

# RSVP

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Weld County Retired and  
Senior Volunteer Program

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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.

# “Newsette”

## From the Director's Desk

### Ideas for a Priceless Holiday Gift

The season is here once again. No matter what holiday you celebrate, no matter what you believe, you are being bombarded with exhortations to celebrate, to love, to buy and to give.

The Internet and airwaves are filled with stories about miracles and family gatherings that may be more fantasy than reality. Remember that gifts do not have to be homemade or extravagant to be loving and important.

Here are some suggestions for non-material gifts that capture the spirit of the season:

**Give Yourself the Most important Gift.** Give yourself the gift of realistic expectations. So many of us understand others are human and imperfect, but forget the same is true for ourselves. Forgive yourself for being human, and for having limited time, energy, and resources.

**Give the Gift of Time.** Offer to babysit for someone with small children. Go to lunch with a friend you haven't seen in a long time. Plan a special evening with your lover. Take time for yourself.

**Give the Gift of Life.** If you haven't done it already, fill out an organ donor card and carry it in your wallet. Or, go to your local blood bank and give blood. You can have the satisfaction of knowing you probably saved a life, especially since the holidays are often filled with life-threatening accidents for many people.

**Give the Gift of Unusual Sights and Sounds.** The world is filled with them, and many are free or inexpensive. Take someone special on a tour. There are lights and decorations everywhere, free concerts at shopping malls, free days at the zoo.

**Give the gift of laughter.** There's plenty of pain and suffering in the world, and laughter helps us cope. Go frolic on a playground, play with a child and tell silly jokes, take someone to a comedy - movie, play, or concert. Laughter isn't just for kids. Call someone and make it a point to be silly until they laugh. Tell a stupid joke, rhyme something funny, or sing a little tune. Send a silly question to them in email.

(Continued on Page 5)



## Current Volunteer Opportunities

Phone 351-2588

America Reads needs tutors to assist teachers in Weld County School Districts. Special requests have come in for Eaton, Johnstown, Ft. Lupton and Mead.

City of Greeley Museums needs volunteers for helping with exhibits, special events, museum stores and other areas.

Eldergarden needs volunteers to play games and to assist clients with energetic activities.

Ft. Lupton Clothing and Food Bank needs volunteers to pack boxes of food and sort clothes.

The Highland Early Childhood Center in Ault needs help from 3:00 - 5:30 PM, Monday - Friday. Volunteers will work the reception desk to greet parents as they pick-up their children.

Hospice & Palliative Care needs someone to file in the office on Tuesday, Wednesday or Thursday at any time of the day.

Knowledge Quest Academy in Milliken needs lunch room volunteers from 10:40 AM to 12:15 PM, Monday through Friday.

Leanna's Closet is in need of volunteers to help sort and hang up clothing Monday through Wednesday.

Meals on Wheels is in need of volunteers to deliver meals to their clients, especially in Eaton, Johnstown and Windsor.

Northern Colorado Medical Center has various volunteer positions open.

Senior Resource Services needs volunteer drivers to assist clients with transportation to various destinations, most often medical appointments.

United Way is in need of Volunteers to help call donors on November 5, 2009 from 8:30 AM to 4:00 PM at the Weld County Training Center.

Weld County Area Agency on Aging is in need of volunteers to help with protecting the civil and human rights of Seniors in long-term care facilities.

## CALENDAR OF EVENTS

# November

- 3 Election Day
- 5 Senior Connection at the UNC University Center
- 6 Greeley History Museum First Friday, open 5 - 7 P.M.
- 11 Veterans' Day
- 23 Advisory Council Meeting
- 23 - Dec 12 Selma's Store Holiday Sale Centennial Village-Saturdays 10:00-5:00 PM (Closed Nov. 26)
- 26-27 RSVP office closed.
- Nov 28 - Dec 5 Festival of Trees, Union Colony Civic Center.
- 30 Volunteer hours for Nov. to be submitted to RSVP office.

# December

- 4 Greeley History Museum First Friday, open 5 - 7 P.M.
- 7 US Air Force Academy Band Christmas Concert, 3:00 & 7:00 PM, Union Colony Civic Center. **Free.**
- 21 Grocery Shopping Volunteer party at Roudebush Cottage.

**The RSVP office will be closed Dec 23 - Jan 1. Please report hours for December when we open on Jan. 4. There will not be any grocery shopping on December 28.**

970-346-9091

*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*

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

*Hospice and Palliative Care of Northern Colorado, Inc.*



## *Hats off to You!*



**Johann Anderson**  
**November 2009**  
**Volunteer of the Month**



Johann has been an RSVP volunteer since 2007 with over 500 hours of service. Johann provides assistance as a trained Medicare Navigator for the Colorado Senior Health Insurance Assistance Program, volunteers in the bulk mailing program and assists with the bi-annual Porch Sale. She has been active with the Trinity Lutheran Quilters and she encourages their support of the RSVP organization.

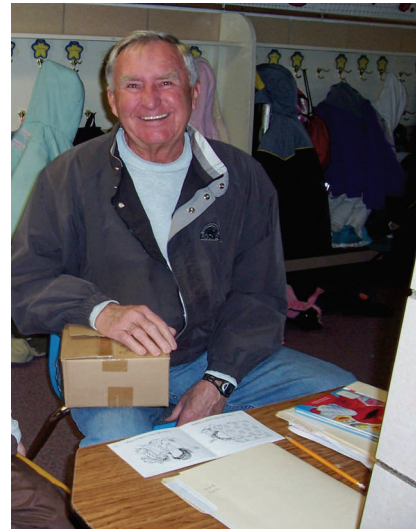
Johann was born in Ft. Lupton, Colorado. In 1960 she married Bennett Anderson and lived in Brighton for 10 years. She moved to Greeley in 1970. She has 2 children and 11 grandchildren.

She attended Colorado College, Beth-El School of Nursing in Colorado Springs, the University of Colorado and finally UNC. Johann, a Registered Nurse of 47 years, retired from Northern Colorado Medical Center after 18 years of service.

When asked why she volunteers, Johann said, "I like to work with people."

**The Staff of RSVP is pleased to announce Johann Anderson as November's Volunteer of the Month!**

**Jim Thomas**  
**December 2009**  
**Volunteer of the Month**



Jim Thomas has been an RSVP volunteer since January 2002 and has over 1,200 hours of volunteer service. Jim, an America Reads volunteer, goes "above and beyond" reading 4 hours a day, 5 days a week at Eaton Elementary School. Carmen Edens, Reading Specialist for Eaton Elementary, asked if we could duplicate Jim because of his success with the students.

Jim was born in Billings, Montana. He served in the United States Marine Corps and was stationed in Korea, Japan and Hawaii. Jim, who owned Greeley Dodge, retired in 1999 after 22 years in business. Jim has 6 children, 10 grandchildren, and 4 great grandchildren.

About volunteering, Jim said, "Once you have done it and you see the student's progress and the willingness to learn. Besides it is fun being around the students and teachers."

**The Staff of RSVP is pleased to announce Jim Thomas as December's Volunteer of the Month!**

## Did You Find ?

Find your telephone number hidden in this newsletter and call us by November 10, 2009, to win \$5.00 cash, compliments of RSVP. We will draw one hour log every other month for the winning number. If you don't turn in your hour log, you don't have a chance to win.

## **November 15 to December 31 is the time to review your stand-alone Medicare prescription drug plan.**

If you have a stand-alone Medicare Prescription Drug Plan you can switch to a different plan from November 15 to December 31. When you join or switch to a new drug plan, your new coverage will generally begin on January 1 of the new year. All Medicare beneficiaries should review their plans every year during this time to confirm they still have the best plan value for them. This changes every year as plans change. No one should assume the plan they have will be the best value for him or her in the coming year.

### What to do

Medicare has a free, and easy to use "Prescription Drug Plan Finder" located on the Medicare.gov web-site. This tool will help you choose your best plan value based on your location and prescription needs. It also allows you to enroll in a new plan immediately.

If you need help, you can call the Greeley Senior Center and make an appointment between November 15 and December 31 with a volunteer navigator. Navigators will be available on a limited basis during this time. Remember to bring a list of your medications listing strengths and dosages along with your Medicare card.

**Office Information:**  
**Mon. through Fri., 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)**

## Why Armistice Day is called Veterans Day

By Steve Mokray

It's hard to imagine that World War I involved 35 countries and lasted five years, from 1914 to 1918. The United States only fought from 1917 to 1918. A year at war was more than enough time because too many lives were lost; also many people had the notion that this was "the war to end all wars." When the fighting stopped, leaders of several countries signed an Armistice on November 11, 1918 at 11:00 A.M. In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day.

This day was set aside to reflect and remember the sacrifices men and women made during World War I in order to ensure peace. Veterans who survived the war marched in parades and were hometown heroes, ceremonies were held and speeches were made.

Almost 20 years later in 1938, Congress voted Armistice Day a federal holiday. Unfortunately the very next year, in 1939, World War II began. This ended the hopes of no more wars. With the progression of war came the progression of death. Over 16.5 million took part in World War II and 407,000 died in service, over 292,000 service men died during battle.

After World War II, Armistice Day was still celebrated on November 11. This was in thanks and remembrance to all the Veterans in their hometowns. Many people believed that peace was preserved not only by World War I, but World War II, and the Korean War as well..

In 1954, it was the time people began calling it "Veterans Day." At the urging of the veterans service organizations, Congress amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." It then decided to change the day to an occasion honoring all those who served America in all wars. In 1954, President Dwight D. Eisenhower signed a bill proclaiming November 11 each year as Veterans Day.

Every year on November 11 we give thanks for peace, observe a moment of silence at 11:00 A.M., remember those who fought and died during times of war and to remember who's protecting our rights every day.

Ref: [www.classbrain.com](http://www.classbrain.com)

*From the Director's Desk, continued from Page 1*

**Give the Gift of An Open Mind.** Having an open mind means trying new or uncomfortable things, even if a part of you resists the idea. New things are difficult for many people, but oh so worth while! Here are a few ideas to get you pointed in the right direction:

- ◆ Listen carefully to someone who disagrees with you. Find some thing to agree with in their communication, and don't comment on the rest.
- ◆ Watch a television show you've never seen.
- ◆ Try a new dish.
- ◆ Wear something different.
- ◆ Say "Hello" to someone who is quietly standing by, saying nothing. Smile to someone in a window.
- ◆ Listen to the words of a song you've always ignored. (You can now look up lyrics to almost any song online through the major search engines.)
- ◆ Apologize to someone you know you've hurt - even if they hurt you, too. Be big enough to mend broken fences if the relationship is one worth salvaging.
- ◆ **Give the gift of love.** Tell the important people in your life how much they mean to you. When you are on your death-bed, you are not likely to regret having said, "I love you" too often.

Approach the season with an attitude of openness and curiosity. You will be amazed at how different you can feel - and all for FREE!

With best wishes for the holiday season,

*Jennifer Hendrix*

### **Seniors Step Out with Song, Dance and Fashion at the Greeley Senior Connection November 5**

Senior Connection is coming to Greeley for the first time! The show caters to active seniors and showcases talented seniors on stage as well as over 40 vendors. For the past five years, Senior Connection has been in Fort Collins, Golden, Lakewood, Longmont, Loveland, Parker and Westminster and is excited to add Greeley to the list of locations.

The show is on Thursday, November 5 and is open from 9:00 AM to 2:00 PM. Admission is free and everyone is welcome. It will be held in the Grand Ballroom of the UNC Student Center at 11th Avenue and 22nd Street.

Lunch is optional at a cost of \$7.00. A complimentary dessert table called Sweets for Seniors opens at 1:30 PM and will host a variety of treats.

The Senior Connection features over 40 booths with information on products and services vital to the active senior citizen. (Continued in the next column.)

## **Explore Greeley's Rich History**



Tours    Great Exhibits  
Living History Festivals  
Special Events    Assisted Research  
Children's Classes  
Many Volunteer Opportunities

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)

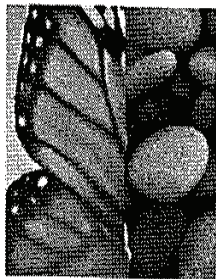
Guests can win door prizes by playing the roulette wheel. Each person will be given two tokens when he/she enters the ballroom to bet on exciting door prizes. More tokens can be gained by visiting the various booths and tables at the show.

A 15 minute act or show begins every hour on the hour. Everyone on stage is a senior and we always find a lot of talented people to entertain the guests. At 10:00 AM, Koret will present their fall fashion show. A favorite at Senior Connection shows, Don D'Angelo performs at 11:00 AM, singing in the style of Frank Sinatra. The Noon act is a sign-along with Verne Bullock of Sentimental Journey. Verne is known to bring his singing wiener dog along to perform with him. The final act is Ray Delgado, a master of country music with a voice like Johnny Cash!

A full day of stress-free fun is in store and there's no admission charge. Grab a friend and join the fun at the Senior Connection anytime between 9:00 AM and 2:00 PM. All ages welcome.

For more information, contact Denise at WestWind Productions: 303-823-5363.

## TOUCHSTONE HOME HEALTH



Touchstone Home Health is a locally owned, Medicare/Medicaid certified home health agency offering the following services:

- \* Skilled Nursing
- \* Physical/Occupational/Speech Therapy
- \* Medical Social Worker
- \* Home Health Aide
- \* Personal Care Provider
- \* Companion Services

Referrals can be made by calling: (970) 356-3922

The goals of *Touchstone Home Health* are:

- To function as a liaison between our clients and available community resources and assist our clients in coping with their needs and problems.
- To provide a broad base of services with client demand governing the scope, allowing clients to be involved in establishing, implementing and evaluating services.
- To maintain clients in their homes as long as possible and provide services in the east restrictive setting.
- To assist clients in using all restorative methods, tools and procedures to return clients to their optimum level of function.
- To provide cost-competitive, quality services.

### **The Next New Volunteer Training will be:**

November 2, 10:00 - 11:00 AM  
Platteville Senior Center  
508 Reynolds, Platteville, CO

November 3, 12:30 - 1:30 PM  
Evans Senior Center  
1100 37th Street, Evans, CO

### **U.S. Air Force Academy Band** **Christmas Concert** **December 7, 3:00 PM**

RSVP has 20 **free** tickets available for the above concert, **on a first-come-first-serve basis, up to four tickets per person.** Please call Tom Casey at 351-2589 to reserve your tickets before they're gone!

## Volunteers in the Spotlight

RSVP wants to thank all the volunteers who donated home-made items and helped make our Porch Sale a great success. The Project Committee raised a sizable sum from the donated items and the volunteers' skills of knitting, crocheting, embroidery, sewing and baking.

Wilma Aab	Lois Johnson
Lupe Alvarado	Floriene Krause
Margaret Andersen	Karen Markus
Elizabeth Armstrong	Mary Etta Moore
Kahla Barnady	Nancy Morris
Romayne Barnes	Kathleen Parker
Harriet Bohner	Marie Piedalue
Doris Bunting	Frieda Rosen
Helen Church	Delores Sawatzky
Alice Davenport	Kay Schneider
Audrey Feldhaus	Maggie Stewart
Leila Fuller	Veronica Thomas
Cyndy Gagne	Ruby Taziri
Donna Gibson	Maggie Walker
Dorothy Hoff	Carol Walters
Shirley Jacoby	Shigeiko Yamaguchi

Thank you also to the Hill N' Park Senior Center Craft Group: Earlean Weems, Sharon Strasser, Opal Jensen, Betty Pierson, Nancy Smith, Beckie Jones, Donna Walker, Barb Sober, and Debbie Haschouer for their contributions. And, if we inadvertently missed anyone else, we apologize and extend our most sincere thanks to you as well for your time and talent.



# America Reads is back!

School is back in session and we all know what that means! America Reads is back for another great year! RSVP held the training session for the America Reads program on Tuesday, September 22, at the Evans Senior Center with a great turn-out. Nancy Robinson is an RSVP volunteer, a previous elementary school teacher and a previous professor of teacher education at the University of Northern Colorado.

At the training session, Nancy helped to show some of our volunteers, both new and old, what teaching reading in a social setting would and should look like. Nancy has such great ideas that help to facilitate learning at its highest. Teaching the English language can be a hard thing to accomplish, I would know because I am training to do the same thing at UNC myself. Nancy's ideas mixed with those from our previous volunteers help to train our new volunteers some of the best ways to get methods and strategies across to students. We had a great day! It was full of reading, learning, discussing and food! ☺

America Reads is always looking for more volunteers! If you are interested in helping elementary school students from kindergarten to fourth grade improve their reading skills, this program is for you. Just come into the RSVP office and talk to me! I am eager and waiting to hear from you!

*Caitlin Cline*

RSVP Program Assistant

## Let's Welcome our New RSVP Volunteers!

Mary Allmer	LaDonna Meske
LaVerne Bohn	Linda Moses
Stillman Bryne	Ray Niehaus
Linda Burch	Ramon Ortez
Vicki Chapel	Cindy Quick
Geraldine Chikazawa	Sandy Ramey
Charles Coffan	Earl L. Reiter
Corki Cummins-Dietz	Cindy Richau
John Dietz	Donald Robinson
Robert Dumnine	Marjorie Robinson
Evelyn Fletcher	James Sanderson
Miriam R. Hobbs	Kathryn Sanderson
Dennis Horsman	Gloria Schell
Barbara (Bobbie) Johnson	Carole Schleif
Bill Keller	Norine Schoneman
LeAnn Larson	Mildred Terrill
Brizi Macias	Bonnie Ulrich
Louisa Man	Claire Valin
William Manker	Eric Valin
Linda McCulley	Janith Wood

*Now You Can Receive a Complete Range  
of Professional Services - All one One Campus...at*

### *Life Care Center of Greeley!*



(970) 330-6400  
4800 25th Street  
Greeley, CO 80634

#### *Offering:*

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- Medicare/Medicaid Certified
- Alzheimer's Special Care Unit
- 24 Hour Skilled Nursing Care
- Hospice and Respite Care Available



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at Life Care Center of Greeley

(970) 339-0022  
4750 25th Street  
Greeley, CO 80634

#### *Offering:*

- One Bedroom & Studio Apartments
- Kitchenettes
- Restaurant-style Meals
- Medication Monitoring
- Daily & Weekly Housekeeping

Our Campus provides luxurious living for those in need of assistance.  
Call us or stop by for a tour...Visitors are always Welcome!



970-346-9091

**Patron Members:** Corporation for National Services; United Way of Weld County; University of Northern Colorado; Weld County; Wells Fargo; Colorado Division of Insurance; Weld County Area Agency on Aging; Mayor's Gold Tournament; State Farm Foundation; Project Committee of Weld County RSVF; Advisory Council of Weld County; King Sooper's Grocery Store & KUNNC

**Sustaining Members:** Bonell Good Samaritan Center, Wells Fargo Bank and State Farm Insurance.

**Contributing Members:** Joyce Carr; Friends of a Woman's Place; Coach Chris Stewart-Colorado Eagles; Ruth Garrett; Elizabeth Schneider; Gordon & Dee Sawatzky; Shigeo Yamaguchi (in memory of Frank); and Charles & Virginia Green

**Participating Members:** Dennis String; Barbara David; Dale Lundeen; Bertie Rummel;

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

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

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

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

**Friends of RSVF** 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 RSVF**

University of Northern Colorado  
 RSVP  
 501 20th Street  
 Greeley, Colorado 80639-0135

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 Service Requested

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