



Retired & Senior Volunteer Program

RSVP Newsletter

Serving Fresno, Kings, Madera, Merced & Tulare Counties
In California's Great Central Valley



Hands On
CENTRAL CALIFORNIA

Volume 9, Issue 3

July-August-September 2010

You Are Worth A Million Bucks...No...You Are Worth Over \$6.6 Million!

In the past 18 months, RSVP volunteers in our five counties have reported over 328,408 hours. The national standard for the in-kind value of a volunteer hour is \$20.25. This means that you have contributed over **\$6,650,000** toward the support, care, health and transformation of friends, neighbors and service agencies in our valley. In addition, you have driven over 538,455 miles in the course of your volunteering—most of them donated. What this means, of course, that you are actually PRICELESS.

So please give yourself a hand...and take a moment to thank every other volunteer you meet.

Volunteer Renewal Forms Coming Soon

Have you been an RSVP volunteer for many years? Have you been with us for just a few months? Whatever your length of service, we will soon be sending you a volunteer renewal form. In order to keep our records current, we are required by our funders to update information on our volunteers every couple of years. We want to be sure we have your current emergency contact, insurance policy beneficiary, and address information, including e-mail if you have an e-mail address. This information also allows us to keep our insurance policy for you current. Renewal forms will be soon be mailed to volunteers in all five counties, with a self-addressed envelope. We ask your help in keeping our records current, by returning your form within two weeks of receipt. Questions? Please call your nearest RSVP office.

RSVP Celebrates Volunteering With "Garden Party2010"

Fresno, Madera & Merced RSVP volunteers enjoy an annual appreciation event on June 16 in Fresno. Almost 350 volunteers and friends gathered for "Garden Party 2010", including live music, dancing, photographs, door prizes, awards, honor certificates from elected officials, and a raffle drawing. The event was hosted by the FMM Advisory Council and their friends, and the Hands-On Central California staff.



Kings & Tulare County RSVP volunteers' appreciation event is Saturday, October 9. See page 2 for details.





Care tips for our Central Valley “but it’s dry heat!” summer:

- **Drink** lots of fluids, avoiding those with alcohol, sugar and caffeine, which can cause you to actually lose body fluid.
- **Wear** light weight, light colored, loose fitting clothing, preferably in naturally absorbent materials such as cotton or linen.
- **Stay** indoors whenever possible. If you do not have air conditioning at home, go to air conditioned sites such as libraries, cooling centers, malls. Fans will not help with heat-related illnesses when the temperatures are in the high 90s—take a cool shower, wear a damp towel on the back of your neck, dampen your clothing with a mister bottle filled with plain water, or move to an air conditioned location.
- **NEVER leave** a person or pet in a closed, parked vehicle, even for a few minutes.
- If you must go out, **rest** often in the shade. **Cut down** on exercise; **drink** 2-4 glasses of clear fluids each hour. **Wear** a wide brimmed hat, sun glasses, loose long clothing, and sunscreen of SPF15 or higher.
- **Check in** with friends and family members twice a day .

Do You Know To Not Crush?

It's tempting to crush medication pills or capsules and mix them with food, to make them easier to swallow. **DON'T,** without checking with your doctor or pharmacist first—many prescriptions may be time-release and may lose their effectiveness if they dissolve too quickly. Be safe, get the most from your meds—check before you crush!



Save Saturday, October 9 For The Kings & Tulare Counties' “Celebrate RSVP” Volunteer Appreciation Event

All Kings and Tulare County RSVP volunteers reporting 30 hours between July 1, 2009 and June 30, 2010 will be mailed an invitation in late July. Not sure of your hours? Call our Kings/Tulare RSVP office at 559/688-7926 to check. *Please be sure to mail your reservation by the deadline on the invitation! Please note that we will not be able to accommodate walk-ins, or those who have not sent in their reservation on the day of the event. Send in your reservation to be sure you have a space at this great event!*

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Wes Rowland, President & CEO

New Opportunities For RSVP Volunteers...And Friends

- Grasslands Environmental Educational Center (GEECe) in **Los Banos** is in need of volunteers to assist in the office, offer their hands as a nature worker, and/or teach in the environmental classroom.
- **Merced** County Arts Council Inc. needs volunteer Docents and Receptionists to give tours of the gallery, answer phones, and be the first person everyone sees when they walk into the Merced Multicultural Arts Building
- National Forest Service in **Porterville** needs naturalists, guides tour info, land management, working with children groups.
- City of **Fresno** Fire Department seeks volunteers for their Fire Suppression and Emergency Response Division; Fresno Police Department seeks applicants to their Citizens on Patrol program and volunteers for their Volunteer & Police Services Program
- Central California Family Crisis Center in **Porterville** seeks front desk receptionist (will receive 40 hours of crisis training); scrapbooker to work with women; Emergency Shelter Program (training provided); Transitional Housing Program (training provided; donation sorters and retail clerks for Treasures Thrift Store.
- Sierra Historic Sites (“Fresno Flats”) in **Oakhurst** needs volunteers to work in their library, archives, docent program, and on maintenance and restoration of their historic buildings.

RSVP works with 226 volunteer sites in our five county area, with new sites and new opportunities coming in every week. We may be able to match volunteers with opportunities similar to these in a number of communities. Do you or a friend have an area of interest? Please give your nearest friendly RSVP office a call—we are now open in the cities of **Tulare, Merced and Fresno.**

**Retired & Senior
Volunteer Program**

Serving Fresno, Kings,
Madera, Merced and
Tulare Counties
*A Program of
HandsOn Central
California*



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RSVP Is "On The Grow"

RSVP is experiencing a bumper crop in the first six months of 2010, with **144 new volunteer sign-ups** throughout our five counties, and **16 new volunteer sites**. Our energetic field coordinator team continues to actively recruit new opportunities for RSVP volunteers, with a particular emphasis on agencies dealing with intergenerational education such as reading programs and senior-to-child mentoring; economic development and education; disaster preparedness and safety for seniors; environmental restoration and healthy communities. We look for opportunities for RSVP volunteers to take part in solutions to community problems, to have expanded opportunities to serve, to help their agencies build their capacity to serve, and to be part of innovations involving volunteers of all ages. We continue to work with volunteer sites where volunteers are welcomed and respected, encouraged to choose jobs that are a good fit, and where service to the community and personal satisfaction are in a happy balance. In the coming months, we will be working with our volunteer sites to review insurance and safety practices to assure all volunteers and staff a friendly, physically safe working environment.

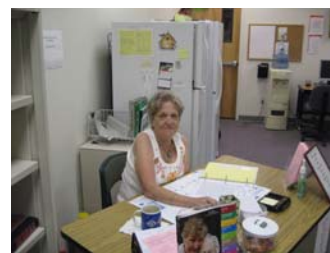
**RSVP Welcomes The Following
Agencies To Our Program :**

- Big Brothers Big Sisters of Central California (Fresno)
- Tulare County Animal Control
- Salvation Army (Tulare)
- Tulare Public Library
- YMCA Kings County (Hanford)
- Bristol Hospice (Merced)
- Merced County Courthouse Museum
- Habitat for Humanity Westside Merced County
- Merced County Arts Council, Inc.
- Serve Clovis
- Grassland Environmental Education Center (Los Banos)
- City of Fresno Fire Department
- Optimal Hospice Care (all five counties)
- Fresno Philharmonic
- Care Fresno
- Cesar Chavez Elementary School (Fresno)



Volunteer In The Spotlight

By Bill Celaya



Carolyn Corriea is leaving her RSVP volunteer position with the Manchester Senior Center where she has been a vital and untiring volunteer since 2006. It is said that Carolyn is a bundle of energy and is always willing to jump in and help when and wherever needed.—with hospitality, games, crocheting classes. She is moving to Modesto in order to be close to her son and grandson who is getting married in September of this year. She is originally from Missouri, moved to Hayward and has been here in Fresno for the last 16 years. We wish her well and thank her for all her help and inspiration to others. Just to show you how dedicated she is, she asked if there is an RSVP in Modesto.

Notes From Our National Scene

Every year, RSVP directors and their sponsoring agencies' directors attend a national Corporation for National and Community Service conference. This year's conference in New York City, "It's Up To You," introduced CNCS' new CEO Patrick Corvington, with a results-oriented plan for Senior Corps programs based out measured outcomes serving community needs. Lasting three days, conference training events went from 7am to 10 pm, and ranged from small workshops to a huge service event where conference attendees packed over 200,000 food items into meal boxes for New York Food Bank. During one 15 hour day, Cathy and Robbie saw **Porterville High School's** Panther Band name up in lights at Carnegie Hall, as they played a salute to New York and a tribute to survivors of the 9/11 2001 attacks.

New RSVP Site Profile:

**Grassland Environmental
Education Center (GEECe)**

The mission of GEECe is to increase awareness and appreciation of wetlands, while recognizing the integral role played by agricultural and sporting interests in establishing and maintaining habitat for wildlife. Students visiting GEECe in Los Banos leave with a better understanding of the connection between the various elements that have worked together to make the center a reality- including farmers, hunters, politicians, the business community, educators, environmental conservationists, and volunteers. Contact HandsOn Central California, Merced at 209-233-9213 or visit the GEECe website at www.grasslandwetlands.org .



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Serving Fresno, Kings, Madera, Merced and Tulare Counties
 732 North Van Ness Avenue
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Return Service Requested

<p>Save The Date for</p> <h2>“Monopoly Mania”</h2> <p>A benefit for HandsOn Central California Live the game. Bring your friends. Friday September 24, 2010 6-10pm Clovis Veterans' Memorial Building For information and reservations call 559/237-3101 www.handsoncentralcal.org</p> <p>Win a trip to Hawai'i, Cabo San Lucas, or Las Vegas...delicious boardwalk food without the drive...“Monopoly Martinis”...elegant silent auction with innovative prizes</p>									

Finding The Way To Keep Making A Difference

When I first heard the acronym RSVP, I could never imagine what it would mean to my generation. The Retired & Senior Volunteer Program was started in 1971, as part of the National Senior Service Corps and is now administered by the Corporation for National and Community Service. It was created to connect Americans of all ages and backgrounds and to give back to their communities.

By the time most of us have reached the retirement age, we have gone through many phases of life. We all began as a helpless new born, then a toddler, then a child. I can remember, as a teenager, that I couldn't wait to become an adult. I thought I would be able to do anything I wanted to and wouldn't have to mind my parents. Little did I know about all the rules and regulations that controlled adult life!

When I became an adult, my cares and responsibilities became so numerous, I had no time for myself. I went from college, to marriage, to being a parent. It was a good life. Each phase of life I was in seemed as if it would never end. It seemed as if I was never prepared for any phase of life that I was dumped into. In my marriage and as a parent I felt so important and needed in my mate and my children's lives. It was such a satisfying and complete life that I wasn't aware that this would also change. That twenty years went by so quickly. My children became adults and I had done such a good job preparing them for life that they didn't need me any more.

Little did I know there would be a time in my life that I would be seeking for a reason to be living and to be useful in this life. We had prepared and saved for retirement. We didn't have to work for a living and could now live the good life. But what to do with all our experience and time on our hands? As grandparents, we could always help with the grandchildren. Then as great grandparents we were not needed and useful to the family. The time on our hands became excessive. Do we just sit around and petrify or do we look around and see where we can use all this time and experience?

Then along comes RSVP. It can get us acquainted with many other seniors and lead us into many other interesting ways of living life. We have developed so many talents that are so needed in our society. And what the good deeds I do for others does for me!!! It causes my brain to produce the good feeling hormone serotonin. What a way to invest all this free time I have!

—Mae Brixy, RSVP Volunteer, Visalia, CA Age 88

