

RSVP

Barton County



Barton Retired and Senior Volunteer Program

May, 2011

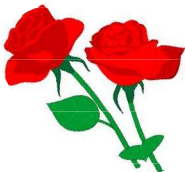
Selma Webb Named 2010 Volunteer of the Year

Selma has been a volunteer with RSVP for 17 years and serves at Clara Barton Hospital, the American Red Cross Bloodmobile as well as her church. However, her main volunteer position is manager of the RSVP Thrift Shop located in Hoisington. Selma served 798 hours at the thrift shop alone in 2010. Not only does Selma manage the thrift shop and coordinate all the volunteers that work there, she also owns the building where the thrift shop is located and leases it to RSVP at a very reasonable price for this important fund-raising project. Selma's contributions to her community and especially to the RSVP program are admirable; she is a great asset to Hoisington, Barton County and especially to RSVP". Congratulations, Selma!



CKMC Named 2010 Volunteer Station of the Year

Not only was CKMC the first volunteer station for the RSVP program more than 30 years ago, it has consistently utilized more RSVP volunteers than any other station currently registered with RSVP. In 2010, RSVP volunteers served over 7000 hours at CKMC in a variety of volunteer positions. Mark Mingenback accepted the award on behalf of CKMC and thanked all volunteers present for the excellent example they set for young people today. Julie Shield, volunteer coordinator at CKMC, was also recognized for her work with RSVP volunteers. CKMC has been a good partner with RSVP for more than 30 years and we look forward to continuing the relationship with ST. Rose Ambulatory Surgery Center.



Don't forget that the RSVP office will be closed on Fridays this summer. The office will be open Monday through Thursday starting the week of May 16 through August 20.

From Donna's Desk:

I hope that all who attended the Recognition Banquet on 4/14/11 at Barton Community College had a great time. I thought the dinner prepared by Tracey Wagner and the food service department at the college was delicious; it didn't taste a thing like the food I remember from the cafeteria at my college in Texas!



Five lucky attendees went home with a great door prize: a large Hallmark family picture frame, a basket of gardening supplies, two \$25 Visa cards or a \$50 Visa card. Everyone who attended took home a bag with a really nice umbrella and either a small flashlight or a nice notepad with pen.

I want to thank all of you that completed a survey at the banquet. The information you provide helps us to know what we are doing right and what needs improvement. For those of you that weren't at the banquet, I have included the survey in this newsletter. It only takes a few minutes to complete and we really want to know what you think. Please turn it in with your May hours. If you completed a survey at the banquet, please don't do it again.

Also in the newsletter are two volunteer time sheets, one for May and one for June. You will see that the form has been revised a little. Several entries have been consolidated because that is how the hours are reported in the new software and for our funding sources. For example, those of you that help individuals with chores, running errands, or transportation will now report all those hours under "One on One Assistance". Those of you that work at the libraries or for the Chamber of Commerce or any other community organization will enter all those hours, including board meetings, fund-raising projects, any other meetings, etc, under the category of Community Organizations. We would like to have the name of the organization where you work because the hours will be reported under that organization in the software. Call me if you have any questions at all. I'm also working on the online reporting form for those of you with computers. Stay tuned for more information on the website; I'm working with Dana Allison on the re-vamp.

You will probably remember that the RSVP office operates on a different schedule in the summer from May 16 through August 3. We will be open Monday through Thursday and closed on Friday. I hope this won't be an inconvenience for any of you.

SUMMER IS ALMOST HERE!



Pictured are Joyce Niederee and Yvonne Strecker. with goody bags received by each attendee at the recognition banquet. The bags included a black umbrella, and either a small flashlight or a nice notepad with pen. Special thanks to Delilah Winkler and Kathy McGinnis who helped Donna, Joyce, Yvonne, and John to put the bags together for the event.

Volunteer Opportunities

GREAT BEND HEALTH AND REHABILITATION CENTER: Jason Eades, Activity Director at the facility, makes every effort to keep residents busy. He would like visitors to play cards or dominoes or work on craft projects with residents. He is also interested in starting a pet therapy program so if you have a pet that is calm and likes to be around people, a short visit with the pet-lovers in the facility could be very rewarding. Call Jason at 620-792-2448 for more information.

MEALS ON WHEELS: We are in desperate need of drivers willing to deliver a regular weekly meal route to homebound seniors and persons with disabilities in Great Bend. This can be a very rewarding experience and only takes about an hour of your time. Call Joyce at 620-786-7557 for more information.

RSVP OFFICE CLERICAL SUPPORT: We would like to have more volunteers that are willing to answer the telephones, take messages and provide simple clerical support as needed on Thursday morning and Monday, Tuesday, and Thursday afternoons. This job requires the ability to work with all kinds of people. Call Joyce or Donna at 620-792-1614.



RIVER BEND ASSISTED LIVING: Bryan and Tandy would like volunteers to assist with craft projects, play cards or dominoes and other activities to improve the quality of life for residents. Contact Tandy at 620-792-7017.

PRAIRIELAND FOODS: Volunteers are needed on the third Friday of each month to help unload a truck with food supplies. Also needed is help filling the boxes to be picked up by families that ordered the food. Call Pat McClary at 620-793-8150 for more information.

ELLINWOOD COUNTRY PLACE SENIOR LIVING: Casey, administrator, wants volunteers to do simple pampering projects for lady residents, accompany residents on short walks or read to residents. Also needed are men to drink coffee and visit with male residents. She is open to any ideas that will improve the quality of life for the residents. Call Casey at 620-564-2100.



Easy Ways to Green Up Your Life

There are no better recyclers than the 55+ generation. I never heard my grandmother use the word “recycle,” but I certainly heard her talk about wasting “perfectly good” items that I would have thrown in the trash. Everything had a second use: rubber bands from the newspapers, the newspapers themselves, the twist-ties from bread, aluminum foil. Gram called it “being Scotch;” today she would be applauded for “being green.” How does that translate to today’s world? It’s simpler than you might think.

Here are a few commonsense ways to go green that will ultimately save you money:

1. **Replace burned-out light bulbs with CFL bulbs:** They consume about 75 percent less electricity and last up to 10 times longer (10,000 hours as opposed to 1,500). Replacing one 75-watt incandescent bulb with a 25-watt CFL could save up to \$83 over the life of the bulb.
2. **Unplug glowing objects:** Anything that glows after you turn it off (TVs, cell phones, etc.) continues to use power even when you’re not using it. Plug these items into a power strip and flip off the switch when they’re not needed.
3. **Support local farmers:** Buy more food locally. Local growing means that less fuel has been used. Less fuel equals fewer emissions. Besides that, you’re more likely to get fresher, vine-ripened fruits and vegetables for the same or a lower cost!
4. **Fix annoying, costly drips:** a dripping faucet can waste up to 74 gallons a day, a leaking toilet up to 200 gallons a day. Repairing a leaky toilet can save \$30 a year, which may not sound like much until you realize it means 73,000 gallons.
5. **Let the grass grow:** Next time a city code inspector knocks on your door, share this information: Spending less time tending to your lawn actually makes it greener (in more ways than one!). Most grass species fare best when kept at least 2 1/2 inches tall. The length creates more surface area to absorb sunlight, which creates thicker turf and deeper roots, which means you won’t need to water as often. And about those grass clippings you didn’t rake up? They add nitro-gen to the soil and discourage weed seeds from germinating.
6. **Check for Energy Star labels:** A household with Energy Star products uses about 30 percent less energy than the average household -- an annual savings of about \$570.
7. **Wash full loads of laundry:** Combining half-loads, choosing short cycles, and using cold or warm rather than hot water in the clothes washer racks up savings. Wash two fewer loads of clothes and one fewer load of dishes a week and save up to 4,500 gallons of water a year.

Now, really, is that so difficult? A few simple changes and a lot of personal vigilance can make a whole lot of difference in how our Earth renews and maintains needed resources.

Just ask yourself this question: What am I doing that is wasteful or inefficient? Then ask, What solution can I find for this problem? You might find your answer as easy as taking a leisurely jaunt to the local Farmer’s Market or a sipping a cup of cocoa instead of mowing the lawn!

RSVP

RSVP Volunteer Survey 2011

Please take a moment to complete the following survey. The information that you provide below is required for several of the grants that fund the RSVP program.

These surveys are so important to us that if you turn in a completed survey at the RSVP office, you are eligible to receive a thank you gift.

1. Please tell us how old you are:

- A. 55-64 _____
- B. 65-74 _____
- C. 75-84 _____
- D. 85+ _____

2. Are you:

- A. Male _____
- B. Female _____

3. Where do you live?

- A. Great Bend _____
- B. Hoisington _____
- C. Ellinwood _____
- D. Claflin _____
- E. Albert _____
- F. Beaver _____
- G. Other: (please specify) _____

4. Why do you volunteer?

- A. I like to help people. _____
- B. I want to stay active physically and mentally. _____
- C. I like to get out and be around other people. _____
- D. Other _____

5. Are you satisfied with your current volunteer activities?

- A. Yes, I'm doing all that I can or want. _____
- B. Somewhat, but could be better. _____
- C. No, I want to do something more or different. _____

6. Are you open to new volunteer opportunities as they develop in our communities?

- A. Yes _____ If yes, please give us your name _____
- B. Maybe, depending on the opportunity _____
- C. No, I don't want to do anything new _____

- 7. Are any of the following needed in your community?**
- A. More assistance for seniors or persons with disabilities _____
 - B. Better transportation resources _____
 - C. More assistance for teachers and schools _____
 - D. More support for veterans and their families _____
 - E. More volunteer assistance for community organizations _____
 - F. More community involvement by all residents _____
 - G. We don't need anything; our community is perfect as it is. _____
- 8. Do you feel that your volunteer efforts are appreciated?**
- A. Yes _____
 - B. No _____
- 9. Do you feel that RSVP supports you in your volunteer efforts?**
- A. Yes _____
 - B. No _____ If no, tell us how we can do better. _____
- 10. Do you like the large annual recognition banquet in the evening or would you consider a reception event in the afternoon combined with additional smaller events throughout the year?**
- A. I like the banquet. _____
 - B. Change can be good; more events might be fun. _____
- 11. Below are some of the ways that RSVP supports volunteers. Please mark the ones that you believe are working the way they should.**
- A. The newsletter will be sent every other month beginning in May. _____
 - B. The website is currently being re-worked and will be updated on a weekly basis to supplement communication by newsletter. Will you use the website to report your hours and to keep up with current RSVP news?
Yes ___ Probably Not ___ No Way ___
 - C. Volunteers receive annual birthday cards and can select a gift at the office. ___
 - D. RSVP hosts an Annual Recognition Banquet with thank you gifts. _____
 - E. RSVP provides supplemental liability and accident insurance. _____
 - F. Do you have other suggestions? _____
- 13. How long have you been a volunteer with RSVP? _____**
- 14. If you have an email address, we would like to add it to our volunteer records. Your information will be kept completely private in the RSVP database. Please print your name and email address if you have one:**

***Thank you so much for the information that you have provided.
I am always interested in your opinions and ideas.***

**RSVP exists because of you
and your commitment to the communities where you live.**

Light, Healthy Recipes for Summer

Summer is almost here when seasonal fruits and vegetables are so much more plentiful. Here are a few of my favorite summer recipes. I would love to publish some of your favorites too. Call me or send me your recipes and I'll share them in the next issue.

Green Eggs and Ham Casserole

1 tablespoon vegetable oil
 1 onion, chopped
 8-10 white button mushrooms, chopped
 1 package of fresh baby spinach chopped or 1 (10 ounce) package frozen chopped spinach, thawed and drained
 10 eggs, beaten (you can use 5 whole eggs and 7 egg whites.)
 3 cups your favorite cheese (I like Philadelphia brand shredded Italian cheeses in this dish. You can use less if desired.)
 1-2 tomatoes, depending on size, chopped (optional)
 2-3 slices of deli ham, chopped
 1/4 teaspoon salt or to taste
 1/8 teaspoon ground black pepper



Directions

Preheat oven to 350 degrees F. Lightly grease a 9 x 13 baking pan. Heat oil in a large skillet over medium-high heat. Add onions and mushrooms, stirring occasionally, until vegetables are soft. Stir in spinach and continue cooking until vegetables are done.

In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and ham. Stir to blend. Pour into prepared baking pan.

Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

This is also delicious without the meat, vegetables and tomatoes only. It makes a great summer meal with a garden salad and crusty French bread or a delicious breakfast with your choice of breakfast breads.

Roasted Asparagus

Toss 2 pounds trimmed asparagus, 1 tablespoon olive oil, and salt and pepper on a baking sheet. Roast at 450 degrees until lightly browned, approximately 15 minutes. Mix 1/2 cup chopped parsley, the juice of 1/2 lemon, the grated zest of 1 lemon, and salt and pepper. Sprinkle over the asparagus. So easy and absolutely delicious.

Summer Cucumber Salad

Peel and thinly slice 2-3 cucumbers and a small-medium onion into rings. Layer in a bowl. Add 1/2 teaspoon of dill. Cover with your favorite seasoned rice vinegar and marinate at least an hour (better if longer). Perfect with grilled meats.



TRIBUTE TO HONOR A FRIEND OR A DECEASED LOVED ONE

Sometimes we look for a way to pay tribute to a loved one or to express the sentiment we feel on the death of someone dear. A memorial gift is an opportunity to express that love or to make a statement about their philosophy of life. A gift to the RSVP of Barton County is a fitting tribute to one whose life reflects service to others. If you would like to honor a friend or loved one, please use this blank form.

THIS GIFT IS IN ___ HONOR ___ MEMORY OF



Please send acknowledgement to:

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

Make a check payable to RSVP of Barton County and mail to
RSVP, 1025 Main #D114, Great Bend, Ks 67526

DONOR: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

Your gift will ensure future support of RSVP's commitment to volunteer service. Tributes will be listed in the RSVP newsletter unless you wish not to have them printed. Please indicate your choice here:

___ Yes, please print my tribute in the RSVP newsletter.

___ No, please do not print my tribute in the RSVP newsletter.



*Join us in welcoming new RSVP
Volunteers in March and April:*

**Theodora Bogenhagen
Linda Dougherty
Luane French
Theresa Stanley
William Stanley**



EDIS SCHAUVLIEGE is winner of April drawing!!

All RSVP volunteers that turn in monthly timesheets by the 10th of each month will be entered into a monthly drawing. This also includes volunteer stations if the station manager submits the time sheets by the 10th of the month. The winner of the monthly drawing will win a \$25 prepaid VISA card that can be used anywhere that accepts VISA.

Turn in your hours by the 10th to be eligible for the drawing.

RSVP Time Sheet

Print Name: _____ Month of Service _____

Your hours are important to us. Thanks for all you do!

The following places report your volunteer hours so you don't need to list them below:

- | | | |
|--------------------------------|-------------------------|----------------|
| Elementary Schools | RSVP Transportation | Food Banks |
| American Red Cross Bloodmobile | Historical Village | Senior Centers |
| Weekday Meals on Wheels | Hospitals | Shafer Gallery |
| Knit/Crochet (RSVP) | Hoisington Thrift Store | |

PLEASE REPORT ANY ADDITIONAL VOLUNTEER HOURS BELOW:

What did you do?	Where did you work?	Hours Served
Churches: quilting, funerals, board meetings, all other volunteer jobs		
Veterans and military family projects: American Legion, VFW, military moms, etc. (please be specific)		
Nursing Homes and Assisted Living facilities: Great Bend Health & Rehabilitation, Cherry Village Nursing Facility, Brookdale Sterling House, River Bend Assisted Living Facility, Ellinwood Country Place Senior Living		
Community Organizations: fund-raising, office work, meetings, bookkeeping, board meetings or advisory councils, etc. (Please name the organization for us)		
One on One Assistance: errands, handyman chores, yard work, transportation, friendly visiting, cooking, etc.		
Other Education projects: after-school programs, early childhood, pre-schools, etc. (Please name the project for us)		
Economic Opportunity: AARP income tax preparation, assistance with bill-paying, etc.		
Other nutritional programs: Delivering weekend Meals on Wheels, Commodities, Prairieland Foods, etc.		
Environmental: recycling, etc.		
Larned Correctional Mental Health Facility: office work, mentoring or tutoring, etc.		
Other, please be specific		
Other, please be specific		
Other, please be specific		

Signature: _____

Recycled Flower Project

Recycled memorial flowers are on sale again this year at the RSVP Thrift Store in Hoisington. Prices for these arrangements are very affordable at \$3.00 for Large, \$2.00 for Medium, and \$1.00 for Small arrangements. The flowers will also be on sale in Great Bend on May 14 and May 21 from 9:00 until 4:00 in the open area behind Miss Pretty Pickles. Enter the My Town Complex at 1919 Lakin and go straight down the hall to find the RSVP tables loaded with flowers.



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Other Nutritional Programs: Delivering weekend Meals on Wheels, Commodities, Prairieland Foods, etc.		
Environmental: recycling, etc.		
Larned Correctional Mental Health Facility: office work, mentoring or tutoring, etc.		
Other, please be specific		
Other, please be specific		
Other, please be specific		

Signature: _____

HAPPY BIRTHDAY!!



July

- | | |
|---------------------|---------------------|
| 1 Robert Malone | 17 Darlene Boley |
| 2 Mae Burnside | 17 Garry Jackson |
| 2 Martin Chacon | 18 Pat McClary |
| 2 Genola McCarter | 19 Carole Harris |
| 2 Donna Rehak | 19 Delores Hauser |
| 4 Grace Drennon | 21 Arlene Schamaun |
| 4 John Hatcher | 21 Joleen Tammen |
| 6 Tom Van Brimmer | 22 Vera Kruckenberg |
| 8 Jerry Griffith | 23 Bob Baker |
| 8 Pat Stonebraker | 23 Delora Baldwin |
| 10 Elward Hiss | 23 Linda Dougherty |
| 10 Sandra Schneweis | 23 Cecile Folkerts |
| 11 Susan Bauer | 24 Delbert Tunks |
| 11 Janice Dreiling | 24 Gerald Zorn |
| 12 Merna Mills | 25 Joleen Tustin |
| 13 Reta Brack | 26 Diane Feldt |
| 13 Natalyn Davis | 27 Jim Kuhn |
| 13 Laverne Forbes | 29 Marlene Ernsting |
| 13 Janis Friedeman | 29 Helen Lorenz |
| 15 Joan Michaelis | 30 Jan Crissman |
| 15 Linda Ruble | |

June

- 1 Mary Lou Button
- 1 Beth Holl
- 2 Patricia Cook
- 3. Austin Boyd
- 3 Don Komarek
- 5 Mary Brown
- 7 Deon Lupton
- 7 Jean Wagner
- 9 Sharon King
- 9 Lois Klug
- 10 Lorrie Holloway
- 11 Evelyn Hoffman
- 11 Tom Starns
- 13 Diana Nelson
- 14 Kay Wilbur
- 13 Jane Delong
- 15 Edis Schauvliege
- 15 Calista Stuart
- 17 Phyllis Blythe
- 17 Cathy Johnson
- 18 Jean Peevyhouse
- 18 Judy Turner
- 21 Nancy Rogers
- 21 Edith Treece
- 22 Kathy Ahlvers
- 22 Richard Heaton
- 23 James Jay
- 23 Ila Parr
- 24 Delilah Winkler
- 25 June Billinger
- 26 Marguerite Davidson
- 27 Jean Cavanaugh
- 27 Mary King
- 27 William Popp
- 28 Mary Bayer
- 29 Kathy Bowen



Retired and Senior Volunteer Program
Sponsored by Barton Community College
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Great Bend, KS 67530

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RSVP is sponsored by Barton Community College and is funded by the Corporation for National and Community Service, Barton County, United Way of Central Kansas, Barton County Commission on Aging, Midwest Energy, the RSVP Thrift Store in Hoisington and contributions from the community.