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 Aleta Ballard
 Ruth McCre
 Sherry Taylor-Warner
 Marianne North




RSVP

The Mesa County RSVP, Inc.
is part of the Senior Corps
through the
Corporation for National and
Community Service

Office Location:

Lower Level of the US Bank at
4th and White

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MIPPA Project Coordinator:

Marianne North

Senior Scholar Project

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Frances Warner - Office Volunteer

Sheryl Fitzgerald - SSP Trainer

Kathie Thompson - SHIP Support

Jeannie Fox - SHIP Support

Newsletter Setup:

Jean Brewer & Aleta Ballard

Special Volunteers Receive Big Milestone Awards at RSVP Volunteer Appreciation Event:

Evelyn Luben

30 Years!!!



Stella Melkus

25 Years!!!



Do YOU RSVP?



Volunteer Spotlight

By Ruth McCrea, RSVP Volunteer Manager

Volunteering Produces Health Benefits!

You are most likely familiar with RSVP's Signature Projects, such as Handyman Project, Senior Scholar Project and Senior Health Insurance Assistance Project (SHIP). Have you ever wondered what RSVP itself does? We are like a volunteer employment agency in that we help individuals 55+ stay healthier and live longer by offering volunteer opportunities in over 90 Member Agencies.

Volunteering provides a reason for getting up in the morning and builds a feeling of giving back to your community. "It is better to give than to receive," is an old saying that is backed up by research. Volunteering in any capacity is particularly beneficial to the health of older adults and those serving 100 hours annually. Volunteering can have a positive effect on physical and mental health, lower rates of depression, heart disease and chronic pain, increase functional ability, and lead to longevity.

One study took each state's volunteerism rate from Census data and compared it to health data from the Center for Disease Control. Colorado has one of the higher rates of volunteerism as well as a lower mortality rate and less incidence of heart disease compared to most states. If a study were done in in the Grand Valley, I suspect our volunteerism statistics would be even higher than those for the state of Colorado, and RSVP can be considered an important contributor to the health of our overall community.

Thanks to all our wonderful, healthy, giving RSVP volunteers! Many of you attended the recent Volunteer Fair and Appreciation Luncheon. I really enjoyed speaking with you. **Keep healthy! Volunteer!**

Welcome New RSVP Volunteers

Through March 15, 2011

Pat Amadeo	Dorothy Espe	Hal Leach
Kon Bender	Ted Fawcett	Carol Mesaros
Norman Bishop	Chris Fink	Nancy Miller
Olive Bishop	Lois Geary	Beverly Nielsen
Veda Black	Jerry Golden	Janet Pobirk
David Bouley	David Haile	Mary Tavarone
Wynne Bouley	H.K. Hancock	Dwain Watson
Verna Bunn	Barbara Harmon	Judith Williams
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Martha Caruthers	Carl Hyde	
Thomas Coffey	Dorothy Johnston	
LeeVon Cox	Edward Jones	
Caroline Davis	Sheila Jones	
Cynthia Dennison-Jones	Donald King	
	Catherine Leach	

>Welcome

Calendar of Events

April

Turn in Your March Timesheets

11 Medicare 101 - 10 am to Noon

10-16 National Volunteer Week

20 RSVP Board Meeting 12 Noon

24 Easter Sunday

25 RSVP Educational Series:

Amy Brooke Paronto, Financial Advisor with US Bank, will present a two part FREE Educational Seminar in the RSVP Multipurpose Room:

- ☆ **10 am Navigating Social Security** - Its value, the myths, spousal benefits, working and taking Soc. Sec. and Supplemental income.
- ☆ **11 am - Pension Protection Act** - New government tax law that can provide tax benefits to help pay for Long Term Care and Long Term Care ideas.

Please Call RSVP at 243-9839 to make reservations for the Medicare 101 or Financial Seminars. Seating is limited.



"One's mind, once stretched by a new idea never regains its original dimensions."

~ Oliver Wendell Holmes ~

Senior Scholar Project News

by Ruth McCrea

RSVP plans to hire a new Senior Scholar Project Coordinator in the near future who will expand the project even more! RSVP Senior Scholar Tutors have been making a difference in the lives of students who need help and encouragement since 1992. With the addition of a new SSP Coordinator, we plan to continue making a difference well into the future.

Senior Scholars often share their stories with us and tell us how much fun it is to get up in the morning knowing they get to "go to school." One volunteer related to me how satisfying it was to develop a long-term relationship with "his" student for four years – to be a mentor and watch her grow as a person.

Even though the school year is nearing an end, please think about becoming a mentor. Change the life of a child and change the world.

DATES TO REMEMBER:

- **May 5 & 6** – Parent/Teacher Conferences – All Schools
- **May 27** – End of School
- **August 22** – First Day of New School Year

For more information about the Senior Scholar Project, call RSVP at 243-9839.

May

Turn in Your April Timesheets

11 Medicare 101 - 10 am to Noon

8 Mother's Day

18 RSVP Board Meeting 12 noon

30 Memorial Day



June

Turn in Your May Timesheets

14 Flag Day

15 RSVP Board

19 Father's Day

21 Summer Solstice



RSVP Educational Series

Are You New to Medicare?

By Ruth McCrea, SHIP Coordinator

Are you eligible for Medicare? Are you confused about your choices? Learn about Medicare by attending a Medicare 101 educational session.

The Senior Health Insurance Program (SHIP) has planned two educational sessions specifically aimed at NEW Medicare beneficiaries at Mesa County RSVP, Lower Level US Bank Building, 422 White Ave. in April and May.

Dates and times are:

April 11 or May 11 at 10 a.m.

Seating is limited. Call 243-9839 to pre-enroll by April 8 or May 10.

Volunteer Opportunities

In addition to our normal requests, we are currently offering several unconventional volunteer opportunities.

- ◆ Outreach Helpers and Volunteer Remote Readers for **Audio Information Network of Colorado**
- ◆ Golf or Bowling Volunteers for **Mosaic**
- ◆ Scrapbooking Leader/Assistant for the Senior Center at the new **Fruita Community Center**
- ◆ Tamale Project Lead Volunteer for on-going monthly project with **Child & Migrant Services** in Palisade – Project begins in April
- ◆ Nurse to take monthly blood pressure readings at select **Gray Gourmet** meal sites
- ◆ Clerical Assistant for the **RSVP** Office Manager
- ◆ Library Book Shelver, One-on-One tutors and Middle School Homework Help – **Mesa County Libraries**
- ◆ Bi-monthly Hike Assistant at the **Fruita Community Center**
- ◆ Office Help – **Girl Scouts of Colorado**
- ◆ Greeter for the **John McConnell Math & Science Center**
- ◆ Get your toes wet in the volunteer world! Be an **RSVP One-Time Project volunteer**

Many more opportunities are available. Just call 243-9839 for more information.

Agency Spotlight

By Ruth McCrea, RSVP Volunteer Manger

Get Out and Get Busy!

Are you ready to get out-of-doors after what felt like a loooong winter? Many RSVP Member Agencies offer volunteer opportunities to get the juices flowing and the heart pumping. Listed below are just a few events, suggestions and web addresses to get you out and moving.

- ✓ **2011 Southwest Arbor Fest** at Lincoln Park on April 16 – free admission
- ✓ Celebrate **Earth Day** at the **Botanical Gardens** on April 23. Check out at www.wcbotanic.org/newsletter.pdf
- ✓ **Sharefest** - April 30 - www.qjsharefest.com
- ✓ **Grand Valley Audubon Society** - Help with plants, trees and trails
- ✓ **Eagle Ridge of the Grand Valley** - Be a garden volunteer
- ✓ **Habitat for Humanity** - help build new homes
- ✓ **Senior Center at the new Fruita Community Center** - Volunteer as a Hike Assistant
- ✓ **Girl Scouts of Colorado** - help with the pond and yard at their outdoor center
- ✓ **CO Welcome Center in Fruita** - Be a Travel Counselor and advise travelers about the wonderful outdoor opportunities in our area
- ✓ **The Colorado National Monument** celebrates their 100th anniversary with a wide range of public events, special exhibits, hikes, and other centennial-related activities. For more information, enter "Colorado National Monument Centennial" on www.Google.com

Earth Day (officially April 22) is a day that is intended to inspire awareness and appreciation for the Earth's natural environment. Facebook users, go to www.facebook.com/EarthDay.GJ

Arbor Day (officially April 29) is a nationwide celebration to encourage tree planting and care as a way to beautify the urban landscape. Go to www.arborday.org or www.qjcity.org to learn more. Trees are a gift for generations to come. Consider planting a tree in memory of a loved one, the birth of a baby, a graduation or any occasion. Name your tree! When walking by your tree, say, "Hi, Bob!" – or whatever you call your special tree.

If you are looking to do something outdoors, call RSVP at 243-9839. We can help.

Handyman Project News

by Sherry Taylor Warner

The seasons are transitioning all around us and slowly unfolding into spring. Spring is a time of renewed growth and transition; we open ourselves and our homes to clear the air and reevaluate our priorities and needs. Are there things in disrepair that need to be fixed?

The volunteers of the Handyman project are available to help with minor, in-home repair jobs having to do with maintaining an individual's safety, comfort and welfare. Our volunteers are glad to assist with changing light bulbs, batteries, filters, repair of those leaking faucets, and difficult-to-turn handles and doors that are ajar. If you have grab bars that need securing, or grab bars to install, this is one of the most requested jobs that we do and have just the right people for even the most difficult job!

As most readers of this article will already know, we do not do yard work, interior or exterior painting, or any kind of work requiring volunteers to be on someone's roof. We do receive a fair number of calls for this type of assistance however, and frequently refer individuals to other local agencies. For example, both Partners (WCCC) and Mesa Developmental Services (SPEC-TRA) may do yard work. Depending on the activity, they may be of assistance with other exterior maintenance needs as well. I also regularly refer people to their Church outreach offices for help.

Spring is a time of transition for the handyman project too; we welcome back the returning volunteers from their snowbird hiatus, lose a couple of volunteers to the AARP tax service and invite volunteers to share feedback with the visiting United Way allocation panel members during their site visits. Select handyman volunteers continued to assist the office staff in our expansion, "thank you!" to Hubert Betzen, Bob Hartley, Francis Hutto, Michael O'Connell and Michael Rasmussen.

Please join me in welcoming new Handyman Project volunteers Ed and Sheila Jones, as well as Frank Nemanich. I am so pleased that they have chosen to focus their many talents in support of our vulnerable clients.

If you have questions about or need help from the Handyman Project, please call Sherry Warner at 243-9839

MIPPA Project News

by Marianne North

The RSVP Money-Saving Medicare Program (MSMP) has doubled its number of volunteers this quarter in Mesa County, from five to eleven. After providing training to another seven for the RSVP Colorado West Money-Saving Medicare Program, our total volunteers for the four-county region is 18. In March, volunteers began reaching out to low-income Medicare beneficiaries to help them find affordable health coverage. Our goal is to reach nearly 1,000 seniors and people with disabilities in Mesa, Delta, Montrose and Gunnison counties.

Medicare beneficiaries who attend our enrollment events learn about saving money on prescription drugs and about the free preventive screenings, such as colonoscopies, mammograms, and PSA tests that Medicare is offering this year. In addition, there are no co-pays or deductibles for flu and pneumonia shots, and smoking cessation and nutritional counseling if ordered by your physician.

In addition to being screened for eligibility for two Money-Saving Medicare Programs, Medicare beneficiaries receive guidance on comparing prescription drug and health plans and often are referred to our Senior Health Insurance Assistance Program (SHIP) volunteers for individual help.

The Money-Saving Medicare Program is co-sponsored by the Area Agency on Aging, the Mesa County Department of Human Services and the Colorado SHIP. The Colorado Health Foundation has provided substantial support for our efforts. In addition we receive funding from the Administration on Aging and The Centers for Medicare and Medicaid through the Colorado SHIP.

To volunteer or to refer someone in need of our assistance, call Marianne North at 243-9839 in the Mesa County RSVP office

SHIP News

(Senior Health Insurance Assistance Program)
By Ruth McCrea

The Senior Health Insurance Assistance Project (SHIP) Navigators are breathing a sigh of relief that the two major Annual Enrollment Periods are now over.

Medicare beneficiaries need to be especially aware of a major change beginning this fall.

The Annual Election Period (AEP) will be earlier in 2011. This means Medicare beneficiaries will see an increase in mailings and articles about Medicare in late summer. The new dates are **Oct. 15 to Dec. 7**, with changes in coverage effective Jan. 1, 2012. This also means SHIP Navigators will hold trainings and meetings earlier, perhaps as early as the first part of September. SHIP Enrollment Events will be sooner this year, with the first event most likely scheduled for the week of Oct. 17. Watch the local papers or the July RSVP Newsletter for more information.

Meanwhile, new SHIP Navigator training will be April 12-14. Four Money Saving Medicare Programs (MSMP) volunteers currently helping this project will cross-train as SHIP volunteers. What dedication!

Additionally, the Medicare 101 Educational Seminar for new Medicare beneficiaries is presented by a SHIP Navigator every month. Future seminars are scheduled for April 11 and May 11.

Face-to-face appointments are available in the new SHIP office space. Call RSVP at 243-9839 to be connected to a SHIP navigator, make an appointment or to sign up for an educational session.

SHIP navigators are available by appointment. Call RSVP at 243-9839 to connect to the Mesa County SHIP.

UPDATE YOUR PICTURE

By Aleta Ballard

We hope you enjoyed the Volunteer Slide Show at the Recognition Luncheon on March 25. If you would like to have your picture updated or if you would like to be included in future slide shows, please call 243-9839 and we will be happy to take your picture. We can do this at our office or where you volunteer.

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- ♥ Register all Active Value Cards in your Household
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- ♥ Fuel Center purchases DO count for our organization

City Market Cares has donated a total of \$6,896.56 to RSVP since April 2001! THANK YOU!!!

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You!**

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