



# RSVP Spotlight

A Newsletter of the Retired & Senior Volunteer Program

November - December 2001



## Bring Joy to the World... Volunteer!

Do the holidays put you in a giving mood, but you're tired of being asked for money? RSVP is asking, too, but not for money! **FOR YOUR TIME!** There are always agencies that have holiday events during November and December that may want volunteers. *Call the office to get information on these as well as the year-round volunteer opportunities.*



**TAX ASSISTANCE** - Thinking ahead to the new year, two programs utilize volunteers during January - April. The **AARP TAX AIDE Program** trains and uses volunteers to help seniors with their federal and state income taxes. Training starts right away in early January, but volunteer assignments are being made now, so call RSVP asap for contacts. **The City of**

**Sacramento's UTILITY TAX REBATE PROGRAM** for low income seniors also functions January to mid-March. In this program you help seniors apply for a rebate of their city utility taxes. Volunteers work at City Hall and are provided free parking. *RSVP handles the volunteer scheduling. Call 875-3631.*

See enclosed photo highlights from RSVP Recognition Event September 20th, 2001.

**NEW VOLUNTEERS/  
NEW ASSIGNMENTS**

- ▶ **JoAnn Cabral**  
*Sac. Traditional Jazz Society*
- ▶ **Helen Clester**  
*Valley Oaks School*
- ▶ **Norma Diamond**  
*Howe Ave. School*
- ▶ **Nancy Diehl**  
*KVIE*
- ▶ **Dorothy Dietler**  
*Amer. Cancer Soc.  
Discovery Shop*
- ▶ **Bill Donaldson**  
*White Rock Elem. School*
- ▶ **Bernice Goldhagen**  
*Whitney Ave. School*
- ▶ **Joanne Jones**  
*Elk Grove Food Closet*
- ▶ **Marita Khamis**  
*Meals on Wheels,  
AARP Tax Aide Prog.*
- ▶ **Cindy Magnus**  
*Kenneth Ave. School*
- ▶ **Kathryn Miller**  
*Citrus Heights Elem. School*
- ▶ **Melvin Miller**  
*Citrus Heights Elem. School*
- ▶ **Nancy Picard**  
*White Rock Elem. School*
- ▶ **Carolyn Rodenbach**  
*Kenneth Ave. School*
- ▶ **Al Steingroot**  
*Elk Grove Food Closet*
- ▶ **Betty Townley**  
*Kenneth Ave. School*
- ▶ **Audrey Wieckman**  
*Mental Health Asso.,  
Dyer-Kelly School*



*From the Director*

Dear Volunteer & Agency Reps:

I am pleased to announce that Carolyn Kneedler won the "Volunteer Coordinator of the Year" award at the 2001 Volunteer Spirit Awards on October 31<sup>st</sup>. Carolyn has been Volunteer Coordinator with RSVP for five years and because of her dedication to volunteerism we believe that she truly deserves this award. Carolyn's achievement is found in the smile on the volunteer's faces. She has recruited more volunteers for RSVP and is able to provide more volunteers for agencies than in past years. Her accomplishment is the seamless synergy of the RSVP office: phones being answered, Public Service Announcements being written, faces laughing, newsletters being folded and delivered, opportunities being shared, recognition events organized, and community collaboration facilitated. The community takes leaps forward because of the human resources she provides. Achievement is found in the comfort people receive from her help and unending support.

Lydia Stetson is our other shining star and VISTA member since mid November. However, it is time to say good-bye to Lydia who will be joining NCCC beginning in January in the state of Maryland. Lydia was our Literacy Coordinator in West Sacramento. We will all miss Lydia's wonderful infectious laugh. We thank you Lydia for your year of service.

Hope you have a wonderful and safe holiday season!



Laureen



*The volunteer opportunities featured in this issue of the Spotlight are a small sample of the large selection available at the RSVP office. Contact us at 875-3631*

**The SACRAMENTO TREE FOUNDATION** is looking for **tree stewards** who can monitor trees at schools and parks reporting on their health and growth. There are also educational outreach opportunities at events for those interested in public relations, office jobs, helping with tree plantings, preparing educational materials, etc. Something for everyone! *Call RSVP for referral information.*



**PUPPY LOVE RESCUE** volunteers can help in many different ways: staffing adoption clinics, giving talks to children about spaying and neutering, scheduling grooming and pet appointments for dogs, chauffeuring them to these appointments, making follow-up calls to new adopting families. If you love animals you can assist in the process of getting them good homes. *Call RSVP for more information and ways to help.*

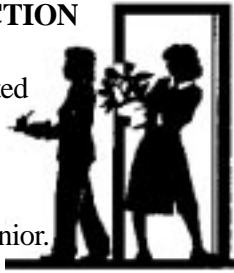
**NEEDLEWORK**

Do you have a skill in needlecraft that you could teach to others? If so, **ELDER CRAFTSMAN** would like to discuss this possibility. *Please call RSVP for referrals.*

## ESKATON'S SENIOR CONNECTION

needs volunteers to:

- ❖ Be a friendly visitor to an isolated senior, *or*
- ❖ Provide a phone call a day to reassure someone, *or*
- ❖ Be a health coach to another senior.



Cut down your food expenses by volunteering for **SENIOR CITIZEN SERVICES**, 5175 Signal Ct. (off Power Inn Rd.). Volunteer one morning a week, pay a very small membership fee, and receive two large boxes of food **each week**. You must be over 45, retired or disabled. *Call RSVP for more info. or call 381-7794.*

## GET IN GEAR

There are so many ways to help people by **DRIVING!!** **A TOUCH OF UNDERSTANDING** is an agency that helps school children better understand people with disabilities by bringing in speakers who live with a disability to talk to classes about how they cope. These speakers need drivers to get to their speaking engagements. A van is **provided**.

Other agencies like **MEALS ON WHEELS** and **MEALS A LA CAR** get hot meals to seniors every day. Could you drive a route once a week? About two hours between 10:00 and 1:00 PM is all it takes.

## WORK FROM HOME??

There are opportunities to volunteer from your home if you are someone who cannot get out of the house due to lack of transportation, etc. *If interested discuss it with RSVP.*

## RECEPTIONISTS/OFFICE HELP

The **AMERICAN RED CROSS** needs people to help with their reception desk and very busy phones. Some experience with a switchboard or willingness to learn is helpful.

Other agencies which have "needy offices" are:

- **AGENCY FOR HEARING**
- **ALZHEIMER'S ASSOCIATION**
- **MAKE-A-WISH FOUNDATION (West Sac.)**
- **MUSTARD SEED SCHOOL at LOAVES AND FISHES**
- **PARKINSON'S ASSOCIATION**

*Please call the RSVP Office for referral information.*



The **RSVP office** can use:

1) People who can do some calling of our membership from their home or from our office regarding one-time-only events. 2) More people on our "mailings" crew. These folks help put out our newsletter or those of other agencies. 3) Writers of volunteer profiles for our newsletter.

## EDUCATION

Give the gift of education. Assist students to do a little better on their homework or help a teacher by giving individual attention to a child. Show them that you care. **RSVP** is delighted to help place seniors in classrooms in schools where they will be well utilized. After school programs also exist.

A kind of therapeutic education is offered children in the **Elk Grove School District** by **PROJECT RIDE**. Volunteers help provide an opportunity to improve the rider's physical, emotional, and social well-being through interaction with specially trained horses and ponies. Office help is also appreciated. *Call RSVP to discuss a referral.*



## HOMEWORK HELPERS

If you live downtown the **BOYS & GIRLS CLUB OF GREATER SACRAMENTO** (1117 G. Street) needs after school homework helpers for children ages 6 - 11 between the hours of 3:00 - 5:00.

Can you organize art or craft activities for children or handicapped adults?? If so, **SHRINERS HOSPITAL** would like you to work in the Children's Recreation Dept. from 9-12:00 one day per week. The following nursing centers would like you to visit with and help with activities for resident seniors:

- **BRUCEVILLE TERRACE (South area)**
- **SOMERSET NURSING CENTER (West Sac.)**
- **MANOR CARE NURSING CENTER (Citrus Hghts)**





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*RSVP is part of  
the Corporation  
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Sacramento County  
Department of  
Human Assistance*

## ANNOUNCEMENTS

 **CONGRATULATIONS** to our two VISTA volunteers Stephanie Anderson, and Lydia Stetson, for creating a wonderful event, **THE FALL FABLE FESTIVAL**. This was a literacy event which took place at the YWCA on **Make-A-Difference Day**, Saturday October 27<sup>th</sup>.

 **CONGRATULATIONS** to **ERNIE BROWN** who, on October 31<sup>st</sup>, was awarded a **VOLUNTEER SPIRIT AWARD** for his service to the Senior Gleaners. This award luncheon was sponsored by the **Volunteer Center of Sacramento**. He was nominated for this award by **RSVP**, as was **BELVA SEABERRY** for her work in support of education through Literacy Services of the Sacramento Public Library, Infoline Sacramento, the Community Learning Center of the Sacramento Food Bank, and the Sacramento County Office of Education.

 A senior woman, age 80, wishes to rent a room and bath in her home to another senior woman for \$200 per month in Rosemont area (95827). Close to bus stop. *Call RSVP for further information.*



### RSVP Advisory Council

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Jesse Diaz - *Vice Chair*  
Nell Williams - *Secretary*  
Rubin Kustin - *Treasurer*  
Katharine DeYoung  
Viola Kinkler-Sidlow  
Lillian Nelson  
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Carolyn Kneedler - *Volunteer Coordinator & Spotlight Editor*  
Liza Kong - *Accounts Clerk*  
Nell Williams - *Office Assistant*  
Stephanie Anderson - *VISTA Volunteer*  
Cindy Otter - *VISTA Volunteer*  
Lydia Stetson - *VISTA Volunteer*

### Volunteer Office Staff

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Dave Coy - Helen Farrell  
Emilie Franks - Gabi Hirsch  
Marty Maxwell - Betsy Steerman  
Tom Welsh