



Recruiting Seniors for Volunteer Positions

News

July - September 2014

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**Don't miss
your chance
to get the
scoop!**



More info inside about our
Ice Cream Social on
Friday, July 18, 2014.

Check out the insert to learn
how you can be entered to win
\$50 cash!

Visit our website at
rsvpgrandjunction.org

Please remember
Mesa County RSVP, Inc.,
in your will, trust,
life insurance policy,
or retirement plan.



**Get your
tickets now!**

The RSVP 2nd Annual Raffle
tickets are available.
Look inside for details!



Recruiting Seniors for Volunteer Positions

Mesa County RSVP, Inc.
is part of Senior Corps
through the
**Corporation for National &
Community Service**

Office Location:

Lower Level of the US Bank at
4th and White, Suite 090

Mailing Address:

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Staff

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Jean Brewer

Office Manager

Amber Hodges

Volunteer & SHIP

Manager

Ruth McCrea

Projects Manager

Lindy Hodges

Board of Directors

Executive Committee:

President: Teresa Black

Vice President: Kay Fiegel

Treasurer: Bill Mitchell

Secretary: Mary Jo Johnson

Board Members:

Terri Potente

Rae Puderbaugh

Judy Forward

John Nelson

Doug Speedie

Vi Crawford

JJ Fletcher

Office Volunteers

Judy Ashby — SHIP Support

Kathie Thompson — SHIP Support

Stephanie Hudson — Project
Support

Jeanne Fox — Office Support

Paula — Office Support

Newsletter Setup

Jean Brewer and
Amber Hodges



HATS OFF TO YOU...

- ☆ **Grand Valley Bank** for sponsoring our Ice Cream Social.
- ☆ **AUSWR CO/WY**, an association of telephone retirees, for the donation of \$500 for a future 'Medicare Moment' spot in *The Beacon*.
- ☆ **CommWest** for all of your generosity while helping us set up our phones.
- ☆ **Romona Clinton** for donating the beautiful Exploding Star quilt for our annual raffle, and to all of our sponsors and donors for our annual raffle including: **Mary Jo Johnson and Judith Forward, Aleta Ballard, Grand Junction Symphony, Canyon Wind Cellars, and Wine Country Inn.**
- ☆ **First Presbyterian Church** for the use of their Fellowship Room for our Ice Cream Social.

Check out all the great RSVP
merchandise available at the store on
our website!

www.rsvpgrandjunction.org



Grey Matters:

Training the Grownup Brain

AARP Colorado's free brain health workshop

Wednesday, July 1, 2014

10 a.m. - 2:00 p.m. (9:30 check-in)

Colorado Mesa University

University Center, Ballroom

1455 N 12th Street

Grand Junction, CO 81501

To register, call **1-877-926-8300**

Welcome New RSVP Volunteers

Through June 11th

Anna Brand	Susan Radka
Betty Burdette	Darlene Romero
Joe Hoey Jr	Loren Roth
Donna Howarton	Merle Smith
Susan Krizman	Mary Tackett
Stan McDonald	Kathy Thompson
Jean Napoli	Judith Wicker

Money Saving Medicare News

by Lindy Hodges, Project Manager

RSVP and the MSMP project would like to say a great big thank you to the Area Agency on Aging and the NCOA for a grant that allowed us to temporarily hire a staff member to work Low Income and Medicare Saving Program applications! That temporary employee is now a volunteer, and we have more ability to help with these programs than ever! We would also like to say thank you to Linda Rodriguez for all of her help over the last few months and for her continued support of this program!

These programs may help pay for some or all of your Medicare costs depending on income. To be eligible, beneficiaries must meet or be under the limits for GROSS income (before any deductions) and ASSETS (resources of value, not including your home or vehicle, such as checking/savings accounts and retirement accounts). If you would like to learn more about these programs and their limits, please give us a call. We are here to help!

Call 970-243-9839 for more information.

Calendar of Events

July

Turn In Your Timesheets

- 1 **AARP Gray Matters at CMU**
- 2 **Medicare 101 – 10 a.m. to Noon**
- 4 **OFFICE CLOSED! Independence Day—Be safe and have fun!**
- 16 **RSVP Board Meeting**
- 18 **Ice Cream Social—** Come get the scoop! See insert for details.
- 18 **2nd Annual Raffle Drawing—**Tickets available now! See insert for more info.
- 31 **OFFICE CLOSED FOR REORGANIZING**



August

Turn In Your Timesheets

- 1 **OFFICE CLOSED**
- & **RSVP will be rearranging the office space.**
- 4 **space.**
- 6 **Medicare 101 – 10 a.m. to Noon**
- 20 **RSVP Board Meeting**
- 27 **Educational Seminar— HopeWest: Positive, Profound, Making a Difference.**

September

Turn In Your Timesheets

- 1 **OFFICE CLOSED—Labor Day!**
- 3 **Medicare 101 – 10 a.m. to Noon**
- 7 **Grandparent's Day**
- 11 **Patriot's Day**
- 17 **RSVP Board Meeting**
- 22 **Fall Equinox**



Volunteer Spotlight

by Ruth McCrea, Volunteer Manager

People generate new brain cells throughout life. Challenge your brain, and you will develop more new nerve pathways. You can give your brain a good workout with just a few modifications in your daily life.

Use these simple, everyday activities to engage the opposite side of your brain:

- . Use your non-dominant hand for simple tasks (brushing your teeth, dialing the phone)
- . Eat with your eyes closed
- . Take a different route to work
- . Sit at a different place at the dinner table

Also protect your brain with these tips:

- . Challenge your brain! Learn a new musical instrument or language.
- . Strategize while you socialize with games such as chess or bridge.
- . Become healthier with enough sleep, a brain-healthy diet and regular exercise.
- . Heart disease, high blood pressure, diabetes and obesity can increase age-related brain decline. Get rid of that glob of abdominal fat that keeps hanging around!
- . Check your medications for harmful memory side effects.

Handyman Project News

by Lindy Hodges, Project Manager

I am very excited to introduce a new Handyman Project Volunteer position, the Handyman Project Ambassador. Stephanie Hudson has graciously filled this position and is helping to create it. Stephanie has worked as an office volunteer here at RSVP for some time now. In the near future, Stephanie will be out in the field with our Handyman volunteers, collecting photos to share with all of you! RSVP and the new Ambassador are working towards a new training opportunity for our Handyman volunteers as well. We are very excited that Stephanie is working in our office and assisting our Handyman volunteers as they build and strengthen our community!

Every job our volunteers do—no matter the size or level of difficulty—means that someone deserving gets the help they need to live more safely, comfortably and independently in their own home. That means every job is a big job. Thank you, Handyman volunteers!

Are you handy? Join us! Handyman Project volunteers work wonders by helping people with minor home improvements and repairs.

***“Be a yardstick of quality.
Some people aren't used to an environment
where excellence is expected.”***

~ Steve Jobs

If you're interested in learning how to help, call 243-9839.

SHIP News

Senior Health Insurance Assistance Project
by Ruth McCrea, SHIP Project Manager

Summer Vacation and Your Medicare

Are you are planning a summer vacation and are concerned about health care while traveling? Remember that Original Medicare (Parts A and B) will cover you for emergency and urgent care anywhere within the United States. And if you have a Medigap Plan, you will be covered for emergency services if they are received by a Medicare Provider. It's always best to check your policy language.

As for coverage under Medicare Part C (health plans under Medicare Advantage and Medicare Cost), check with your provider. Many HMOs don't have out-of-network coverage but may offer emergency care benefits while you travel. Cost Plans generally cover sudden illness or injury while out of the coverage area and will have co-pays involved.

Have fun this summer! For your own peace of mind, check with your healthcare provider before you leave. You never know when you might need urgent care or end up in the emergency room!

Do you have questions about Medicare? Contact your local RSVP Senior Health Insurance Assistance Project (SHIP) for answers.

2014 Educational Series

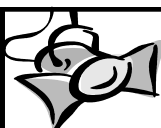
Our August 27th Educational Seminar will be HopeWest: Positive, Profound, Making a Difference.

Educational Seminars are held every other month on the fourth Wednesday from 10 a.m. to Noon. These seminars are free and open to the public.

Call to reserve your spot for these seminars.

Seating is limited.

Seminars Held in RSVP's Multipurpose Room.



Agency Spotlight

by Ruth McCrea, Volunteer Manager

RSVP recently welcomed two new Member Agencies.

Grand Valley Zoological Quest/ Children's Nature Center in Fruita is a "living museum." People can interact, enjoy and learn about global wildlife, conservation and research. Volunteer docents will conduct educational tours through the facility.

Help Hospitalized Veterans' primary mission is to provide therapeutic arts and crafts kits to service and military veteran patients receiving care at US federal, state and commercial medical or nursing home care facilities. Volunteers will help with distribution of the kits and assist veterans working on the crafts.

Senior Scholar News

by Lindy Hodges, Project Manager

New Senior Scholar Volunteer Trainings Scheduled

School starts even earlier next fall—August 4th. We are working with D-51 to offer a choice of two training/ refresher sessions for Senior Scholar volunteers: Friday, August 22nd or Tuesday, August 26th from 8 a.m. to 4 p.m.

The these sessions have been retooled and will serve as an orientation for new volunteers and a refresher for current and returning volunteers. With presentations and hands-on exercises for paired reading and math, this should be a great training!

We like to give teachers and classrooms time to settle into their routines. Then our volunteers are placed in the schools by October, possibly September. Many of our volunteers return to the same classroom and teacher year after year; we try to accommodate all volunteers' school preferences.

In addition, we ask school volunteer coordinators to submit requests for Senior Scholars. We fill those needs as we can. We would like to have many more Senior Scholars in classrooms; they really make a difference!

Please help spread the word about this great program. We need more volunteers who enjoy making a difference in the lives of children here in Mesa County!

ALL NEW

City Market Community Rewards

- ♥ All previously registered cards need to be re-registered.
- ♥ Please register **all cards** online at www.citymarketcommunityrewards.com
- ♥ Use your card every time you shop at City Market.
- ♥ Sign up friends, family, neighbors and coworkers.
- ♥ City Market or King Sooper's/Sooper Cards can be registered for RSVP.

With your help, City Market Cares donated a total of \$7,698 to RSVP! THANK YOU!!!

Volunteer Opportunities

by Ruth McCrea, Volunteer Manager

Grand Valley Zoological Quest/ Children's Nature Center -

Docents at "living museum"

Help Hospitalized Veterans - Distribution Volunteer and Crafting Assistant

The Salvation Army –

Volunteers needed for TEFAP and for Bread Line

GJ Visitors and Convention Bureau –

Information Specialist – substitutes needed for two or more weekends per month and occasional weekdays

Mesa County Public Library in Collbran –

General Library Support Volunteer

Call or go online for many more volunteer opportunities.

RSVP Donors

Our Office Space is
Generously Donated by:



Patrons (\$500 +)

AAA Hearing
AARP Colorado
AUSWR COM/Y
AV Hunter Trust
Anschutz Family
Foundation
Area Agency on Aging
Bacon Family Foundation
Callahan-Edfast Mortuary
Colorado Health

Foundation
Corporation for National &
Community Service
Daniels Fund
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Family Health West
Fruita Thrift Shop
Goodwin Foundation

Kiwanis Foundation
Mary Jo Johnson
Meadowlark Investments,
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State of Colorado-SHIP
United Way of Mesa
County
Wells Fargo Bank

Community Assistance
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Bob and Sarah Walsh

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City Market
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Home Care of the

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Ilona Wiesiolek
Judith Forward
Rae Puderbaugh
Romona Clinton

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Thank You!

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IN HONOR OF:
Kong Heang Vong for
Ruth McCrea

**IN MEMORY OF LOVED
ONES:**
Ray & Maurina Hickman
for Dr. Jim Wilson

Obrigado!

Participating Members (\$1 to \$49)

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Alzheimer's Association
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IN MEMORY OF:
Cynthia L Bauler for
Doc Keller
Gen L. Gallagher for
Emma Williams
Mitzi Taylor for
Mickey Miller



PO Box 1077
Grand Junction, CO 81502

ADDRESS SERVICE REQUESTED

Corporation for
**NATIONAL &
COMMUNITY
SERVICE** 



Never Forget



**Friends of
RSVP**

- Contribute financially to RSVP, and. . .
- Believe people 55 and over are a valuable asset to the community, or. . .
- Utilize RSVP volunteers through his/her place of work, or. . .
- Support what the organization stands for, or . . .

**Any combination of the
above!!!**

Put Your Friendship Where It Will Help Most...

**I want to be a friend of RSVP, whose mission is:
“Serving the community by utilizing the talents
and skills of senior volunteers and placing them
in rewarding opportunities at local agencies.”**

- ☐ Patron Member (\$500 or over)
- ☐ Sustaining Member (\$250 to \$499)
- ☐ Contributing Member (\$50 to \$249)
- ☐ Participating Member (\$1 to \$49)

Enclosed is my/our check for \$ _____

- ☐ Donation in Honor of: _____
- ☐ Donation in Memory of: _____
- ☐ I want more information about RSVP.
- ☐ I want more information on becoming an RSVP volunteer.
- ☐ I want my Newsletter via email: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____