



RSVP

The Volunteer Voice

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RSVP of Washington Co.

Volume IX, Issue 5
September & October 2012

Retired and Senior Volunteer Program of Washington County, Ohio

SENIOR WHEELS

We need more Senior Wheels volunteers! Join this elite group of volunteers who are making a difference across Washington County. Openings are currently available for drivers and dispatchers.

Volunteer driver, Mary Emge said, "It gives you a good feeling to help somebody out and they are always very appreciative."

Riders have told Mary how important Senior Wheels is to them. "People who don't have family members close or healthy enough to help them out, are depending on Senior Wheels," she said. If the person's family lives out of town, there is often no way to get to the doctor's office. And even if family members are close by, getting time off from work can be a challenge for them.

"It's rewarding. And you hear some really amusing stories," Mary added.

Gary Worstell enjoys the stories, too. He said the people he transports love to talk, and he thinks that the conversations he has with his riders might be as important as the trip itself.

In fact, that is a huge part of what Senior Wheels is all about; keeping people connected. Studies show that lack of transportation makes people feel isolated and alone. It may sound overly simplistic, but two trips to the grocery store each month might just be enough to keep people independent and connected to the outside world. The peace of mind that comes from knowing that transportation to the grocery store or a medical appointment is a phone call away is important.

Margaret Lanning has several trips to the hospital and Walmart under her belt. She is a Senior Wheels driver for Beverly, Waterford and Watertown.

She said, "I enjoy driving and I like to take people places." Margaret looks forward to more riders in her area signing up for transportation.

RSVP now has Senior Wheels volunteers in New Matamoras, Marietta, Lowell, Beverly, Barlow and

Belpre. That gives us coverage of just about the entire county. The goal for the coming year is to recruit one or two more drivers in each area. That will give the program more depth. If the driver from a key area takes an extended vacation, a wide portion of our territory would go uncovered.



Frank Shilling offered some words of wisdom. Senior Wheels drivers need to be patient. It seems area doctor's offices are never on time and can even be a little disorganized in their scheduling of patients. Frank just goes with the flow, and that is why he is such a great driver for this project.

The drivers give the rides, but it all starts with the dispatchers. Jayne Stehle, Carolyn Miller and Brenda Kidd handle all the phone calls and scheduling of drivers. Without them, the program would fall apart. They are begging for some help on Tuesday and Thursday in their beautiful, sunny office located in the O'Neill Day Center. The dispatchers suggest anyone interested in volunteering should schedule a day to shadow them, and see how rewarding this work can be.

Anyone wishing to learn more about being a volunteer driver or dispatcher should call Lisa at the RSVP office, 373-3107.

RSVP

Retired & Senior Volunteer Program of Washington County

Sponsored by:

The Corporation for National & Community Service
Ohio Department on Aging
Washington County Commissioners
The Senior Levy
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The Volunteer Voice is printed bimonthly. Articles must be submitted by the 22nd of the month to be considered for publication in next issue.

Send submissions to the attention of Susan:

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hello again...

by Lisa Valentine, Director

This has been the greatest summer ever! RSVP volunteers are truly making a difference in Washington County.

The Senior Wheels program is off to a great start, and I am so humbled by the dedication of the volunteer drivers and dispatchers. I don't know what to say, except THANK YOU. I love your stories, so keep 'em coming. It just reinforces what I already knew... this is a great program that was vitally needed. You are truly making a difference in the lives of the people you serve.

The Commodity Box volunteers are getting a richly deserved break in September. Since the Washington County Fair falls during our scheduled delivery day, the August and September boxes were combined into one distribution. Joe Kurtz said there were 11 skids. Let me tell you, that's a lot of food boxes to pass out over three days! Each box contains about a week's worth of groceries. For many seniors, missing a box could mean not having enough to eat. Thank you to all who spend the first week of the month handing out commodity boxes.

The Glenwood RSVP 5K race is coming up on September 22. It's hard to believe that this is our seventh annual race. Please plan to help out at our only major fundraiser... Susan will be calling soon. Council member Court Witchsey is the 2012 Race Director. He and the Commissioners will preside over the awards ceremony. Smitty's Pizza is going to feed all of us, and every volunteer gets a free, long-sleeved t-shirt (this year's color is Carolina blue.) Marietta College Sports Leadership students are on the race committee again this year. It's such a perfect partnership – their young minds, fresh ideas, and strong backs are the perfect complement to our well seasoned age, unequalled race experience and (sadly) less-than-able bodies. Under Paul Young's supervision, they swept the entire trail last year in half the time it took us old-hands. That was one volunteer job no one was sorry give up!

Susan and I will be in Columbus for training on Tuesday, September 18, so the office will be closed. This conference is always fun because we get to network with people who do our jobs in other counties. It gives us a chance to find out what kinds of programs they have, hear about their successes, and talk about ours.

And thanks to all of you, we have a lot to tell...

Glenwood RSVP 5K Race
Saturday, September 22 ~ 9 a.m.
O'Neill Center

RACE DAY VOLUNTEERS!

These are the stations along the 5K course that need volunteers to work them.

- **Registration Tables**
- **Traffic crew**
- **Course crew**
- **Water stop**



Call Susan at 373-3107 to let us know where you want to volunteer on race day.

Mentoring Volunteer Opportunity **Boys & Girls Club**

School is back in session and so are the after-school programs. The Boys & Girls Club offers power hours for kids from 3:00 p.m. - 4:00 p.m. and 4:00 p.m. - 5:00 p.m. They are actively seeking volunteers to mentor during that time.

- ~ No special skills or education required
- ~ Helping kids with homework
- ~ Listen to kids read
- ~ Hear about their day



The difference you make today in the life of a child can change their life forever!



All it takes is 1-2 hours per week. Call Susan at 373-3107 to begin making a difference today.



**MAKE A
DIFFERENCE DAY**

2012 MAKE A DIFFERENCE DAY

WINTERIZING VEHICLES FOR SENIORS

National "Make a Difference Day" is Saturday, October 27th. RSVP has partnered with WSCC Auto/Diesel Technology class, Marietta Ignition and other sponsors to winterize automobiles for seniors. For our seniors who still own cars and are actively driving them we are offering this service. Each vehicle will be checked and fluids topped off if available. When the review is complete each senior citizen will have a list that they can take to their local mechanic and have these items serviced if needed. For the do it your-selfers they can visit the auto parts store and buy the items needed.

We are planning to have windshield washer, brake, power steering fluids & antifreeze on hand to add to the vehicles in attendance if they need it. Our goal is to serve at least 50 seniors and by the end of the day hopefully we have served many more.

If you want to get involved in this project as a volunteer or if you just need to take advantage of the service, we are looking for you. Call 373-3107 to let us know how you would like to help.

"Make a Difference Day" Project
O'Neill Center
333 Fourth Street
in the Rear Parking area

Saturday, October 27, 2012
10:00 a.m. to 2:00 p.m.
Call for appointment: 373-3107

Check it out on the National website:
<http://daytabank.handsonnetwork.org/event/6457>

Hot Dogs and refreshments will be served all day for participants and volunteers to enjoy.

Volunteer Opportunities

Senior Wheels

Looking for 2 Dispatchers, one on Tuesday and one on Thursday 9:00 a.m. to 1:00 p.m. ~ Also needing drivers from all over Washington County. Mileage for drivers will be reimbursed at \$.55 per mile. You can drive as many or as few days a month as you can fit into your schedule.

Franciscan Community Meals

A Scheduler is needed to help coordinate delivery routes and volunteer shifts. Flexible, you can work at home, or in the office. Also needing 1 driver for approximately 1-1/2 hours on Tuesdays.

O'Neill Adult Day Care

Is in need of an individual to volunteer Thursdays 10:00 a.m. to 1:00 p.m., helping with clients as they arrive, serving snacks and lunch.

For more information call 373-3107

What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal. **ALBERT PIKE (1809-1891)**



Tai Chi schedule

O'Neill Center:

Practicing Forms Tuesdays 10:30 a.m.

8 week class begins - September 18

6 Adv. Movements Thursdays 5:15 p.m.

*Open to Tai Chi students ready to move
into the next set of forms*

All forms taught at these locations:

Marietta YMCA: Tues. & Thurs. 12:30 p.m.

Belpre Center: Mondays 11:00 a.m.

Barlow Library:
(Beginners) Wednesday 9:30 a.m.
Wednesday 10:00 a.m.

Cutler Community: Thursdays 7:00 p.m.

Visit our Website: rsvpwc.org

Look for the Calendar of events!



RSVP of Washington County