

RSVP Volunteer Program

RSVP IS A PROGRAM OF THE WESTERN DAIRYLAND COMMUNITY ACTION AGENCY

RSVP Volunteers on a Mission

Jan/Feb 2021



RSVP Volunteers (left to right): Janet Smith, Jodeen Forsyth, Elaine Fried, Linda Skroch, Bob Scharlau, and Joan Fetting

The Mission Thrift Store in Arcadia, a partnering site of RSVP, is a thrift store that relies on RSVP and other volunteers in order to remain an important resource for individuals. Located at 411 South Washington Street in Arcadia, they offer low-priced clothing to patrons in efforts to stretch budgets and ensure that customers are able to purchase items they need. Whether it be furnishing a [new] apartment/home, preparing for the change of season(s) or replacing worn-out items. The Mission Thrift store is open Monday 9-12, Wednesday 1-3, Friday 3-6, and Saturdays from 10-12. Since becoming a

RSVP partnering site, RSVP volunteers have contributed over 10,000 hours!

The Mission Thrift Store may be a ‘best kept secret in Arcadia’. Perhaps overlooked due to the location, a lot of great items are donated by local community members. Walking into the thrift store on any given day, you are most likely to see one of our RSVP volunteers busy organizing, pricing, and assisting customers. Once you are inside, it is easy to see there is probably something for everyone. The thrift store offers a wide range of housewares, clothing, kitchen essentials, books, toys, and a lot of miscellaneous items.

In the beginning, Sister Rosemary operated the ‘mission’ out of her duplex basement in Arcadia, providing those in need with diapers and other crucial necessities. As community needs and the mission grew, it was moved to the Rectory of the church and is now located at its present location. The Mission Thrift store has been in operation for over 15 years. When the partnership with RSVP began, it was at its 3rd [current] location in the old Convent House. The Mission Thrift Store is owned by the Arcadia Historical Society (also a partnering site of the RSVP Volunteer Program).

RSVP volunteer Linda Skroch has been volunteering at the Mission Thrift Store as an RSVP volunteer for about 5 years. She began volunteering when she heard there was a need. When she began, Linda was volunteering two Fridays a month. She has been coming in every Monday for a few years to offer more service. When asked about why she volunteers, Linda said, “I felt the need to give somehow, and I chose Mission Thrift Store.” She also added that she has always wanted to work in retail and volunteering at the thrift store fulfilled that want. Linda also truly feels like her work as a RSVP volunteer means something-like you are really doing some good. She also appreciates that there is so much camaraderie between the volunteers.

RSVP volunteer Elaine Fried began volunteering just prior to Linda. Elaine volunteers two Fridays a month and sorts on Mondays as well.

Continued on page 3...

Western Dairyland EOC Inc. is a private, non-profit community action agency established in 1966 for the purpose of alleviating poverty-related conditions & assisting low-income families to achieve their economic self-reliance. We welcome your comments & suggestions about the Western Dairyland RSVP program.

RSVP Contact Information

Address:

Western Dairyland EOC Inc. RSVP Program
23122 Whitehall Road
PO Box 125
Independence, WI 54747

Office hours:

Monday - Friday from 8 a.m. - 4:30 p.m.

Website:

www.westerndairyland.org/rsvp.phtml

RSVP Program Director

Cheryl Padula 715-985-2391 Ext. 1205
Cheryl.padula@wdeoc.org

RSVP Program Assistant

Jennifer Olson 715-985-2391 Ext. 1216
Jennifer.olson@wdeoc.org

Have You Moved? We want to hear from you!

The RSVP Program has had the pleasure of working with many wonderful volunteers and watching the impact each person has made in their own community through volunteerism.

We ask that you please help the RSVP office stay updated. Are you still volunteering? Perhaps you are not feeling well or maybe you have been physically unable to volunteer due to an illness or surgery? We also know summers are busy and you may be enjoying more time with your family which may result in being too busy to volunteer at this time.

Whatever the reason, we would really like to hear from you. To insure that you receive RSVP volunteer recognition and to assist you with future RSVP volunteer opportunities, we ask that you be sure to record all volunteer hours at your volunteer work site.

Feel free to contact us at anytime; we welcome your input, concerns and volunteer stories.

Call us at 1-800-782-1063 ext. 1205 or 1232.

We look forward to hearing from you!

Welcome New Volunteers!!

Margaret (Peggy) Fiser

Kevin Ritscher

Geneva Hitchcock

Art Dahl

Peggy Waldbillig

Jon Serum

Luan Woychik

Kevin Cassidy



Continued from Page 1...

Linda stated that Elaine was a great help, showing her the ropes when she first came on board. Elaine stated, “I feel like when you get older [retire], you have a lot of ‘holes to fill’. Volunteering helps fill those ‘holes’”. She too feels like she is doing good through her volunteer service. While visiting the thrift store for this interview, I learned very quickly that the RSVP and other volunteers each have their jobs to do. For example, I was informed that Elaine is very artistic and has the ability to make things beautiful, whether it be through repurposing or just adding her personal touch to items. This is very important when receiving donations and is a very good asset for the Mission Thrift Store. Linda added, “I feel because of our age, we can find the good in all things.”

RSVP volunteer, Janet Smith has been a RSVP volunteer for over 7 years at the Mission Thrift Store. She was helping at the thrift store back when it started in the Rectory. She volunteers Monday, helping sort donations that have come in.

Jodeen Forsyth has been volunteering with RSVP at the Mission Thrift Store for over 10 years, two times a month—one Monday and one Friday. Jodeen was a teacher prior to volunteering with RSVP. She also began volunteering after learning there was a need. She primarily works upstairs, straightening the sales floor and helping at the register.

RSVP volunteer Bob Scharlau is the “Monday Muscle” at the Mission Thrift Store. He does a little bit of everything—carrying donations downstairs, sorting shoes, testing electronics, etc.

When asked why he volunteers, he simply stated that it gives him a reason to get out of the house. He has been volunteering at the Mission for over 2 years.

Joan Fetting, RSVP volunteer, helps organize and clean at the Mission Thrift Store. Her fellow volunteers boast that ‘she can clean anything!’. Prior to volunteering, she farmed. She has been volunteering with RSVP at the thrift store on Mondays for over 3 years.

RSVP volunteer and site coordinator, Cyndy Jacoby states, “I am thankful for the volunteers. Without them we would not be able to be open and sell donated items at an affordable cost.” Cyndy stated that the volunteers all feel like they are giving back to the community and contributing to a greater cause. She mentioned that they are seeing larger donations at one time as opposed to individuals donating one or two bags/boxes at a time.

Karen Onstad, Holy Family church secretary, adds, “We have a wonderful team who put their heart and soul into volunteering. We are very blessed.” Karen assists individuals in need to access the emergency food pantry, located at the thrift store. She also meets with individuals/families to determine their needs and sends them to the Mission Thrift Store to pick up the items. Karen is also the Co-coordinator at the Arcadia CommUNITY pantry located at Bethel Lutheran Church, also a partnering site of RSVP.

All of the hardworking volunteers at the Mission Thrift Store have the same common goal—to provide clothing and housewares at an affordable price for everyone. It is one of the RSVP programs goals to provide any individual 55+ with a meaningful volunteer opportunity that enables and encourages them to be active. We want volunteers to continue being involved in important projects, staying connected with their community as long as they want to be. *If you would like to become an RSVP volunteer at The Mission Thrift Store, making a difference one item at a time, please contact us today @ 715-985-2391.*



RSVP FEATURED VOLUNTEER OPPORTUNITIES



RSVP Volunteer Caregiver Project-(Trempealeau County):

Would you like to help individuals in your community? If so, we have the match for you! Seniors and/or individuals with disabilities in Trempealeau County need your assistance. **No personal cares.** Friendly phone calls and/or visits, transportation, light housekeeping, etc. You decide when, where, and frequency. This is a very rewarding, yet flexible volunteer opportunity.

Give us a call to see what we have available in your town [Trempealeau County only]. Call 715-985-2391 to learn more!

HDM Volunteer Drivers-(Buffalo & Pepin Counties):

Deliver more than a meal with this impactful volunteer opportunity!

Meal Sites are located in Durand, Pepin, Mondovi, Buffalo City, Gilmanton, & Nelson. The need for volunteers varies on location. Flexible scheduling available! Mileage reimbursement is offered if you drive your own vehicle. If you drive a county vehicle, there is no mileage reimbursement.

Mission Thrift Store– Arcadia:

Volunteers are needed to assist at the thrift store Fridays from 3-6 pm and Saturdays from 10-1 pm and/or every other month as needed.

Please give us a call today to learn more about this volunteer opportunity at 715-985-2391



The gift of service leads to a life of love.

Mary White

Volunteer Drivers-

(Buffalo, Jackson, Pepin, & Trempealeau counties):

Volunteer drivers are needed to transport individuals to medical, social, and personal appointments. If you are looking for flexibility, this is it! You can choose/deny rides at the time of booking. Use your own vehicle or a county vehicle based on location/availability. Mileage reimbursement is paid monthly when you use your personal vehicle.

Give us a call today at 715-985-2391 to start making a difference in your community!



RSVP Advisory Council-

(Buffalo, Jackson, & Pepin Counties):

Are you interested in what happens in your community? If so, this may be the opportunity for you! RSVP is seeking Advisory Council members. You are able to share ideas and develop new ways to serve your community. Meetings are held from 1:30-3:30 three times/year at the Western Dairyland office in Independence. We have spots open in Buffalo, Jackson, and Pepin Counties.

Please call 715-985-2391 to learn more today!

Whitehall Food Pantry (Whitehall):

RSVP is seeking a volunteer to assist with the Whitehall Food Pantry 2 days/month. One day will be registering pantry participants, distributing meat, and carrying food bags out to participant's vehicles from 10-1:30/2 pm. The second day would be on the 2nd Thursday of the month from 11/12 until 12:30 or 1:30 to assist with the truck delivery and put items away. Please call us at 715-985-2391 if you are interested in this volunteer opportunity!



Let nothing dim the light that shines from within.

Maya Angelou



Wisconsin Senior Medical Patrol

Fraud Alert !

December 2020

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

Please feel free to share this publication with others who may benefit from its contents.

TO CONTACT WI SMP

Call: (888) 818-2611

E-mail: smp-wi@gwaar.org

Website: <https://gwaar.org/senior-medicare-patrol>

Facebook:
[@WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



COVID-19 Vaccine is in the Pipeline. The Scammers Won't be Far Behind!

The Food and Drug Administration, FDA, has authorized two vaccines from pharmaceutical manufacturers, these vaccines are now being distributed to federal- and state-approved locations. For most people living in the U.S., states and territories will make the final decisions on who will get the vaccines and when. States are also working on their own specific vaccination plans. You can check with Wisconsin Department for Health Services for the latest information regarding the vaccine: <https://www.dhs.wisconsin.gov/covid-19/vaccine-about.htm>.

While we enter the distribution phase of the vaccine, there's no doubt scammers are scheming. Here's what you need to know to avoid a vaccine-related scam:

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email, see an advertisement — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That is a scam. Do not pay for a promise of vaccine access or share personal information. Instead, contact the WI SMP Helpline at (888) 818-2611 to notify them of this development and you can also report it to the FTC at ReportFraud.ftc.gov.

Funded by: This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

In this edition of the newsletter, you may notice the use of a new logo.

Below is the logo we will use in our future correspondence/publications. Also included are the previous logos used by our RSVP Volunteer Program.

Senior Corps is now:



The logo features a white circle containing a stylized 'A' with horizontal lines extending from its right side. To the right of the circle, the words 'AmeriCorps' and 'Seniors' are written in white, sans-serif font on a dark blue background.

Previous Logos:



The logo consists of the text 'Corporation for NATIONAL & COMMUNITY SERVICE' in a serif font, with three stars and a small American flag at the bottom right.



The logo is circular with a black outer ring containing the text 'SENIOR CORPS' at the top and 'RSVP' at the bottom. Inside the ring is a white area with a black 'S' in the center, surrounded by a stylized sunburst pattern. Below the ring is a horizontal bar with red, white, and blue stripes.



The logo features a blue rectangular background. On the left is the 'Senior Corps' logo. To its right, the word 'RSVP' is written in large, bold, white letters. Below 'RSVP' is the tagline 'Lead with Experience' in a smaller blue font.

SO, WHAT IS AMERICORPS SENIORS?

AmeriCorps Seniors is a network of national service programs for Americans 55 years and older, made up of three primary programs that each take a different approach to improving lives and fostering civic engagement.

AmeriCorps Seniors volunteers commit their time to address critical community needs including academic tutoring and mentoring, elderly care, disaster relief support, and more.

July/August 2020 Newsletter Story— Correction

In the July/August edition of the newsletter, we interviewed RSVP volunteers Patty Slaby and JoAnne Wier. Not only are they both volunteers for the RSVP Program, they are also involved in our Trempealeau County Volunteer Caregiver Project.

After the newsletter printed, we were informed of a couple corrections and clarifications that needed to be made in the newsletter story.

After speaking with Patty, she wanted to say that she has worked all of her life, despite her visual impairment. She taught for over 30 years! It is also important to mention that we mistakenly had her service dog, Reagan as a male dog; she is female.

Lastly, Patty Slaby attended Northern State College and received her Bachelor's Degree from there. She then went on to Michigan State University to receive her Master's Degree in Special Education.



10 ways to safely help your community during COVID-19

Visit NationalService.gov/
Coronavirus for Coronavirus (COVID-19) Information for CNCS Grantees, Sponsors, Members, and Volunteers.

1. donate to nonprofits



Cash donations are the best way to support the nonprofit of your choice.

Donate to food banks & pantries to help them stock up or volunteer at a food bank.

Help out someone you know or contact your local Meals on Wheels to learn ways to volunteer.

Check with your local school to see if they need volunteers to distribute food or other items to children/families in need.



2. donate or volunteer safely with food banks and pantries

Blood donations have decreased dramatically. Help fill the need by contacting your local Red Cross.

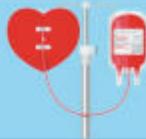
3. deliver meals and groceries to vulnerable seniors



Trained medical volunteers can offer their services by registering with a National VOAD member. Medical professionals & others can help locally by joining the Medical Reserve Corps or registering through the Emergency System for the Advance Registration of Volunteer Health Professionals.



4. help a local school



If you have medical supplies or equipment to donate, please email FEMA's National Business Emergency Operations Center @ nbeoc@fema.dhs.gov



6. become a medical volunteer



Check on your neighbors, friends, and family-especially those who are older or may be alone. A phone call, text, or a conversation through the door could brighten their day.

7. donate medical supplies or equipment

Call RSVP at 715-985-2391 for local volunteer opportunities available during COVID.



8. stay in touch



Prefer to volunteer while staying home? Check out AllForGood.org for service ideas.

9. serve in your community



10. volunteer at home

AmeriCorps is issuing this alert to inform the public of a fraudulent scam using the AmeriCorps and Corporation for National and Community Service (CNCS) names and the names of its programs.

Scammers have claimed to be senior officials of CNCS and have stated that AmeriCorps offers an “empowerment program” as “compensation” to help the retired, widowed, divorced, or disabled and all one has to do is put down a financial deposit. This is an attempt by fraudsters to steal from the American public by using the name of a Federal government entity, images of fake Facebook pages for CNCS/AmeriCorps and its senior officials, and non-governmental email addresses in the name of real AmeriCorps officials.

If you receive a call, text message, or are contacted via social media from an apparent AmeriCorps official asking for money, you should cease communication and inform CNCS-OIG through its Complaint Hotline:

- Phone: 1-800-452-8210
- Email: hotline@cncsoig.gov
- Webform: <https://www.cncsoig.gov/hotline>

Further, please be aware that the official email address of AmeriCorps officials ends with cns.gov. AmeriCorps officials do not use public email providers such as Gmail or Yahoo.



AmeriCorps DOES NOT:

- Call, text, or use social media to demand payment for any of its programs from individuals;
OR

- Require individuals to send money in order participate in its programs.

Americans should not give out sensitive information over the phone, by text, by email or by social media. When in doubt, hang up or end the communications and reach out directly to AmeriCorps or its Office of Inspector General.

Due to the ongoing COVID-19 pandemic AARP volunteer tax assistance has been cancelled for the 2020 tax filing year at the following locations:

Galesville– First Presbyterian Church
Whitehall– River Valley Mutual Insurance Co.
Strum– Strum Public Library
Ettrick– Living Hope Lutheran Church
Osseo– City Hall

If you need further assistance, please call 2-1-1 or visit irs.gov.

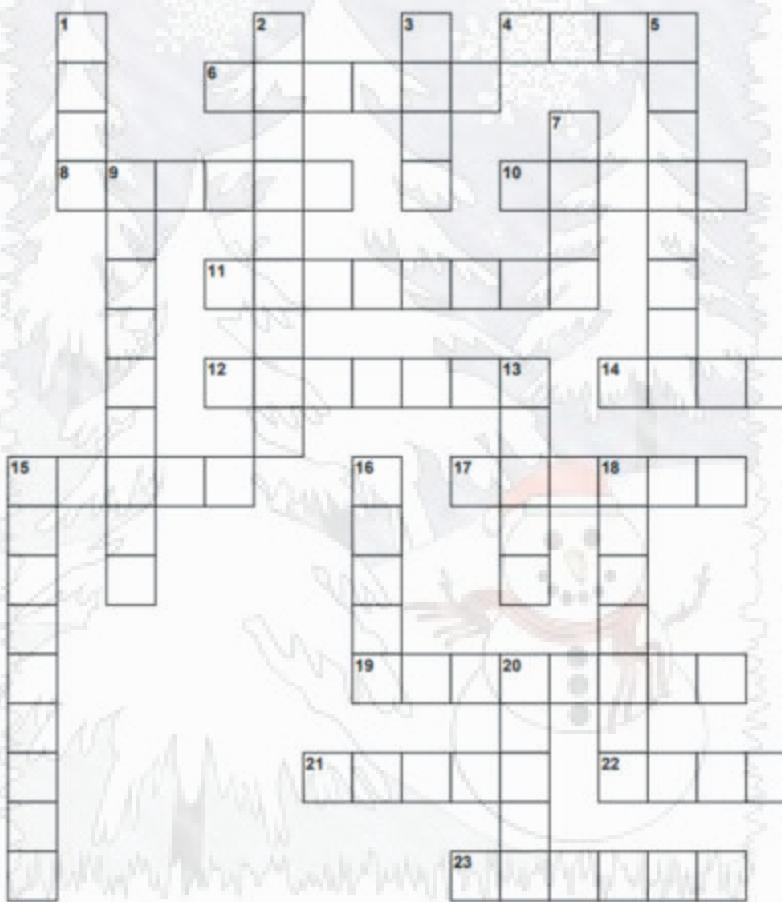
Ingredients:

- 1 lb. ground beef, Italian sausage, or turkey
- 1 small onion, diced
- 1 (32-oz) box chicken or vegetable broth
- 1 (15 oz) can cannellini or white beans
- 1 (10 oz) can crushed or diced tomatoes
- 1 cup frozen or canned spinach or collard greens
- 1 teaspoon Italian seasoning

**Instructions:**

1. Add meat to a large soup pot over medium heat. Break apart and stir until browned. Add onion and continue to cook, about 5 minutes, until soft.
 2. If a fair amount of fat has collected at the bottom of your pan, pour the meat mixture onto paper towels to drain. This may not be necessary for ground turkey or lean beef.
 3. Return meat and onions to the pot and add remaining ingredients. Reduce heat to low and simmer for about 30 minutes until the flavors have melded. Season with salt and pepper to taste.
- Serve alongside crusty whole-grain bread for a filling meal, or add cooked pasta before serving for a heartier meal.

*See more at: <https://cutt.ly/3jyumLU>

WINTER**ACROSS**

- 4 Without warmth
6 Season of the year between autumn and spring
8 Long handled scoop for digging
10 Freezing rain
11 Violent windstorm producing heavy snow
12 Tapered spikes of ice formed by dripping water
14 Achromatic color between black and white
15 Long narrow garment worn around the neck for warmth
17 Heat
19 Having a slick surface that is difficult to move upon without sliding
21 Juice pressed out of apples
22 Precipitation that falls as ice crystals in the form of flakes
23 Cook in an oven using dry heat

ACROSS: 4. Cold 6. Winter 8. Shovel 10. Sleet 11. Blizzard 12. Icicles 14. Gray 15. Scarf 17. Warmth 19. Slipper 21. Cider 23. Baking

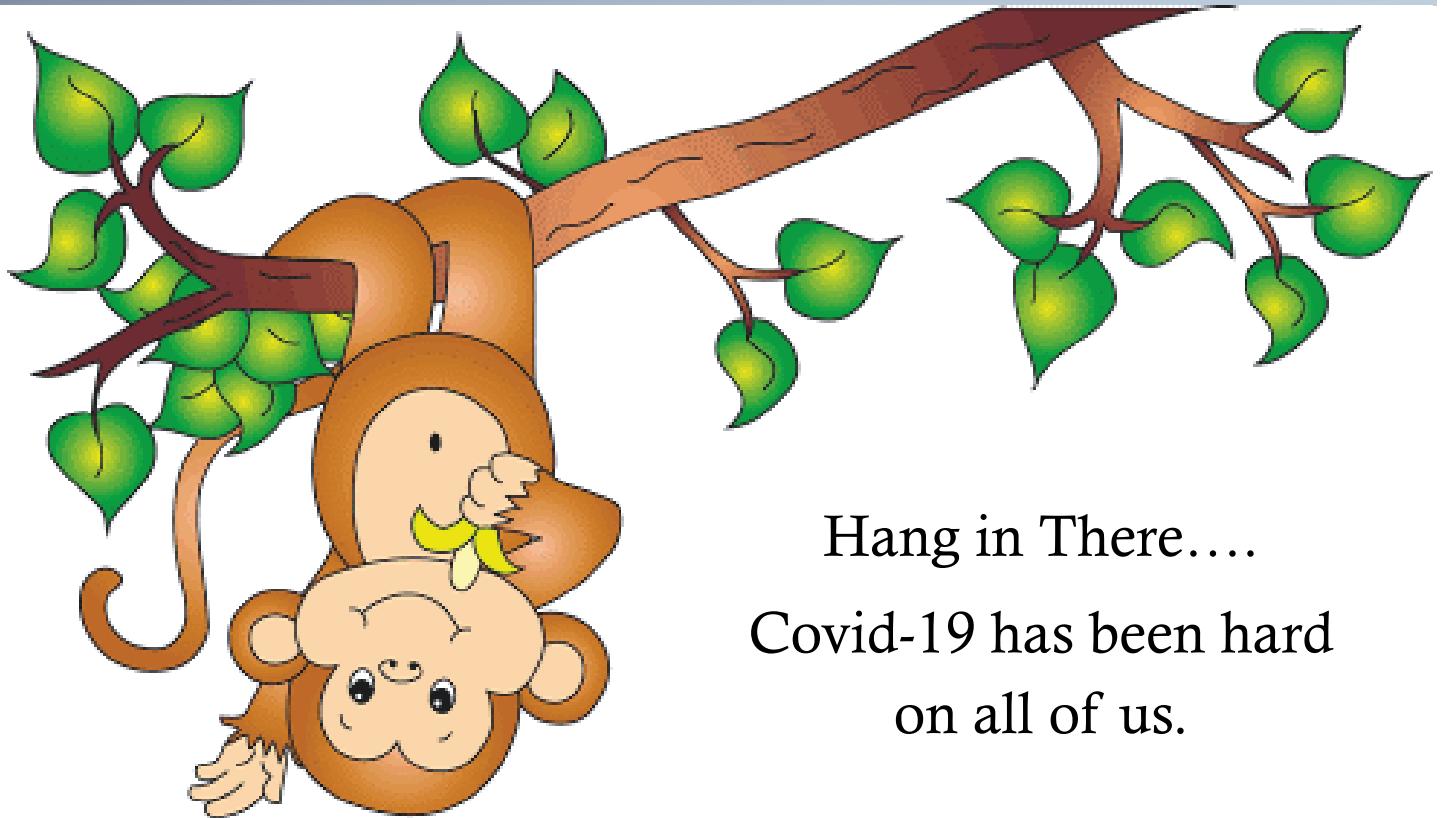
16. Boots 18. Mittens 20. Parka 7. Sled 9. Hibernation 13. Skate 15. Snowflake

Down: 1. Skis 2. Fireplace 3. Bell 5. December

DOWN

- 1 Worn attached to boots for gliding over snow
2 Hearth
3 Hallow metal cup with a clapper that makes a ringing sound
5 Twelfth month of the year
7 Flat platform of wood mounted on runners
9 Remain dormant over winter in a den
13 Shoe with blade attached to sole
15 A single flake of snow
16 Coverings for the feet
18 Hand coverings
20 Warm outer jacket with a hood

Answers:



Hang in There....

Covid-19 has been hard
on all of us.

Better days are coming...

Easy Ways to Boost Your Immunity:

Vitamin E: an antioxidant that protects cells. Found naturally in sunflower, nuts & seeds, green vegetables (Broccoli/Spinach).

Vitamin D: important for helping maintain & boost your body's immune system & helps to act as a defense against infections. Bodies naturally make vitamin D when skin is exposed to sunlight. It is hard to create during Wisconsin's long winters. You can find Vitamin D in enriched milk, fortified cereals and fatty fish (salmon, mackerel, & tuna).

Zinc: This vitamin is tricky, as both high & low levels can affect your immune function. Diet is a safe way to add zinc & not worry about overconsuming. This can be found in oysters, poultry, crab, red meat, fortified breakfast cereals, beans, nuts, whole grains & dairy products.



Probiotics: Probiotics are important in your diet. They help improve your stomach, which in turn helps to improve immune functions. Yogurt with live cultures is the best source.

*See more at: <https://cutt.ly/DjyurZb>



WESTERN DAIRYLAND ECONOMIC OPPORTUNITY COUNCIL

NON PROFIT ORG
U.S. POSTAGE
PAID
EAU CLAIRE WI
PERMIT NO. 2000

RSVP Volunteer Office
23122 Whitehall Road
PO Box 125
Independence, WI 54747

Return Service Requested



*Western Dairyland's RSVP program serves
Buffalo, Eau Claire, Jackson, Pepin and
Trempealeau counties.*

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WE LISTEN, WE ACT, WE CARE