RSVP NEWS
Retired and Senior Volunteer Program

RSVP Welcomes New Volunteers
July-August 2011
Mary Ann Hines
Polly Upton
Ledford Austin
Linda Flora
Freddie Mathis
Joyce Goodson
Alice Howell
Blair Slayton Jr.
Amelia Yarbrough
Linda Clifton

Why Be A Volunteer
It’s not for fortune
It’s not for fame
It’s not for only personal gain
It’s not for love of fellowman
Or just to lend a helping hand
It’s not for medals worn with pride
It’s for the feeling deep inside
Of helping others far and near
That makes you want to volunteer!
--By Ann Myhre, Age 15

RSVP Fundraiser 2010-11 Results
The RSVP program wants to thank you for your continued support of our program.
• The Spring “Effortless Garden” fundraising campaign raised $420.00 in donations.
• The Father’s Day Flapjack Breakfast at Applebee's raised $970.00, which will be shared with the Foster Grandparent Program who co-sponsored the event.

I want to thank everyone who bought a ticket, gave a donation, or showed up to eat the pancake breakfast. I also want to thank all of the wonderful volunteers who sold tickets or helped serve the food during the event. We could not have done this without your help!

Shelley Sitko, RSVP Director

RSVP Mileage Reimbursement 2011-12 Updates

1. You must be an enrolled RSVP Volunteer and a Guilford County resident to be eligible.
2. Mileage will be reimbursed at the rate of .14 cents per mile.
3. The maximum amount of the mileage reimbursement is limited to $20.00 per month.
4. **ONE REIMBURSEMENT PER HOUSEHOLD, PLEASE.**
5. **Two** forms are needed to receive mileage reimbursements, the RSVP Station Timesheets and the Volunteer Mileage Reimbursement Voucher.
6. Reimbursement vouchers must be received in the Senior Resources of Guilford office no later than the 5th day of the month in order to be processed for payment.
7. Volunteers must provide a minimum of 10 hours of volunteer service a month to qualify for mileage reimbursement. Mileage reimbursements MUST total at least $5.00.

Mileage reimbursements are funded by federal grant dollars. Once the total budget for mileage reimbursement is expended, reimbursements will be discontinued for the remainder of the year. Volunteers will be notified at the time that funding for this purpose is expended prior to discontinuing reimbursements.
Volunteer Opportunities
The following volunteer opportunities are currently available:

**Drivers** - Medical and Non-medical Trips (grocery store, bank, hair salon, etc) - Senior Wheels & Shepherds Center  
**Tutors** - Reading Connections in High Point & Greensboro  
**Program Assistants** (Clerical) - Boys & Girls Club  
**Care Partners & Creative Artists** - Adult Center for Enrichment  
**Theatre Ushers** - Carolina Theatre & High Point Theatre  
**Department Volunteers**  
- High Point Regional & Moses Cone Hospitals  
**Receptionists** - Roy B. Culler Senior Center  
**Greensboro Historical Museum** needs clerical and gift shop volunteers  
**Big Brothers Big Sisters of the Central Piedmont** in High Point  
- help children reach their potential  
**RSVP Advisory Council** - promote & support RSVP program  
**SHIIP Counselors** - Counsel Medicare beneficiaries

Call Shelley at 373-4816 x 234 to volunteer.

A MATTER OF BALANCE
Do you want to help older adults with concerns about falling? A MATTER OF BALANCE is an award winning program designed to manage falls and increase activity levels in older adults.

**Coach Training Class**  
Friday October 21, 2011  
9:00-5:00 pm  
Area Agency on Aging  
2216 W. Meadowview Rd. Suite 201  
Greensboro, NC 27407

As a MATTER OF BALANCE Coach, you will have the opportunity to receive materials & instruction that will allow you to lead classes as a Certified Matter of Balance Coach in your local community!

Call Shelley @ 373-4816 x 234 for more details on how to register for this valuable training!

RSVP Volunteers Needed!
Living Healthy Leader Training:

A Chronic Disease Self-Management Program
Train to be a certified workshop leader for the Stanford University Chronic Disease Self-Management Program, an evidence based program designed to help others coordinate their chronic disorders, manage their own health, stay active, and take charge!

The 4 day training class meets on  
10/24, 10/25, 10/31, & 11/1/11 from 9-4 pm @  
The Area Agency on Aging  
2216 W. Meadowview Rd. Suite 201  
Greensboro, NC 27407

Call Shelley @ 373-4816 x 234 if you are interested in learning more about this RSVP volunteer opportunity!

Senior Volunteer Fair
High Point Library

901 N. Main Street  
High Point, NC 27262  
September 20th  
10 am – 2 pm

The following agencies, which are RSVP volunteer stations, will be available to discuss their volunteer needs:

- Senior Resources of Guilford  
- Senior Resources Mobile Meals Program  
- Roy B. Culler Senior Center  
- Big Brothers, Big Sisters of High Point  
- High Point Regional Hospital  
- High Point Theatre  
- Macedonia Family Resource Center

Volunteer opportunities vary at each station. Come talk to the agency’s Volunteer Coordinator to find your dream volunteer job!
In honor of the 9/11 Day of Service, RSVP volunteers created bookmarks honoring First Responders. The volunteers wrote a personal “thank you” on each bookmark which was included in gift baskets made by Foster Grandparent Program participants. The gift baskets were distributed to 3 Greensboro & 2 High Point First Responder sites.

**Veterans Event**

On September 23, 2011 RSVP Virtual Hands volunteers will donate hand crochet sleeping mats, scarves, lap robes, and hats to the participants of the Stand Down for Homeless Veterans Event. The sleeping mats, which are made of recycled plastic bags, are waterproof, lightweight, and may be the only thing that keeps the Veteran from sleeping on the ground. Thanks to the RSVP Virtual Hands volunteers for making these wonderful mats, hats, scarves, and lap robes!

Senior Resources of Guilford's RSVP and FGP programs hosted a 9/11 Day of Service project at The Servant Center, which houses veterans, some of whom are disabled or were homeless. 18-20 Veterans at The Servant Center ate the home-cooked meal prepared and served by volunteers on Friday, September 9th.

In addition, non-perishable food items were collected by volunteers and donated to the Servant Center and the High Point United Way Food Drive.
The mission of Senior Resources of Guilford is to serve our diverse community of older adults and their families by advocating and providing supportive services that enhance the independence, health and quality of life for older adults.

### Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Sept. 9</td>
<td>9/11 Day of Service Dinner</td>
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<td></td>
<td>9/11 Food Drive delivery</td>
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<td>Sept. 12</td>
<td>9/11 Day of Service</td>
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<td></td>
<td>First Responder Gift Baskets</td>
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<tr>
<td>Sept. 23</td>
<td>Stand Down for Homeless Veterans</td>
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<td>Oct. 13</td>
<td>Senior Center Flu Clinic</td>
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<td>Oct. 15-Dec. 7</td>
<td>2012 Medicare Open Enrollment</td>
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<tr>
<td>January</td>
<td>MLK Day of Service Events (to be announced)</td>
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<td>May 2012</td>
<td>Senior Resources of Guilford</td>
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<td>Volunteer Recognition Luncheon</td>
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<td>May 2012</td>
<td>Senior Resources of Guilford</td>
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<td>Volunteer Recognition Breakfast</td>
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### The 2012 Medicare Part D Open Enrollment is Fast Approaching!!!

**Prescription Drug Plan Enrollment Runs**

October 15-December 7th, 2011

**Medicare Open Enrollment Walk-in Clinics**

There will be Medicare Walk-in Clinics during the 2012 Part D Enrollment Period, Oct. 15-Dec. 7th 2011

Hours and location as follows:

- **Senior Resources of Guilford**
  301 E. Washington St., Greensboro
  **Tuesdays 1:30-4**

- **Roy B. Culler Center**
  600 N. Hamilton St, High Point
  **Thursday 10-2 & Fridays 9-12 and 1:30-4**

You must bring the following information with you:

- Medicare Card (Red, White & Blue) & Print out of Prescription Drugs or Prescription drug bottles

You may qualify for Low Income Subsidy (LIS) if you meet certain income guidelines.

Your SHIIP Counselor can help you determine if you qualify and help you apply for the LIS program based on this chart.

<table>
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<tr>
<th>Income</th>
<th>Assets</th>
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<tbody>
<tr>
<td>Individual</td>
<td>Below $16,335</td>
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<tr>
<td>Couple</td>
<td>Below $22,065</td>
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Retired and Senior Volunteer Program Staff: Shelley Sitko, Director and Margaret Brande, Assistant