“Doing nothing for others is the undoing of ourselves.” — Horace Mann

RSVP Volunteer Newsletter

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Vice Chairperson
Teresa Hatfield
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Dr. Lyndon Drew
John Gedraitis
Pam Larsen
Edie Wedel
Harold Schaffer

RSVP Program Manager

Annette Graham
Executive Director, Sedgwick County Department on Aging

Lona Kelly, LMSW

FALL 2014

Sedgwick County... working for you

Department on Aging
33 years of service! That’s how many years Dolores Bolin has spent volunteering at the American Red Cross Blood Services. At the age of 43, Dolores, wife and mother of 5, began this service to the community. Prior to her association with the Red Cross, Dolores was (and is) a registered nurse, which might explain why she gravitated towards this area of volunteerism. Registering the donor’s blood pressure, as well as pulse, was the first task she performed. Now due to a change in government regulation, Dolores is no longer allowed to perform such duties. Dolores, along with her close friend Roberta Johnson, monitor people who have donated blood to make sure that once they walk out of their facility, medical complications will not arise. She mentioned some instances in which blood-donors have fainted in the proceeding moments after having had their blood drawn. In fact, this sort of event happened to her after having donated blood.

Dolores’ supervisor, Vonna Peerson, American Red Cross Volunteer Coordinator, shared with me the number of recorded hours that Dolores has given to the Red Cross: 4,297 hours. Dolores has actually served more hours than this but back when Dolores joined Red Cross they didn’t keep a record of volunteer hours. Recently, Dolores was the recipient of the 2014 Volunteer of the Year award, standing out among the more than 500 volunteers within the American Red Cross Central Plains region. When asked about all the attention she has received, Dolores said this was not something she actively sought, but it felt nice to be appreciated.

Her husband, Ralph, along with their sons and daughters, are immensely proud to have a woman like Dolores be part of their family. Apart from her usual role at the Red Cross, in 2006 she volunteered to create a quilt commemorating the 125th anniversary of the organization’s existence. Dolores also volunteers at her church. Her children can also attest to her altruism, not only did she take care of them while they were young, but looked after her grandchildren whenever it was necessary. Her friend, Roberta, has described her as one of those few special people that we get a chance to meet in our lives. When asked what she likes the most about being a volunteer, Dolores mentioned that the she loves to interact with new people and help them. The fun of it, also keeps her going.
Many RSVP volunteers provide a supportive service through a program called Kansas Support Service for Elders or KSSE. This program was originated with Kansas Legal Service in the Mid 1980’s and is now coordinated by CPAAA.

The volunteers who work in the KSSE program go into the participant’s home and help with sorting mail, organizing record keeping, filing items, writing checks and reconciling accounts, as well as, assisting with many other consumer issues.

This type of in home support helps keep many older adults from being targets of scams, they are a type of gatekeeper for the participant. KSSE services help to support many older adults that would not be able to otherwise live independently.

If you would like to learn more about KSSE either to volunteer or because you know someone who could benefit from the service please call the RSVP Office:

316-660-5134

**Kansas Support Services for Elders**

**Participant Eligibility:**
- Must be 60 years older or older
- Possess a Checking Account
- In need of KSSE Services
- There is not a fee for KSSE Services, donations are welcome.
Senior Expo 2014

We would like to give a big shoutout to our volunteers who helped with this year’s Senior Expo. Without your help Senior Expo would not be as successful, Thank You:

David McCart
Robert Harvey
Wanda Schul
Rita Buehne
Vera Pajares
LeaAnn Cloud

Don’t Forget!

Don’t forget, it is time to evaluate your Medicare Part D, prescription drug plan. Time is running out - Call today!

Central Plains Area Agency on Aging
Butler, Harvey, Sedgwick Counties
Medicare Part D Open Enrollment
October 15 to December 7!
Please call today to make an appointment!
1-855-200-2372

Rita Buehne helping out at Botanica
As of the end of October 2014 there are 362 volunteers signed up and working in our communities across Sedgwick County.

Hours of service by plan area:

**Healthy Futures:** This is companionship, KSSE, Tax Aide, Home-bound meal delivery, Transportation, SHICK Medicare Counseling volunteers has served 3,901.25 hours

**Veterans and Military Families:** This includes volunteers working at the VA Medical Center, McConnell AFB—Family Readiness, Workroom and in-home volunteers. These volunteers provided 7,463.25 hours of service and assisted 539 Military Families.

**Capacity Building through ARC-Blood Service:** These volunteers help those that give blood and many of them also transport the donated blood to area hospitals where it is needed most. Blood service volunteers gave 3,793 hours.

**Other Community Service Needs:** These are volunteers that make items to be donated into other non-profits, such as Cancer Centers, Schools, Health Departments. They work in museums, senior centers providing services that do not fit in other categories. These volunteers provided 16,769 hours of service and have donated items into the community totaling $50,097.

*Way to go RSVP-Senior Corp Volunteers You Rock!*
Volunteer Opportunities!

Alzheimer's Association Central and Western Kansas

Receptions/Greeter, answer telephones, and provide light office duties

Central Plains Area Agency on Aging

Companion - Visit and share interest with a homebound senior. Peer Support for a 10 week visiting program.

KSSE - Assist adults 60 and over with normal household finances, such as writing checks, reconciling accounts, sorting and reading mail, and some consumer issues.

Family Readiness ANG Unit @ McConnell

Variety - Inventory donations, stock pamphlets, organize office and storage areas.

KANSEL

Tutors - assisting adults one on one in math, language or with conversational English. KANSEL has many educational volunteer opportunities working with adults.

Robert Dole VA Medical Center

Telephone - Make appointment reminder calls to Veterans

Office Help - Sending greeting cards, data entry of donated items, supporting sight impaired Veterans.

Wichita Dwight D. Eisenhower National Airport

Greeter/Information Booth - assist customers by providing information and paging service.

These are only a few of the many volunteer opportunities that are available to RSVP volunteers. If you would like more information on these or any other volunteer opportunity please call the RSVP office (316) 660-5134.
November is National Family Caregivers Month

Family caregivers have the best interests of their loved ones at heart but at times their self-care is often forgotten. CPAAA is offering a mini-mental break to learn how to use yoga to relieve the stress of caregiving.

Join us on Tuesday December 2, 2014, 10:30—11:30 am @ 2622 W Central 3rd Floor Conference Room. Wear comfortable clothing. Please RSVP to Conni Mansaw at 316-660-5153 or by email cmansaw@cpaaa.org by November 26, 2014.

Also Tai Chi for Caregivers will be coming on February 5, 2015 to the Alford Branch Library at 3447 S. Meridian. Class will be lead by Rich Hanley from Harvey County.

Healthier Warm Spinach & Artichoke Cups

Delicious holiday appetizer

HEAT oven to 350°F.

PLACE 1 won ton wrapper in each of 24 mini muffin pan cups sprayed with cooking spray, with edges of wrapper extending over top of cup. Bake 5 min. Meanwhile, combine remaining ingredients.

SPOON artichoke mixture into won ton cups.

BAKE 12 to 14 min. or until filling is heated through and edges of cups are golden brown.

Calories 60 Total fat 2.5 g Saturated fat 1 g Cholesterol 5 mg Sodium 170 mg Carbohydrate 7 g Dietary fiber 1 g Sugars 0 g Protein 3 g Vitamin A 30 %DV Vitamin C 2 %DV Calcium 8 %DV Iron 4
VOLUNTEER TIMESHEET
Please Submit by the 7th of each month.

Name (please print): ___________________  Email: ___________________

Address: _______________________________  Phone #: ___________________

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<tr>
<th>Date</th>
<th>Hours (round-trip)</th>
<th>Volunteer Activity</th>
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RSVP Staff Signature: _______________________________  Date: _________________
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Visit our website
www.ceaass.org
or call
316-660-5120
Area Agency on Aging
Sedgwick County Department on Aging/Centennial Plaza
For information and answers on aging

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