



**Celebrating 45 Years
of Strengthening Our Community**

Newsletter

October-December 2017

Door prizes needed!

Door prizes are an exciting part of our volunteer appreciation events. RSVP is asking our partner organizations and our wonderful volunteers to connect us with door prize donors. If you know of a business or individual willing to donate a door prize, contact Diane Barger at 970-243-9839 ext. 5. Please make sure the business or individual is aware that we will contact them.

Our dedicated volunteers save our 63 non-profit partners almost \$2 million a year. Thank you so much for helping us support our volunteers!

Strengthen Your Community: Volunteer!

- AARP: prepare taxes for low income seniors. Must be comfortable using the computer. Training is required; however, no tax experience necessary.
- Gray Gourmet: be a driver or substitute driver to deliver meals to homebound seniors.
- Salvation Army: sort and display donations at Thrift stores in Clifton and Grand Junction or assist with food distribution to clients.

Call 243-9839 ext. 5 or go online www.rsvpgrandjunction.org for more ways to help.

2017 Festival of Trees Fundraiser

by Cathy Thomas & Diane Barger

This year, for the first time, RSVP will participate in the 3rd annual Festival of Trees Fundraiser at Mesa Mall. From November 17 through December 1, non-profit organizations will showcase beautifully decorated trees at Clock Court. The trees will be available for bid via a silent auction. The highest bidder not only gets to take home a gorgeous tree, but also donates to support the Senior Scholar project at RSVP! The funds raised will help children improve their reading and math skills in schools by recruiting, training and supporting five more volunteers. Senior Scholars positively impact students' academic and social skills, contributing to the success in children's lives. Currently there are 35 Senior Scholars in 17 schools supporting over 600 students. Bid on the RSVP tree to support the Senior Scholar project and help at least 50 more children!

COLORADO COMMUNITY FIRST FOUNDATION
GIVESDAY[®]
12.05.17
1STBANK
Corporate Partner

JOIN US AT COSTA VIDA!



**BUY DINNER OR A SNACK
(DINE-IN OR CARRY-OUT)**

**Bring a "Support RSVP" Costa Vida flyer
on Thursday, October 20, 2016
5 p.m. to 9 p.m.**

Office Location:

422 White Ave, Suite 090
Basement of the US Bank

Mailing Address:

PO Box 1077
Grand Junction, CO 81502
970-243-9839
www.rsvpgrandjunction.org
info@rsvpgrandjunction.org

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Ruth McCrea

**Visit our
website at**

rsvpgrandjunction.org

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MesaCountyRSVP**

Save Money With An Annual Review

by Ruth McCrea

By now, your current Medicare plan has notified you about changes in your health/drug costs for 2018. Wouldn't it be nice to know you can save money next year just by taking the time to review your Medicare coverage? You don't have to do it alone.

The State-certified SHIP counselors of the Mesa County RSVP Senior Health Insurance Assistance Project are not selling anything. We want you to have the opportunity to choose the plans that make the most sense for you. SHIP offers four walk-in Annual Open Enrollment Events in October and November (see insert).

Rusty was living on Ramen noodles. "I pay so much for my insurance that I can only afford to eat noodles . . . nothing else!" He attended an Open Enrollment Event in 2016 with thoughts of totally dropping all his health insurance. With a monthly income of just over \$900, and a quarterly private insurance bill of \$800, it was no wonder he could only afford to eat noodles! Like many SHIP clients, Rusty didn't know he already had help through Medicare and Medicaid programs. With a stand-alone drug plan and a health plan designed especially for Medicaid recipients, he didn't need his expensive private insurance. By cancelling his supplement, he was able to save over \$3,000 per year in insurance costs!

He left the SHIP office with a BIG smile on his face, clutching the printout of an article, "30+ Things to do With Ramen Noodles," and the knowledge that he can now add steak to his noodles.

In a review of prescription drug plans during last year's enrollment period, client savings for 2017 were tracked by four SHIP navigators. Annual savings of \$264,466 were estimated for 202 clients, with average per-client savings of \$1,309! Call SHIP! You might be able to buy that pair of shoes you need or eat steak on your noodles!



Volunteers are a gift to the community!

**Meet new friends!
Entertainment, food & prizes!
RSVP supplies turkey.
Please bring a dish to share.**



**Volunteers are
Invited to RSVP's
Holiday Potluck!**

**Tuesday,
December 12, 2017
12:30-2:30 p.m.**

**Canyon View
Vineyard Church
Chapel
736 24 1/2 Road
Grand Junction**

Cold Weather, Health & Weatherizing Your Home

by Ruth McCrea

As people age, they become less aware of cold temperatures; the elderly are more prone to becoming hypothermic. People at risk should keep warm at all times, inside the home and when braving the elements. You can't control the



weather. What you can do is weatherize your home and warm up your living space with tips from the RSVP Handyman Project.

Feeling cold all the time can mean you have a serious medical condition (anemia, hypothyroidism, Raynaud's disease or diabetes). Even with no underlying medical condition, cold weather decreases blood supply to your extremities, which means fewer white blood cells to fight disease; you may become more susceptible to colds and flu. Dress in layers, and keep your home weatherized to restore that "toasty" feeling.

Your house may have hundreds of holes open to the outside that you don't know about. Check for air leaks in gaps around ductwork, plumbing, chimneys, flues, vents, light switches, windows and doors. Simple solutions are:

1. Weather-strip and caulk around windows and replace any broken glass panes.
2. Seal around light switches and outlet plates with foam gaskets.
3. Caulk the areas where your phone or internet cables come through the wall from outside.
4. Seal gaps along door frames with weather-stripping and replace thresholds to eliminate cold air if necessary.

Once the actual leaks have been fixed, reduce the amount of slow heat loss transferred through glass by installing temporary plastic film to windows. This is an effective and affordable option when you don't have storm windows. The plastic film can be removed in warm weather. The Handyman Project volunteers can help keep you warm if you just give RSVP a call!

RSVP Calendar

October

Timesheets Due by the 15th

Medicare Help: SHIP Walk-in Day
Every Thursday — 9 a.m. to 12 p.m.

- 4 Medicare 101 - 10 a.m. to Noon**
- 15 Medicare Open Enrollment Starts**
- 19 Costa Vida Fundraiser - 5 p.m. to 9 p.m.**
- 23 Medicare Open Enrollment Walk-in Day**
- 24 RSVP Board Meeting - Noon to 1p.m.**

November

Timesheets Due by the 15th

Medicare Help: SHIP Walk-in Day
Every Thursday — 9 a.m. to 12 p.m.

- 1 Medicare 101 - 10 a.m. to Noon**
- 3 Medicare Open Enrollment Walk-in Day**
- 8 Medicare 201 - 10 a.m. to Noon**
- 15 Medicare Open Enrollment Walk-in Day**
- 20 Medicare Open Enrollment Walk-in Day**
- 23 Office CLOSED for Holiday (No Med. 101)**
- 24 OFFICE CLOSED for Holiday**
- 28 RSVP Board Meeting - Noon to 1p.m.**

December

Timesheets Due by the 15th

Medicare Help: SHIP Walk-in Day
Every Thursday — 9 a.m. to 12 p.m.

- 5 Colorado Gives Day**
- 7 Medicare Open Enrollment Ends**
- 12 Holiday Potluck for Volunteers**
- 20 Festival of Trees Begins**
- 25 Christmas - Office CLOSED**
- 26 NO RSVP Board Meeting**

Please note: Our office hours have changed. New office hours:
Monday—Friday
8 a.m. to 4 p.m.



PO Box 1077
Grand Junction, CO 81502
ADDRESS SERVICE REQUESTED

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THANK YOU **usbank**
for the generous donation of our office
space!



Place label here

Support RSVP and our mission!

“Strengthen our community by engaging volunteers ages 55 and over.”

SIGN UP

**City Market Community Rewards
Is An Easy Way to Support
Mesa County RSVP**

- ♥ Register by calling 1-800-576-4377 or online at www.citymarketcommunityrewards.com.
- ♥ Choose Mesa County RSVP, ID#10238.
- ♥ **Re-register** every year.
- ♥ Use your loyalty card at City Market.



The Encore Shoppe

NOW LOCATED AT 1909 N. 1st St.

**Donate Your Gently-Used
Clothing and Household Items
To Support RSVP**

- ☞ Take your used items to The Encore Shoppe Tues. - Sat. 9:30 a.m. to 5:30 p.m.
- ☞ The Encore Shoppe will select the items they will be able to sell.
- ☞ Tell them you are donating on behalf of RSVP.
- ☞ When the items sell, the 40% consignment will be donated to RSVP.

