

RSVP Spotlight

A Newsletter of the Retired & Senior Volunteer Program

January - February 2002

JOIN THE FUN RUN!



You do NOT have to run marathons, climb mountain peaks, or swim for miles to stay healthy. You DO need to stay mentally and physically active by getting out and interacting with new people and doing things you feel are significant. What fulfills this criteria? VOLUNTEERING does! *Call RSVP to find the volunteer activities that both fit you and keep you fit.*

ACE

Aide
Corps
for the
Elderly

A project of RSVP, ACE strives to find volunteers for agencies that provide a service to the growing numbers of frail and isolated elderly. These services might include legal services, health insurance counseling, friendly visitors, delivering meals, telephone reassurance, adult day care, home repair services, and hearing and visual handicap services, etc. *To get involved call 875-3631 and explore these many different ways of helping.*

RSVP offers a monthly training for interested persons who might be thinking about working with the isolated elderly. Topics may include communication, establishing trust and rapport, setting boundaries and limits, what to do in an emergency, resources, etc. The next training date is January 30th from 10-12:30 at the RSVP office at 3727 Marconi Avenue. *Please call 875-3631 to sign up.*

NEW VOLUNTEERS / NEW ASSIGNMENTS

- | | | | |
|--|--|--|--|
| ▶ Deanna Ackerman
<i>Sierra Gardens School</i> | ▶ Martha Garcia
<i>Southport School</i> | ▶ Robert Jardine
<i>Eich Middle School</i> | ▶ James Sharp
<i>Eich Middle School</i> |
| ▶ Liz Anderson
<i>Sr. Citizen Services</i>
<i>Citrus Hts. Police Serv. Ctr.</i> | ▶ Ruth Gay
<i>Meals a la Car</i> | ▶ Beatrice Jones
<i>Sr. Citizen Services</i> | ▶ Flossie Sharrow
<i>Elk Grove Senior Center</i> |
| ▶ Leo Anstead
<i>Elk Grove Food Closet</i> | ▶ Naomi Grout
<i>Sheriff's Ctr. Dist. 5</i> | ▶ Mary Millar
<i>UCD-MSSP Program</i> | ▶ Mary Walker
<i>Sargeant School</i> |
| ▶ Martha Anstead
<i>Elk Grove Food Closet</i> | ▶ Bonnie Hendrickson
<i>Spanger School</i> | ▶ Franklin Radler
<i>Spanger School</i> | ▶ Dorothy Warnock
<i>Catharine Gates School</i> |
| ▶ George Buonocore
<i>Buljan Middle School</i> | ▶ Matthew Hickle
<i>Sheriff's Ctr. Dist. 2</i> | ▶ Miriam Radler
<i>Spanger School</i> | ▶ Joan Worley
<i>Senior Gleaners</i> |
| ▶ Robert Christians
<i>Senior Gleaners</i> | ▶ Gaby Hirsch
<i>Project RIDE</i> | ▶ June Riddle
<i>Project RIDE</i> | ▶ Norman Worley
<i>Senior Gleaners</i> |
| ▶ Bob Edwards
<i>Habitat for Humanity</i> | ▶ Nancy Hitchcock
<i>Project RIDE</i> | ▶ Richard Rodenbach
<i>Sacramento Literacy</i>
<i>AARP Tax Aide Program</i> | ▶ Dorothy Ybarra
<i>Stoneridge School</i> |



From the Director

Dear Volunteers & Agency Reps:

The ending of 2000 gives us the perfect opportunity to reflect on some of last year's highlights:

- We completed and celebrated our 30th year in Sacramento and recognized our many volunteers at the annual luncheon.
- We received a grant to provide literacy programs in West Sac. Schools.
- We increased the number of schools served and volunteers in Roseville.
- Our Advisory Council helped us expand our public relations efforts to recruit more volunteers.
- We had two successful orientations for our agency representatives.
- Our ACE Project provided monthly trainings for prospective volunteers planning to work with the frail and isolated elderly.
- We utilized the services of two excellent VISTA members to recruit school literacy volunteers.

Unfortunately VISTA members serve for only one year, which does not seem long enough, and now it is time to say good-bye to Stephanie Anderson, our VISTA from the Chicago area. Stephanie has utilized her writing talents and organizational skills to accomplish many things for RSVP. She coordinated the literacy project in Citrus Heights, helped plan and implement the Fall Fable Festival, and assisted in writing a grant to expand the program. We will all miss her very much.

But it is time to welcome a new VISTA from San Diego, Anne Fotheringham, who has a great deal of experience in the areas of teaching, literacy programming and tutoring. She will work to recruit volunteers for our Sacramento County schools. Welcome, Anne!

James



THE VOLUNTEER OPPORTUNITIES FEATURED IN THIS ISSUE OF THE SPOTLIGHT ARE A SMALL SAMPLE OF THE SELECTIONS AVAILABLE AT THE RSVP OFFICE. CONTACT US AT 875-3631.

The **RSVP** office continues to look for **good writers** who can create volunteer profiles and articles for the media, **good communicators** who like to talk to our volunteers on the phone, and **problem solvers** who enjoy doing just that. *Call 875-3631.*

JUNIOR ACHIEVEMENT hopes to find passionate volunteers who would like to inspire kids to learn the “economics” of life by bringing the JA curriculum into a Sacramento classroom (at any grade level) one hour a week for five weeks. The goal is to give students the tools to become well-educated consumers and productive citizens. Call immediately to get involved in the spring program. Junior Achievement has other opportunities to volunteer besides being a classroom presenter. *Contact RSVP for more information.*



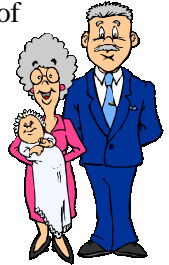
THRIFT SHOPS RAISE FUNDS FOR IMPORTANT CAUSES:

AMERICAN CANCER SOCIETY DISCOVERY SHOPS are welcoming “happy hearted” volunteers at their two resale stores located at 2744 Marconi Avenue (near Fulton) in Sacramento and at 8535 Elk Grove Boulevard in Elk Grove. *Call RSVP for contacts and information.*

LUTHERAN SOCIAL SERVICES has a thrift shop called “**Worth Repeating**” which is “worth visiting” and volunteering for. It is located at 1823 J Street. If you prefer antiques their “**Family Treasures**” store is located at 2980 35th Street.

SACRAMENTO SPCA has great bargains at their thrift shop located at the corner of 14th and E Streets. This is a great way to help the animals without being tempted to take them all home! *Call RSVP for other SPCA jobs as well!*

Can you appreciate the enormity of the job of grandparents raising grandchildren? If so, you may want to lend assistance to **THE GREATER SACRAMENTO GRANDPARENT SUPPORT NETWORK, INC.** a support and advocacy program for grandparents. Their site at 3331 Power Inn Road (connected to Sac. Co. Dept of Health and Human Services) needs people who can respond to requests for information and assist in the office. Their site at 2450 Florin Road (connected to Sac. Co. Dept. of Human Assistance) needs people to answer phones, set appointments and also someone with good writing and computer skills to create a newsletter. The need is critical! *Call RSVP for contact information.*



SOCIETY FOR THE BLIND would like to find people to be 1) personal volunteers to a blind person, reading mail, paying bills, provide some transport to a grocery store, etc., 2) be a receptionist at the office, 3) be a driver 4-8 hours a week, or 4) serve as a Bingo parlor volunteer to help raise \$. *Please call RSVP for contacts.*

DRIVERS are needed to:

- Provide transportation for a blind person to her classroom speaking engagements in which she educates students about overcoming disabilities.
- Deliver meals to homebound seniors.
- Help get isolated seniors to doctor’s appointments.

Transportation is still the #1 problem in Sacramento for seniors and disabled persons. Can you help? *Call the RSVP office to explore the many different ways you could help.*

HARPS (Home Assistance and Repair Program for Seniors) needs volunteers with home repair skills to assist low income seniors with minor repairs to their homes. Do you have a fix-it specialty? Can you share it? *Please call the RSVP office*



SPRING TRAININGS

Both **EFFIE YEAW NATURE CENTER** and the **CALIFORNIA RAILROAD MUSEUM** offer spring and fall docent trainings. A “DOCENT” is a trained volunteer who has learned enough about a subject to be able to share it with visitors. Both these sites offer exceptional trainings. *If interested call the RSVP office and get dates right away so you can sign up and get them on your calender.*



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3727 Marconi Avenue
Sacramento, CA 95821
916-875-3631

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the Corporation
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and is sponsored by
Sacramento County
Department of
Human Assistance*

ANNOUNCEMENTS

- ❖ **Give the gift of education.** Assist students to do a little better on their homework or help a teacher by giving individual attention to a child. Show them that you care. RSVP is delighted to help place seniors in classrooms in schools where they can be utilized. Currently we have schools in San Juan, Folsom-Cordova, and Roseville School Districts waiting for volunteers.
- ❖ **We need help identifying people** whose pictures appeared on pages 2, 3 and 4 in our photo essay of the Recognition Event. If your picture appeared on these pages (and we have not already talked to you) would you be kind enough to call us and leave a message at 875-3631 with your name and specifically which picture was yours. Thank you very much!
- ❖ Our continuing gratitude goes to **Marilyn Murtos of Murtos Graphics** for newsletter layout and design and to **KCTC (AM1320)** for their publicity and support.

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