

VOLUNTEER VOICE OF SOUTHERN INDIANA

A Publication of the Retired and Senior Volunteer Program (RSVP)

Sponsored by the Interfaith Community Council

November—December 2010

Don't Forget...

**Drive-Thru Expired/Unused
Medication Collection
Floyd Memorial Hospital
Under the canopy in the back
Second Thursday of every
month, 2—3 p.m.**

Save the Dates

**Volunteer Recognition Dinner
Tuesday March 22, 4—6:30**

**Taste of Southern Indiana
Thursday, June 23, 6—9**

In This Issue

Welcome new volunteers.....	2
Consumer Reports Health Tip...	2
Tributes	2
Early Birds.....	3
This I Believe.....	3
Thank you.....	3
Volunteer Opportunities.....	4
13 Things a burglar won't tell you.....	5
Hour sheet	6
Energy Saving Tips, Senior Care, Hand sanitizer dangers....	7
Santa Letter application.....	8
Birthdays.....	9
Job opportunity.....	10

Clark County Woman of the Year

On October 1, The Evening News and Kye's honored the Clark County Woman of the Year, selected from five nominees, two of whom are RSVP volunteers and a third of whom is on our Taste of Southern Indiana committee. And the winner is...

Bonnie Ryan,

RSVP volunteer extraordinaire, whose tireless volunteer work might be exhausting for someone half her age.

Bonnie works at the reception desk at the New Albany Police Department, and volunteers at Clark Memorial Hospital and the American Red Cross. But the bulk of her time and energy goes to the Center for Lay Ministries, where, in addition to interviewing clients, picking up food and stocking shelves, she's in charge of scheduling the Center's dozens of volunteers. If she can't find someone to fill a shift, she does it herself. Bonnie saluted the Center's volunteers in her acceptance remarks, saying "they make my job so easy".

Nominee **Debbie Bulleit**, also an RSVP volunteer, is responsible for developing a program to teach "Freedom 101" and computer classes to residents of southern Indiana jails. Calling correctional facilities "hospitals for wounded spirits", she believes the residents need to be valued and empowered.

Other nominees were Becky Hutchens who has been invaluable in helping produce the Taste of Southern Indiana; Anne Cristiani and Sarah Goodwin. **Congratulations to them all!**

Are you a Veteran?

A recent report for the Corporation for National and Community Service (CNCS) asked us how many of our RSVP volunteers were veterans. We had to make an educated guess that covered all males born in certain years plus at least 100 women. But we'd really like to know who our veterans are. In addition to giving you the recognition you deserve, we may be developing some programming to serve veterans and would be seeking your input. Please let us know—by email, phone or noting it on your hour sheet.

WELCOME

To the following volunteers who recently enrolled in RSVP. We wish you a challenging, interesting, rewarding volunteer experience!

Cherie Beach	Carmen Mas
Martha Bleich	Loretta Osborne
Judy Bruns	Leila Peyton
Mona Christman	Mike Reynolds
Keith Colbert	Barbara Sidebottom
Becky Flannery	Carl Snyder
Dina Herald	Elaine Snyder
Janice Hooper	Lilly Wilson
David Keller	Robert Yense

RSVP gratefully acknowledges the following

TRIBUTE DONATION

In Honor of Mary Mahon

From her friend Viola DeVore

Health Tip

From Consumer Reports on Health

Thinking of skipping the [flu shot](#) because you're worried about the side effects? Flu-shot side effects are uncommon and usually mild, including soreness or redness at the injection site, aches, and mild fever. A small number of people do have a more serious allergic reaction to the shot. And research suggests that roughly 1 out of every 1 million people vaccinated might develop Guillain-Barre syndrome, a neurological disorder. But the shot's protection against illness, hospitalization, and death far outweighs the risk. Still, if you've had Guillain-Barre syndrome, avoid the spray vaccine and discuss with your doctor whether to get a shot. Finally, there is no convincing evidence linking the mercury-containing preservative thimerosal with [autism](#) or other health problems. However, if you're concerned, ask for a preservative-free vaccine, such as [Fluzone](#).

Speaking of new volunteers...

You can see from the list at the left that 18 people joined RSVP in the last 2 months, some of whom were referred by other RSVP volunteers. There's no one better than a volunteer to explain to someone else why it's a good thing to do. It's so important to our work that we developed an annual contest to encourage you to do it and a system to track the results. You can use the form below to make a referral or just give us a call and ask us to contact someone. We promise to keep track!

NEW VOLUNTEER REFERRAL FORM

Please fill out the following for the person being referred:

Name

Address

Phone #

Relationship

Referred by



2199 Hamburg Pike
Jeffersonville, IN 47130
812.283.6462 or 283.6962
"The Good Old Boys"

WEB OFFSET, LETTERPRESS & OFFSET PRINTING
LETTERHEADS · ENVELOPES · BUSINESS CARDS · FLYERS
TICKETS · CATALOGUES · BROCHURES · BOOKLETS · NEWSLETTERS
CARBONLESS FORMS · RESUMES · PRICE LISTS · ANNOUNCEMENTS
MENUS · PROMOTIONAL MATERIALS · POSTERS · POLITICAL
CAMPAIGN MATERIALS · BUMPER STICKERS · BULLETINS
ANNUAL REPORTS · HIGH SPEED DIGITAL PRINTING · MANUALS

GOOD LUCK TO ALL TEAMS!

THE EARLY BIRD CATCHES THE WORM!



On the second Thursday of each month we draw out an hour sheet from the stack of those received by that time. That person is our Early Bird for the month and they receive a small prize for helping us document active volunteers without having to make a lot of phone calls.

Our September Early Bird is **Gail Claus- ing**. She volunteers at the Metro United Way office in Jeffersonville.

Karen Heil is our October winner. She volunteers at the Bliss House, also in Jeffersonville.

Congratulations to Gail and Karen!

We give thanks for **Beth Bowling, Nora Compton, Gail Finan and Ethyl Fish** who donated materials to be used in various projects.



And from one of the many schools receiving Henry the Hand presentations...

Thank you so much for the Henry the Hand presentation at Shepherd of the Hills Lutheran Pre-school. Our children greatly enjoyed the presentation and learned something too...
Janel Skrabanek, Director

Time to Order Your Santa Letters!

The RSVP elves are busy writing personalized Letters from Santa again this year. You can use the form on page 8 to order these keepsake letters for your friends and family members. The deadline to apply is December 3.

This I Believe...

If you're a National Public Radio listener, you will recognize that phrase as the title of a collection of essays written and recorded after two separate traumatic periods in our history—World War II and 9/11/2001. Writers come from all walks of life and the essays are exceptionally diverse both in their viewpoints and styles. Groups, both faith-based and secular, use the essays as topics of discussion. My Sunday School class recently finished such a series. But we did more than study; we were each required to write our own essay. Imagine my surprise when the topic of one of my classmate's essays was "I Believe in the Power of the Volunteer". Excerpts follow.

With few exceptions, the true good that has happened in our society has been as a direct consequence of a corps of volunteers who are dedicated to seeing a common goal accomplished. The adage "if it is going to be, it is up to me" has never been more true...

I read a survey once that said over 50% of our working population was unhappy with their paying jobs. To be a volunteer means that you can select something that truly interests you. It is something that brings satisfaction and meaning to life...

Generally being unable to say 'no' has taken me places that I never thought I would go. Sometimes it has gotten me into big trouble, but usually it has led me to experiences that take me out of the mundane into places of self-fulfillment.

"Yes" has led me into the world of volunteerism and a world where need is everyday and on-going. Sometimes need is in the human sense, but it can also be a need to make something happen... God gave us talents and it is incumbent on each of us to find that special niche and offer our talents to others. Whether you are helping to rebuild someone's home, going on a mission trip or just planting flowers to beautify someone's surroundings, volunteering has the power to move the world.

Home in New Albany

Providing Safe and affordable housing
For our community

Openings Available; Call for an application
(812) 948-2319



Equal Housing Opportunity
New Albany Housing Authority

VOLUNTEER OPPORTUNITIES

There are hundreds of ways to serve and we're here to help you find *your* perfect fit!

Both **AARP** and the **SIABC** have programs that provide free **tax preparation** to those needing such help in Clark, Floyd, Harrison and Scott counties. Although the two organizations have a different client focus, both serve people of all ages. The differences in the programs are the locations and the training regimens and that the SIABC program starts a little earlier, around the middle of January and works by appointment only. There are also **receptionist positions** in these programs for people who would like to help but not actually prepare the taxes.

Harrison County Hospital needs a volunteer to work in their gift shop on Sundays, 1—5.

Clarksville Rehab needs volunteers to help with the following things: **visiting with and/or entertaining residents; calling bingo; reading to residents; assisting with the book cart and passing out reading material; selling hot dogs and cookies at their Friday fund-raisers; shopping for residents; assisting on outings.**

Their sister Clarksville facility, **Riverview Village**, has some of the same needs and some others. They need **country music singers, loud bingo callers, volunteers to give manicures, volunteers to play cards or board games, read to residents and make in-room visitations.**

The **Arts Council of Southern Indiana** whose office is in New Albany, has a new Director and three new ways that volunteers can help them keep this important program moving forward. They need **receptionists**, M—F, 10—6 (in shifts if desired), who will **greet visitors and show them around, telling them about the exhibits.** They need a **handyman** to make small repairs, oversee workmen, pick up limbs and water outdoor plants. And they need a **clerical assistant** who could type letters, check and filter email, set up and manage data bases, do mailing labels and envelopes, make copies and set up folders.

If you've ever been to the **Mayor's office area in Jeffersonville**, you know that it's the entrance to several other offices. There are signs but apparently most people need a little more help to find the proper office. So the city has established a **reception area** to be staffed by volunteers, M—F, 8:30—4:30. Shifts are open to fit individual volunteer's schedules, even if it's 10—2. The important thing is to be pleasant, helpful and welcoming.

The **American Cancer Society's Road to Recovery** program uses volunteers to **drive cancer patients to and from their treatments and** is in dire need of some more volunteers. Often the patients have to go to treatment several days per week and don't always know how long they'll be at the treatment center. If they are too sick to drive, transportation becomes a real problem. You can drive as little or as much as your schedule allows. The American Cancer Society will train you. The only requirements are having a good driving record, a valid driver's license, insurance, a vehicle that is in good working condition and the desire to help these patients fight their cancer. They particularly need volunteers to drive to Louisville, but there are Indiana treatment centers also and you can specify that if you want.

The **Meals on Wheels program at Yellowwood Terrace** in Clarksville has been relying on one man to run their home-delivered route. He is having surgery so, for the next 2—3 months, they need people to **deliver 20 meals per day**, M—F, in the middle of the day. The route is about 20 miles long and they pay mileage. After the regular driver returns, it is hoped that these volunteers would continue to sub for him occasionally.

On November 29, **Lincoln Hills Health Care Center in New Albany** needs help **putting up and decorating seven Christmas trees.**

The **New Albany Police Department** uses volunteers to man their **reception** desk during weekdays. This puts a patrolman back on the street. Shifts are 8—noon and noon—4. They need at least two more volunteers for full coverage. It's a very interesting position with lots of activity. Volunteers **answer all incoming calls and direct all visitors.** Training is done one-on-one, sitting with the volunteer coordinator for as many shifts as it takes until you're sure that you're ready to be on your own. A background check is required.

THIRTEEN THINGS YOUR BURGLAR WON'T TELL YOU

1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.

2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.

3. Love those flowers. That tells me you have taste... And taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.

4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.

5. If it snows while you're out of town and there are no tracks in the driveway or around the house, I can pretty much figure out that you're not there. Get a neighbor to create car and foot tracks into the house.

6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.

7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom - and your jewelry. It's not a bad idea to put motion detectors up there too.

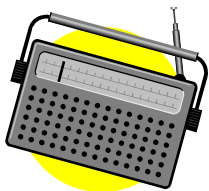
8. It's raining, you're fumbling with your umbrella, and you forget to lock your door - understandable. But understand this: I don't take a day off because of bad weather.

9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)

10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.

11. Here's a helpful hint: I almost never go into kids' rooms.

12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.



13. A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television.

Energy Saving Tips

Cathy Racicot from Harrison County REMC shared some useful tips at our Harrison County Volunteer Recognition party—plus she gave each volunteer a Compact Fluorescent Lightbulb (CFL).

According to Cathy, **the three things you can do that will have the biggest impact on your energy bills are caulk, insulate and switch to CFL's.** She suggested that we get a tube of caulk, walk around the house and when we feel a draft, find the opening and fill it up. This is the number one thing we can do to save electricity.

Second, we need to have our insulation checked. Most of our homes were insulated when new but, apparently, this needs to be checked and possibly added to periodically.

And third, switch at least some of your light bulbs to CFL's. According to the Energy Star website, if every American home replaced just one light with a light that's earned the ENERGY STAR, we would save enough energy to light 3 million homes for a year, save about \$600 million in annual energy costs, and prevent 9 billion pounds of greenhouse gas emissions per year, equivalent to those from about 800,000 cars. Cathy cautions, however, that regular CFL's are not appropriate for fixtures that are on dimmers, have 3 way switches, or are turned on and off a lot. She also says that all CFL's are not created equal and that you should check for warranties. The bulbs sold by REMC are guaranteed for 7—9 years.



CFL bulbs come in three colors of white: warm or soft white is the standard color of incandescent bulbs; cool or bright white is good for kitchens and work spaces; and natural or daylight is good for reading.

The Energy Star website has lots of resources for helping you select which bulbs you should use in your home and how much energy each option will save, www.energystar.gov. Then click on Find Energy Star products and select the light bulbs from the long list.

Do you Know an Older Adult who is Having Trouble Coping?

Harrison County Hospital has a program called Senior Care that might be able to help. (Costs of the program are covered by Medicare; there is no private pay option.)

Senior Care provides group, individual and family counseling, as well as medication management. It meets two days per week, 9:30—1:30, for 6—12 weeks. Transportation (within a 40 mile radius) and a noon meal are provided.

The program is designed to help with such things as depression, unresolved grief, anxiety, worry, isolation or loneliness, sleep or appetite changes, anger, low self-esteem and personality changes. They coordinate care with the patient's primary care physician and they provide follow-up care after discharge. Patients can come from private homes or nursing homes.

You do not need a referral. A nurse will visit with a potential patient to assess their suitability for the program. If you'd like more information, contact Jude Ware, 812-734-3815, or jware@hchin.org.

Safe Use of Hand Sanitizer

Most hand sanitizers contain 60—90 percent alcohol, a stronger concentration than most hard liquors. Even a small dose could be dangerous if ingested. Those most at risk are young children and those with cognitive disorders who are attracted by the fun scents and bright colors. To avoid poisoning dangers:

- Avoid using sanitizers whenever possible, opting for regular hand-washing instead
- Use only a dime-sized amount; too much may not fully evaporate
- Supervise children while using sanitizers to ensure they rub their hands until dry
- Use a foaming formula that will dry more quickly
- Keep bottles out of reach of children
- Encourage teachers to use baby wipes instead
- Discourage fingernail biting and other habits that bring hands into contact with the mouth
- Keep the poison control phone number, **800-222-1222** handy in case someone gets sanitizer in their mouth or eyes.



Letters from Santa

Imagine the delight on your child's face if he/she received a letter from Santa on beautiful colored stationery! Now, imagine how much more thrilled your little one would be if Santa called him by name and mentioned his friends and where he lives! This letter will be a treasured keepsake to add to your family scrapbook. Your child will truly feel special. Santa has asked us, his helpers at the Retired Senior Volunteer Program (RSVP), to help him write to all good little girls and boys. If you would like your child to receive a special letter from Santa, just complete this form and return by December 3 with your check or money order for \$5.00 (See bonus offer below). Letters will be mailed in mid December. (Orders received after December 3 cannot be guaranteed delivery before Christmas.)

Here's How to Order! (Please print.)

First, fill out some customer information.

Person ordering letter for child: _____

Your address: _____

City, state, zip: _____

Phone: _____

Tell Santa what to call your child and where to send the letter.

First name: _____ Last name: _____

Child's mailing address: _____

City, state, zip: _____

The child is a: Boy _____ Girl _____

City or town of residence: _____

Tell Santa what city or town the child lives in. (Sometimes this is different from the city in the mailing address.)

Who told Santa about this child? (Please specify relationship to the child - e.g. Friend Paul, Grandma Ruth, Mommy or Aunt Sally.)

Tell Santa the first names of two of the child's favorite friends or family members.

Friend #1: _____ Friend #2: _____

Bonus offer: We can use the same personal info to send your child a Letter from the Easter Bunny too. It will cost just \$3 more. Please check your preference below and send the completed form and appropriate amount of money to:

**RSVP
702 East Market St.
New Albany IN 47150**

_____ **\$5.00 Santa Letter only**

_____ **\$8.00 Both Santa and Easter Bunny letters**

For more info, call 812-948-1815

RSVP is part of the Interfaith Community Council, a 501©3 not-for-profit organization. \$4 of the Santa Letter or \$6.50 if you order both letters, may be eligible to be claimed as a contribution on your taxes. Please consult your tax advisor.

November Birthdays

		Violet Watson	14
		Ken Adams	15
Carolyn Carter		Earlene Beck	15
Sharian Hutt	1	Edwin Shain	15
Phyllis Wolfe	1	Judith Bernhardt	16
George Brenner	2	Lana Himmelheber	16
Penny Dougherty	2	Betty Arnold	17
Barbara Gardner	2	Geneva Crawford	17
Elsie Huffman	2	Bonnie McKim	17
Susan Mayfield	2	David Robertson	17
Tena McCarthy	2	Jean Bedaine	18
Stephanie Redd	2	Ed Douglas	18
Gail Stumler	2	Marlene Feign	18
Anne Huffine	3	Sharon Carpenter	19
Dick McDowell	3	Dorothy Grubbs	19
Rita Marking	4	Phyllis Behnen	20
Louise Sullivan	4	Naomi Bray	20
Marge Bartholomai	5	Genevieve Crawford	20
Marilyn Cheatham	5	Ralph Helton	20
Janet Whisman	5	Rebecca Resch	20
Hilda Berry	6	Cornelius Carpenter	21
Jim Buescher	6	Sara Crawford	21
Thomas Price	6	Marge Kulwicki	21
Ronald Smith	6	Verna McDaniel	21
Sandra Hunter	7	Bonnie Smithson	21
Ted Lopp	7	Bill Behnen	22
Sandy Turpin	7	Suzanne Phillips	22
Joyce Fugate	8	Robert Plunkett	22
Jackline Vitato	8	Frankie Waddle	22
Patty Walker	8	Ralph Webb	22
James Weber	8	Agnes Ernstberger	23
Marietta Willman	8	Juanita Kearney	23
Joan Gilley	9	Shirley Krick	23
Carol Miller	9	Juanita Oster	23
Wilma Sadler-Morton	9	Marquette Percell	23
Marlene Schneider	9	Louise Ross	23
Iris Thomas	9	Mary Bruce	24
Bill Weddington	9	Patsy Craig	24
Janis Hill	10	Rita Karnes	24
Helen Warren	10	Karen Bloomer	25
Melda Bratcher	11	Gilbert Ernstberger	25
Marjorie Flora	11	Bobbie Himgurg	25
Bonnie Mayfield	11	Martha Byrd	26
Michele McGloshen	11	Patricia Holsclaw	26
Dale Whitson	11	Francis Sample	26
Dee Wilfong	11	Janet Slaughter	26
Shirley Emerson	12	Evelyn Smither	26
Ed Raker	12	Florence Whitson	26
Diana Plunkett	13	Evelyn Nelson	27
Michael Baker	14	Barbara Williams	28
Nancy Hutchison	14	Dorothy Seng	29
Betty Keel	14	Sephen Summers	29
Clarence McIntosh	14	James Wolfe	30

December Birthdays

		Joyce Cherry	15
		Alice Pruitt	15
James Caudill	1	Martha Vest	15
Rosetta Harvey	1	Roger Howard	16
Janet Sutter	1	Jon Howerton	16
Sharon Cash	2	Violet Rogers	16
Mae Coffman	2	Wesley Woodlock	16
Eleanor Fox	2	Maybelline Dell	17
Richard Kopple	2	Russell Hollan	17
Eileen Mullineaux	2	Jean Baylor	18
Jim Gilbert	3	Marjorie Board	18
Melanie Lone	3	Richard Ralph	18
John Arnold	4	Betsy Loveland	19
Brenda Bundren	4	Carol Ralph	19
Sue Harvey	4	Anna Kirby	20
James Bell	5	Janice Molnar	20
Mabel Monhollon	5	Mike Reynolds	20
Gordon Pfister	5	Jane Yeargin	20
Mary Reynolds	5	Art Marking	21
Phyllis Alfano	6	Andrea Palmieri	21
Vivian Bishop	6	Tamera Powell	21
Ruth Graddy	6	Shirley Conrad	23
Joann Hauber	6	Bernadette Fife	23
Helen Sample	6	Pamela Hecht	23
Helen Kestler	7	Tommie Isenberg	23
Bonnie Schalk	7	Vicki Bizer	24
Virginia Spry	7	Cadelia Hall	24
David Tomerlin	8	Sharon Uhl	24
Kathleen Watson	8	Lillian Curtis	25
Jo Curtis	9	Beverly Lake	25
Dolores Keith	9	Irene Naville	25
Nancy McIntosh	9	Paula Hensley	26
Harold Monhollon	9	Lena McKinney	27
C.J. Naville	9	Pat paul	27
Margaret Pavey	9	Karen Wolfe	27
Greg Soliday	9	Brenda Bliss	28
Patty Cress	10	Gloria Smith	28
Patricia Price	10	Sharon Eckenrode	29
Doris Tabor	10	Carl Keown	29
Carol Uessler	10	Karen Mosso	29
Donna Barrett	11	Patricia Rucker	29
Forrest Bowman	11	Edna Holz	30
Maxine Carr	11	Virginia Satterfield	30
Kathleen Hensley	12	Patricia Stone	30
Iva Huff	12	MJ Bonsett	31
Brenda Smith	12	Jean Elles	31
Martha Vaught	12	Dottie Gibson	31
Harvey Brock	13		
Pat Nordhoff	13		
Louise Garwood	14		
Betty Terry	14		
Martha Bleich	15		
Joyce Cain	15		



The Retired and Senior Volunteer Program
702 East Market Street
New Albany IN 47150-2916

NONPROFIT ORG
U.S. POSTAGE PAID
NEW ALBANY, IN
PERMIT NO. 198

Phone: (812) 948-1815 Main Office
(812) 284-2150 Clark/Floyd Coordinator
(812) 734-1018 Harrison Co. Coordinator
(812) 752-9152 Scott Co. Coordinator
Fax: (812) 206-4505
email: rsvp@interfaithinc.org

Sponsored by **Interfaith Community Council**
Funded by the Corporation for National Service, Metro
United Way of Clark, Floyd and Harrison Counties, Scott
County United Way and **Interfaith Community Council**

Thanks to the special RSVP volunteers who
prepared this newsletter for mailing.

Affix label here



Interfaith Community Council, Inc.



Looking for a little paying job?

Central Christian Church, 1315 E. Spring Street, New Albany is seeking an experienced childcare worker for various evening activities at the church. Candidates must be willing to work a flexible schedule that will include regularly scheduled church functions as well as various other church activities. Candidates must be willing to undergo a background check. Please contact the church office at 944-1736, or you may e-mail the church at info@centralchristianna.org.

Tribute Fund

Honor a Friend, Fellow Volunteer or Associate, or remember a Loved One with a contribution to the Retired Senior Volunteer Program. The names of those honored will be listed in the next Newsletter.

In Honor Of _____

In Memory Of _____

Please send an acknowledgement to:

Name _____

Address _____

City _____

State _____ Zip _____

Thank you for your gift. It will be used to support RSVP volunteer services such as insurance and recognition.