

Inside This Issue

Holiday Party	1
RSVP Office Information ..	2
Hats Off To You	2
Volunteer Spotlight.....	2
New Volunteers	3
Handyman Project News ..	3
Calendar of Events	3
RSVP Educational Series .	4
Volunteer Opportunities ...	4
Senior Scholar News	4
SMP Fraud Alert	5
MSMP Project News.....	5
SHIP News	6
Picture Yourself	6
City Market Cares	6
Handyman Services	6
Donor Page.....	7
Friends of RSVP.....	8

YOU ARE INVITED TO THE RSVP VOLUNTEER POTLUCK HOLIDAY PARTY!



WHEN:

Friday, December 2, 2011
Doors Open at 12:30 P.M.
Potluck Begins at 1:00 P.M.

WHERE:

First Presbyterian Church
3940 27 1/2 ROAD

BRING:

A Covered Dish That
SERVES 6-8 PEOPLE

**SEATING IS LIMITED!
TO RESERVE YOUR
PLACE**

**CALL 243-9839
NO LATER THAN
NOVEMBER 30, 2011**



Visit our
Website at

rsvpgrandjunction.org

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

RSVP

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

Web Site:

www.rsvpgrandjunction.org

E-Mail:

rsvp@rsvpgrandjunction.org

Staff

Executive Director:

Jean Brewer

Office Manager:

Aleta Ballard

Volunteer & SHIP Project

Manager:

Ruth McCrea

**Handyman, Senior Scholar and
Money Saving Medicare Project**

Manager:

Marsha Kearns

Board of Directors

Executive Committee:

President: Kay Fiegel

Vice President:

Treasurer: Penny Mitchell

Secretary: Rae Puderbaugh

Board Members:

Terri Potente

Teresa Black

Angeline Roles

Office Volunteers

Mary Adams — One Time Projects

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...

- ☆ **Thanks to all of you who responded to our recent fundraising letter.** We appreciate your donations. It is gratifying to know you support our work.
- ☆ **First Presbyterian Church** for donating the use of their fellowship room for our ice cream social in July and Holiday party in December.
- ☆ **Clayton Dause** for all of his years on our Board of Directors. Your support has meant a lot to all of us. We will miss you.
- ☆ **Colorado Document Security** for donating their document shredding service to RSVP.
- ☆ **Kathleen DuHamel** for the good work you did while you were here. Good luck to you at your new higher-paying job. We miss you.
- ☆ **Marsha Kearns** for choosing to take on the Handyman, Senior Scholar and Money Saving Medicare Projects. We know you can do it.
- ☆ **Aleta Ballard**, Office Manager and **Ruth McCrea**, Volunteer and SHIP Manager for all of your hard work for RSVP.
- ☆ **Kay Fiegel, Terri Potente, Rae Puderbaugh, Teresa Black, Penny Mitchell and Angeline Roles** for all your hard work on our board of directors. You are appreciated!!!!

Why Do You Volunteer?

By Ruth McCrea

What kind of volunteer are you? We think RSVP volunteers are the unsung heroes of our community, helping RSVP Member Agencies, schools and government entities function more effectively. Remember, volunteering can also help you live a longer, happier life.

A study published in August in the journal Health Psychology found that people who volunteer for selfless reasons, such as helping others, live longer than those who don't volunteer at all. However, those who volunteer for more self-centered reasons do not reap the same life-extending benefits. One study researcher concluded this could mean individuals who volunteer for selfless reasons may not be affected by normal stressors associated with volunteering, such as time constraints and lack of pay.

Participants whose motives were more oriented toward others ("I feel it is important to help others") had lower mortality rates at the end of four years than volunteers who did it for their own personal satisfaction ("Volunteering is a good escape from my own troubles") or people who did not volunteer at all. **Why do YOU volunteer?**

Welcome New RSVP Volunteers

Through September 21, 2011

Joseph Alivero	Hazel Jones
Dennis Allen	Joe Jorgensen
Norma Jean Allen	Mary Lyle
Cricket Anderson	Donna Martin
Myrna Atchison	Robert McCulley
Reda Bagnall	Cheryl McDermed
Debbie Barry	JoAnne Nelms
Harold Cunningham	Robert Noble
Joe Doak	Judy Noffsinger
Linda Edwards	Bradley Reist
Rose Foust	Jo Ring
Adam Gwiazdowski	Debra Roberts
Barbara Gwiazdowski	Mary Searson
Mary Lou Habeman	Toni Strand
Pamela Hamilton	Patricia Susman
Joan Hoelffler	Carolyn White
Doris Hogarth	
Betty Jensen	
Sherry Johnson	

Welcome

Handyman Project News

By Marsha Kearns

RSVP “handy-hands” (handymen and handywomen) contribute an average of one free home repair job per weekday, nearly every week...more than 20 every month. In addition, their great work brings in donations from happy clients. This first quarter, Handymen donations from clients totaled \$818!

The Handyman Project recently partnered with the Rocky Mountain Health Plans Foundation to provide a plethora of home adaptations for a low-income, disabled client. Two of our expert ramp builders went right to work, and another tackled bathroom modifications. Then he also helped finish up the ramp. Shirlie said, “Thank you so much! I’m psyched. I can go out the door and see what the weather is like. It’s new freedom.”

Without the help of the Foundation, Shirlie would not have a new ramp and all the adaptation she needs to be safe in her bathroom. Thank you, Rocky Mountain Health Plans Foundation! Thank you, Handymen!

Calendar of Events

October

Turn in Your September Timesheets

- 4 Community Conversations-United Way of Denver — 11am to 1pm
- 6 - Mental Health First Aid - 9 am to 4 pm — Pre-enrollment required.
- 7 pm — Pre-enrollment required.
- 12 Medicare 101 — 10 am
- 13 MSMP Enrollment Event 10 am-Noon
- 19 RSVP Board Meeting 12 Noon
- 26 SHIP Enrollment Event — 10 am – Noon and 1 – 3 pm

November

Turn in Your October Timesheets

- 9 SHIP Enrollment Event — 10 am – Noon and 1 – 3 pm
- 16 RSVP Board Meeting 12 noon
- 21 SHIP Enrollment Event — 10 am – Noon and 1 – 3 pm
- 24 Thanksgiving Holiday–RSVP Closed
- 25

December

Turn in Your November Timesheets

- 1 SHIP Enrollment Event — 9 am to Noon and 1 – 3 pm
- 2 RSVP Holiday Party — See Front Page for details!
- 21 RSVP Board Meeting — 12 Noon
- 25 Christmas Day
- 26 RSVP Office Closed

RSVP Educational Series

Are You New to Medicare?

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, 422 White Avenue; Lower Level, US Bank Building Grand Junction, CO.

Dates and times are:

October 12, November 14 and December 14 at 10 a.m.

Seating is limited

Call 243-9839 to pre-enroll

Volunteer Opportunities

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

- ☆ Board Members for **RSVP**
- ☆ Literacy Center Tutors at **Mesa County Public Library (Many tutors are needed)**
- ☆ Do you enjoy **Bingo**? Contact RSVP for opportunities with several member agencies!
- ☆ Assistant Receptionist/Phones for **RSVP (help during heavy Medicare season)**
- ☆ Administrative Specialist for **Mesa County Administration**
- ☆ Clothing Sorters and Warehousemen at **Fruita Thrift Shop**
- ☆ Volunteer Driver, Volunteer Interviewer and Volunteer Packer at **Community Food Bank**
- ☆ Customer Service, Office Assistance for **Habitat for Humanity**
- ☆ Thrift Store Helper at **Clifton Salvation Army Store**

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

Senior Scholar Project News

by Marsha Kearns

RSVP recruited, trained, and will place 15 new Senior Scholars this fall. Thanks to volunteer trainer Sheryl Fitzgerald for providing tutor training in August.

These seniors love kids, and they understand the importance of helping students learn to succeed in school. More than providing academic help, they become friends and mentors to "their" student.

Even with school having just started, our Senior Scholars have already contributed nearly 120 hours of work with students! How can this be? Senior Scholars love their work, and many of them arrange with the teacher

and school to come back to the same classroom every year — and sometimes they follow the same child

through the grades. We have one volunteer who has tutored the same girl for five years!

RSVP now has 55 Senior Scholars in Mesa County public and private schools, which has to be a big help, since District 51 has cut so many teachers and extras (including the RSVP funding we used to get.) However, we will continue anyway, because our kids are that important.

Yay, Senior Scholars! Thank you for your dedication to the children of our community. You will change their lives forever, for the better. (And yours, too, I bet!)

Learn how to be a school volunteer and make a lasting difference in a child's life! Call RSVP at 243-9839 to help.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter"

~ Mark Twain ~

*"Old Age Ain't for Sissies"
~ Betty Davis ~*

SMP Medicare Fraud Alert

By Ruth McCrea

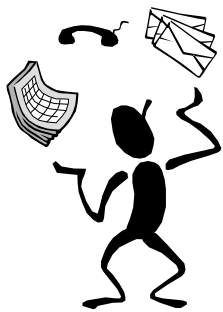
(CO Department of Regulatory Agencies)

Bar Coded Medicare Card?

A Medicare beneficiary from New Mexico was contacted in August by a caller from a "medical office." He provided a toll-free number. He told the beneficiary that in 2-3 weeks there would be a new Medicare card issued, which would be safer than current cards because it would have a bar code on it. The beneficiary would need to take it to any medical facility along with her old original card. **He then offered her extra insurance for vision and dental care for \$467.00.** The caller said he needed a check and bank statement, which the beneficiary said she didn't have, her husband took care of that, but the caller persisted in giving the beneficiary several ideas where her bank name and routing number could be found. The beneficiary hung up, and 15 minutes later the caller phoned again and repeated his request for the same information!



Be Aware: If you receive such a call, try to get the caller's information, hang up and report it to your local SHIP/SMP office at 243-9839 or call 1-800-503-5190. Never give out your bank name or routing number! Don't give out your Medicare number over the phone unless you are **ABSOLUTELY SURE** it is someone you know, like your doctor. **Even then be aware!**



MSMP Project News

by Marsha Kearns

MSMP (Money Saving Medicare Project) made several public presentations last quarter, and we have three scheduled in October, before Medicare Annual Enrollment. We were "caught on tape" at the Fruita presentation and got some great TV exposure from KKCO. Look for an article and a schedule of October presentations in the Senior Beacon.

MSMP is charged with outreach to low-income Medicare beneficiaries to let them know about two specific money-saving programs available to them. These programs are Extra Help from Social Security (Low-Income Subsidy, or LIS) and the Medicare Savings Program (MSP).

MSMP is a thin slice of SHIP, in that our clients must have Medicare. For MSMP, they also must fall within strict income and asset guidelines. If a person qualifies for either program, we help them enroll. Then we follow up to see whether they were approved for the program and see if they need any ongoing help through SHIP.

We've been training a few new volunteers, but it would be nice to have more trained and available to help with outreach, to make presentations, and to enroll clients in the programs. If you're interested in learning how to help people with their Medicare issues, please consider volunteering to become a SHIP Navigator and/or MSMP counselor.

To volunteer or to refer someone in need of our assistance, call Marsha Kearns at 243-9839 at RSVP.

SHIP News

(Senior Health Insurance Assistance Program)
By Ruth McCrea

The 2011 Medicare Annual Enrollment Period (AEP) is October 15—December 7, 2011. DO NOT be caught off guard!



Attend a morning (9 a.m. – noon) or afternoon (1 – 3 p.m.) session during a walk-in SHIP Enrollment Event. A SHIP navigator will help you consider your options and select an appropriate plan. Scheduled dates are: Wednesday, October 26; Wednesday, November 9; Monday, November 21 and Thursday, December 1, 2011.

If you did not join a plan when you were first eligible, you can join during this period. If you are enrolled already, you can keep the coverage you have or make a change once during this period. The choice you make during the AEP becomes effective January 1, 2012.



The **Medicare 101** educational seminars for new Medicare beneficiaries will be October 12, November 14 and December 14, 2011, at 10 am at RSVP.

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

PICTURE YOURSELF

By Aleta Ballard

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. Having the pictures taken where you volunteer would be fun if you are working at something visual.

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: _____

Handyman Services

What We Do . . .

- Minor Plumbing Repair
- Minor Electrical Repair
- Window Mounted Coolers
- Furnace Checkup, Servicing
- Minor Furniture Repair
- Installing Grab Bars
- Wheelchair Ramp Building
- Minor Home Adaptations for Disabled

What We Don't Do . . .

- Yard or Garden Work
- Roof Repair/Replacement
- Rooftop Coolers
- Furnace Repair
- Furniture Assembly
- Electrical Wiring
- Remodeling
- Carpet Cleaning
- Moving/Heavy Lifting
- House Cleaning
- Appliance Repair
- Rental Repairs

To Help or if You Need Help, Call RSVP at 243-9839

Friends of RSVP

Our Office Space is Generously Donated by the:



Patrons (\$500 +)

- AeroCare Holdings, Inc.
- United Way of Mesa County
- Colorado Health Foundation
- JVA Consulting
- Bacon Family Foundation
- Callahan-Edfast Mortuary
- El Pomar Foundation
- Wells Fargo Bank Foundation
- Anschutz Family Foundation
- Kiwanis Foundation
- Daniels Fund
- Corporation for National & Community Service
- Xcel Energy Foundation
- Fruita Thrift Shop
- Sam's Club Foundation
- State of Colorado-SHIP
- Goodwin Foundation
- Western Colorado Community Foundation
- School District 51
- US Bank
- Bill & Judy Thompson

IN HONOR OF:

- Loralee Kerr for Bill & Judy Thompson

UNITED WAY DONORS:

- Bob and Sarah Walsh
- Rebecca Spiess
- Debi Overholt

Sustaining Members (\$250 to \$499)

City Market Thomas Johnson Marcella Bechard Networks Unlimited

UNITED WAY DONOR:
Jean A. Brewer

Contributing Members (\$50 to \$249)

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Florence V. Balbier for John Watt, Betty Zeni, Eleanor Steinle and Ted Balbier
Wayne Westerson

IN MEMORY OF LOVED ONES:
Betty Fisk for Bob Fisk
Ruth M. Craven for James Massey
Joy Gordon for Red Hansen

UNITED WAY DONORS:
Jeannette Kuchyt
Janet Muyskens
Deborah Scenters
Robin Waddell

Participating Members (\$1 to \$49)

Barbara Robson
Beatrice & Gerald Scruggs
Cathy Herron
Clarence Wittmer
Dorothy McCarty
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Beulah Roady for Michael O'Connell
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Charles Alexander for Irwin Stewart
Jennie Sena for A. Bennett
Robert Farrell for Lee Jensen

UNITED WAY DONORS:
Linda Ammerman
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Thank You!



Seniors Serving Mesa County

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Grand Junction, CO 81502

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CO
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Corporation for
**NATIONAL &
COMMUNITY
SERVICE** ★★



Ten years later we
have not forgotten!

September 11, 2011



Always Remember!
9/11/2001

Place label here

Friends of



Seniors Serving Mesa County

- 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: _____