



# The Retired and Senior Volunteer Program of Montgomery County & Radford

## RSVP Events

**Reflections of 2011 -**  
We had an awesome record breaking year in many aspects of our program in spite of the uncertainty of our funding. A record of 313 volunteers reported 68,654 hours of service to our community surpassing any previous year. 69 new volunteers enrolled in our program. This is a tremendous reflection on each one of you who contributed your valuable time to help others. We had a successful Walk-A-Thon and by partnering with Pulaski RSVP, together we raised over \$7,000 for our Supplies for Seniors project. We tried two new fundraising activities by successfully holding our first Breakfast at Applebee's and by selling World's Finest Chocolate Bars. These activities in addition to our record breaking bake sale, quilting and raffles raised a total of

\$4,085 for our projects. We received good news on December 23 that Congress would continue funding the Corporation for National and Community Service for the next year, which is one of our funding sources. Thank you for your dedication in making a difference in the lives of our neighbors every day. We look forward to continuing to make this difference together in 2012!

**RSVP of Montgomery County and Radford** would like to thank the outgoing Advisory Council members for their service and dedication to the Council. They are: Kemvia Adams-Bush, Bonnie Church, Roy Clark, Karin Corboy, Mary Moyer, and Buck Wrenn. We would also like to welcome our newly elected and appointed members to the Council. They are:

Deena Flinchum, Bill Vest, Charles Lutz, Anna Patty and Erin McKeon Duncan, Marketing Director of Heritage Hall. They join Danese Dye, Louise Horsman, Dick Kates, Pam King, Shirley Peterson, Pansy Puckett, Diane Simmons, Jill Songer, Sally Anna Stapleton, Hedda Stewart, Debbie Suddarth of the Free Clinic, and Margie Vitale to comprise the 2012 Council. The officers elected to serve this year are: Chairperson - Sally Anna Stapleton, Vice-Chairperson - Deena Flinchum, and Secretary - Margie Vitale. The RSVP staff and volunteers appreciate each of these individuals for serving on the Council.



**Members from 2011  
Advisory Council**

## February 2012

If you would prefer to receive your RSVP newsletter by email, please contact the office at 382-5775 or [haye-saw@montgomerycountytva.gov](mailto:haye-saw@montgomerycountytva.gov).

Last year, RSVP volunteers, Deena Flinchum, Jane O'Keeffe and Buster Weeks served over 225 seniors and disabled individuals at various locations by assisting them with their Medicare issues and open enrollment for Part D Prescription Drug plans. They saved their clients over \$100,000 by researching the best plans for their situations. This is a wonderful service offered through the NRV Agency on Aging and by these dedicated volunteers and we appreciate all that they have done to help others.

## RSVP Events / Volunteer Opportunities

### **New Volunteer Orientation -**

We are inviting all new volunteers enrolled in RSVP during 2011-12 to attend a short orientation session to learn more about RSVP and its activities and to answer any questions that volunteers may have concerning volunteer opportunities, reporting hours, etc. The date will be Thursday, February 9 from 10 am-12 pm. The snow date will be the following week on February 16 at the same time. Nia Indelicato of the Literacy Volunteers of the NRV will be presenting information on available volunteer opportunities. Please call the RSVP office to register if you did not get to attend a session in 2011 or if you need transportation.

**MLK day project report:** In the four years since the Supplies for Seniors program was started in the New River Valley, contributions have almost quadrupled. As a result, 260 homebound seniors living in the NRV will receive about \$40 worth of free personal and household products. Volunteers from Pulaski and Montgomery/Radford RSVP's joined together to bag "Supplies for Seniors" at the Central Youth Gym in Pulaski. We want to express our appreciation to all the volunteers who worked tirelessly for two days unloading trucks, inventorying, sorting and bagging and delivering over 520

bags. Heartfelt thanks go out to: Connie Thornton, Marian Lutz, Charles Lutz, Sarah Carter, Bill Vest, Jaxon Schombert, Sally Anna Stapleton, Bill Chrisman, Jill Songer, Jennifer Disrud, Bill Hudson, Nancy Hudson, Shirley Peterson, Regina Howard, Faye Miles, Ann Lovern, Mendel Hess, Shirley Linkous, Paula King, Margaret Sullivan, Hoite Sullivan, Glenna Jefferson, Jim Stilwell, Deidra Hale, Todd Hayes, and Betty Quesenberry.



**Sally Anna Stapleton and her grandson Jaxon Schombert**

### **Volunteer Opportunities:**

We will be participating in the nationwide **Valentine's for Vets** program by making Valentines for the patients at the Salem Veteran's Hospital. We had set aside Tuesday, January 31 to make Valentines in the RSVP office, but if you would like to make any at home, please have them to us by Thursday, February 9 so that we can deliver them in time for Valentine's Day. If you need art supplies, give us a call. This project is a way to let our veterans know that they are appreciated and not forgotten.

**Department of Veterans Affairs Salem VA Medical Center 2012 National Salute to Veterans will be celebrated with Aaron Tippin,** country music

artist performing a free Valentines For Vets Concert at the Salem Civic Center on Thursday, February 9 at 7:00 pm. This concert is an ideal opportunity for the community to express its respect and appreciation of all Veterans who have served and protected our great Nation. Tickets are required for admission and must be obtained prior to the date of the concert from the Salem Civic Center Box Office. RSVP will be taking volunteers to assist VA staff at the concert. The van will leave RSVP at 5:00 pm. Call if you want to help.

## Volunteer Opportunities

**Alta Mons** has volunteer opportunities available for office assistance, grounds and facilities assistance, meal service assistance and much, much more. To join the special Alta Mons volunteer family... Call: 268 2409 or email: [volunteer@altamons.org](mailto:volunteer@altamons.org).

**The Literacy Volunteers of the New River Valley** will be holding their 14<sup>th</sup> annual used book sale from February 16-18 from 7 am to 9 pm and on February 19 from 10 am-6 pm at the New River Valley Mall. Book donations for the sale can be dropped off on February 10 from 8 am-7 pm and February 11 from 10 am-3 pm at the mall near the food court at the NR Community College entrance. Books can also be dropped off at the Literacy office on 195 W. Main St. in Christiansburg from 9 am-5 pm. Call 382-7262 to make sure someone will be available in the office. To sign up for a time to work the sale, you can call Nia at 382-7262, RSVP at 382-5775 or go

to this link: <http://www.lvnrv.org/news-events/book-sale-volunteer-information/>

**Good Samaritan Hospice is holding Family Support Training** for volunteers to provide family support to hospice patients in their home. This special volunteer may provide companionship, respite, run errands or provide transportation. Classes will be held in the evenings beginning at 5:15 pm at 1160 Moose Drive Christiansburg and will be held on February 6, 7, 20, 21, 27, 28 March 5 and 6. Contact Deborah Lovelace at 381-3171 for more information.

They are also seeking volunteers to assist in the office on Mondays and Tuesdays from 11-1.

**CASA (Court Appointed Special Advocate) of the New River Valley**, a program of NRV CARES, needs volunteers! CASA trains volunteers who are committed to advocating for safe, permanent homes for abused

and/or neglected children who are involved in the Juvenile and Domestic Relations District Court proceedings. A CASA volunteer gathers information about the child and serves as a voice for children who cannot speak for themselves. You are asked to be able to donate 10-15 hours per month. The next training session for potential volunteers begins on Monday, February 6. This is an important way to "make a difference in the life of a child". Call 381-8312 for the entire schedule.

**Road to Recovery** a program of the American Cancer Society provides transportation help for people with cancer. They are seeking volunteer drivers to transport patients to and from their scheduled medical appointments. Drivers donate their time and the use of their personal vehicles. Call RSVP for additional information.

### February Birthdays:

02 Sally Linares	08 Shirley Alderman	20 Larry Alexander
03 Sally Mook	08 Sharon Schutt	20 Garry Bowman
03 Thelma Shelor	08 Garnett Woolwine	20 Deena Flinchum
03 Kathy Young	09 Gaynelle Allen	22 Kay Sullivan
04 Ernie Nichols	09 Arlene Walls	22 Brandol West
05 Mary Ann Hinshelwood	11 Dale Alvarez	23 Lois Lang
05 Linda Powers	12 Joyce Epperly	24 Ann Lovern
07 Mary Martin	12 Sylvia Shepherd	27 Brenda Eanes
07 Sandy Weeks	13 Carol Grealish	28 Rose Jones
07 Darlene Wilburn	15 Lorraine Crandall	

### Puny/Condolences:

Hedda Stewart, Archie Light  
and Raymond Lyons  
Get Well Soon!

- ◆ To Hedda Stewart in the loss of her sister.
- ◆ To Thelma Gilmore in the loss of her brother.
- ◆ To Archie and Joyce Light in the loss of their son.

## Volunteer Opportunities / Community Events

**A Blood Drive** is being held on Monday, February 6, from 9:00-3:00 pm at the Christiansburg Recreation Center. Call 1-800-GIVE-LIFE to schedule an appointment to donate blood or RSVP to assist during the drive.

**Micah's Backpack** is recruiting volunteers to help pack 179 backpacks each Thursday evening from 6:00 to 7:15 pm at St. Michael's Lutheran Church to be distributed to the students in need at 9 Blacksburg public schools and 2 pre-schools. Volunteers are also needed to deliver the packs to the schools on Friday mornings as well as monthly food shopping at Feeding America. To find out how you can help, call Jennie Hodge at 951-8951 or email her at [jennie@micahsbackpack.org](mailto:jennie@micahsbackpack.org).

### **Upcoming Blanket**

**Day:** Saturday, February 11 from 9 am-3 pm at Grove United Methodist Church, 1020 Tyler Ave, Radford. Material and other supplies are provided. For more information, contact Penny Sweet at 639-6161.

**The Women's Resource Center Crisis Intervention Volunteer Training Dates** for the Winter II Session begins Thursday February 2 and continues for eight sessions through February 21.

The Tuesday and Thursday sessions are from 6:00 to 10:00 pm and the Saturday sessions are from 9 to 5 pm. Call Mary Forti for more information at 639-1123.

**Warm Hearth Singers** is looking for anyone in the community who likes to sing and have fun to join their choir. No audition is required. The group meets on Mondays and Wednesdays in the Karr Activity Center at Warm Hearth Village at 4:00 pm for rehearsals. The group is under the direction of David Jones. Contact him at 443-3435 if you are interested.

**Better Agreements, Inc.** has openings for volunteers to serve on the following committees: Operations, Marketing, and Education. Committees meet 1-2 times a month for 1-2 hours at a time. This program features mediation and conflict resolution services. Call T'aiya Shiner at 552-1200 to learn more.

For additional volunteer opportunities available in our community, visit the AARP "Create the Good" web site at [www.creathegood.org](http://www.creathegood.org) and [www.volunteernrv.org](http://www.volunteernrv.org)

### Community Events:

**The Active Adult Day** at Meadowbrook Community Center will be held on Thursday, February 16 from at 2:00 pm. Bingo with a chocolate twist! Each participant is asked to bring two wrapped, full-sized candy bars to be placed in the prize pool and one chocolate confection to share. Register by February 13 with RSVP or Montgomery Parks and Rec. Free.

### **AARP Foundation Tax-Aide:**

IRS trained tax volunteers will assist senior citizens with their 2011 personal tax returns for free at the Christiansburg Recreation Center from February 1-April 16 every Monday from 9 am to 12:00 pm, each Tuesday from 5:30-8:30 pm, Thursdays, from 1:00-4:00 pm, and Saturdays from 9:00 am-12:00 pm. You must call and schedule an appointment at 382-2349.

**Blacksburg Tax-Aide:** Frank Lau is available on Tuesdays at the Blacksburg Community Center, Wednesdays at Warm Hearth Village and Saturdays at the YMCA Thrift Store. He has over 15 years of experience in preparing tax returns. Call him at 558-8849 to schedule an appointment.

## Community Events

**Radford Tax Aide:** Willis Elmore is available at the Radford Senior Center on Mondays at 10:00 am. To make an appointment, call 731-5517.

**"Protect Your Financial Well-being-Scams and Identity Theft Protection"** is a financial planning seminar that will be held at Warm Hearth Village on Wednesday, February 8 at 10:00 am in the Karr Activity Center. Bob Bryant, of the National Bank Trust Department is the presenter. Call Karen Nelson at 443-3406 for more information.

Join **Radford Health and Rehab Center** for their February Community Thought Leader "Knowing the Basics to Alzheimer's and Dementia" with Annette Clark, Direct of the Southwest Virginia Chapter of the Alzheimer's Association on February 8th at noon and lunch will be served. RSVP by calling 633-6533 before February 6.

**Savvy Saving Seniors** is a workshop that will provide you with money management tips and tricks to empower you to become a Savvy Saving Senior. Learn the Top 10 budget busters to avoid. This is a free event being held on Tuesday, February 21 from 11-1 at the Christiansburg Recreation Center. Register by February 14. It is being sponsored by the Bank of Amer-

ica and Christiansburg/Montgomery Triad S.A.L.T.

**The Blacksburg AARP Chapter's** regular monthly meeting will be held on Tuesday, February 21 at 11:30 am at the Blacksburg Community Center on Patrick Henry Drive. The program will feature a presentation by Dr. Karen Roberto, Director of the VA Tech Center for Gerontology. Bring a brown bag lunch.

**Variety Show Fundraiser** - Do you play an instrument, dance, sing, read poetry, or have some other talent? If so, come participate in the Triad Council Variety Show on Wednesday, March 21 from 11-1. Anybody- anywhere can participate. \$5 includes lunch. Register with Christiansburg Parks and Recreation by March 14. This fundraising event sponsored by the Christiansburg/ Montgomery Triad Council will go to provide outreach programs for the senior population of the NRV.

**The Big Event** is VA Tech's largest service event and is a way for students to give back to the community and area residents by completing volunteer projects. If you need help with general yard work, painting, cleaning, washing windows or minor repairs you must complete a form and mail it in or register online

at [www.vtbigevent.org](http://www.vtbigevent.org). Forms are available in the RSVP office. Call 440-1244 for more info.

**Historic Smithfield Plantation's Spring Guild Trip** will be held on Wednesday, April 4. This year they will explore Saltville and environs with Jim Glanville as the guide. Call 231-3947 for additional information.

**The Blacksburg Police Department** is currently accepting applications for their 25<sup>th</sup> session of the **Citizens Police Academy**. Classes will be held on Mondays from 6-8 pm at the police department for nine weeks beginning March 5 and going through May 4. For more information or an application please contact Debbie Atkins at 961-1170 or [datkins@blacksburg.gov](mailto:datkins@blacksburg.gov).

**Ten Tips on How to Beat the Winter Blues** from Amy Shorter Epperley, Community Health Educator, Carilion NRV Medical Center:

Exercise, Eat a Healthy Diet, Act on your Resolutions, Get Some Sun, Avoid Binge Drinking, Treat Yourself, Relax, Embrace the Season, Get Social Support, Catch some Zzzz's.

Happy  
Valentine's  
Day



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Retired and Senior  
Volunteer Program**

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## *Notes of Thanks for the Christmas Tote Bags*



To the members of the Retired & Senior Volunteer Program,

I recently visited my parents who both live at Wheatland Hills Assisted Living. I found a handmade bag of very useful items from your organization in my mother's closet. My mother is in late stage Alzheimer's and will never know she received this gift. But my family is very appreciative of your kindness and thoughtfulness. I live 4 states away and it is comforting to me that there are people in her community who care enough to take time to make and distribute these expressions of love. She is a retired teacher and it was touching to see that the Retired Teachers Association of Montgomery County helped to fill the bags. Please let them know also of my gratitude.

Sincerely, *Brenda Cloyd Kendrick*

RSVP volunteers of Montgomery County & Radford made sacks that were decorated beautifully. They filled them to the brim with lots of nice things, including lap blankets and stuffed animals. Santa, Mrs. Claus and some of Santa's elves gave one to each resident. The residents enjoyed Christmas sweets and punch. It was a holly, jolly party.

Many thanks to Mr. and Mrs. Claus and the elves for making our party a joyful one. Special thanks to Angela Little, Director of RSVP, her staff and to the many RSVP volunteers who worked so hard to make this project a success. Let's not forget our community who gave so generously this Christmas. Contributions of items to fill the sacks poured in, as well as monetary donations that went to the purchasing of items for the sacks. The main concern of our community was to see that the elderly would have something for Christmas. God bless each of you for your contributions this holiday season. Your kindness brought much happiness to the residents at Wheatland Hills -Christiansburg. Sincerely, *Cathy DeHart and Linda Lyons*