

FOSTER GRANDPARENTS EVALUATE LOCAL HISTORY by Dick Russell and Diana Jost

On Friday, March 3, Foster Grandparents (FG) gathered for an in-service opportunity that evaluated local history. After a tasty pasta and salad lunch, the group launched into a video titled "Reckoning with Our History: UW-Madison's History of Discrimination and Resistance." You can watch the video here: https://bit.ly/uwreckoning.

The video was produced in conjunction with UW's Chazen Museum's Exhibition Sifting and Reckoning: UW-Madison's History of Exclusion and Resistance. The exhibition was intended to be temporary, however. It is now being transferred to a permanent exhibition on campus in honor of former Chancellor Rebecca Blank who sponsored it.

While the original exhibition included numerous topics, the video focused on three central ideas: Early History, Housing and Discrimination, and Resistance and Protest. The Foster Grandparents watched a section and then discussed it for all three main topics. The video's content prompted not only conversation about Madison's past, but it also opened an excellent dialogue about concerns and practices in areas like affordable housing, sexism, racism, ageism, protests and what makes them meaningful, and multiple other current local issues.

After our stimulating conversations drew to an end and some FG business matters were attended to, everyone enjoyed some dessert. Hopefully all who attended left with new ideas about our local community, its past, and its present challenges.



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Left to right back row: Dick Russell, Larry Orr, Canary Davis, Pam Bracey, Shirley Reuter, Pat Everhart, LuAnn Paepke Front row: Dianne McMurray, Virginia Scholts

NEWS NOTES

Welcome to RSVP of Dane County! **RSVP Board Notes**

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Is Spring just around the corner? Maybe it's time to Spring into action to consider recruiting new volunteers. Volunteers are the foundation of RSVP. The success of all of our programs is built on their talents and generosity.

Volunteer turnover always creates a need to continue our recruiting efforts.



Do you remember what prompted you to volunteer for RSVP? A friend asked you! You heard about what RSVP does and realized you might enjoy the experience. Whatever it was, were you happy that you made the connection?

One of the best ways to recruit is by "word of mouth". As an active volunteer, you become the best source to tell others what it means to you.

I never miss an opportunity to tell others about what RSVP does, how much I enjoy it, and how important it is that we continue to seek and recruit new volunteers. You may want to consider telling people that we are anxious to share our mission, values, and what we contribute to society. COVID-19 took a toll on many volunteers, but the needs of others did not disappear. If you know of someone who may be interested in discussing what RSVP does or how to volunteer, simply notify the staff at RSVP and every possible effort will be made to answer their questions and tell them about the opportunities that await them as an RSVP volunteer.

Many thanks to all of our volunteers! Now let's move forward and bring others onboard to continue doing what we do best: serving others. Since 1972 our volunteers have contributed over 8 MILLION hours of service to our communities. Help us SPREAD THE WORD!

Richard Hoffman **RSVP** Board President



A Note From the Executive Director

From the desk of... Margie Zutter, Executive Director

Each January, we finish collecting volunteer hours for the previous year, enter these hours into our Volunteer Reporter database, and then report the results to our funding sources. In 2020 and 2021, due to the pandemic, fewer volunteers were able to serve. I am happy to report that during 2022 there was an increase in volunteer service! In 2021, 1,021 RSVP and FGP volunteers reported 121,771 hours, compared to 1,195 volunteers reporting 132,845 hours of service in 2022. It's

not the number of volunteer hours reported that is so significant, it's that 174 more volunteers served! And the numbers are probably even higher because we know that there are volunteers serving that for various reasons, did not get their hours submitted.

Our wonderful volunteers serve as ambassadors of our program as well as role models who show that older adults are active and engaged helping members of their



Krishna Sijapati

communities with important services. In 2022, 562 volunteer drivers provided 3,495 round trip rides so that 634 seniors and veterans could get to medical and other important appointments.

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Foster Grandparent Grandma Ginny by Diana Jost and Dick Russell

Virginia "Grandma Ginny" Scholtz serves as a Foster Grandparent for RSVP of Dane County. In her work with middle school students, she often discusses building solid rapport and actively listening as ways to connect with others. These skills of listening and building rapport are then displayed when students can recreate those actions within their friend and family groups, promoting healthy communication, self-esteem and strong, healthy relationships.



Virginia Scholtz

Ginny's own words are the best account of her mentoring and the enjoyment she receives from it:

"I have been volunteering in Madison Public Schools for about five years. The first year I volunteered directly through the school. The second year I learned about the support that RSVP of Dane County gives to Foster Grandparents and I signed up. Their orientation to the world of young people, cultural differences, the expectations and the limits of mentoring in the schools, etc. has been invaluable.

I work three mornings a week at Sherman Middle School in a large classroom lead by two teachers. I am there during language and math classes. This year I spend most of my time with two students whose first language is not English. Sometimes, especially during math, I just do the work on a separate paper so that they can see what we are supposed to be doing. Every day we have some time for just the three of us. I have made picture sheets with articles of clothing named in English. I have printed an English to Wolof (translation service) pdf which helps a little bit. I coach one of the students on their letters. When I say "e", they hear "i" because they are from a country where French is predominant. We sometimes watch movies such as The Wizard of Oz and Black Panther. I made up worksheets in English and French (thanks to an on-line translator) so that they have an opportunity to do some "homework". Of course, I discuss this all with the teacher beforehand and she gives me some tips to accomplish a bit of facility with the language.

I like the energy I get from interacting with the students and the teachers. I like having a purpose and a place to be three mornings a week. I like the positive feedback from the students and staff. AND I like to see the wide variety of students in Madison's school system. I am an old white lady. Most of the students in the class room where I work are not Caucasian. They have ways of speaking and thinking that are new to me. I learn something every day. It gives me hope that the community will continue to be a good place to live and work."

Grandma Ginny encourages others to volunteer as Foster Grandparents. "RSVP will give you good training and support and you will meet wonderful people at every step along the way. PS: Every day when I leave, the teacher gives me a hug and tells me how much help I have been to her."

Ginny Scholtz embodies the spirit of incredible mentoring! She is a great asset to the students, schools, and greater community she serves! "Grandma Ginny is amazing, we are so lucky to have her, we cherish the time she spends with us."...Sherman Middle School teacher.

Want to get in touch with us?

Simply dial 608.238.7787 (RSVP) or email us at info@rsvpdane.org.

Or, you can reach individual staff members directly at the phone numbers/email addresses listed below. In the event we're not available at the time you call, our 24-hour voice mail will ensure you receive a prompt response.

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COORDINATOR

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They also delivered 140,129 meals to 1,734 older adults as well as food from food pantries to low-income seniors. In 2022, 375 RSVP volunteers helped 48 nonprofit and public agencies extend theirservices. In 2022, 267 RSVP volunteers made 16,165 handmade items such as quilts, hats, mittens, scarves, and tote bags given to 66 nonprofit and public agencies for their clients. In 2022, 93 RSVP and 16 FGP volunteers helped children through RSVP's Computer Buddy Program, a Postcard Pen Pal Program, literacy videos, and more! In 2022, 12 RSVP volunteers served through Triad, helping seniors avoid becoming victims of scams and frauds through monthly education and awareness programs, the annual Triad conference, and a newsletter. And three RSVP volunteers served through RSVP's Bus Buddy Program, helping older adults in Madison learn how to use the public bus system.

Even though we have nearly 1,200 volunteers serving, we need more help! Last November, in a Wisconsin State Journal Letter to the Editor, I asked the community to call me about volunteering. Unfortunately, I did not get a single phone call! It's a fact: RSVP volunteers are our best recruiters. Please talk to your friends, neighbors, and relatives! We need more help! We need more ambassadors!

RSVP is Hosting Our Third Essentials Drive by Diana Jost

The Allied Wellness Center distributes needed essentials to residents in the Allied Dunn's Marsh Neighborhood each week. They have worked hard during the pandemic to identify neighbors in need, and provide locations where essentials, (personal care products, diapers, soap, detergent, etc.) can be picked up.

In honor of National Volunteer Week, RSVP is hosting a drive-through donation collection to help with gathering these items for Allied Wellness Center! Please join us on Thursday April 20th between 10:00 AM and 3:00 PM in the parking lot behind our office building at 6501 Watts Road to drop off any donations of items on the following list:

If you have any questions, please contact Jan Karst at jkarst@rsvpdane.org

or 608.441.7891 or Diana Jost at djost@rsvpdane.org or 608-441-1393

- All Size Diapers (from 1 to 6)
- Baby Wipes in individual packets
- Deodorant
- Toothpaste
- Lotion
- Body Wash
- Razors
- Detergent

Thank you for participating!

• Fabric Softener

• Hand Sanitizer

Shaving Cream

Masks



RSVP Volunteer Rhea Schultz at the 2021 Essentials Drive



RSVP Volunteer Judy Mayer during the 2022 Essentials Drive

How can I help my community? Where can I volunteer? What would I like to do? Celebrate National Volunteer Week, and learn what YOU can do.



RSVP of Dane County's Open House In honor of National Volunteer Week Thursday, April 20th, 2023 1:00 PM - 3:00 PM RSVP office, 6501 Watts Road, Suite 250, Madison 53719.

For over 50 years, RSVP has been matching volunteers, primarily age 55 and over, with community service opportunities. In celebration of National Volunteer Week, RSVP of Dane County is hosting an Open House to showcase the wide variety of volunteer opportunities available in our community. Come enjoy a light snack, and talk to one of our Volunteer Coordinators about a way you can make a difference! For more information, call RSVP at 608-238-7787, or visit www.rsvpdane.org.

- Bars of Soap • Hand Soap • Bleach
- Paper Towels
- Toilet Paper
- Garbage Bags
- Sandwich Bags

A Growing Resource for Seniors: The Triad Newsletter by Mike Thomsen, RSVP TRIAD Program Coordinator

When people think of RSVP's Triad program, our monthly educational programs and the annual Triad Conference come to mind first. But a growing resource that we publish is our Triad Newsletter. We published our first issue two years ago with the ambition of offering readers safety, crime prevention and healthy living articles written for and, as much as possible, by older adults.

Over the first two issues of our newsletters, the number of older adults volunteering as writers and editors has grown from four to seven, each offering their experiences and insights on safety, crime prevention, and healthy living. The key point is that many of the articles are from the perspectives and experiences of older adults. We are also fortunate to have regular contributions from several writers who, as professionals, work every day with older adults and aging issues.

Our first issue of 2023 will soon be published, so please be on the lookout for it. Older issues are online at https://www.rsvpdane.org/news/newsletter. Just search the page for "Triad". AND, if you would like to help us grow the Triad Newsletter by writing about your perspectives and experiences on safety, crime prevention and healthy living, please email me at mthomsen@rsvpdane.org.



Meet Sandy Long by Kate Seal , RSVP Group Projects Coordinator

On October 6th, 2022, at RSVP of Dane County's 50th Anniversary Volunteer Appreciation Event, RSVP volunteer Sandy Long of Fitchburg was honored with the President's Volunteer Service Award for serving 4,000 hours of volunteer service to her community.

Have you ever met someone who has the ability to make you feel calm and relaxed just by being in her presence? Sandy, a volunteer for RSVP's Group Projects Program and a member of the "Fitchburg Knitters" at the Fitchburg Senior Center, has this gift. She's focused, grounded, and has a sense of peace about her that is contagious.

Born and raised in Madison, Wisconsin, she learned to crochet from one of her elementary school teachers, who took Sandy under her wing, showing her



the art of crochet and macrame. Sandy began making jewelry and small crocheted items, such as dish clothes. She would then sell her small creations to neighbors and acquaintances in the community to raise money for more yarn. Her mother taught her the importance of working hard to earn money, so Sandy began making money this way at a young age to support her craft.

Sandy's dedication and perseverance have been prominently displayed throughout her career. She worked in local hospitals for 36 years in the laundry service department. During that time, her crocheting and crafting ebbed and flowed, as most hobbies do. But after retirement, it picked back up at a fanatical pace. She began making "critter blankets" for animal rescue organizations. These are small knitted or crocheted blankets for animals' crates. Sandy loves animals, so this was a particularly sentimental project for her.

It did not take long after retirement for Sandy to find and join RSVP, eager to share her passion and compassion with humans, too. She says crocheting, which she enjoys a bit more than knitting, is a labor of love. It takes time, patience, and kindness to crochet things that comfort others. She also finds the craft therapeutic, both mentally and physically. She loves making shawls and scarves. She also enjoys using the wide variety of yarn colors and textures that exist. And, she never gets tired of all of the color-coordinating needed.

She even does research on YouTube about how to make new creations! When "fidget quilts" became a popular request of the RSVP Group Projects Program, she dived head-first into the research, looking for ideas, exploring the most beneficial fidget accessories, and learning about who might be helped most by her "fidget creations." A fidget quilt, by the way, is a small lap quilt that provides sensory and tactile stimulation, soothing the fidgety hands of people with ADHD, anxiety, dementia, or autism.

Sandy rarely uses patterns. She prefers to use her intuition and obviously has the ability to make the most beautiful creations simply by visualization and experimentation. And, because she's a volunteer at RSVP, she doesn't have to purchase her own yarn since supplies are provided to volunteers. What a gift Sandy is both to our program and to our community. Thank you, Sandy, for your time and benevolence!

Meet the Wauna-Makers by Kate Seal, RSVP Group Projects Coordinator



back row l to r: Mary Acker, Dianne Hess, Donna Marx. Front: Suzanne Matiash

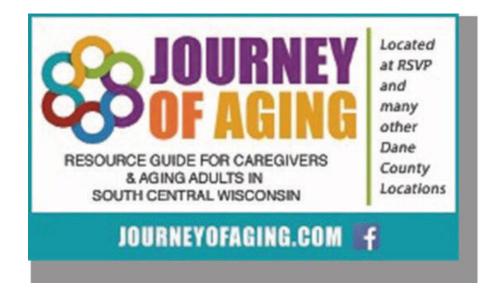
The RSVP Group Projects Program has over 225 creative volunteers who sew, knit, and crochet items of warmth, and comfort for those less fortunate in our community. Some volunteers work independently and do their crafting in their homes. Other volunteers who have a little extra time and an inclination toward socializing meet regularly with a group of other volunteers much like an old time Quilting Bee your grandparents may have told you about.

Quilting Bees were very popular social events in the mid-nineteenth century and provided an opportunity for people to gather and connect while simultaneously expressing their artistic capabilities in their quilting and sewing. There are currently 19 active Group Projects groups that meet all around the county. No matter whether it's Belleville or Waunakee or some place in between, there is probably a group near you. The groups typically meet at churches, libraries, senior centers, and community rooms. Some groups have been meeting for decades. Others are brand new!

The Waunakee Group – they call themselves the Wauna-Makers – meets at

the Waunakee Senior Center on the second Wednesday of each month at 1:00 pm. They have been a longstanding, deep-rooted group for many years – a group ebbing and flowing with each local and global change. Remarkably, no matter the state of the world, their hearts and souls have remained strong and their abilities limitless. The Wauna-Makers inspire us with their dedication and talents, sewing skills, crocheting and knitting, and even making donations unique to their group, such as pillowcases and large, warm, double-layered fleece blankets for those living without roofs over their heads.

The kindness and self-determination that emanates from this group is refreshing and enduring. They are always welcoming new volunteers so if you'd like to learn more about joining the Wauna-Makers, contact Kate Seal, RSVP Group Projects Coordinator kseal@rsvpdane.org.



Bus Buddy Chuck Kamp Gives Bus Riders the Route to Independence by Peggy Nolan, RSVP Volunteer

Navigating Madison via the local bus system, Madison Metro, can be challenging for anyone. You have to know which bus to take to and from your destination, where to get on and off, and how to pay. And that's assuming you don't have to transfer to another bus along the way.

Now imagine you're an older adult or a refugee who has no car and who has never ridden a bus before. "Let's face it, nobody likes to do something they don't know how to do," says Chuck Kamp, a volunteer with RSVP's Bus Buddy Program. Launched in 2014, the program helps older adults gain confidence in using Madison Metro to get around town. Chuck calls the program "a window to independence."

Here's how Chuck works with a typical client to help them learn the Madison Metro system:



Chuck Kamp

- First, he asks where the person needs to go.
- Next, he plans routes and puts an itinerary on notecards for easy reference.
- Finally, he rides with them on the bus. He also gives his buddies a copy of Madison Metro's Ride Guide, and he tells them about apps like Google Transit and certain apps for planning their rides in the future so they can know in real time when the bus will arrive at their stop.

Having worked in public transportation for 40 years, including as Metro Transit General Manager, Chuck is an ideal fit to help others learn how to use the system. In addition to the older adults he helps through the Bus Buddy Program, he provides bus training for refugees through Jewish Social Services. He says, "Public transportation is an important glue for jobs, school and social activities. Refugees in particular need to get to English classes, the grocery store and medical clinics."

The thing Chuck likes best about being a bus buddy is "playing a small but important role in helping people live a more satisfying life."

With bus rapid transit set to launch in Madison 2024, Chuck thinks the new system will be easier to use for most people. But he's quick to say that's just his opinion, not fact.

He'd like to partner with Madison Metro staff to train more bus trainers. "Bus training is a surprisingly rewarding experience," he says.

To learn more about becoming an RSVP Volunteer Bus Buddy Coordinator, please call Jan Karst, RSVP Community Connections Coordinator, at (608) 441-7891 or e-mail her at jkarst@rsvpdane.org.

WELCOME NEW VOLUNTEERS

We enrolled 61 new volunteers from December, 2022, through February, 2023, serving in a wide variety of assignments throughout Dane County. Do you know someone who might like to volunteer? RSVP volunteers are our best recruiters as they spread the word about why they like volunteering and the need for more volunteers. Please pass this newsletter on to a friend or neighbor and tell them what RSVP means to you!

Sandra Burkle Linda E. Campbell Mary E. Capener Mary K. Cichy Anna A. DePauw Delfa Dunlap Linda K. Esser Ted Finman Marla Fletcher IoAnne Flock Dolores Gohdes Paul Gohdes Thomas W. Grade Linda Groffy Michelle A. Harris Charles W. Hawkins **Jacqueline Huff** Karen Huffar Jennifer Jablonski Andrew M. Jenkins Shelli D. Jenkins **Robert Khouri** Craig Kitzman **Diane Koerner** Robin S. Kurtz Richard (Rick) Larson Patrick McCarty Bonnie L. McCrary Bradley J. McDowell David E. Meyer Kristy Meyer Denise D. Naumann

Eric Nelson Sue Nelson Peggy Nolan Susan Norby Kevin D. O'Brien Porter O'Neill Sandra Onsager Mary A. Paulson Karen Pridham Christopher W. Pritchard JoAnna M. Richard Roger F. Richards Sue E. Richards **Kristen Rogers** Alyssa Ronk **Iill Schneider**

Barbara J. Schwoerer Bonnie Shattuck Mary K. Siedschlag Sherry Songhurst Donna Spencer Sara Stubbins Phillip B. Tabaka Wayne Valley Mark C. Walther Jan Wille Lee A. Williams Luann I. Zander Mary Jane Ziegler



Thank you to the following RSVP volunteer drivers who donated mileage in 2022!

Chuck A. Abplanalp Barbara J. Acker Darlene M. Acker John C. Albert Madelyn A. Alt Brenda Anderson Jeffrey M. Anderson Myra S. Andreassen Karen A. Arne Dawn Aschenbrenner Steven M. Atkinson Amy L. Austin Barbara Babler Ronald Babler Rodney M. Bakken Edward Barman Hannah L. Bassetti David B. Batker Kathleen J. Batker Scott Bauer Shelley Bauer Barbara Baumgartner Barbara Baumgartner Brianna Behr Ella Beloungy Donald B. Benson Margo N. Benson Robert A Bezzi Kathleen M. Bladl Ellen Blask Taneil C. Boerner James Brandt Jeanann Breininger Judy A. Breunig Lisa L. Brown Nancy J. Brown-Joyce Daniel W Bush Jessica M. Butenhoff William Butters Cheryl M. Butler Patsy J. Byrnes Daniel D. Cady Patrick M. Cady Judy E. Captain Rachel Carl Melody D. Carlino Lorine J. Carlson Rick Carlson Meg C. Chin Linda L. Christen Abigail Christiansen Lynn Christiansen Diane Christoph Kayoko Christopherson Ronald A. Clark Alois Clary Mary J. Clary Margaret Close Brian Coker Theresa R. Conger Dawn A. Conley-Wallace Gary W. Dalgaard Gloria R. Davies Courtney DeMoe Connie L. Detmer Tony Diaz Carol H. Dombroski Tracy R. Donohue

Linda Donnino J. Patrick Downing Karen A. Downing Robert Downing Ganna Drogobetska Maureen E. Duffey Christine V. Dusk David S. Elsner David J. Engermann Jeanette M. Erickson Mark S. Faber Ann C. Fisher Jack C. Flesch Vernon V. Flesch Judith K. Forster Charlotte Fox Merrill Fox Lawrence Foy Jeffrey D. Friebert Thomas Fronek Renee Funseth Lucy Gammeter Dennis C. Garfoot Rebecca Greiber Robert Greiber Steven B. Geier Lois E. Gilbertson Dennis L. Gilbertson Richard B. Gilfillan Dwight E. Gribble Jane M. Grinvalsky Philip Grupe Elaine A. Gundlach Dorothy I. Handrick Sandra Lee Hanisko Heidi J. Harms Richard F Harms Barbara J. Hawley Lydia F. Haynes Wendy Hecht Deanna M. Heise Margaret Hennings Lori K. Hessefort Thomas N. Higgins Mina Hill Janis Y. Hiltbrand Bernice Hirsch Mike Hirsch Mark S. Hoffmann Donald G. Holman Richard L. Holthaus Jack R. Hotchkiss Rodney R. Huebner Kylie Humke Jack Jackson James G. Jenkins Ann Jesse Mark J. Johnson Michael Jolly Michael Kalscheur Susan J. Kalscheur Joseph B. Kamm Joyce Kaping Russell Kaping Janel Karls Judith Karls Rick Karls John G. Kats Diane C. Keller Cheri B. Kenney Norman Kenney William Kerwin

Bruce L. Kiesling Mark E. Klein Susan A. Klein Judy L. Klund Kenneth Kluz Mary H. Knotts Nancy J. Koch Monna S. Kolbe Frank W. Kooistra Sally M. Kopecky Connie K. Kraus Terry L. Kringle Mark Krueger Patricia H. Krueger Frederick Kruger James P. Lacy Christine D. Lade Joseph W. Laeser John S. Lamancusa Alexis R. Lamboley Jacqui K. Landerud Gail Lange Marcia C. Lavin Lois Lehmann James Lescohier Jane E. Leverance Iim A. Leverance Marian M. Lins Thomas J. Lins Abigail F. Lowery Judy Loy Phil Loy Donald Lund Virginia A. Lunde John D. Luther Richard A. Lyngaas Tracie M Mandli Michael R. Markham Phyllis Marx Sheila Matusiewicz Colleen E. McKillip Patricia L. McKinney Michelle M. Meisenbach M. Carson Mettel Jim D. Meyer Margaret E. Meyer Carol A. Michalski Sue Mielke Bob A. Miller Susan M. Miller David J. Mills Carolyn A. Mitchell Podehl Donald Minter Suchi Mohan Kelly M. Monroe Nichole L. Monzon Sheila M. Muehlenbruch Crystal J. Murkve Bernie Murray Amber Nass Leanne R. Neild Drew Nelesen Jeffrey S. Nesta Michael Nonn David A. Norby Clinton L. Northcutt Vivian Norton James P. O'Brien Connie L. O'Connell Patti Offer

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Michael J. Smith Bill Snyder Carol A. Soukup Kirt C. Soukup Alora D. Spiegel Aaron L. Sprang Mary M. Stachura Lori A. Stadelman Cynthia Staley Brenda K. Stewart Kay A. Stickney Patti L. Stockdale Steve R. Stockdale Megan Stone David L. Storley Kate A. Stormer Daniel I Strome Charlene S. Strouf Linda D. Struck Dawn E. Stucki Ryker Swenson Kathryn L. Taddy Pamela S. Tessman Cheryl TeWinkle Barbara E. Thomas Minhdue "Kimba" Tieu Robert Topel Joe C. Topp Bryce Trace Anthony S. Truman Kay L. Truman Sandy Turk Jim J. Vanevenhoven Elizabeth Van Kampen Philip J. Van Kampen Darlene M. Vervoort Jerrold C. Volk Wendy Vysoky Donald M. Wadyka Victor S. Wahl Nancy E. Wales Terry Walker Ellen T. Wallen Larry L. Walls Harold E. Warren Margaret Washa Thomas Washa Jim C. Wedde Chris R. Weis Debra G. Weis Erin Weller Patricia Wende Robert L. Wharton Jill D. Wheeler Bruce Whiting Betty Willems Philip J. Willems Kathy Wilson Ramona L. Wipperfurth Emma L. Williams David H Wilson Ann C. Windsor Amy W. Winters John E. Woodford Paul L. Yapp Susan M. Zander Pat A. Zapp James Zelem Garland Zibrowski Shirley Margaret Ziegler

Robin L. Zimmerman



Save Energy With Lighting Tips

From Madison Gas and Electric Company (MGE)

The light bulb has come a long way since incandescent bulbs started lighting homes more than 100 years ago.

In the 1990s, compact fluorescent (CFL) bulbs came on the scene, offering consumers a longerlasting bulb that used less energy than older bulbs. In recent years, light-emitting diode (LED), bulbs have become more affordable and more popular in households.

LED bulbs are very efficient—using about 75% less energy than standard incandescent bulbs and they last longer than other bulbs. As an added bonus, because they use most of their energy to produce light instead of heat, they are cool to the touch. The cost to operate an LED bulb annually ranges from about \$1 to \$1.50 for an entire year versus \$2 to \$3 for a CFL and \$10 to \$11 for an incandescent bulb.

Get Free Energy-Saving Packs From FOCUS ON ENERGY®

Our statewide energy efficiency partner, Focus on Energy, offers a variety of different energysaving packs that include LED light bulbs—all sent to eligible MGE customers for free.

Each pack contains a variety of products including LED bulbs, pipe insulation, faucet aerators and more. Please note there is a limit of one pack per eligible household every year.

Visit www.focusonenergy.com/residential to learn more and to order your pack. And be sure to visit www.mge.com regularly for other energy-saving tips.

RSVP's Vets Helping Vets Program in Stoughton by Lorrie Hylkema

Meet Bonnie Lewis and Dan Oakland! Bonnie is a veteran passenger and Dan Oakland is her RSVP Vets Helping Vets (RSVP VHV) volunteer driver. Bonnie has been a passenger with RSVP since 2004. Dan has been registered as a volunteer driver for RSVP VHV since 2014. Bonnie and Dan met at the Stoughton Area Senior Center. Dan was helping a friend of Bonnie's with her finances, utilizing his expertise as an accountant. Bonnie asked for help with her finances, too. Since then, Dan and his family, along with her fellow Baptist church members, have become like family to Bonnie. Not only do Dan and his family provide rides to medical appointments but they also have helped this veteran move, continue to help her with her finances, and help her get groceries as needed.

That is the bonus of volunteering to provide rides through RSVP – long-term personal and community relationships are formed. One younger veteran often calls the RSVP VHV office to specifically request rides from an older veteran volunteer driver he has gotten to know quite well. Veterans relate to each other's time in the service even when it is from a different era.

RSVP's VHV program began in 2012 with a mission to recruit veterans or veteran advocates to drive veteran passengers and their family members to medical appointments throughout Dane County. For many years, the Stoughton Area Community Foundation has granted funding to RSVP VHV to help provide this service in Stoughton. The Stoughton Area Senior Center coordinates rides for older adults including veterans. If a veteran passenger or family member is unable to find a ride to a medical appointment or is too young to use the Stoughton Area Senior Center service, they contact the RSVP VHV program, which is coordinated by Lorrie Hylkema, at 608-238-7901 in Madison. We need more volunteer drivers! Please call Lorrie if you can help!





Picture of published book by Bonnie J. Lewis, Former US Air Force Lieutenant, November 2018

Bonnie Lewis, VHV Stoughton passenger and Dan Oakland VHV driver

To learn more about Bonnie and her life, look for her book "My Life, My Story" or visit the Veteran Museum website at https://wisvetsmuseum.com to listen to an oral history of Bonnie's time as a lieutenant and a Registered Nurse in the Air Force.

RSVP Donor Honor Roll

We gratefully acknowledge donations received from the following individuals and organizations since our last newsletter, and extend our thanks to each for their generous support.

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Memorials and Tributes

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The Japlon and Padulka Families by Kay Cipperly Jim Morrison by Margie Zutter

Charlotte Rankin by Margie Zutter





SPRING VOLUNTEER OPPORTUNITIES!

LITERACY NETWORK is starting to recruit volunteer **Tutors** for all of their programs for the summer semester which runs from May 30th to August 21st. Training will be the week of May 22nd. You can help a non-English speaker learn the essentials of English needed for a better life!

MSCR (Madison School Community Recreation) PONTOON BOAT season is almost here! MSCR needs **Captains** and **First Mates** all summer to take groups out on the lakes in MSCR's pontoon boats.

NEWBRIDGE needs volunteer Guardians and Representative Payees! A **Guardian** is a person appointed by the State of Wisconsin to make medical, housing, and other decisions for an older adult who can no longer manage their finances. A **Representative Payee** is someone who works through the Social Security Administration to help manage the Social Security funds of an older adult who can no longer manage their funds. All volunteers will go through training and supervision. Time is flexible and will require two to six hours a month.

FRIENDS OF SCHUMACHER FARM PARK in Waunakee has volunteer opportunities available for people interested in gardening, prairie restoration, event planning, and educational tours of the historic farmhouse and buildings.

CATHOLIC MULTICULTURAL CENTER needs **Meal Servers** and C**ooks** throughout the month. Free community meal serving is 3:30 to 5:30 weeknights and 9:30 to 12:30 weekends. Cooking is anytime but the meal must be ready by 3:30.

HEARTLAND FARM SANCTUARY in Stoughton needs **Animal Care** volunteers to help with feeding and caring for a wide variety of rescued farm animals.

MOM (Middleton Outreach Ministry) needs help with warehouse receiving and unloading to make sure the food pantry inventory is augmented, maintained, and organized so that guests can receive the food they need. Volunteers must be able to lift 40+ pounds and stand throughout the shift.

The **UW ARBORETUM** needs committed volunteer **Restoration Team Leaders** to teach and supervise other volunteers at ecological restoration work parties to help clear brush, remove invasive plants, planting seeds, maintaining trails, and collecting research data. Full training is included as well as 60 hours of Restoration Team Leader service for the year.

SPRING VOLUNTEER OPPORTUNITIES

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Ring the bell and yell "ALL ABOARD!" as a **Train and Carousel Crew Member** at **HENRY VILAS ZOO**. Shifts are available weekly and every other week from 1:00 to 4:00 pm. Or spend the summer training as a **Wildlife Champion** teaching kids and families about the animals throughout the zoo. Then in October, start your journey as an **Animal Handling Docent** teaching kids and families about conservation and empathy for animals.

HABITAT RESTORE needs volunteers to help sort and shelve used and new building materials and supplies, to assist shoppers, and to work at the cash register with purchases. Morning and afternoon shifts are available Tuesday – Saturday. The most current need is at the Eastside store on Monona Drive.

SSM ST. MARY'S HOSPITAL needs help with their **At Your Service** program (escorting patients and families, delivering belongings, etc.), **Patient Registration** (welcoming patients and escorting them to their destination), and the **Surgical Waiting Area** supporting families while their loved one is in surgery, offering caring presence and support through conversation.

The **AMERICAN RED CROSS** needs volunteers to welcome donors, help them register, provide friendly support, and assist them with refreshments as a **Blood Donor Ambassador**, and as a Red Cross **Blood Transport Driver**, you can make sure blood is available for patients in need in Wisconsin.

AGRACE HOSPICE CARE has **Kitchen Volunteer** opportunities including Small Batch Baker, Café Cashier, Nutrition Center Stocking, Soup Brigade, and Kitchen Prep to assist the Kitchen Team with small prep and recipe work! It's a great place to use your kitchen and cooking skills!

Please contact Jan Karst, RSVP Volunteer Programs Community Connections Coordinator, for more information about these Volunteer Opportunities at jkarst@rsvpdane.org or 608.441.7891.



Volunteer Drivers needed for Seniors & Veterans

- * Drive to medical & other important appts.
- * Receive reimbursement at 65.5 cents/mile
- * Set your own schedule, weekdays only
- * Receive extra liability insurance

Pay it Forward Now

So it's there for you tomorrow!

For information on driving seniors: Steve Jaeschke, 608-441-7892 or sjaeschke@rsvpdane.org

For information on driving veterans: Lorrie Hylkema, 238-7901 or lhylkema@rsvpdane.org

"I could not afford taxi service to Madison, where my primary doctor & specialists have their offices. If not for RSVP, I would have to move to a



Jim Vanevenhoven, Volunteer Driver and Veteran by Kate Seal

Jim's a remarkable man, kind and naturally serviceoriented. Needless to say, RSVP struck gold when he joined our volunteer team four-and-a-half years ago. He began in the Vets Helping Vets (VHV) Driver Escort Program and later, additionally, joined the RSVP Home Delivered Meals program through the Middleton Senior Center.

As a VHV volunteer, Jim drives fellow veterans, who have no means of independent transportation, to and from medical appointments. Because he's a veteran himself, it feels meaningful for him to connect with veterans in a sincere and impactful way.



Many people that he provides transportation for experience pain and distress, and their appointments help them immensely! Now that he's retired (for the second time) from the University of Wisconsin's IT Department, he has the time to fill his days with fulfilling opportunities. Yet he's more than just reliable transportation to the veterans he serves. He's also a friend and supporter.

Jim goes well beyond the usual delivery in performing his duties as an RSVP Home Delivered Meals driver. Many of the people that he delivers meals to are homebound and without many social outlets or companions. He enjoys staying and talking with them, sharing treats and taking the extra time to listen to them. One of the people he delivers meals to doesn't feel comfortable with face-to-face interactions but expressed interest in communicating on the phone. So, Jim calls when he delivers the meal and chats for as long as the person requests.

Jim's motivation for putting so much into his volunteer efforts is simply to give back to those who are less fortunate to offer support to those who need a little extra help in life. It truly is that simple. Thank you, Jim, for your calming and devoted presence aiding so many people in our Dane County community.

RSVP always needs more drivers. If you or someone you know would like to join RSVP as a volunteer in the Driver Services program, please email Steve Jaeschke at sjaeschke@rsvpdane.org or Camela King at cking@rsvpdane.org.

Memorials and Tributes				
Please use this form to make a contribution to RSVP in memory or honor of someone special. Enclosed is my gift of \$				
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CALENDAR

April 17th, RSVP Board Meeting, 1:30-3:00 PM

April 20th, RSVP Open House, 1:00-3:00 PM

April 20th , RSVP Essential Pantry Collection for Allied Wellness Center, 10:00 AM to 3:00 PM

May 29th, RSVP Office closed for Memorial Day

June 26th, RSVP Annual Meeting