

The Retired and Senior Volunteer Program of Montgomery County & Radford

RSVP Events

The annual Volunteer Picnic is scheduled for Tuesday, September 14 at Bisset Park, Shelter # 1 at 11:00 am. Join us for good food, entertainment by Anna and Chris Saunders and fellowship in a beautiful setting as we recognize our new volunteers. Fried chicken and drinks will be provided by RSVP. Please bring your favorite picnic dish to share. For those needing transportation, please call the office by Friday, September 10. In case of thunderstorms, the picnic will be held at St. Paul's United Methodist Church.

Our annual **Bake Sale** will be held on Thursday, September 30 from 8am to 2pm in the Government Center lobby. Quilt raffle tickets will also be on sale. Volunteers are needed to provide baked goods. Monetary donations will also be

accepted. Please call Betty Doyle at 382-5775 if you can bake an item. Let's make this our best bake sale ever!

Pick up your **quilt raffle tickets** from the RSVP office or take some to sell! The winning ticket will be drawn in December at our annual holiday party.

The winning **TV raffle ticket** was awarded at our Food & Fashion Show. RSVP volunteer, Paula King, was the winner of the 32" TV. Congratulations, Paula!

The RSVP Advisory Council will meet on Thursday, September 9 at Warm Hearth Village at 11:30 am.

Our third annual Walk-A-Thon is coming up in October! We will be performing this project in conjunction with Make a Difference Day. We plan to join Pulaski RSVP to collect

basic household and personal care items for 280 homebound seniors again this year and to raise money to purchase these items. Sponsor sheets will be sent in October's newsletter. Last year we raised \$2,145 and delivered 2 bags of supplies to 280 homebound seniors. The Walk-A-Thon will be held on **Thursday, October 21** from 10-12 with lunch following at the Christiansburg Recreation Center. They will again co-sponsor the event along with Carilion New River Valley Medical Center. This is a healthy way to make a difference!

Thanks to all of you who completed and returned the skills form to us. The information will help us in recruiting volunteers for specific jobs. If you have not completed one, call the office and one will be mailed to you.

September 2010

Upcoming Events:

- ☺ Sept. 6: Labor Day. Office closed.
- ☺ Sept. 9: RSVP Advisory Council Meeting.
- ☺ Sept. 14: RSVP Volunteer Picnic.
- ☺ Sept. 30: Bake Sale from 8-2.



- ◆ Would you like to see RSVP on Facebook ?
- ◆ Would you like to attend a training session on how to join Facebook?
- ◆ If you answered yes, please call Mandy at 382-5775.

Volunteer Opportunities

Volunteers are in the process of cutting and sewing 140 canvas tote bags to be given to residents of **Heritage Hall** at Christmas. Call us if you would like to assist in decorating them.

A Blood Drive is scheduled for Wednesday, September 8 from 12-6 at Christiansburg Recreation Center. To donate blood, call 1-800-GIVE-LIFE to schedule a time. To volunteer to work during the drive, call RSVP.

Information Desk Volunteers are needed at the Montgomery County Government Center to greet visitors, answer the phone, distribute brochures and to provide general information. This volunteer opportunity is great for anyone interested in meeting people. It requires the ability to use a computer and the internet. Call RSVP for more information.

The Free Clinic of the New River Valley needs volunteers to screen patients and do the paperwork needed to qualify them to become a patient at the Clinic. Good computer skills are necessary and extensive training will be provided on their computer system. The days are flexible. They also need volunteers to help dispense prescriptions on Friday afternoons. For more information, contact Debbie Suddarth, Program Director, at 381-0820, ext. 104 or dsud-

darth@nrvfreesclinic.org.

Glencoe Museum located at 600 Unruh Drive in Radford is seeking volunteers to become docents (tour guides) at the museum. The hours of operation are Tuesday-Saturday 10 am-4 pm and Sunday 1-4 pm. Call Scott Gardner at 731-5031 to learn more about the opportunities at Glencoe.

Historic Smithfield Plantation is in need of volunteers to serve as interpreters to present the house tours. They are open Sundays from 1pm to 5pm, Monday, Tuesday, Thursday, Friday and Saturday from 10am to 5pm. Training tools and costumes are provided for the volunteers. For more information, call April Danner, Volunteer Coordinator, at 231-3947 or adanner@preservationvirginia.org.

Montgomery Museum is seeking volunteers to become docents for as little as three hours a month. Training is provided and support offered for anyone interested. Contact Sue Farrar at 382-5644 for more information.

Riner Heritage Day is being held on Saturday, September 11 at Auburn High School at 10 am. Volunteers are needed to assist with children's games and activities. Call RSVP to help.

Donations of Bingo prizes are needed for the residents of **English Meadows**. Please bring any donations of personal care items, stuffed animals, what-nots, etc. to the RSVP office.

The American Red Cross is trying to find a volunteer who would pick up food donations at Panera Bread in Christiansburg on Saturday night at 9 pm and deliver to the donor center in Blacksburg on Tuesday morning at 7:30 am. Call RSVP for more details.

Meadowbrook Fall Festival is scheduled on Saturday, October 2 at the Meadowbrook Library. Volunteers are needed to assist with children's games and activities and donations of homemade cakes are needed for the cake walk. Call RSVP to volunteer for this fun event!

Wheatland Retirement Community is looking for a volunteer to help with the monthly birthday party. If interested, call Cathy DeHart at 382-5200.

Project Linus is holding its next **Blanket Day**, on Saturday, October 2 at the Grove United Methodist Church from 9 am to 3 pm. Call Penny Sweet at 639-6161.

Volunteers are needed to sell **RSVP raffle tickets** at Kroger and Wal-Mart for 2-3 hour shifts.

Volunteer Opportunities / Community Events

We will be partnering with Pulkaski County RSVP to seek volunteers to serve with the **Telephone Assurance Program**. The purpose of the project is to verify the well-being of isolated, elderly or disabled adults through daily or weekly telephone calls. Callers will provide social interactions for homebound seniors and help identify potential health and housing emergencies. If you would like more information about becoming a volunteer for this project, call the RSVP office.

Community Events

"Founders Day Festival" is set for Saturday, September 25 from 10 am -2 pm at Warm Hearth Village. Enjoy games and food and the fall scenery as the Village celebrates the Dutch heritage of founders, Wybe and Marietje Kroontje. FREE. Call 443-3416 for more details.

The AARP Health and Wellness Fair will be held on Tuesday, September 21 from 12 to 4 pm

at Edward Via College of Osteopathic Medicine, 2280 Kraft Drive, Blacksburg. Call RSVP for directions to the fair.

Participants aged 45 or older are needed for a **research study on night vision** at VA Tech. The study will require no more than two hours of the participant's time. Compensation of \$10/hour will be provided. Participants must have normal or correct-to-normal vision in at least one eye and must NOT have: Peripheral nerve damage, eye disease, color blindness or eye surgery in the past. If interested, please contact Nantakrit Yodpijit at 540-840-2498 or yodpijit@vt.edu.

Active Adult Day at Meadowbrook Community Center is scheduled for Thursday, September 16 at 11 am. Ini Beckman, therapist from EastMont Massage Therapy is the presenter on the benefits of massage. Bring a covered dish to share for lunch. Registration deadline is September 13 with

RSVP or Montgomery Parks & Rec. FREE.

The New River Valley Senior Services is now providing shopping transportation to persons aged 60 and older and residents of Shawsville/Elliston on the 2nd and 4th Fridays or McCoy on the 1st Friday each month. The cost is \$2.00 per trip. Call 540-980-7873 or toll-free 1-866-260-4417 for more information.

The **Christiansburg Institute, Inc.** will host a Culinary Spectacular-Men's Cooking Event on September 25 from 12-3 pm at the Christiansburg Recreation Center. Tickets are \$15 for adults and \$6 for children under 12. Come and taste cooking by the men of our community! For tickets, contact Deena at 953-1866.

A History Chat at Montgomery Museum will be held on Saturday, September 18 at 10 am about early medical practices in Montgomery County.

September Birthdays:

01 Bill Hudson	18 Christa Hinkelmann	27 Bill Aiken
01 James Wilson	19 Margaret Kates	27 Peggy DeHart
04 Lois Wade	20 Faye Miles	27 Ray Journell
06 Margaret Crate	22 Barbara DeHart	27 Joe Powers
06 Susan Williams	22 Margaret Morgan	27 Diane Simmons
10 Elmer Underwood	22 Marjorie Vitale	29 Suzanne Jones
11 Mary Ruth Shutters	24 Betty Greene	30 Vera Lou Bishop
14 Joe Maxwell	24 Marilyn Hill	30 Ruby Williams
15 Bev Bridges	24 Frances Matherly	
18 Peggy Brugger	25 JoAnn Underwood	

Puny & Condolences:

Pat Davis

Get Well Soon!

- ◆ To family and friends of Edmon Sowers, former volunteer.
- ◆ To Esther Griffith in the loss of her son-in-law.
- ◆ To Gaynelle Allen in the loss of her son.



**Montgomery County
Retired and Senior
Volunteer Program**

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RSVP News:

Penny Drive Update: We have reached over three quarters of a mile of pennies! A total of \$668.72 has been collected or 4,180 feet. We have 2 more months to collect pennies to reach our goal of one mile (\$844.80)! Thank you for your contributions!



September is National Preparedness Month, a nationwide effort to encourage Americans to prepare for emergencies in their homes, businesses and schools. Key steps to preparing for emergencies: **Make an emergency supply, Make a communication plan and Listen for local instructions.**

