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Mesa County RSVP, Inc. Annual Volunteer Appreciation Event

Diamond Sponsor!

Callahan Edfest
 Mortuary & Crematory
 "Locally owned & operated since 1910"



Friday, March 25, 2011

**Two Rivers Convention Center
 159 Main Street
 Grand Junction, CO 81501**



Theme: "The Fabulous 50's"

**Volunteer Fair
 10 a.m. to 12:30 p.m.**

**Volunteer Appreciation Luncheon
 1-3:00 p.m.**

Entertainment: Elvis Impersonator

All registered and active RSVP volunteers,
 and selected honored individuals
 are invited to be our guests at the luncheon
for no charge.

In order to attend the luncheon at no charge, new volunteers
 must be registered with RSVP by March 15, 2011.

Call in your mandatory reservation by
 March 21, 2011, 5 p.m. Seating is limited.

If a registered RSVP volunteer wishes to
 bring a guest who is not registered,
 or if someone new would like to attend the
 luncheon, the cost is **\$18 payable in advance.**

Visit our
 Website at
rsvpgrandjunction.org

**Please Remember
 Mesa County RSVP, Inc.,
 in your will, trust,
 life insurance policy,
 or retirement plan.**

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

Mailing Address:

PO Box 1077
Grand Junction, CO 81502

Phone: (970) 243-9839

FAX: (970) 245-4808

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Office Manager:

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Volunteer Manager:

Ruth McCrea

Handyman Project

Coordinator:

Sherry Taylor Warner

MIPPA Project Coordinator:

Marianne North

Senior Scholar Project

Coordinator:

Vacant - Recruiting

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Kay Fiegel

Office Volunteers

Elva Rogers - One Time Projects

Judy Campbell - Clerical Support

Barbara Jex - Clerical Support

Frances Warner - Office Volunteer

Sheryl Fitzgerald - SSP Trainer

Kathie Thompson - SHIP Support

Jeannie Fox - SHIP Support

Newsletter Setup:

Jean Brewer & Aleta Ballard



HATS OFF TO YOU ...

- ☆ **Anschutz Family Foundation** for the matching grant for \$3,252. Thank you donors for making this possible by also donating \$3,252! Grand total of \$6,504!
- ☆ **First Presbyterian Church** for donating the use of their fellowship room again this year for the Volunteer Holiday Party.
- ☆ **Daretha Piper** for her service as a board member. Daretha changed jobs and is no longer able to be a board member. Thank you for your time and help.
- ☆ **Steve Laiche, Attorney at Law**, for donating his expertise in handling a legal matter. We really appreciate it.
- ☆ **Gray Gourmet** for letting us make a presentation about RSVP and conduct our Senior Survey.
- ☆ **Dorinda Hardcastle** our bookkeeper. She is an unsung hero who comes in twice a month and works on our accounts, fields questions from us regarding QuickBooks issues, and is always friendly and helpful. She works for Chadwick, Steinkirshner and Davis Accounting Firm.



AARP Tax Aide Program

AARP TAX-AIDE, Grand Junction District, will be opening their tax preparation sites on Tuesday, February 1, 2011 at 9:00 AM to serve our community.

You do not need to be an AARP Member nor over the age of 50. Persons of all ages with low to medium income are welcome – students to retirees. No complex returns please.

AARP Tax Aide volunteers provide this service FREE of charge to you the tax payer. Volunteers are trained, tested and certified to prepare and e-file your return as well as answer questions you might have. The volunteers are here to help you!

The Site Locations and hours are as follows:

- ✓ **Clifton Community Center:** 126 2nd Street, Clifton; 9:00 am - 12:00 pm Tuesday and Thursday
- ✓ **Grand Junction Senior Rec Center:** 550 Ouray Ave, Grand Junction; 12:30–3:30 pm Friday and 8:45–11:45 am Saturday
- ✓ **US Bank:** 422 White Avenue, Grand Junction; 9:00 am – 3:00 pm Monday, Tuesday and Wednesday
- ✓ **Wells Fargo Bank:** 2808 North Avenue, Grand Junction; 9:00 am – 12:00 pm Tuesday and Thursday

Senior Scholar Project News

by Ruth McCrea

Get ready for a new year of making a difference in the lives of students who desperately need academic help and encouragement. You can give back to your community by getting involved with young people.

The next Tutor Training Session is on Feb. 22, 2011. Call 243-9839 to reserve a spot.

Senior Scholars 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." Do you want to keep yourself young and slow your mental aging process at the same time? Become a tutor/mentor!

We are still looking for books to give away in the classrooms. Do you have a contact that might help us pay for these books? Any ideas are welcome.

DATES TO REMEMBER:

- ♥ **Jan. 4** – School back in session
- ♥ **Feb. 22** – First 2011 Senior Scholar Tutor Training Session
- ♥ **March 14-18** – Spring Break

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

"A mentor is someone who allows you to see the hope inside yourself."

Oprah Winfrey

"Volunteers In Action" Photo Reminder By Ruth McCrea, RSVP Volunteer Manager

We still need more pictures of RSVP volunteers in action! We don't have pictures of all our volunteers, and some of the shots are years old. If you want to everyone to see your smiling face the slide show at the annual Volunteer Recognition Luncheon, please contact me to set up a time to take your picture. You can either have the standard head shot taken here at the RSVP office or a photo of you in your volunteer capacity.

Don't you think that would make a much more interesting slide show at the March event? Call the RSVP office at 243-9839 to have a new or "renewed" photo taken.

Calendar of Events

January

Turn in Your December Timesheets

- 12 Medicare 101 at 10 am
- 17 Martin Luther King Day-RSVP Office Closed
- 19 RSVP Board Meeting 12 noon



February

Turn in Your January Timesheets

- 2 Groundhog Day
- 14 Valentine's Day
- 15 Medicare 101 at 10 am
- 16 RSVP Board Meeting 12 noon
- 21 President's Day-RSVP Office Closed



March

Turn in Your February Timesheets Women's History Month

- 13 Daylight Savings Time Begins
- 16 RSVP Board Meeting 12 Noon
- 17 St. Patrick's Day
- 25 RSVP Recognition Luncheon

Happy  St. Patrick's Day

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 January and February.

Dates and times are:

Jan. 12 or Feb. 15 at 10 a.m.

Seating is limited. Call 243-9839 to pre-enroll by Jan. 10 or Feb. 13.

Welcome New RSVP Volunteers

Through December 15, 2010

Dorothy Arellano
Dixie Arnett
Rick Black
Palmer Bowen
Fred Burmeister
Colleen Cahill
Alberta Colombin
Robert Elberfeld
Joanne Graham
Cynthia Grover

Ben Holden
Sandra Hyde
Kim Krueger
Linton Mathews
Frank Nemanich
Karen Porter
Jim Reiersgaard
Cheryl Reigle
Marleen Rennke
Bernadine Sherman

Geoff Tischbein
Steve Watson

Welcome

Volunteer Spotlight

By Ruth McCrea, RSVP Volunteer Manger

Are you ready to face another new year? Does life seem to be getting busier, or is it just me? However, no matter how busy our volunteers are, it seems they have time to help fill the gap when called upon to do so. Wonderful volunteers such as our long-time dedicated SHIP navigators (you know who you are), One-Time volunteers who always say "yes" when asked, volunteers who come up to me and say, "What can I do to help?" These volunteers are the backbone of our organization and our community.

Two individuals who exemplify the quality of volunteers at Mesa County RSVP are Mildred and Clayton. Although a couple, they volunteer both together and separately. Every time I see Clayton he asks me to add another placement to his file so he can report his hours. He still finds time to assist the RSVP staff when we need a helping hand. Mildred often takes the lead on projects, instinctively knowing what to do and how to just "get it done."

And what would we do without Elva? She keeps the One Time Projects functioning. I know I couldn't do without her help! And Betty, and Frances, and Barbara, and Jeanne, and the other Betty, and Bill, and Judy, and Jim . . . I could go on and on and on. You know who you are, both named and unnamed. Volunteers are essential to the quality of life in our community. I am certain our Member Agencies could add their own "special volunteer" list.

As we start a new year, we look forward to interacting with all our wonderful volunteers. Thanks to everyone for all you do.

Do YOU RSVP?

Volunteer Opportunities

Current volunteer opportunities include:

- ☆ Butterfly Babysitter – **Western Colorado Botanical Gardens** (the cocoons have arrived!)
- ☆ Thank-you card writer – **United Way of Mesa County**
- ☆ Bingo Caller – **URGENTLY NEEDED** for ongoing fundraiser for **Western CO Aids Project**
- ☆ Library Shelver – **URGENTLY NEEDED** for the **DeBeque Branch of Mesa County Library**
- ☆ Office Support/Data Entry – **Western CO Suicide Prevention Foundation**
- ☆ Office Help at **Girl Scouts of Colorado**
- ☆ **Gray Gourmet** – Delivery Drivers for home-delivered meals and Dining Site Servers
- ☆ LIS/MSP Outreach Volunteers for a special **RSVP outreach project** to help individuals apply for assistance with Medicare premiums and co-payments

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

Handyman Project News

by Sherry Taylor Warner

We dedicated our new multipurpose room on Oct. 29, 2010. It has been a fantastic asset to our organization! Thank you again to the following Handyman volunteers who contributed their time and talents: **Hubert Betzen, Bob Hartley, Lee Jensen, Jim Malapanes, Dan Shinskey, Judy Thompson, Bill Thompson and Jim Younger.**

One of the first events to be held in the new room was a Handyman training on November 9. We were had two excellent presentations:

Mike Day of Sunshine Painting spoke about the EPA regulation of the painting trade, specifically regarding lead paint. Containment is key – if you cannot seal off the affected area and afford the expense for all the additional supplies to safely remove and dispose of the contaminated materials, then you must not disturb the area and do your best to completely preserve the paint intact by covering it over.

The other training was facilitated by Chuck Kornman of the Western Colorado Suicide Prevention Foundation. Chuck talked to us about not missing an opportunity to save a life.

He shared about being more aware of what individuals are saying, doing and not doing; about drastic changes in behavior and routine and expressing feelings of hopelessness. The mission of the Western Colorado Suicide Prevention Foundation to “**LINK** with others to reduce our rate of suicide.” LINK stands for **Look**, **Inquire**, **Note** level of risk (find out if they have a plan) and **Know** resources (help hotlines). Unfortunately, Mesa County has one of the highest suicide rates in our nation. If you know of someone that might be in need of help or direction, please refer them to 1-800-273-8255.

The volunteers of our Handyman project encounter many isolated, vulnerable persons who are experiencing uncertainty about their health and financial stability. Our clients know the volunteers who serve with the Handyman Project are worthy of trust and are the helping hand upon which they have come to rely.

And speaking of helping hands, I am pleased to announce another Handyman couple has joined the ranks! Welcome Jerry and Colleen Cahill!

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 MIPPA (Medicare Improvement for Patients and Providers Act) Project now has five volunteers reaching out to low-income Medicare beneficiaries helping them find affordable health coverage. We will recruit more volunteers as we ramp up our efforts to reach nearly 1,000 seniors and people with disabilities in Mesa, Delta, Montrose and Gunnison counties.

Thanks to the Colorado Health Foundation, which has given us a two-year grant, to reach more Medicare beneficiaries. As a result of the grant, we will provide outreach training to Colorado West RSVP serving our neighboring counties on the Western Slope. We also have new office spaces for four SHIP/MIPPA Volunteers at Mesa County RSVP. Each office has a new computer and phone. The grant allowed us to add two more phone lines. This fall sometimes we were not able to make outgoing calls because all three of our lines were busy!

We help our clients find affordable prescription drug coverage and help with paying the premiums and co-pays for Medicare Part B and D. Even if clients do not meet the limited income guidelines of our program, we can help them if they are in the “donut hole” or coverage gap of their prescription drug plan.

Free Medicare Preventive Services for All Beneficiaries

We will be doing more outreach in the four counties and telling people about the new Medicare free preventive services they can access as a result of the health care reform law. These services include free screenings for cancer, heart disease, and diabetes as well as smoking cessation assistance and medical nutrition therapy and certain related services for diabetics and kidney transplant recipients. Check in your Medicare & You 2011 book to see what screenings you need to have this year and make an appointment with your physician for a free “Wellness exam”, or if you are new to Medicare, a free “Welcome to Medicare exam.” You will have no co-pays or deductibles to pay for these preventive services as long as the provider accepts Medicare assignment.

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

Medicare Changes for 2011

The Nov. 15- Dec. 31, 2010 Medicare Annual Coordinated Election Period (AEP) is now over. During this period, beneficiaries were able to switch from one Medicare Advantage (MA) plan to another, drop a MA plan and return to Original Medicare, or enroll in a Part D prescription drug plan.

Medicare beneficiaries need to be aware of several **key changes** to coverage beginning in 2011. Senior Health Insurance Assistance Project (SHIP) navigators can help answer questions about these changes. Here is a list of changes.

- Options for Medicare beneficiaries in 2011 narrowed as several Medicare Advantage carriers dropped MA options in Colorado called "private fee for service" (PFFS). In Mesa County, Medicare beneficiaries who still want insurance from one of Medicare's Private Health Plan insurance companies can choose from among four remaining MA plans offered by Humana or nine Medicare Cost plans offered by Rocky Mountain Health Plans. Previously, there were 24 plans offered by private insurers in 2010.
- Prior to 2011, if a beneficiary thought they enrolled in the wrong Medicare Part D plan during the Annual Election Period or wanted to make one change to the selected Medicare Advantage Plan, they could do so between January and March of the following year. **This option has been eliminated.**
- For 2011 and beyond, Medicare has created a Medicare Advantage (MA) Disenrollment Period from Jan. 1 to Feb. 14. Beneficiaries can leave their MA plan and switch to Original Medicare. Whether or not the beneficiary's MA plan included prescription drug coverage, if they return to Original Medicare during this time they can enroll in a stand-alone Part D drug plan to add drug coverage.
- The Annual Coordinated Election Period (AEP) will be earlier in 2011. New dates are Oct. 15 to Dec. 7, with changes in coverage effective Jan. 1, 2012.

SHIP navigators are available by appointment to help you. Call RSVP at 243-9839 to be connected to the Mesa County SHIP.

City Market Cares

- ♥ Register all Active Value Cards in your Household
- ♥ Use your card every time you shop at City Market
- ♥ Sign up friends, family, neighbors and coworkers
- ♥ Please register **all new cards** with RSVP
- ♥ City Market or King Soopers- Sooper Cards can be registered for RSVP
- ♥ 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!!!

Make an Easy, Painless Donation to RSVP.

Fill this out, mail it to RSVP, and use your card when shopping at City Market.

Value Card Sign-Up Card



Organization Name: **Mesa County RSVP**

Date: ____/____/2011 Record these 12 digits in the Value Card box below.

Name: _____	Value Card Number _____
-------------	-------------------------

Address: _____ Telephone(____) _____

City, State and Zip : _____

Authorized Signature: _____



Agency Spotlight

By Ruth McCrea, RSVP Volunteer Manger

Have you ever considered volunteering at the Mesa County RSVP office? Long-time RSVP volunteers know about the many volunteer opportunities offered by our Member Agencies. How many of you know RSVP also utilizes volunteers? We could not function without our wonderful volunteer help!

In addition to the dedicated volunteers involved with our three signature projects (Handyman, Senior Scholar and SHIP), we depend on help from board members, office volunteers, the One-Time Project coordinator, One Time Project volunteers, SHIP, SMP and MIPPA volunteers, Special Events volunteers, and various callers.

We received the help of 109 volunteers during 2010 (up from 71 in 2009).

Because the SHIP project is continuing to grow, we created more office space to house this program. With this expansion comes the need for more help with statistical input. We recently had to find an assistant for the SHIP Program Assistant!

If you are looking for a volunteer placement, remember to consider Mesa County RSVP as a possibility. Call 243-9839 to see what we have available.

Friends of RSVP

Our Office Space is Generously Donated by the



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Thelma Pearce for Albert W. Pearce
Joan Taylor for Phil Jessen
Patricia Guilkey for Rick Skelly

IN MEMORY OF LOVED ONES:
Margaret Jaceckel for Terry Jaceckel
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Thank You!



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- Contribute financially to RSVP, and ...
- Believe people 55 and over are a valuable asset to the community, or...
- Utilize RSVP volunteers through his/her place of work, or...
- Support what the organization stands for, or . .

Any combination of the above!!!

Put Your Friendship Where it Will Help Most...

I want to be a friend of RSVP, whose mission is:
"Serving the community by utilizing the talents and skills of senior volunteers and placing them in rewarding opportunities at local agencies."

- Patron Member (\$500 or over)
- Sustaining Member (\$250 to \$499)
- Contributing Member (\$50-\$249)
- Participating Member (\$1 to \$49)

Enclosed is my/our check for \$ _____

- Donation in Honor of: _____
- Donation in Memory of _____
- I want more information about RSVP
- I want more information on becoming an RSVP volunteer

Name: _____

Address: _____

City: _____ State: _____ Zip: _____