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**Dates to Remember:**

- March 8– Day Light Savings Time
- March 10– Timesheets Due
- March 17– St. Patricks Day
- March 24– New Volunteer Orientation/Coffee

**Advisory Council 08-09**

Rev. Howard Grinager—Chair  
 Charlene Foster— Co-Chair  
 Tim Bjork, Elton Blemaster,  
 Liz Farley, Bill Flesch  
 Alta Gaarder, Anne Gormley  
 Eileen Herrin, John Lakner  
 Nadiene McCreedy, Russell Nash  
 Marilyn Nugent, Lynn Spomer

Ellen Lee— St. Mary’s Foundation  
 Chris Vandenbos— United Way  
 Liasion  
 Katie Nagle, Project Director  
 Julie Linn, Coordinator

# Central SD RSVP

March 2009 Edition 

“Serving our communities through volunteerism”

## A NOTE FROM KATIE

Happy St. Patrick’s Day! As you read our March edition—we will be eagerly awaiting more signs of spring to come.

I would like to thank all those individuals who helped serve at our first ever Pizza Ranch fundraiser (to benefit the Reading Buddy Program). Elton Blemaster, Ron & Marrietta Catlin, Jean Easland, John Lakner, Julie Linn, Daisy Mernaugh, Katie Nagle, Marilyn Nugent & Sandy Sheppard. It was a lot of fun—and we also thank those RSVP volunteers and friends and family who stopped by to eat.

Be watching for a volunteer survey to come your way in the next month or so. We want to take the time to see what is working for you regarding RSVP, if there are things we can do to improve upon or things we can add in order to improve your volunteer experience with RSVP.

Thanks for all you do each and every day—be sure to check out the volunteer opportunities page—there are a lot of exciting things listed.

***Katie Nagle***



### DEPARTMENT OF PUBLIC SAFETY

118 West Capitol Avenue • Pierre, South Dakota 57501-2000  
Department Secretary: (605) 773-3178 • Fax: (605) 773-3018

ACCIDENT RECORDS  
DRIVER LICENSING  
EMERGENCY MEDICAL SERVICES  
FIRE MARSHAL  
HIGHWAY PATROL  
HIGHWAY SAFETY  
INSPECTION PROGRAM  
STATE RADIO

We change our habits, our wardrobes, our activities and our clocks when signs of spring start to show up. Here’s one more thing we need to change– batteries.

This year Day light Savings Time begins on March 8. When you change your clock for Daylight Savings Time, remember its time to change the batteries in your smoke detector too.

Now is the time to make sure the smoke detectors in your house are functioning. Just press the test button on the alarm. If the alarm doesn’t sound, replace the batteries. If replacing the batteries doesn’t solve the problem, replace the unit.

Remember, change your clocks, change your batteries. It’s a quick and easy way to help keep you and your family safe.

Al Christie  
South Dakota Fire Marshall

(Reprinted with permission from the SD Department of Public Safety)

**WORKSTATION SPOTLIGHT: THE RIGHT TURN, INC.**

March

Birthdays

- Judy Bassett 3/2
- Elda Obenauer 3/2
- Marie Sylva 3/2
- Maxine Tilber 3/3
- Blodwyn VonWald 3/5
- Anne Gormley 3/7
- Velda Rediger 3/7
- Bev Jennings 3/9
- Joann Weaver 3/9
- Donna Crane 3/13
- Sandy Nelson 3/14
- Seb Axtman 3/15
- Sue Nicholas 3/16
- Lucille Ebert 3/19
- Erna Hansen 3/22
- Verne Baker 3/28
- Judy Rada 3/29

Happy Birthday to you all. Hope you have a wonderful day and year.

**MARCH IS:**

- ◆ National Nutrition Month
- ◆ Save your Vision Month
- ◆ National Cherry Month
- ◆ Daylight Savings Begins on the 8th
- ◆ Spring Begins on the 20th.

The Right Turn started in Pierre in 1974 as the Pierre Clerical Program. In June of 1986, The Pierre Clerical Program was renamed The Right Turn Career Learning Center to reflect its broadened scope of services.

On July 1, 1993 The Right Turn became a non-profit organization. Past sponsorships included Agar School District, South Dakota Private Industry Council, Department of Labor, Federal Job Training Partnership Act, and the Pierre School District. Currently The Right Turn is funded by United Way, Department of Labor, Pierre and Stanley County School Districts, and various other educational grants. We provide on-site and distance learning classes depending upon the student's program of choice.

**The Right Turn Programs and Services:**

- \* Office Technology Training
- \* P.A.C.E
- \* Medical Transcription Training
- \* Governor's Car Seat Program
- \* Early Childhood Training Network (CPR, CDA, Parenting, and Child Care Provider Training)
- \* Alternative School
- \* Computer Training
- \* Adult Basic Education
- \* Literacy Program
- \* GED Preparation Classes
- \* English as a Second Language
- \* Competitive Advantage Classes (Tailored to Employers needs)
- \* Employment Services
- \* Women's Prison Education Program
- \* WIA/Voc. Rehab Services

The Right Turn, Where education and training provide opportunities for employment advancement, is located at 124 E. Dakota Ave. in Pierre. Hours of operation are Monday through Friday 8:00 to 5:00 and Tuesday and Thursday evenings from 5:00 to 8:00 pm. Please call 773-4577 if you have questions or for further information about the programs available.

**Free Tax Help**

Certified volunteers will provide free Income Tax service for taxpayers with middle to low-income with special attention to Seniors through **April 15, 2009**. Tax assistance will be provided on **Monday, Tuesday and Wednesday** afternoons from **1:00 pm to 4:30 pm** at the **Pierre Area Senior Citizens Center** located at **401 W. Pleasant**. All taxpayers are requested to bring their Social Security Card for identification, their 2007 Tax return and all 2008 income statements such as W-2's, 1099's and all information relating to interest, dividends, etc. If you plan to itemize bring all expense records.

**ICE Your Cell Phone**

Emergency workers check cell phone contact lists for ICE-or In Case of Emergency. Take a few seconds and create an ICE contact and enter your emergency contact information into your cell phone.

**Volunteer Quote:**

"I enjoy meeting new people and assisting them with whatever is needed if I am able." Herb Davis

Herb is a State Capitol Tour guide and an on air reader to the vision impaired at the SD State Library/Braille and Talking Books



# Volunteer Opportunities

## Civic Casa Organization

1. Wrap fudge for Casablanca event– Tuesday March 17th 8:30 am– 12 noon 1205 N. Harrison– 7-8 people needed
2. Decorate for Casablanca– Saturday March 28th. Ramkota- Time to be determined.

## American Cancer Society– Daffodil Days:

Monday March 9th– 9 am– 12 noon will be the work day for Daffodil Days. Work will take place at the Cattleman's Club. 10 volunteers needed

## Habitat for Humanity– Ethnic Dinner

8-10 volunteers needed for annual fundraiser Thursday April 16th 4:30-8:00 pm– Lutheran Memorial Church. Help needed to serve meal, coffee, water, clear tables and help with dishes.

## The Right Turn

This agency has a lending library of toys and educational materials.

1. These items need to be inventoried and a list made of items that are available.
2. If you have computer skills these items may also be entered on a spread sheet
3. Pictures may be taken of each item and downloaded on to computer.

## St. Mary's Healthcare Center

1. Health Information Department: Help is needed with filing and making new medical records. Afternoons– Monday– Thursday, work to fit your schedule.
2. Child Assessment Center: Office help needed with filing and putting together charts. Office open Monday– Friday 8-5  
Choose your hours/day. \*\*Both jobs will require HIPAA and confidentiality training.

## Boys and Girls Club (BGC):

1. Read an hour in the new reading room with club members– Kindergarten thru 6th grade
2. Capital Journal newspaper reader will write 5-10 questions to BGC members who read and can search newspaper for the answers. This will be done to promote reading of the newspaper. Can work from home.
3. Library Organizer– The BGC library needs some organizing, work how long and what day your schedule allows.

## YMCA

Volunteer needed to work with activities coordinator to organize games/cards for seniors who come to the facility for exercise but would like to stay for some socialization. Contact Beth Giddings at 224-1683

## SD Adult Services and Aging:

1. Client needs help with going through mail and would benefit from assistance with sorting and filling out paperwork.
2. Care giver relief needed for gentleman who is taking care of his wife who is home bound.

## SD Cultural Heritage Center (CHC):

Volunteers needed in the following areas

1. Capitol gift shop 10-1 or 1-4:30
2. CHC gift shop 10-1 1-4:30
3. CHC greeter desk 9-1 or 1-4:30

## Maryhouse:

1. Assist in business office. Greet the public and residents, answer phone, sort mail, light filing and typing would be your tasks. For further information call RSVP or Elizabeth at 224-3163

## Pierre Area Referral —Food Pantry

1-2 Volunteers needed at Food Pantry Mondays from 4:00-5:30 pm. You could volunteer every other week if that would work with your schedule. Call Cathy Mercer at 224-8731 or either RSVP office for info.

## Coordinator Corner by Julie Linn Newsletter Editor

- ◆ Special thanks to the volunteers who helped with filling the back packs last month: Jean Easland, Sharon and Rich McEntaffer, and Marilyn Koch. RSVP will continue to collect food items for this program until the end of the school year.
- ◆ Every month we are like to place a "Volunteer Quote" in our newsletter. Please find this form on the extra sheet in this months newsletter. Please fill it out and return it with your timesheet in March or April. Thanks in advance for doing so.
- ◆ National Volunteer Week is April 19-25– Watch for things to come.
- ◆ On a personal note: Thanks to many of you for the birthday wishes last month. I am looking forward to the next 50 and all the adventures it will bring.

*Julie*

### Volunteer Spotlight: Bill Allison

Bill grew up the youngest of 4 boys in Blunt SD. When he was 9 the family moved to California. He graduated from Jordan High School in Long Beach and attended college there also. He worked as the finance director at St. Mary's hospital in Long Beach before moving to Pierre in 1976. He began as business office manager at St. Mary's Healthcare Center in Pierre. He was then promoted to Finance Director under Jim Russell. He retired from that position in 1989. His hobbies include golfing, coin collecting, and photo albums. He moved to Parkwood in 2007. His volunteer work includes Reading Buddies at McKinley and PILC, visiting at Maryhouse, and the Pierre Area Senior Center where he helps with the news letter each month. He has 2 sister-in-laws that live here in Pierre as well as an older brother in California.

He says this about his volunteer work: "It is very rewarding, is great fun, it fills up your spare time and it keeps you productive." Thank you Bill for your continued volunteer work here in the Pierre community.

### New Volunteers

- ◆ Thelma King— referred by RSVP staff
- ◆ Greg and Cathy Brock– referred by RSVP staff
- ◆ Connie O'Dell —referred by Dawn Tassler of Growing Up Together- Welcome to you all!!

### **Time sheet winner: Fern Lyngstad**

Fern is a resident of Lincoln Apartments and helps with many one time projects that workstations request their help with. She recently helped the Civic Casa organization with a Casablanca project. She also straightens and folds bags for the Food Pantry. This is a huge help to them to keep all those many plastic bags under control.

For having her timesheet signed by a work station representative and into the RSVP office by the 10th of the month she is the recipient of \$10.00 in Pierre Pride dollars. **Congratulations Fern.**

### **Hidden Symbol Contest–**

#### **This Months Symbol →**



Thanks to all who participated in the "find the valentine" in the February newsletter issue. 12 people called in to say they found it. The drawing winner: Judy Taylor — She receives \$5.00 in Pierre Pride dollars- Try your luck and call with the location of the symbol into the RSVP office to be placed in the drawing.



### **Your Email Addresses-Please Update**

Katie sent a mass email out to all our volunteers in February. There were lots that came back as undeliverable. **Please**

**let us know your email address**, if we find it is the same that's good to know– if not we can update your volunteer information.

### **Back Pack Donations:**

Thanks to Verna Spoonemore, Elna DeGooyer, Russell Nash, Ag Brasel and Ann Rath for their recent donations to sustain the Back Pack Program. Your support of this program is very much appreciated.

### **Winner News by Liz Farley**

Many of the Winner volunteers continue to meet with Tripp county officials on various committees as they plan the Centennial coming up this summer. Robins are in the back yards -spring cannot be far away.

*Liz Farley*

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## SENIOR HEALTH & FITNESS

### False Perceptions of Aging

By Jim Evans

**DEAR JIM:** I find my health declining steadily as I grow older – I'm 72 - and the number of my medications increasing with every year. I admit that I have never been fond of exercise, and my eating habits have never been particularly good but, still, I didn't expect to go down hill so quickly and so dramatically. Is this just an inevitable part of aging or is there something I can do to reverse this downward trend? **GETTING OLDER BUT NOT BETTER**

**DEAR GETTING OLDER:** Sorry, but age is not an excuse for your problems. Contrary to what many people believe, poor health is not an inevitable consequence of aging according to the Centers for Disease Control (CDC). If you have not led a healthy lifestyle over the years, you are probably paying a price now in terms of chronic disease, disability, diminished quality of life, and increased health care costs. However, the choice has always been yours to do something about it or not – and you still have the same choice today. You may not be able to reverse any damage that may have already been done, but you can definitely reverse the downward trend and start living again rather than feeling sorry for yourself. The CDC cites that “much of the illness, disability, and death associated with chronic disease is avoidable through known prevention measures” including regular physical activity, healthy eating, avoiding tobacco use, and the use of early detection practices such as screening for breast, cervical, and colorectal cancers, diabetes and its complications, and depression. None of this is news to you, of course, so what are you waiting for?

- ◆ To begin with, start increasing your level of physical activity today. Not tomorrow - today! It doesn't have to be a “formal” exercise program, but at least start walking 20-30 minutes a day. If it's too cold or too hot, too icy or too humid, too snowy or too rainy, or too anything that make it difficult or uncomfortable to walk outdoors, just walk in place in front of your TV. How hard is that?
- ◆ Start watching you diet more carefully too. If you still insist on enjoying your favorite snacks, try drinking a full 8 of glass of water before you take that first bite. It will automatically reduce your ability to consume as many calories and help you to keep your weight under control.
- ◆ If you smoke, just quit! If you aren't already suffering from some form of respiratory problem of lung cancer– and even if you are– quitting smoking will at least improve your quality of life in the time you have left. Most people have the greatest success just quitting “cold turkey” and never look back, but if you need help, there are plenty of excellent smoking cessation programs on the market.
- ◆ And lastly, get regular checkups and screening to say ahead of the game. Don't wait until you have a serious problem before you take action and then expect a miracle of modern science to save your bacon. Doctors have the ability to detect many potential problems before they become troublesome, so schedule regular appointments with your doctor at least once or twice a year.

What does all of this really mean? It means taking some responsibility for your own health and well-being instead of blaming your age for your problems. There are many people in their 80's, 90's, and even in their 100's ENJOYING a high quality of life by simply LIVING a better life. You can too, and it's never too late to start.

**Jim Evans is a 40-year veteran of the health and fitness industry and a nationally recognized consultant on fitness for seniors.**



Participating Agency

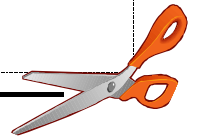


Funding for the RSVP program received from:  
City of Pierre, City of Fort Pierre, Capital Area United Way  
State of SD– Adult Services and Aging  
Corporation for National and Community Service,  
St. Mary's Healthcare Center, St. Mary's Foundation

Volunteer Quote:

We are collecting quotes from our volunteers to use in our future newsletters. Please tell us what impact volunteering has made in your life or how it has helped others. Or add a special memory of yours from one of your days of volunteering.

Name \_\_\_\_\_



Sending in RSVP Volunteer Timesheet Hours by email:

RSVP has a feature on our website that allows volunteers with internet and email access to send their hours in via the internet.

- ◆ When logging in for the first time go to the RSVP Website: [www.rsvpsd.org](http://www.rsvpsd.org)
- ◆ The go to the “Forms” tab
- ◆ Enter your full name as user name with no spaces: JulieLinn (example)

The password is \_\_\_\_\_ Volunteer

You will be prompted to change each of these, go ahead and do this, and record it somewhere in case you forget. (The changed version also comes back to us so we can look it up if you forget)

- ◆ You can then go to “Post Hours” tab- find the job you volunteered at and add hours.

When sending an email from the RSVP website, when we reply back to you the regular email will not go to your home email address but back to you on the website address.

Click on the “Send and read messages” tab to check for emails.

Give us a call if you have questions or if you are having problems we can walk you through the process.