



SUPPLEMENTAL FUNDING

San Luis Obispo County & City

Central Coast

April • May • June 2009



Senior Volunteer Service of San Luis Obispo County and north Santa Barbara County is partially funded by the Corporation for National and Community Service

RETIRED AND SENIOR VOLUNTEER PROGRAM • 660 PISMO STREET • SAN LUIS OBISPO • 544-8740

RSVP NEWS

By Marie Brinkmeyer

We are looking for table sponsors for our three Recognition Events in April. If you know of anyone who might want to donate funds or items for these special occasions please have them get in touch with us at 805-544-8740. Sponsors and donors will receive recognition in the programs at our events. This is a tangible way for those in the community to show support for RSVP and acknowledge the many contributions by our volunteers, who improve the level of service to every site where we are assigned.

The news this year is that our combined volunteer hours for 2008 are almost 200,000 with the monetary value to our communities of \$3.5 million dollars. The intrinsic value is priceless. Pretty impressive!

Our Recognition Events are scheduled as outlined in the enclosed Recognition Invitation. you can also participate in the Money tree Drawings by completing the tickets on the reverse side of the invitation.

We decided not to do a separate mailing of the invitations this year as a way to save on printing and postage and do our bit for the "greening of America". Please make your reservations early by giving us a call at 544-8740. We will provide directions at the time you reserve your place, and also arrange to get you a "gate pass" for Camp San Luis Obispo, if that is the location you choose to attend. Remember, you must have a reservation to attend an event.

We have the Carol Conway "Spirit of Volunteerism Award" forms available in our office. If you have someone you'd like to nominate please give us a call and we will mail the form to you or you may stop by and pick it up.

No doubt you will notice that we are sending only one Hours/Mileage form with this mailing of the Newsletter. That is because we listened to YOU the Volunteer- who told us that it seemed to be a great waste of paper since many report their hours via phone, FAX, e-mail or station log. We also now have the form available on our Website where it can be downloaded and printed for completion. Please let us know if this change is a problem for you.

- | | |
|-----------------------|--------------------|
| Lynda Eads | Frances McHugh |
| Dorothy Espy | Robert Mellema |
| Francesca Fairbrother | Jean Miller |
| Susie Federer | John Mirolla |
| Dennis Fenton | Karen Otto |
| Barbara Fitzgerald | Darlene Phillips |
| Michael Flavin | Joseph Phillips |
| Richard Fryer | Clayton Quinn |
| John Gomez | Dorothy Schlitz |
| David Holmes | Frank Schlosser |
| Priscilla Holmes | Mary Ann Semler |
| William Hopper | Denise Sky |
| Emma Jack | Jean Slater |
| James Jack | Sandra Stallings |
| Donald Jeung | Birgitta Tegelberg |
| Thomas Johnson | Joyce Tomasovich |
| Julie Lavell | Linda Tomlinson |
| Dorothy LeClear | Anne Wall |
| Alice Loh | Linda Wedel |
| Carol Marshall-Rowe | Sharon Whitney |
| Teri Martin | Leo Wulff |
| Wanda McFarlane | Samuel Youngman |

Welcome New Volunteers

- | | |
|------------------|-----------------|
| Diane Anderson | Harold Callen |
| Michele Baker | John Canaday |
| Rosemary Baxter | Nancy Carlson |
| Audrey Beatty | Connie Cox |
| Sarah Boling | Suzanne Culver |
| Patricia Breault | Marilyn Darnell |
| Judy Burrows | Margaret Diehl |

Welcome New Stations

- County Medical Services**
KCBX
Second Time Around
SLOMAP/SLO Residents' Assistance Panel
Music Biz

We asked a member of our Project Advisory Council, Dorothy Yelda to give us her thoughts on volunteering. Her words appear below. It seems that the best one(s) to help us recruit new volunteers would be those who have real experience and can share what volunteering has meant to them. So here goes, the first entry in what will become a regular column in our Volunteers Voice. Want to be a contributor to this column? Just give us a call at 544-8740.



South County Memory Recall

by Dorothy Yelda

In the early 80's the RSVP office in Grover Beach (then it was Grover City) was a phone and desk in the Economic Opportunity Commission's office at 5th and Grand. Marcy Stanley was Executive Director of RSVP who assigned me to follow Marie Knapp. I began to get acquainted with the South County volunteers by joining a group of ladies who met Wednesday afternoons in the recreation room of Dunavista Mobile Home Park. These ladies were enthusiastic knitters, crocheters, and quilters. The afghans, pillows, and lap throws they made were given to convalescent hospitals. I would tally the volunteer hours with straight strokes – 1,2,3,4,; then a cross stroke to make 5 in a black book to report to the San Luis Obispo office. One rule of the group was no political discussion, yet they were willing to go one night for a monthly birthday party to talk to patients at Atascadero State Hospital. Most of the ladies are dead now, but I miss them and keep them in my memory.

Editor's Note: Dorothy Yelda is still actively volunteering. She volunteers on the Project Advisory Council for RSVP, the Advisory Board for Caring Callers, and Senior Peer Counseling. Although Dorothy is no longer driving, she continues to get to all her volunteer duties ... quite a role model.

Wanted New Volunteers!

Requests for volunteers are increasing in direct proportion to more limited resources in the agencies we serve. We thought it would be helpful to do a "Volunteers Needed" column where we can list the various opportunities by area – a ready reference when you are seeking ways to offer your time to improve your community or encourage family or friends to join you as an RSVP volunteer. Let us know how this works for you – or if you have any suggestions for improvement. Within the next few months we will also be listing opportunities on our Website and will update on the Website every other week.

Thank you for being an RSVP Volunteer and sharing your time and talents with agencies who rely on us to assist in providing their services. Please refer others to RSVP and help us recruit for this very rewarding activity. Community Service is an excellent way to continue the process of self-discovery. By meeting new people and exploring new situations, community service invites us to tap into new talents and abilities we may not have known existed. Opportunities are unlimited!

TRIPS, TRIPS & MORE TRIPS

Please take time to check out the 2009-2010 Trip Calendar that is an insert in this newsletter. We've selected trips we believe any one of our group would enjoy and they are reasonably priced. The best thing though is that the trips are geared for seniors, so that means no rushing here – or "if it's Tuesday, it must be Belgium". The pace for all these trips is more leisurely. Have questions? We are here to answer them. Remember our number is 805-544-8740.

INVESTIGATE • INVESTIGATE • INVESTIGATE



SCAMS ARE ON THE RISE – SO WE ALL NEED TO BE EXTRA WISE!

Property Tax Reduction – Companies using official-sounding names like “Tax Review, Tax Adjusters, and Tax Reassessment” seek to scam homeowners who are worried about their property taxes and declining property values. They send misleading mailers that look like official government agency documents to trick you into sending them money to try to lower your property taxes. They also use addresses like “Regional Processing Center” to make you think the mail is coming from a government agency. Sometimes, they threaten to impose a late fee if you don’t send them money by a certain date. **DON’T BE FOOLED** – Government agencies don’t charge for tax reassessment – **it’s free**. If your property has declined in value and you think your property tax is incorrect, you can request a review of your property from your local tax assessor. For more information, contact your county tax assessor’s office. **DON’T PAY MONEY FOR SOMETHING YOU DID NOT ASK FOR. CONTACT YOUR ASSESSOR’S OFFICE DIRECTLY, DON’T PAY FOR A MIDDLEMAN.** If you are a victim of this scam you can file a complaint with the Attorney General’s Public Inquiry Unit at www.ag.ca.gov/consumers, or by writing to P.O. Box 944255, Sacramento, CA 94244.

Purchasing Gold or Silver on the Internet – This note from Maine’s Office of Securities – “Current turmoil and uncertainty in the financial markets has led a number of seniors to take funds out of stock and mutual fund investments for the purchase of precious metals such as gold and silver. While there are reputable precious metal dealers, there are also numerous shady companies operating on the margins of this industry.” If you do decide to make such types of investments, the safest course is to purchase through a reputable dealer, ideally located within your local area. Because investing in precious metals involves a significant degree of risk, it is also recommended that those desiring to purchase precious metals do so only with a modest percentage of the money they have for investments. As always, if it sounds too good to be true, that may well be the case.

One of our coordinators was approached twice within one week with a variety of scams – such as lottery winnings on “official looking” letters from Canada. There is no end to the creativity of these scammers in trying to separate you from your hard-earned money or savings.

You will be pleased to know that we have a volunteer (actually one of our Board of Director’s Members) who has offered to research any suspicious offers for those who do not have access to the internet. If you want to accept his services (that are **FREE**) just call our office (805-544-8740) and we will put you in touch with him.

Also, remember that we offer the SAIF Program (Seniors Against Investment Fraud) which is a cooperative service we perform for the California Department of Corporations. We would be happy to arrange a presentation for you or if you have a group of friends who could benefit. Again, this service is **FREE**.

If you think someone is trying to pull a fake check scam, don’t deposit it – report it! Contact the National Consumers League’s National Fraud Information Center, www.fraud.org or call 800-876-7060. There are also more detailed tips about fake check scams in the telemarketing and Internet fraud sections of the Web site.

If we all stay alert to these possibilities then fewer of us will actually be victims!

A S e n i o r C o r p s P r o g r a m



RSVP Website

Please check out our new Website at www.RSVPCentralCoast.org. Make your way around it and then send us your comments and/or suggestions for improvement or ways we can make this more useful for you. Under "Volunteers" we've placed enrollment forms and hours/mileage logs so you can download them and print them out (just in case you recruit a new volunteer), or you need the log to report your hours. We are always looking for ways to make your hours reporting easier so if you prefer to call them in to us at 805-544-9740, or email (rsvpcoordinator@srvolunteer.org) to us please do so. FAX works too to: 805-544-9146. In the future we will have a place on our website where you can simply "click" and an email will be sent to us with your hours report. More to follow about that functionality in the next newsletter.

Our intent is to make the site informative and we have even made it easy to donate to Senior Volunteer Services through a secure server, via the website. This will be an evolving process and we welcome your evaluation of what we've accomplished so far.

GREAT NEWS!

New Frontiers Natural Marketplace at 896 Foothill Drive in San Luis Obispo has again graciously offered to make SVS/RSVP the recipient of their "5% Wednesday" on May 20, 2009. Plan ahead now so you can be a shopper at their store, which will benefit the SVS/RSVP Programs. What an opportunity to get the word out about SVS/RSVP, and raise some \$\$ for our local matching of funds. If you need more information just give us a call at 544-8740. Mark your calendar now so you will remember this important date. See you there!

More Opportunities to shop and support SVS/RSVP at the same time. We are enrolled with **Scolari's Friendship Fund**. If you are already a Scolari's Club Card member you can designate us as the charity of your choice. We are also enrolled with **Ralphs Community Contribution Program** and you can designate us as the charity of your choice.

If you are interested in supporting us through these shopping programs just give us a call at 544-8740 and we can guide you through the process.

Opportunities from Northern Santa Barbara County

We have a more extensive listing in the office. Please call Linda Fisher 922-9931 for this list. We are always delighted to offer our help. We especially ask that you pass this information to a friend and encourage them to volunteer.

Central Coast Kidney Disease Center (Santa Maria) – patient helper and/or activities helper

Community Partners in Caring (Santa Maria & Lompoc) – friend/driver/helper

Country Oaks Care Center (Santa Maria) – front desk/activity helper/friend

Elverhoj Museum of History & Art (Solvang) – docents needed

Food Bank of Santa Barbara County – bag and deliver groceries. Highly needed: Survey takers to work in groups of 4. Training provided.

Return to Freedom Horse Sanctuary – office helper/store clerk/many various assignments

Santa Maria Museum of Flight (Santa Maria) – docents needed – also office helper. Only open a few days per week.

Second Time Around Thrift Store (supports Domestic Violence Program) – many choices for volunteer assignments – sorter, labeler, organizer, cashier, etc.

United Way (Santa Maria) – Reception/telephone/filing/many various assignments. Computer literacy helpful but not mandatory.

Music Biz telephone, reception, sales are all available the choice is yours.

Opportunities are listed in each issue of our newsletter, but we have a more extensive listing in the office. We are delighted when current RSVP members offer to help, but we especially ask that you pass along these opportunities to friends and encourage them to volunteer. Additional information is available by calling 544-8740.

SLO COUNTYWIDE OPPORTUNITIES

State Department of Forestry (CalFire) – VIP (Volunteer in Prevention) to perform wildland clearance inspections, participate in Red Flag and Arson Patrol, present programs in schools.

Tutors – All subjects, all grade levels. Please come forward if this is your area of expertise or interest. Desperate need and so rewarding for those able to make a difference in the lives of our young people.

Literacy Council for San Luis Obispo County – ongoing and urgent need for volunteer tutors.

HICAP – The Health Insurance Counseling and Advocacy Program – needs enthusiastic volunteers who want to learn about Medicare and help others. Training will be provided.

Pay It Forward Foundation – Grant application screeners to participate on a panel to decide grant awards.

CASA (Court Appointed Special Advocate) for children. Volunteers become sworn officers of the Juvenile Court and generally work 3 hours each week.

CENTRAL COUNTY OPPORTUNITIES:

County Medical Services Program – answering telephones in busy location. Learn about and advise clients on their medical options. Handle multiple duties, computer knowledge with a pleasant personality. Must be dependable.

EOC (Equal Opportunity Commission) – front desk help completing general clerical tasks, fielding telephone calls, relieving staff for lunch, etc. Computer literacy a must.

Silver Streaks – a lively group of seniors who provide bulk-mailing services to many local not-for-profit organizations, needs additional volunteers.

Coast Caregiver Resource Center – desperate to provide volunteer assistance to help a San Luis Obispo resident with the stress of caring for her brain-injured husband. Organizing volumes of paperwork accumulated over past 2 years and performing a few “handy person” tasks.

Judson Terrace Homes – seeks ongoing general office assistance to help set up and maintain filing system, complete reports, interview, screen and maintain lists of caregivers. Confidentiality a must.

Drivers Needed – for home delivery of meals in San Luis Obispo by both the **Meals on Wheels & the Senior Nutrition Programs**. An hour or two per week would make such a difference.

The Women’s Shelter of SLO – general office procedures assistance needed two to three hours per week on an ongoing basis (some computer experience helpful).

Mission View Health Center SLO – needs volunteers to accompany residents to appointments and activities in addition to those needed to answer phones and direct visitors.

ARTS Obispo – seeks volunteers to assist in advancing the arts in San Luis Obispo County.

The Abundance Shop in Los Osos – badly needs volunteers to shelve and sort goods, afternoons only.

Sierra Vista Regional Medical Center – cuddle newborn preemies, greet and direct visitors, comfort and inform families while loved ones are in surgery, retail sales in the gift shop, etc. Annual dues \$5.00

Cuesta College Emeritus Program – serve in an advisory role for the Emeritus Program which provides FREE classes for Boomers and Seniors 55+.

Cal Poly’s Osher Lifelong Learning Institute (OLLI) – needs volunteers to help develop curriculum, select classes and recruit

SARP (Sexual Assault Recovery & Prevention) Center of SLO County - seeking volunteers to serve on its Board of Directors. Also needed are Spanish speakers for the Volunteer Translator Program to assist the SART team during sexual assault and child molestation investigations.

KCBX office support with tasks including telephones, refilling of supplies, preparing mailing, etc.

Land Conservancy of SLO County will need many volunteers for the upcoming “San Luis Beautiful” Art at the Octagon to be held on Saturday May 2 and Sunday May 3, 2009. Volunteers are needed for registration and ticket taking, raffle ticket sales, beverage ticket sales, food table and assistance with Kids Arts Projects. Interested?

Many volunteer opportunities are available with the **San Luis Obispo Little Theatre** - Whether you are selling tickets, building sets, sewing costumes or performing, your time with the Little Theatre will be well spent. Put your creativity to work here.

NORTH COUNTY OPPORTUNITIES

HART (Homeless Animal Rescue Team) located in Cambria needs “Pet Pals” to groom, medicate, clean and care for cats and kittens at the shelter. Laundry, dishes, general cat care and cleaning help is needed as is office help with phone and cash register.

SOUTH COUNTY OPPORTUNITIES

Senior Nutrition Program (Oceano) A new route for home delivery is being established. Help deliver to the homebound frail elderly in this area.

Arroyo Grande Care Center weekend volunteers are needed to run the front desk and answer phones. Need help with Bingo on Sundays from 2 - 3 PM . Just chatting one-to-one with an elderly resident will lighten someone’s day.



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6. April • May • June 2009

THE VOLUNTEER'S VOICE

COOKBOOKS ARE GOING FAST.

Suggested Donation: \$8.75 – We are planning to bring them to our Recognition Events but if you want to get yours before that just come by the office or give us a call. Filled with wonderful recipes these make great gifts!

Here is a sample

White Trash

- 1 cup corn chex cereal
- 1 cup rice chex cereal
- 1 cup wheat chex cereal
- 1 cup dry roasted peanuts
- White almond bark (6 squares)

Place cereal and nuts together on cookie sheet and bake 250 degrees for 5 to 10 minutes.

While cereal is baking, melt almond bark in microwave. Immediately put cereal in bowl and pour over melted almond bark (cereal & almond bark are both hot so use a spoon). Spread mixture on waxed paper and break into pieces when cool. This is really delicious, YUM!

Note: Mixture can be made sweeter by adding more almond bark.

Submitted by: Diane Krajsa

WANTED!

Hungry Folks for a Wild West Barbecue—

Friday, May 8, 2009. This is a benefit for our sister program at the Paso Robles Senior Center. Donation is \$25.00 for Adults, and donations are tax-deductible. Make checks payable to Senior Volunteer Services – call 805-237-3880 to order yours! Promises to be a good time at Harris Stage Lines, 5995 North River Road, Paso Robles. No host beer & wine. 6 p.m to 10 p.m.



A S e n i o r C o r p s P r o g r a m