

# RSVP

## “Newsette”

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Senior Volunteer Program

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### Inside this Issue:

- 1 From the Director's Desk
- 2 Volunteer Opportunities  
Calendar of Events
- 3 Volunteers of the Month –  
January & February 2012
- 4 America Reads Awards  
Celebration  
America Reads Fall Update  
Importance of Reporting  
Hours
- 5 Volunteer Mileage  
Reimbursement Changes
- 6 Directions to Brown Hall
- 7 New Volunteers

Editor: Steve Mokray

### Mission Statement:

A nationwide volunteer program, RSVP invites adults age 55 and over to use their life experience and skills to answer the call of their neighbors in need.

### 5 Tips to Make 2012 Your Best Year Ever

As we say goodbye to 2011 and look forward to what 2012 has to offer, many of us reflect on the aspects of our life or our lifestyle that we would like to change and/or enhance. I believe the best way to accomplish change is through setting specific goals. Here are 5 tips to help you accomplish those goals and make 2012 your best year yet.

1. **Set a reasonable time frame** - Get yourself going by setting an end date. If your goal is to clean out your garage, there's no need for it to take all of 2012. Give yourself a deadline of a month or two!
2. **Set a goal that is attainable** - If you are 200 pounds overweight, it's unlikely that you can lose it all in the next twelve months. Perhaps you can set four mini goals of losing 15 pounds each quarter. Come next December 31, you'll be 60 pounds lighter.
3. **Challenge yourself** - Having just said the above, do challenge yourself a bit to keep motivated and going. It is far easier to say you'll lose just half a pound per week, but you can do better than that. Give yourself a reason to stick with it and go the extra mile!
4. **Learn to manage your time** - Maybe the most difficult thing of all. I struggled with this in the past and am on my way to being better with this precious, non-renewable resource. The only way you will get in those 60 minute exercise sessions or shopping trips to the health food store is if you make it a priority and schedule your time well. Learn what things in your life are essential and which are not.
5. **Have an accountability partner** - You will have much more success with your goals, and just about anything else you want to accomplish, if you have someone who will hold you accountable. This can be your partner, another relative, a friend or colleague. Just make sure that they will support you and do their best to keep you headed in the right direction. If you are trying to lose 20 pounds, ask your spouse or a friend who is fit or at least making progress to be your accountability buddy.

Implement these five tips in the next few weeks and you will be on your way to having your best year yet!

*Jennifer Hendrix*

*Enzinearticles.com*

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NORTHERN COLORADO



**Current Volunteer Opportunities for RSVP  
Phone 351-2588**

**Advisory Council:** Council members advise and assist the RSVP staff in program planning, such as the Volunteer Appreciation Breakfast, development, fund raising, and operation.

**Grocery Shopping Delivery Program:** This program is looking for volunteers who enjoy delivering groceries to homebound individuals, primarily in the South Weld County area. **We are also looking for a volunteer who enjoys being in a leadership role to oversee the program in the Greeley/Evans area.**

**Medicare Insurance Navigation Team:** This program in is need of volunteers who are interested in assisting the Senior Fraud Program through community events, or assisting seniors with questions with their Medicare insurance.

**North Colorado Medical Center:** Currently has openings for several NCMC Volunteer Shuttle Drivers. They must be friendly and have a good driving record.

**RSVP Project Committee:** The next meeting of the Project Committee will be on Wednesday, September 14, at 9:00 AM at the RSVP offices in Brown Hall.

**SHOP Program:** The SHOP Program consists of a team of volunteers who give of their time and talents working to create safer homes for seniors and people who are disabled and who cannot afford to hire a contractor or service to complete the work.

**CALENDAR OF EVENTS**

**January**

- 1 New Year's Day.
- 7 Missoula Children's Theatre presents *King Arthur's Quest*, 2:00 PM @ UCCC.
- 15 Wales: Land of Songs, 2:00 PM & 7:00 PM @ UCCC.
- 16 Martin Luther King Jr. Day, **RSVP office will be closed.**
- 23 Chinese New Year.
- 27 Pilobolus Dance Co. 7:30 PM @ UCCC.
- 28 The Official Blues Brothers Revue, 7:30 PM @ UCCC.
- 31 Submit volunteer hours for January to RSVP office. **Also through the email address at: [rsvp@unco.edu](mailto:rsvp@unco.edu).**

**February**

- 2 Groundhog Day.
- 12 *Mamma Mia! The Musical*, 2:00 PM & 7:00 PM @ UCCC.
- 14 Valentine's Day.
- 18 Randy Travis in concert, 7:30 PM @ UCCC.
- 22 Ash Wednesday - Lent begins.
- 25 Marrakesh Express, Crosby, Stills Nash & Young Experience, 7:30 PM @ UCCC.
- 26 Italian Lake Adventure, 2:00 PM @ UCCC
- 29 Submit volunteer hours for February to RSVP office. **Also through the email address at: [rsvp@unco.edu](mailto:rsvp@unco.edu).**

*Did you know Hospice is a Medicare Benefit?*

*Hospice and Palliative Care of Northern Colorado*

*..... With a Heart for our Community*

*Serving Weld and Larimer Counties*

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*For More Information Please Call*  
**970-352-8487**  
**1-800-564-5563**



# RSVP Salutes Our Volunteers Of The Month!



January 2012  
Volunteer of the Month  
Caroline (Carrie) McNamara



RSVP's January Volunteer of the Month was born and raised in Eaton, Colorado. After completing her high school studies, Carrie attended the University of Colorado and graduated with a degree in nursing.

Carrie later married, but was widowed at the young age of 33. Carrie persevered and she raised her three daughters and worked as a nurse for 40 years.

Carrie helps with the Grocery Shopping Program. She also volunteers with the America Reads Program at University School and at the Heiman Elementary School Library helping 1st, 2nd, and 3rd grade students. Carrie also volunteers at Hospice helping with computer work and filing. She also has a pet therapy dog, Precious; they visit residents at area nursing homes. When Carrie has a few spare moments, she also enjoys reading and gardening, and belongs to a garden club.

**Congratulations to Carrie McNamara  
the RSVP January 2012 Volunteer of the Month!**

February 2012  
Volunteer of the Month  
Karen Markus



Karen was born in eastern South Dakota. In 1943, Karen attended Southern State Normal and then was a teacher at a country school during World War II. Following the war, she came to Colorado to complete her degree in Elementary Education at Colorado State College of Education (CSCE), now the University of Northern Colorado.

While attending CSCE, Karen met and later married Hank Markus. While their three daughters were in school, Karen taught kindergarten in the Greeley-Evans School District.

The "family hobby" was traveling and the Markus family got acquainted with all 50 states. In later years, Karen and Hank traveled the world. Karen still enjoys traveling, reading, and gardening.

Most of all, Karen "enjoys doing things for others - especially through RSVP." Karen has been part of the Grocery Shopping Program for over 20 years. As Karen has noted: "What you do for others comes back in many ways."

**Congratulations to Karen Markus  
the RSVP February 2012 Volunteer of the  
Month!**

## ***America Reads MLK Jr. Awards Ceremony!***

Thursday, February 16 at 7:05 PM  
Butler-Hancock Hall/Sports Pavilion @ UNC

Come celebrate our volunteers and students' achievements at the Martin Luther King Jr. Contest Awards Ceremony! The winners will be announced during halftime at the UNC vs. Eastern Washington University Women's Basketball Game!

Just mention you are with RSVP to get the discounted admission price – only \$4.00 per person!

This is a great way to celebrate America Reads, spend time with your fellow volunteers, and watch some basketball! Everyone is welcome!

***GO BEARS!***

## ***America Reads Fall Update***

Fall has been busy for our America Reads volunteers! We recently welcomed Rosalie Ray and Mary Peck as new volunteers. We now have 32 volunteers in 16 schools!

Thank you to the volunteers who attended our November workshop about tutoring students with learning disabilities. We felt that it was worthwhile and meaningful. We are in the process of planning our next workshop. Let us know if you have any ideas for topics!

Our annual Martin Luther King Jr. celebration and contest are coming up soon! Every year, students read about Dr. King and then write their own dreams on a coloring page. The submissions are judged by RSVP volunteers and staff. The top ten winners receive prizes and the prizes are AWESOME this year! We are excited for this special contest and hope to have as much participation as possible. Keep an eye out for more information.

Finally, we are always interested in hearing from our volunteers! We would love to hear success stories you have had while tutoring. Give us a call or fill out a success story sheet found in your tutoring binder and then mail it in. We would also love to hear your feedback or ideas for improvement. Call us anytime!

*Best Regards, Rachel and Samantha*

## **The Importance of Reporting Volunteer Hours**

Although \$201 million in funding is not currently available specifically for Senior Corps programs, other funding opportunities are, and these opportunities become more competitive each year. Volunteer community impact, your impact, is often measured by the number of volunteer hours RSVP collects. **Reporting Your Volunteer hours** is the number one way you can assist the Senior Corps and other programs that support Seniors in securing funds that directly impact you and our Weld County Community.

Consider this, for every hour an RSVP volunteer reports, it equates to approximately \$21.00 of possible funding. For example, RSVP of Weld County currently has 875 volunteers. If each volunteer reported even 30 minutes per month that equals 5,250 hours or approximately \$110,000 per year in potential funding, just in Weld County.

**875 volunteers x ½ hour = 437.5 hours x 12 months = 5,250 hours x \$21.00 per hour = \$110,250 per year in potential funding, just in Weld County.**

Twice per year, RSVP reports to the local CNCS office. They in turn collaborate with and report to the Federal Government information gathered from all 14 branches of Senior Corps programs throughout Colorado. This information directly influences the members of the Federal Government when it comes to budgeting for programs, including those programs that have a direct impact on and benefit to Seniors all over the Country and here in Weld County.

The Staff at RSVP has set up several convenient ways to make it easy for you to report your hours:

Email us: [rsvp@unco.edu](mailto:rsvp@unco.edu)

Call us: 970-351-2588

Fax us: 970-351-2581

We can call you – Volunteer Calling Log

(Cont'd. on Pg. 5)

Mail your hours:  
RSVP of Weld County  
UNC Campus Box 67  
Greeley CO 80639

It is so important to the Senior Corp programs, as well as all programs that support Seniors. Please help us make an impact on our Senior Community, and report your volunteer hours. **EVERY MINUTE COUNTS!** Thank you for your continued support of Weld County RSVP.



## Explore Greeley's Rich History



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Greeley History Museum, 714 8<sup>th</sup> St.  
Centennial Village, 14<sup>th</sup> Ave. & A St.  
1870 Meeker Home, 1324 9<sup>th</sup> Ave.  
Plumb Farm Learning Center, 955 39<sup>th</sup> Ave.  
970-350-9220    [www.greeleymuseums.com](http://www.greeleymuseums.com)

### Volunteer Mileage Reimbursement Changing for this Fiscal Year

A struggling economy and reductions in the Federal Government's budget, which has had a direct impact on RSVP's primary funder, the Corporation for National and Community Service, has made this decision necessary.

**Beginning with the new Fiscal Year that started on July 1, 2011, RSVP had to eliminate the volunteer mileage reimbursements - until further notice.** We deeply regret having to take this step and appreciate what this means to you, our volunteer. This decision was not arrived at easily.

The RSVP staff appreciates your volunteer efforts and dedication to the programs and our community. Rest assured that when it again becomes possible to reimburse you for your mileage, we will certainly do so!

**Thank you again to each of you for your time, efforts, and support!**

### A Reminder to our Stations . . .

When you call to request volunteers for an upcoming project or bulk mailing, *whenever possible please call RSVP at least two weeks before* your event or mailing. Two weeks notice allows for the time necessary for our calling volunteers and staff to contact the volunteers and arrange for their participation. The larger your event the more volunteers we need to contact to fulfill your request. And, our volunteers deserve the courtesy of being contacted far enough in advance so that they can arrange their time and calendars.

**Thank you for your continued support of  
RSVP and our volunteers!**



## Saint Valentine's Day

By Steve Mokray

The history of Valentine's Day and its patron saint is shrouded in mystery. But we do know that February has a history of being a month of romance. Saint Valentine's Day, as we know it today, contains traces of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite?

There are several legends that all indicate that Valentine was a very helpful person but was caught in the act and paid the penalty with his life. I chose this legend because it appears to be the one story that projects his true character as the most popular saint in England and France at the time.

Valentine was imprisoned attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured. While in prison, it is believed that Valentine fell in love with a young girl who may have been his jailor's daughter. She visited him often during his confinement. Before his death, it is alleged that he wrote and sent her a letter in the form of a valentine greeting that he signed "From your Valentine", an expression that is still in use today. Although the truth behind this Valentine legend is murky, the story certainly emphasizes his character as a sympathetic, heroic, and most importantly, a romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints of the time. Some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death that probably occurred around 270 A.D.

Currently, February 14 is the day we celebrate our love and affection between our intimate companions. It is traditionally a day on which lovers express their love for each other by sending cards, presenting flowers, offering chocolates and other gifts. As another point of interest, January 6 is celebrated as "Cuddle Up" day and gives us the opportunity to snuggle up to someone on a cold winters' day or night. So if you missed this opportunity, it would be a great idea to include this into your Valentine's Day celebration and cozy up to your special someone, and enjoy the warmth and love.

I also found it interesting that most countries celebrate this Valentine's Day similar to our customs: cards, chocolate candy, flowers, and dinner out should all be on the menu. I would like to leave you with this thought: **Valentine's Day is a day you should not forget!** I feel that the "special ladies" in our lives look forward to this day and like to be pampered. It has a special meaning to let them know that they are the "Love of our Life" and our "Special Valentine." Happy Valentine's Day!

Ref: History.com

## **RSVP offices are in Brown Hall on the UNC Central Campus**

Beginning in March 2010, the RSVP offices have been located in the NW corner of the lower level of Brown Hall, Room 096. Brown Hall, to which the black arrow points, is located on Presidents Row at 9th Ave. & 19th St. You may enter the parking lot that is adjacent to the RSVP offices by using the driveway, to which the grey arrow points. This driveway is on the NW corner of 8th Ave. & 19th St. Follow the driveway around to the left and proceed all the way to the far SW corner of the ZW parking lot. Look to your left and you will see a sign that reads "Brown Hall, RSVP". Proceed down the steps and ring the door bell to let our staff know that you are at the door.

**Welcome to the RSVP offices.**



### **RSVP Office Information:**

**Monday through Friday,**

**8:00 AM to 4:00 PM**

**Phone (970) 351-2588**

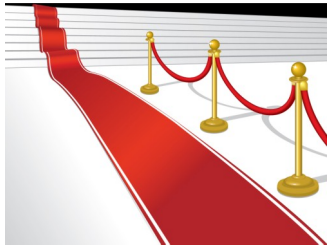
**Fax (970)351-2581**

**Email: [RSVP@unco.edu](mailto:RSVP@unco.edu)**

**Web site: [www.unco.edu/nhs/rsvp](http://www.unco.edu/nhs/rsvp)**

**Find RSVP on facebook at**

**[www.facebook.com/](http://www.facebook.com/)**



## Let's Welcome our New RSVP Volunteers!



*Julia Arguello  
Don Campbell  
Lynn Donahue  
Bonnie Dunston  
Kathy Hergenreder  
Karen Inglis  
William Mister  
Mary Peck  
Michael Silver  
Theresa Zamora*

*Donna Burrier  
Paula Collins  
Jan Donovan  
Tillie Gomez  
Corinne Hyland  
David Long  
Vicki Mossman  
Sandy Pettit  
Patricia Whitcomb*



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**Patron Members:** Corporation for National Services, United Way of Weld County, University of Northern Colorado, Colorado Division of Insurance, Weld County Area Agency on Aging, State Farm Companies Foundation, Project Committee of Weld County RSVP, RSVP Advisory Council, King Sooper's Grocery Store.

**Participating Members:** Frank & Mary Bateman, Doris Bunting, Warren C. Childs in memory of Sally Childs, Sylvia J. Cook, C. J. Gearheart in memory of Bill Gearheart, Elizabeth Hoel, Elmor L. Lyle, Mercedes Morrison, Stephen Mokray, Mercedes Morrison, Marjory O'Neal, William L. Pryor, Mary Ann Reimert, Ramona Stotts, Corinne Surface, Evelyn L. Ward. **Contributing Members:** Dorothy Brotemarkle in memory of Alan Brotemarkle, Harold L. Chapel, Judy DeBey, Virginia, Green, Barbara J. Hoff, Gordon & Delores Sawatzky, .

In memory/honor of: \_\_\_\_\_

\_\_\_\_\_ Participating Member (\$10-\$49) \_\_\_\_\_ Sustaining Member (\$250-\$499)  
\_\_\_\_\_ Contributing Member (\$50-\$249) \_\_\_\_\_ Patron Member (\$500 or more)

Name \_\_\_\_\_ Address \_\_\_\_\_ City/Zip \_\_\_\_\_

I want to be a **Friend of RSVP!** Enclosed is my check for \_\_\_\_\_.

**Friends of RSVP** play a key role in assisting RSVP in efforts to recruit, place and support individuals in meaningful volunteer service and show their support by making a financial contribution to Weld County RSVP.

**Friends of RSVP** are individuals or organizations who believe that persons 55 years of age and over play a vital role in meeting critical community needs through their volunteer service.

### FRIENDS OF RSVP

University of Northern Colorado  
RSVP  
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Greeley, Colorado 80639-0135

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