

RSVP

NEWSLETTER

WINTER 2013

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CELEBRATE GENERATIONS OF WOMEN WITH YWCA MCLEAN COUNTY MAY 4!

Laughter fills the room where four generations of women gather together: mother, daughter, granddaughter and great granddaughters. They share the same twinkle in their eyes, wisdom and sense of humor. Great granddaughters, Page and Hannah are teenagers. Granddaughter Shannon is in her mid-thirties. Sharon is sixty-two. Sharon's mother is eighty-five. Their ability to share their thoughts and feelings with one another is the foundation of their strength.



Generations of Women
Honor the Past, Imagine the Future

SAVE THE DATE
Saturday, May 4, 2013
11:30 - 2:00PM
ISU Alumni Center

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Honor the past and imagine the future for YWCA McLean County's Generations of Women! Come for lunch on May 4th, at the ISU Alumni Center from 11:30-2:00 p.m.; bring your grandmother, mother, and granddaughters to enjoy a delicious meal with keynote speaker, Mia Smith, head coach of the Illinois Wesleyan University Women's Basketball team. She will share with us an incredibly inspirational story of what friends and family meant to her during a very challenging time in her life. Mia battled breast cancer while leading her team to victory in the spring 2012, Women's Basketball championship game. Following her luncheon presentation, Pam Eaton, Jan Godbey and Marylynn Meredith will assist those in attendance in artful expression.

The first 50 to register for the Generations of Women luncheon will be entered into a drawing to win a set of reservations to YWCA's Women of Distinction event on Thursday, May 23, 2013. Two winners will be selected. For more information, please contact Linda Henderson, Director of RSVP, at (309) 662-0461, ext. 275 or email lhenderson@ywcamclean.org. To register to attend, visit YWCA's website at www.ywcamclean.org or complete the enclosed registration form. 1

RSVP WELCOMES NEW DIRECTOR



On January 2, 2013, Linda Henderson became the new Director of the RSVP program at YWCA. Linda, who has lived in McLean County most of her life, is excited to be working with the staff at YWCA to provide services to children and adults of all ages. She is a graduate of the University of Illinois, with a B.S. in Education, and experience in academic education, prevention education, and agency administration, as well as, volunteer recruitment, training and appreciation. Most recently, she has worked with senior care communities.

Please stop in to meet Linda if you are passing by, or give her a call at 309-662-0461, ext. 275 to say “hello” when you can. You can also email her at lhenderson@ywcamclean.org. She would like to connect with all the great RSVP, Smart Sprouts and SHIP volunteers she hears such good things about!

RSVP COMMUNITY IMPACT AREAS

The Corporation for National Community Service, the primary funding source for RSVP has identified impact areas for 2012-13. YWCA-RSVP will strive to focus programming on those areas to meet the needs of the community. The impact areas are:

Disaster Services: Develop volunteer capacity to help states and communities prepare, respond, recover, reduce trauma and increase community resiliency.

Economic Opportunity: Support and facilitate programs to improve the financial well-being and financial security of economically disadvantaged persons.

Education: Provide and support services that contribute to improved educational outcomes for disadvantaged adults and children.

Environmental Stewardship: Provide services that contribute to increased energy and water efficiency, renewable energy use, or improving at-risk ecosystems, and support citizen behavioral change leading to improved energy management.

Healthy Futures: Provide services that enable seniors to remain in their own homes sustaining or improving their quality of life. Assist in the provision of primary and preventative health care, and improve exercise and nutrition for people of all ages.

Veterans and Military Families: Positively impact veterans’ quality of life and improve military family strength.

If you would like to volunteer your talents and skills in any of these focus areas, please contact Colleen Steinberg at 309-662-0461 ext. 267, or email csteinberg@ywcamclean.org.

SEEKING VOLUNTEERS FOR SMART SPROUTS

YWCA McLean County's Retired and Senior Volunteer Program (RSVP) is seeking volunteers, aged 18 and over, for its highly successful mentoring program. The Smart Sprouts program provides volunteers an opportunity to work-and play-with elementary students one-on-one and in small group settings during the after school hours of 3:30 - 5 p.m. Volunteers are able to participate as little as an hour a week, or as many as 5 hours per week, based upon their schedule and desire for fun. The Smart Sprouts program is held at 17 different schools and community centers throughout the Bloomington-Normal area - so there may be a Smart Sprouts site not far from your home! We have on-site coordinators to provide any assistance that may be needed, and activity guides created to help with the mentoring experience as well. For more information about being a "Bud," contact Linda Henderson at 309-662-0461 ext. 275 or email lhenderson@ywcamclean.org.

GO RED FOR WOMEN FEBRUARY 27

Plan to join OSF St. Joseph Medical Center February 27 to hear Dr. Malissa Wood, cardiologist with Massachusetts General Hospital, and co-director of the Corrigan Women's Heart Health program. Malissa is author of *Smart at Heart, A Holistic 10-step Approach to Preventing and Healing Heart Disease for Women*. OSF will host a community luncheon at the Marriott featuring Dr. Wood as the keynote speaker. There is no charge for the event, and the first 100 women will receive a free copy of her book. To register, please visit www.osfstjoseph.org/her-heart or call (309) 661-5151.



PLEASE CONSIDER DONATING TO RSVP

If you've enjoyed the RSVP program support for your volunteer service and believe RSVP plays an important role in the community, you can help insure RSVP's sustainability by donating to YWCA McLean County today. Thank you for considering this request and thank you for your service to our community!

Thank you for your support of RSVP and YWCA McLean County

(All donations for RSVP should be made out to: YWCA McLean County)

STATE FARM GOOD NEIGHBOR GRANTS

Through the Good Neighbor Grant Program, the State Farm Companies Foundation awards a \$500 grant on behalf of each eligible State Farm associate or retiree who volunteers a minimum of 40 hours per year to an eligible non-profit organization. As you know, YWCA is a non-profit organization, and we would welcome your Good Neighbor grant assistance. If you know, or you are a State Farm employee who volunteers assistance through RSVP volunteer placement, please complete the State Farm volunteer form and we will be happy to sign it to verify your volunteerism. Forms can be found at www.easymatch.com/StateFarm. We would truly appreciate State Farm's contributions to assist us in program expansion.



ARE YOU READY?

FREE DISASTER PREPAREDNESS PRESENTATION MAY 4

There will be a unique, no-nonsense presentation to help prepare you for when or if disaster strikes. Presentation topics will include:

What is happening around the country?

How can your family be better prepared?

What is in a home disaster kit?

Listen to storm stories from a storm chaser.

The McLean County Association for Home & Community Education presents this great opportunity on **Saturday, May 4th, 10:00 a.m. to 2:00 p.m. at the Interstate Center, 1106 Interstate Drive in Bloomington, IL.**

The keynote speaker, Eddy Weiss, is a disaster preparedness expert and educator. He currently tours the United States presenting over 700 programs per year. He is the founder of Chasing4Life, an internationally known organization involved in training, teaching and disaster response. Visit www.Chasing4Life.org for more details. For more information, please contact Colleen Steinberg at csteinberg@ywcamclean.org or (309) 662-0461 ext. 267.

YWCA SENIOR ADVISORY COUNCIL

Members of the Senior Advisory Council have joined together with YWCA Ambassadors to offer guidance to program staff. The council meets monthly to learn about programs and goals of YWCA. It provides input and helps identify potential areas for growth and development. The council, which is led by RSVP volunteer Charlotte Talkington, has been primarily advisory in the past but will become more active in volunteer recruitment and community-wide agency representation. If you are interested in serving on a council sub-committee, please call Linda at 309-662-0461, ext. 275, or email lhenderson@ywcamclean.org.

SPOTLIGHTING BLOOMINGTON DAY CARE CENTER

We salute Bloomington Day Care Center - an RSVP volunteer station! Marian Volz, who is an RSVP volunteer, teaches science to the children at Bloomington Day Care Center. Her love for both children and science is obvious each and every week by the fun activities and experiments she plans for the children. RSVP and the community are lucky to have both Marian and the Bloomington Day Care Center to keep our children safe and smart.

Bloomington Day Care is a non-profit childcare organization that serves approximately 172 children at two locations within the Bloomington area. Both locations provide programming accredited by the National Association for the Education of Young Children. Becky Freehill, director of the day care center, says that they welcome children from all backgrounds, and work closely with local agencies to help families who are challenged by homelessness.

VOLUNTEER SPOTLIGHT

Lois Hill and Lynne Wright have recently become volunteers at YWCA's administrative front desk - each offering their talents one afternoon per week. It is wonderful to have them in the building with us helping out !

Lois Hill is a transplant from Nebraska, who began her career as a country school teacher, but eventually found herself at General Electric where she worked for the next 32 years. She began as a factory operator, but quickly moved into managing the mail room, operating the printing presses, and finally customer service - prior to being promoted to inside sales for exports. During that time Lois thoroughly enjoyed working with people from many different countries. Lois has three grandchildren who live nearby, and she enjoys sharing her love of reading with them, as well as stories of her travels throughout all fifty states and eleven foreign countries. She works volunteering into her already full schedule, with commitments to Advocate BroMenn, as well as RSVP.

Lynne Wright began volunteering in November 2012, and has a B.A. in Education from ISU with a major in Spanish and a minor in Russian. She taught for a few years, and then found herself managing the payroll for over 5000 AFNI employees in twelve states. After twenty-four years in that position, she retired in April of 2011. Lynne's husband retired from State Farm in 2004, and their son, who is a chemical engineer for ADM, along with his family, live nearby in Heyworth. She has two grandchildren Aiden, age 5, and Skylar, age 3, who think spending time with their grandma is the best. Lynne enjoys reading, taking care of their outdoor pond and pool - and most of all, she loves to golf.

WELCOME NEW VOLUNTEERS

Our sincere appreciation to Kathy Eimmermann, Mary Anne Schierman, Carolyn Gray, Ralph Dude, Jane Phillips, Cheryl Budde, Donna Smaling and Marilyn Kammler for referring their friends, relatives and fellow volunteers to RSVP. If you know of someone who would like to volunteer, please contact Colleen Steinberg at 309-662-0461 ext. 267 or csteinberg@ywcamclean.org.

Marsha Blair	Linda Hendricks	Melissa Paschold	Julie Sullivan
Michael Blair	Ralph Huckstadt	Ethel Regenold	Norma Valentine
Diane Gieseke	James Johnson	Barbara Rivard	Lawrence Weller
David Glacinski	Chris Kaufman	Tanya Rose	Mary Weller
Jim Gray	Lucille Moore	Donna Smaling	

KUDOS TO RSVP VOLUNTEERS!

You are AMAZING! Volunteer hours provided through RSVP to McLean County organizations during 2012 are more than 108,272...and counting. Thank you so much for all you do, and for recording your volunteer time so we have the numbers to support grant proposals. We know that the paperwork is not much fun, so we consider it a labor of love. Thank you!



NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
BLOOMINGTON, IL
PERMIT NO. 66

Retired & Senior Volunteer Program

1201 N. Hershey Rd.
Bloomington, IL 61704
309.662.0461
www.ywcamclean.org

CALENDAR

RSVP (Retired & Senior Volunteer Program) is sponsored locally by YWCA McLean County. For more information call (309) 662-0461.

YWCA McLean County is an equal opportunity employer and service provider, and is in compliance with federal and state regulations. If you feel you have been discriminated against, please contact YWCA at (309) 662-0461.

SHIP Walk-in Medicare Counseling Sites (FREE!)

Westminster Village

2025 E. Lincoln, Bloomington, 1-2 p.m.
Feb 4, Mar 4, Apr 1, May 6, Jun 3

Advocate BroMenn Medical Center

Virginia & Franklin, Normal, 1-3 p.m.
Feb 12, Mar 12, Apr 9, May 14, Jun 11

Community Cancer Center

407 E. Vernon, Normal
By appointment only. Call 451-8500.
Feb 13, Mar 13, Apr 10, May 8, Jun 12

Evergreen Village/Place

Village: 1701 Evergreen Blvd., Normal
Place: 801 Gregory St., Normal
By appointment only. Call 662-0461.
Village: Mar 14, May 9, Jul 11, Sep 12
Place: Feb 14, Apr 11, Jun 13, Aug 8

Center for Healthy Lifestyles at OSF St. Joseph Medical Center

2200 E. Washington St., Bloomington
By appointment only. Call 661-5151.
Feb 19, Mar 19, April 16, May 21, Jun 18

Normal Senior Activity Center

1 Normal Plaza, 1110 Douglas St., Normal, 1-3 p.m.
Feb 26, Mar 26, Apr 23, May 21, June 25

AARP Safe Driving Courses

Review course for adults ages 50 and older. Cost: \$12 for AARP members, \$14 for non-members. Pre-registration required. Call 662-0461.

March 12 & 13, 8 a.m. – 12 p.m.

June 5 & 6, 12 p.m. – 4 p.m.

Safe Driving Courses will be held at YWCA. Participants must attend BOTH days to obtain a certificate of completion.

Rules of the Road

FREE – 2 hour review course – all ages

Apr 16, 9 a.m. – YWCA, 1201 N. Hershey Rd. (lower level), Bloomington

May 16, 10 a.m. – Normal Senior Center, 1110 E. Douglas St., Normal

June 5, 1 p.m. – Luther Oaks, 601 Lutz Rd., Bloomington

July 18, 10 a.m. – Evergreen Village, 1701 Evergreen Blvd., Normal

Aug 14, 9 a.m. – YWCA, 1201 N. Hershey Rd. (lower level), Bloomington

Sept 19, 10 a.m. - Normal Senior Center, 1110 E. Douglas St., Normal

Please contact YWCA McLean County at 309.662.0461 with any questions.