfied overall with their jobs compared to only 41% of employees of the private/for-profit sector
- ONLY 16% say that the paycheck is their primary reason to come to work!!

However, the results also related that not-for-profit employees received less access to technology and adequate training opportunities. And 41% felt it was easy to experience "burn out."

(Local and state government employees were not included in the survey.)

So it seems that not-for-profit employees and volunteers share a number of common values!

Please remember that satisfying careers are built on a passion for what we do, what we accomplish.

We hope that you continue to feel that we (SIS-staff and volunteers) are working in a fruitful partnership to continue the "good news" of CAA - our not-for-profit sponsor!

* For a copy of the full Brookings report see:
<http://www.tsne.org/files/306-37.pdf>