

### Operation Medicine Cabinet Yields over 12,000 lbs. of Material

by Erin Robinson, Waste Commission of Scott County, Communication Coordinator



Pam Bennett, Rochelle Kunde and Linda Nielsen enjoying a quick break

Operation Medicine Cabinet, a three-day event allowing residents the opportunity to safely dispose of medications, sharps, mercury thermometers, compact fluorescent light (CFL) bulbs and sensitive documents, generated 12,756 pounds of material.

This included approximately 1,464 pounds of pharmaceuticals, 699 pounds of sharps, 14 pounds of mercury thermometers, 579 CFLs and 10,000 pounds of documents for shredding. The event, which was held September 23, 24 and 25 in Eldridge, Bettendorf and Davenport respectively, served 977 households.

Operation Medicine Cabinet officials collected prescription and non-prescription medications, which was overseen by the Scott County Sheriff's Office. In addition, Waste Commission of Scott County gave out free digital thermometers in exchange for those containing mercury and collected and provided sharps containers for needles, lancets and syringes at no charge. New this year, the event also provided free disposal of CFLs, which contain mercury, to raise awareness that these bulbs should not be thrown in the garbage. Also, Document Destruction and Recycling Services provided safe and secure document shredding.

This event was held to educate residents on safe disposal of these items, especially medications. Studies have shown that flushing medications poses risks to the groundwater supply, aquatic life and the environment.

### WIAAA to Utilize Volunteers in Expansion of Services

RSVP's sponsor Western Illinois Area Agency on Aging (WIAAA) was recently awarded funding to expand services in two key areas: information and assistance and curbing Medicare fraud and waste. Following are descriptions of those services:

Aging and Disability Resource Center (ARDC)  
WIAAA will work with other agencies and services to collect and share a broad array of aging and disabilities resources and services information. Following is a brief description of the ARDC's purpose, "*This system should effectively assist consumers with identifying and accessing a range of home and community based resources that maintain individual independence.*" In a nutshell, employees will meet with clients to help them determine services available to them and then refer them to those services they choose to access. Volunteers will assist this process during intake, with data entry and with follow-up communications.

Senior Medicare Patrol (SMP)  
RSVP volunteers have been involved with SMP for some time now. In fact, one RSVP member, Barb Acuff was nominated for an Illinois Governors Award for her hard work as a SMP specialist. Now, WIAAA will expand the territory that the SMP program will be serving to include all of its 10 county area as well as over 20 more counties in Illinois. Right now at least 5 more volunteer SMP specialists are needed in our immediate service area. A SMP Volunteer Coordinator will recruit, train and facilitate volunteers both locally and throughout the expanded region. This means that WIAAA will likely be working with other Illinois RSVPs in addition to our own. Following is more info about what SMP does and how it works. Don't forget that this is our own money that these volunteer specialists are helping to protect!

(cont. on back cover)

(cont. on back cover)



Sponsored by Western Illinois Area Agency on Aging  
WIAAA: FirstStop For Seniors

## RSVP sponsors *Santa's Special Stars* again this year



RSVP will once again sponsor *Santa's Special Stars* which is a free private tour of the Festival of Trees for "our stars with disabilities." 40 volunteers will be needed to help with North Pole activities and help with refreshments and collecting tickets. Last year many of our members commented on what a rewarding experience this was. If you are interested in helping with *Santa's Special Stars*, please contact Linda or Dave at RSVP 309-793-4425 or email [rsvp@wiaaa.org](mailto:rsvp@wiaaa.org) ❖

## Angel Tree Theme: *One Simple Act*



RSVP volunteers will again be called on to staff the Angel Tree booths at North Park and South Park Malls. Angel Tree will start on Friday, November 26<sup>th</sup> and end on Wednesday, December 15<sup>th</sup>. Once again the angels will not have names and will be distributed equitably to the families in need. This resolves issues of disparity that come up when one child might get a new bike and a sibling might get a ball or

something small. Also, the Salvation Army is asking people to spend at least \$25 for a toy gift. Also Hats, gloves, underwear and socks can be included with the toys but not instead. Finally, they ask that the presents be unwrapped. Any donations of wrapping paper and bows are appreciated. They would be happy to have volunteers help with the wrapping at the Salvation Army.

This year volunteers' hours will be a little shorter with no 8 AM shifts. We're pleased with our discussions with Holly from United Way and we feel that communication and coordination will be better than ever. We're not sure of the exact location of the Angel Trees this year, but are in negotiation with the malls to get the best possible spot. If you are interested in volunteering for Angel Tree, please let us know soon. The shifts fill up quickly. That's because it's a great way to help people perform *one simple act* that can make a difference in a child's life. ❖

## Welcome Amye Bean New Coordinator for Warren and Knox Counties



As a part of a new grant RSVP is pleased to welcome a new employee to Warren Co., Amye Bean. In addition to supporting our Warren Co. office, Amye will be developing a new RSVP program in Knox Co. Amye has very strong ties to both Warren and Knox Counties. She grew

up in Galesburg and after graduation worked at Butler Manufacturing Company. After the plant closed she moved away briefly and came back to her hometown. She started her college education at Carl Sandburg College and transferred to Monmouth College earning a Bachelors degree in Public Relations. After graduation she began working at Sunny 97.7/WRAM 1330/WAIK 1590. She served on the Warren County United Way Board of Directors, Event Chair for the Monmouth Business Council, Secretary of Monmouth Kiwanis Club for 2011 term, is an Ambassador for Galesburg Chamber of Commerce, and Secretary/Treasurer of Galesburg Business Association.

*"I am extremely excited about my new position at RSVP and working with the volunteers in Warren County and introducing this wonderful program to Knox County. I am ready to get started."*

Amye has opened a new Knox Co. office at 311 E. Main, Suite 518; Galesburg, IL 61401 and can be reached at 309-428-5841. ❖

### Please Consider RSVP when Making Charitable Contributions

As you consider your year-end tax planning, we hope you will consider making use of the income tax charitable deduction and also consider RSVP as you are making those decisions. Donations can be made to Western IL Area Agency on Aging (WIAAA), a qualified non-profit, and designated to RSVP. Also, if you are considering a donation to the United Way of the Quad Cities, please remember that you have the option of designating all or part of your contribution to specific organizations – RSVP being one of them. The designation would be to Western IL Area Agency on Aging. All United Way funds for WIAAA go to the RSVP program. Giving is, of course, much more than tax brackets and charitable contributions. Your charitable gifts make an important difference in what we are able to accomplish. ❖

# New Mentoring Program for Foster Youth to Begin

RSVP is now partnering with Children and Families of Iowa (CFI) to provide mentors for youth who are either in foster care or are living at the Annie Whittenmyer Center. These youth are part of a CFI program called Elevate which brings these young people together socially and involves them in community projects. These youth are among the community's most at-risk for failure as they transition to adulthood and age-out of the care system at eighteen. Elevate Program Facilitator, Chantell Lamont knows the value of a good mentor because she was in foster care herself and knows first hand the challenges these young people face. She attributes her own success to a good foster family and to a case manager who took extra time to mentor her. Chantell will also administer the mentor program.

Potential mentors will receive 10 hours of initial training and will need to regularly attend Elevate meetings which are held at 6 PM on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month at the Whittenmyer complex. Mentors will be asked to make at least a one year commitment to the program. **Training is scheduled for November 17<sup>th</sup> and 18<sup>th</sup> from 9 a.m. to 2 p.m.** at Generations Area Agency on Aging, 935 East 53<sup>rd</sup> St., Davenport, IA 52807.

This program is not for everyone. Rather, its for a few committed volunteers who are prepared to take on a new challenge. For those select few, this could well be the most important volunteer work they ever do. To sign up or receive more information, please call Dave at 309-793-4425 or email [dlayton@wiaaa.org](mailto:dlayton@wiaaa.org) ❖

# Volunteer Resource Center Drill Held



RSVP members staff VRC and participate in drill handle spontaneous volunteers. These are the people that want to help, but when they show up no one is prepared to utilize them – matching their skills and interest with the needs in the disaster response. As a result, great talent can go to waste and good intentions become a management problem.

Rock Island County Citizen Corps, with the help of RSVP volunteers, has a plan to address this. RSVP volunteers have stepped forward to assume management roles in a Volunteer Resource Center (VRC), if needed. Rock Island Co. Citizen Corps developed a plan and RSVP volunteers were trained on the overall plan and assigned specific areas where they will serve in a supervisory capacity if there is a need to open a VRC. In a disaster, if the Emergency Operations Center determines a need for this center, all interested citizen volunteers will be directed to a central location for screening, background checks if needed, ID's, training, and placement based on their skills and interests and the needs of the community. This organized process

As we have experienced disasters big and small across the country and in our own area, one of the areas of concern that has emerged is how to

will enable volunteers to be placed where most needed and will also help to ensure the safety of the volunteers.

On September 22 a mock drill was held to practice the plan. This date was timely because it was National Senior Corps Week and RSVP is a Senior Corps program. Our members showed just how valuable Senior Corps volunteers can be. The trained volunteers assumed their posts and another group of RSVP volunteers came as “disaster volunteers”, assuming both medical and non-medical roles. The drill was a great success for 2 reasons: first, the plan worked and second, it allowed us to identify many areas where we needed to make adjustments in the plan in order for it to flow more smoothly. The VRC management team met with the Citizen Corps Council and the Rock Island County Board Chairman on October 14 to debrief on the drill and begin the process of making adjustments.

The professionalism and dedication of these RSVP volunteers has helped Rock Island County take a step forward in their level of readiness for a local disaster. ❖

As we reach the end of the year we would like to remind you to submit your hours and reimbursements by January 10, 2011. Our fiscal department will be mailing checks over \$3.00. **Please cash your reimbursement checks when you receive them.**  
Thank you!

# RSVP Volunteers Receive Awards

## George Loveland QCCVB Volunteer of the Year



George Loveland receiving award from Joan Frank Convention Services Manager

George Loveland has been named the Garry Thompson, Volunteer of the Year by the Quad Cities Convention and Visitors Bureau (QCCVB) for his work at the Mississippi Valley Welcome Center. He was honored at their annual meeting luncheon on September 30 at the River Center in Davenport. George told

a heartwarming story about greeting a woman authoring a travel guide as she traveled along the Mississippi. He then greeted an African American family whose 11 year old son was researching a writing project at the Welcome Center. George saw that the young man might be inspired by meeting a real author so he introduced him to travel guide writer. He said, "They were both inspired by the meeting. I realized that's what I volunteer for." George is also a RSVP Community Ambassador. He has helped to build RSVP's partnership with QCCVB. Now whenever there is a big convention or sporting event such as the Bix Race or the softball tournament RSVP special events volunteers will be invited to join the fun! ❖

## Four RSVP Members Receive BiState Literacy Council (BSLC) Awards



Janet Griffin receiving BSLC award from BSLC President, Dave Layton

**Janet Griffin** tutors at-risk students at The Christ United Methodist Church in partnership with Ridgewood School. This is a tutoring program she helped initiate three years ago. When the program lost their director to cancer, Janet accepted the leadership role and acquired grant funding for literacy materials

**John Fredrickson** is a volunteer tutor at Spring Forward Learning Center and the Good Shepherd After School Program. In addition to being a kind, caring tutor that meets the individual needs of his students, John has driven the Good Shepherd van to pick up children and volunteered for many activities at Spring Forward.

**Peg McFarland** also at Spring Forward Learning Center encourages children to do their best. She is the "go to" person at the center. She is always willing to help with food preparation, come in early to set up for programs, participate in extra events and volunteer to be a chaperone for field trips.

**Marie Christian** actually learned about RSVP at the breakfast and became a member after attending a monthly tutor meeting. Marie has tutored many, many years at the

Second Baptist Church after school program in Rock Island offering encouragement and inspiration as well as academic help. Students always comment on the fact that if they had had her for a teacher in school, they would never have dropped out!

Please join us in applauding all these great volunteers who exemplify the difference caring individuals can make in the lives of others! ❖

### Brain Teaser

The following brain teaser came to us through the Aging News Alert. It is one of *Marge Engelman's Mental Fitness Cards: Card Number: 14*

#### The Fourteenth Word

If the text below were arranged alphabetically, what would the 14<sup>th</sup> word be? The first two words would be: acquire, adult.

#### Identifying Bald Eagles

"It is difficult to mistake an adult bald eagle for any other bird because of its distinctive white head and tail and its immense six to eight foot wingspan. But, immature bald eagles are not so easy to distinguish because they do not acquire the snow white head and tail feathers until they are four to five years old. First year birds tend to be quite dark. The amount of white in their coloring increases each year, until they become the gorgeous adult birds we are all familiar with". ❖

(Answer on page 7)

# RSVP Volunteers Support Military Heroes

Senior volunteers understand that wars can't be won unless the population supports service personnel and their families. So this article honors the good deeds some of our members are doing for active military as well as veterans. We'll also describe opportunities to support our military heroes. Our first story is about two RSVP members who combine creative artistry and skill with a strong sense of duty.



Finished quilt for a wounded soldier



Rita and Virginia displaying a quilt with a wounded soldier

## Quilts of Valor

RSVP members Virginia Hade and Rita Schmeink participate in the Quilts of Valor project with several other area quilters. Quilts of Valor is a national organization making quilts for wounded soldiers. Quilts go directly to the Landstuhl Hospital in Germany. Carolyn McDowell is the Galesburg-Moline Quilts of Valor Coordinator. She says, "Virginia has made probably around 30 tops which makes her one of the best supporters I have!" Quilters combine their artistic creativity and quilting skills to create beautiful quilts that remind wounded soldiers each day how much their sacrifice is appreciated.

## Stuff a Stocking for our Soldiers

On November 6<sup>th</sup> RSVP volunteers will assist the families of local Illinois National Guard Troops serving in the Sinai Peninsula with making craft items to go to the troops. This is a project of U of I Extension & US Army Child, Youth & School Services partnership and a part of Operation Military Kids.

## 4-H Military Initiative

The 4-H Military Initiative is also part of Operation Military Kids. University of Illinois Extension 4-H is working in partnership with the Rock Island Arsenal Child, Youth & School Services program to expand programming for our local military youth. We are currently seeking several new volunteers to teach classes on topics and lead clubs on targeted topics such as cooking, science, cultures of the world and visual arts. Classes generally meet 6 times at the Rock Island Arsenal. Clubs typically meet once a month. No teaching experience required — just an interest in working with kids and a passion for the topic area. Training and support materials will be provided.

## Operation Military Kids Project in Warren County



Through the Children & Youth initiative of the American Legion Auxiliary, Cheri Stanton (also an RSVP volunteer) helps with "Operation Military Kids".

When troops are deploying, families provide pictures which are iron transferred to

pillowcases and given to the military member and to family members. They can all then sleep with their loved ones while separated.

## Other Warren County Military and Veteran Support Projects

RSVP of Warren County and the American Legion and American Legion Auxiliary (RSVP stations) have formed a strong partnership focused on mobilizing volunteer support for our veterans, military personnel and their families. In addition to the Children & Youth initiative other projects include:

- RSVP volunteers participate as members of the American Legion/VFW Honor Guard, honoring veterans at their funerals.
- "Operation Toasty Toes" involves knitting or crocheting slippers based on a specified pattern. The local Auxiliary sends them for distribution to soldiers recovering in military hospitals, those in cold climates and those on ships.

(cont. on pg. 6)

# RSVP Volunteers Support...

(cont. from pg. 5)

- Neck Coolers: Again, utilizing a specific pattern, volunteers sew these neck coolers and add a small teaspoon of a special bead that swells when dipped in water. The coolers are reusable and keep the necks of soldiers cool in the extreme heat of the desert.
- Clipping Coupons: RSVP volunteers, often in their home, clip and sort coupons that can be used by military families overseas who do not have access to coupons.

All of these projects connect volunteers to the military members and their families and make them feel they are doing something to help. Their efforts are greatly appreciated by the military personnel who receive them as well.



## U of I Extension & US Army Child, Youth & School Services seeking ... 4-H Class Teachers and Club Leaders

University of Illinois Extension 4-H is working in partnership with the Rock Island Arsenal Child, Youth & School Services program to expand programming for our local military youth. We are currently seeking several new volunteers to teach classes on topics and lead clubs on targeted topics such as cooking, science, cultures of the world and visual arts. Classes generally meet 6 times at the Rock Island Arsenal. Clubs typically meet once a month. No teaching experience required — just an interest in working with kids and a passion for the topic area.

When you join our team 4-H will provide:

- Curriculum related to your topic area
- Educational supplies (as approved)
- Training on how to set up a 4-H class/club and tips on working with kids in a class/club setting

Rock Island Arsenal Child, Youth & School Services will provide:

- Volunteer screening and orientation
- Staff person on-site when you're leading the class

### **Holiday Mail for Heroes: A New Project for RSVP**

Holiday Mail for Heroes is a program coordinated by the American Red Cross. Volunteers get Christmas or other holiday cards and add a personal note. The Red Cross wants these cards not in envelopes so they can be mailed to RSVP at 729 34<sup>th</sup> Ave. Rock Island, IL 61201. We will take them to the Red Cross. The Red Cross needs all cards by December 1. We are also working with RSVP volunteers who are helping to coordinate group card projects in senior living facilities where they reside. If you would like to coordinate a Holiday Mail for Heroes project please contact us at 309-793-4425. ❖

You will provide:

- Your expertise on the topic as you lead a minimum of six 1-hour sessions to teach youth about the designated topic.
- A schedule which works for you and the kids—after-school, evenings, weekends, school holidays or summer. Classes usually meet once a week for six weeks, but scheduling is flexible.

To learn more about this volunteer opportunity, contact:

Diane Baker  
Youth Development Educator  
4-H Military Initiative  
4550 Kennedy Drive  
East Moline, IL 61244  
Phone: 309-792-8151  
E-mail: bakerd@illinois.edu  
University of Illinois Extension ❖

# New RSVP Stations Reflect New Programs and Service Area

RSVP has six new stations two serving the Quad Cities, two serving Warren County and our first two stations serving Knox County.

*Our new stations in the Quad Cities are:*

**Rock Island County Area Project (RICAP)** in Rock Island. Volunteers will serve RICAP in a variety of ways from helping with a community garden, to mailings, sorting items to distribute and helping with special events such as the QC Youth Conference coming January 24<sup>th</sup> and 25<sup>th</sup>.

**Children and Families of Iowa (CFI)** — Based in Des Moines this is the agency that we are partnering with for the new Foster Youth Mentoring Project that is described in this newsletter on page 3.

*New Stations in Warren County are:*

**Warren County Habitat for Humanity** — We've long worked with Habitat for Humanity in the Quad Cities and look forward to helping them do great projects in Warren County.

**Warren County Regional Office of Education (WCROE)** — The WCROE will be an excellent resource as we expand our educational programming. There will be many educational volunteer opportunities through them.

*Our first two stations in Knox County are:*

**Seminary Estates** — Volunteers will help provide a variety of senior services for residents who live in every level of senior living. Seminary Estates will also host and support our Matter of Balance program in Knox County.

**Carl Sandburg College** is the site of the Literacy Coalition adult literacy program. Volunteers will tutor and mentor Adult and English language learners as well as support social activities for their families. ❖

# Volunteer Opportunities

In other articles we mentioned the need for writers of cards for service personell, 4-H Military kids leaders, Santa's Special Stars on November 18<sup>th</sup>, Angel Tree - November 26<sup>th</sup> – December 15<sup>th</sup>, foster youth mentors program (training November 17<sup>th</sup> & 18<sup>th</sup>), SMP and Matter-of-Balance coaches. In addition to all those needs, we've received the following requests for volunteers:

- 211 follow-up and office assistant, United Way, make
- Board and Committee membership, Bi-State Literacy Council
- Bakers, CASI Family Festival: provide baked goods for festival by noon on Friday, December 10<sup>th</sup>
- Decorators, CASI Family Festival November 6<sup>th</sup>, 13<sup>th</sup> and December 10<sup>th</sup> (final set up). Decorating starts at 8 a.m. each date.
- Database entry and Internet listing, MidWest Writing Center
- Event staff, CASI Family Festival event staff December 11<sup>th</sup> 3 shifts starting at 7:30 a.m. ending 7 p.m.; helping as greeters, kids activity assistants and giving handouts.
- Festival of Trees volunteers, November 19<sup>th</sup> - Nov. 28<sup>th</sup>
- Give Kids a Smile Escorts, Bethany for Children and Families, various dates; Fall through Spring.
- Greeters, Two Rivers Y 11/8 – 11/16 during registration drive
- Home delivered meal drivers, Project NOW Senior Center
- Meal packers, Generations Area Agency on Aging
- Receptionist for ARC of Rock Island, on the following dates 11/24, 12/27 – 12/30
- Tutors and mentors throughout our service area for students of all ages
- Various clerical, data entry, etc. for Mississippi Valley Regional Blood Center

As you see we have many many requests so we have one more request of you all.

**Please tell your friends how much volunteers are needed in so many ways** and have them contact RSVP at 309-793-4425 or email [rsvp@wiaaa.org](mailto:rsvp@wiaaa.org). Thank you! ❖

## Brain Teaser

### Answer to The Fourteenth Word

1. acquire, 2. adult, 3. all, 4. amount, 5. an, 6. and, 7. any, 8. are, 9. bald, 10. be, 11. because, 12. become, 13. bird, 14. birds



Retired & Senior Volunteer Program  
of Eastern Iowa & Western Illinois  
729 - 34th Avenue  
Rock Island, IL 61201-5950

Address Service Requested



Sponsored by:  
Western Illinois Area  
Agency on Aging  
WIAAA: FirstStop For Seniors



RSVP of Eastern Iowa & Western Illinois is funded in part by the Corporation for National and Community Service, United Way of the Quad Cities, and the States of Illinois and Iowa.



## Operation...

(cont. from cover)

Residents who were unable to attend Operation Medicine Cabinet can drop-off medications, thermometers, CFLs or sharps containers at Scott Area Recycling Center, 5640 Carey Avenue, Davenport or Scott Area Landfill, 11555 110<sup>th</sup> Avenue, Davenport between 7:30 a.m. and 4:00 p.m. weekdays. These facilities also accept other household hazardous material, such as paints, pesticides and cleaners, by appointment Mondays, Tuesdays and Saturdays. To make an appointment visit [www.wastecom.com](http://www.wastecom.com) or call 563-381-1300. These facilities provide free disposal services to both Scott and Rock Island County residents.

This event was sponsored by: City of Bettendorf, Bettendorf Police Department, Davenport Police Department, Document Destruction and Recycling Services, Generations Area Agency on Aging, Iowa American Water, Medic EMS, Retired & Senior Volunteer Program (RSVP), Scott County Health Department, Scott County Sheriff's Office, Waste Commission of Scott County and Western Illinois Area Agency on Aging. ❖

## WIAAA...

(cont. from cover)

### What is the Senior Medicare Patrol Program?

The Senior Medicare Patrol (SMP) program empowers consumers to prevent healthcare fraud. Program staff and volunteers help people with Medicare and Medicaid to:

- 1) PROTECT themselves from Medicare & Medicaid fraud, waste, and abuse.
- 2) DETECT Medicare & Medicaid fraud, waste, and abuse.
- 3) REPORT Medicare & Medicaid fraud, waste, and abuse.

### How does the SMP Program help stop healthcare fraud?

To help consumers stop fraud, SMP volunteers would:

- Give presentations on healthcare fraud to groups.
- Provide information on healthcare fraud at community events.
- Help people report fraud when it occurs.

To learn more about these valuable programs please contact RSVP at 309-793-4425 or email [rsvp@wiaaa.org](mailto:rsvp@wiaaa.org) ❖