



The RSVP Advisory Council will hold its first meeting of the year on Thursday, January 12 at 11:30 am. A brief orientation will be held for new members directly before the meeting at 10:30 am. All Advisory Council meetings are held in the RSVP Activities Room unless otherwise posted.

**Incident Weather Policy:** If Montgomery County Schools are closed, all scheduled RSVP activities will be cancelled. If schools are on a delayed schedule, regularly scheduled RSVP morning activities will be cancelled. For afternoon activities, a decision will be made by 12:00 noon, so volunteers should call the office to check on those activities. If you are signed up to help with a seasonal activity and schools are on a delayed schedule, please call RSVP.

# RSVP of Montgomery County and Radford



January 2017

## Volunteer News

### Activity Spotlight:

Volunteers are needed for our **9th Annual Supplies for Seniors** project in conjunction with the **Martin Luther King, Jr. Day of Service** initiative. Since 1994, thousands of Americans will remember Dr. King by providing service to their communities. Our planned project is to partner with Volunteer Pulaski of the New River Valley Agency on Aging and provide 200 homebound seniors and veterans living in Montgomery County, Pulaski County and City of Radford with one bag of personal care items and one bag of basic household supplies. If you would like to help bag the items that were collected or purchased from the funds raised by our Walk-A-Thon and community donations, we will meet at the Christiansburg Recreation Center on Tuesday, January 17 and Wednesday, January 18th at 9 am to prepare the bags. Please call RSVP to sign up to help or if you need transportation to this activity.



**The winning raffle ticket** for the 2 Huffy aluminum bikes, 2 bike helmets, one bike lock/cable, and one bike rack valued at \$300 was drawn by Santa at the holiday party on December 2nd. Congratulations to RSVP Volunteer Ann Miller and a big thank you to those who supported this fundraising project by purchasing or selling 336 tickets! A special thank you goes out to Tom and Maureen Patton for donating the bikes and accessories for our 2016 raffle!

### **Save the Date:**

- We will once again participate in the nationwide **Valentines for Vets** program by making valentines for the patients at the VA Medical Center and the Virginia Veterans Care Center in Salem. A craft day is scheduled at the RSVP office on Friday, February 10 at 10am or you may work on cards at home. The deadline to turn in your valentines to RSVP is Monday, February 13th.
- A **New Volunteer Orientation** is scheduled on Thursday, February 23 from 10-12 in the RSVP activity room. This is a chance for newly enrolled volunteers to learn more about RSVP, the volunteer opportunities available, reporting volunteer hours, and hearing from a work station representative and a Advisory Council member.
- Volunteers from the **AARP Tax-Aide** program will be available to assist you with taxes at area senior centers beginning February 1. More information will be available in your February newsletter.

We would like to welcome the following 31 **new volunteers** that enrolled with RSVP in 2016: Esther Brann, Martha Carpenter, Mary Carper, Rosalee Collins, Irene Davis, Deni Dillon, Joyce Gezymalla, Michael Gunther, Margie Hatcher, Carol Highfield, Terri Howard, Susan Hughes, Jan Jackson, Annie Jones, Joyce Kelley, Judy King, Jenny Lindsey, Janice McCree, Alan Miller, Irene Peterson, Thea Reid, Dean Rueschman, Carolyn Sandberg, Margaret Schmidt, Mary Skutt, Frank Soriano, Michael Squires, Ray Thor, Elizabeth Trutt, John Zeckoski, and Marilyn Zeckoski.

**January Birthdays:**

01 Charles Church  
 01 Glenda Lawrence  
 03 Arnold Nunn  
 04 Gayle Miller  
 04 Linda Mollette  
 04 Sally Zimmerman  
 08 Glenda Caldwell  
 12 Elizabeth Mason  
 13 Helen Webb  
 14 Mary Carper  
 14 Connie Cummings  
 15 Mary Lou Kellough  
 16 Terri Lynn Howard  
 19 Margaret Ayers  
 20 Chub Flanary  
 23 Angela Little  
 25 Bruce Anderson  
 26 Joyce Bowling  
 31 Ron Brown

**Get Well Soon:**

Virginia Flanary and  
 Glenda Caldwell

**Volunteer I Am**

Twenty-four hours  
 in every day.  
 Where can I go to  
 give some away?  
 For my time is a gift.  
 My experience gold,  
 All I desire...  
 Is a small hand to  
 hold.  
 A tear to wipe, a  
 child to soothe  
 A lonely patient to  
 comfort when blue  
 A harried worker to  
 lend a hand to  
 There's no need for  
 you to strike up the  
 band  
 For I rarely seek out  
 the fanfare of man.  
 I simply have time to  
 give quite away  
 To help those in  
 need and brighten  
 their day  
 For my time is my  
 own.  
 I give it for free.  
 A volunteer I am.  
 A volunteer I'll be.  
 - Unknown

**Volunteer Opportunities**

A **Blood Drive** will be held on Wednesday, January 6 from 9 am to 1 pm at the Christiansburg Recreation Center. To volunteer, please call RSVP or to donate blood, call 1-800-GIVE-LIFE to schedule an appointment. All blood drive volunteers are now required to register through the American Red Cross website. A Red Cross representative will meet with you to assist you during the process.

**Please notice that the time has changed for the January blood drive.**

**Med-Ride** is recruiting volunteers to provide transportation to people in Montgomery County and Radford to get to and from their non-emergency medical appointments. To participate, volunteers are responsible for personal transportation, a valid driver's license, and a good driving record. Contact RSVP for an application.

**The cattery** (located at PetSmart) for the **Floyd County Humane Society** is in need of extra help during the months of January and February. Volunteers may pick the day and time that works best for them, and you can choose mornings from 8-10 am or evenings from 5-7 pm. The hours needed can be flexible. Volunteers are responsible for cleaning the cages, which includes replenishing the food and water bowls, and playing with the cats.

**The AARP Tax Aide Program** provides free federal and Virginia tax preparation to low and middle income taxpayers of all ages. You do not have to be a tax expert-training and certification are provided. Volunteer positions are being a tax counselor (prepares tax returns) or a client facilitator (helps check in clients). Counselors and Facilitators are needed on Mondays, Tuesdays, and Thursdays from 1 - 4 pm and Saturdays from 9 am to noon during tax season. Please contact [pballard@vt.edu](mailto:pballard@vt.edu) or phone 382-1189 for more information. Counselors must pass the exam before February 1 to volunteer.

Having cancer is hard - finding a ride shouldn't be! The **American Cancer Society Road To Recovery** program is a curbside-to-curbside transportation service that provides free rides to cancer patients to and from their cancer-related treatments. Trained volunteer drivers donate their time and the use of their personal vehicles to help local patients get to the treatments they need. The program is offered to people with cancer who have no means of transportation and/or who are unable to drive themselves. Volunteer drivers must have: A current/valid driver's license, access to a safe and reliable vehicle, a good driving record, and proof of adequate automobile insurance. Please call RSVP for more information.

**A Project Linus Blanket Day** is set for February 18 from 9 am to 3 pm at Grove United Methodist Church. For more information, call Penny Sweet at 230-6209.

The **Shawsville Lay-Ministerial Association** is seeking volunteers for the **East-Mont Thrift Shop** which is located at 1870 Big Spring Drive, Elliston. They are open Wednesday through Saturday from 9 am to 5 pm. For more information, contact Vikki McLaughlin, Manager at 397-2820 or the RSVP office.

**RSVP is accepting the following donations:**

- Manufacturer's **Coupons** for the Overseas Coupon Program (can be used for 6 months after expiration date)
- **Eyeglasses** for the Lions Club
- **Box tops** for education
- **Aluminum tabs** for the Ronald McDonald House

## Community Events and Applause

Active Adult Day will be held at 1 pm on Thursday, January 26 at Meadowbrook. January's event will feature WINTER BIRDING! Bill Sydor, naturalist will present a power point presentation about local winter birds. Following the presentation you will have an opportunity to learn creative ways to make wildlife treats for trees, a great way to view winter birds, and provide them with the nutrition they need in cold weather. Light refreshments will be provided. Please call RSVP to register by Monday, January 23. **Update: Beginning in 2017, all Active Adult Day participants must call the RSVP office to register. We will no longer make phone calls generating interest for this program. If you enjoy the exciting courses offered at the Meadowbrook Community Center, please make sure to call our office before the deadline.**

**STEP ON IT! WALKING PROGRAM** - The Christiansburg Recreation Department is partnering with Gentiva Home Health. Participants that register will receive a pedometer, weekly walking diary as well as other goodies. This is a FREE program. For more information or to register, contact Tammy at 382-2349, ext. 2003 or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org).

### TimeBanking: A New Approach to Sharing Skills and Services

A TimeBank helps to connect people to exchange skills and services, using *time* rather than *dollars*. When a member provides one hour of service for someone, they earn one Time Credit. They can then spend this Time Credit by receiving an hour of service from someone else. The possibilities for exchange are endless and may include home repair, animal care, yard work, cooking lessons, computer instruction, etc. All services are valued equally, and all members are respected for what they have to offer. It is an old idea made new—the idea that our community is stronger when neighbors make a practice of helping each other. **RSVP will host this orientation presented by Ellen Stewart on Thursday, February 16 at 10 am in the Activity Room. Please call the office to register by Friday, February 10.**



**Advisory Council** members who served during the 2015-2016 term and rotating off the council were recognized at the Holiday Party on December 2nd. We would like to thank the following individuals for their dedication and support of our programs: Alan Dean, Rev. Charles DeHart, Rick Geoghegan, Janet Kester, Jim Webster, and Remon Yassa.

In this photo: Jim Webster and Janet Kester

We would like to thank Betty Burress, Glenda Caldwell, Virginia Flanary, Ila Groseclose, Mendel Hess, Rosemary Jones, Brenda Lyons, Linda Parah, and Dottie Williams for preparing 706 **holiday cards** for patients of area nursing homes/assisted living facilities and 5,212 cards for active military troops and the veterans in our area.

Thank you to the following RSVP volunteers who donated items to the **Paper Bag Project**. They are: David Armstrong, Marilyn Armstrong, Brenda Arnold, Glenda Caldwell, Sarah Carter, Karin Corboy, Vanesa Eason, Nola Elliott, Virginia Flanary, Deena Flinchum, Ila Groseclose, Carole Hargrove, Fran Hart, Shirley Huffman, Rosemary Jones, Pam King, Shirley Mullins, and Margot Thompson. Ninety children (ages 3 and 4) enrolled in the Head Start program in Christiansburg received a bag filled with goodies for the holidays.

**Embroidered Polo Shirts** are still available for active volunteers of RSVP of Montgomery County and Radford. We are asking each member to make a donation for the shirt, as we used fundraising money to purchase them. Active volunteers are allowed to pick up one shirt, and we encourage you to wear it while on assignment.



**Happy New Year from the staff of RSVP! We look forward to another successful year serving the non-profits and health care facilities of Montgomery County and Radford!**

RETIRED AND  
SENIOR VOLUNTEER  
PROGRAM OF  
MONTGOMERY  
COUNTY AND  
RADFORD

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Christiansburg, VA 24073

Phone: 540-382-5775  
Fax: 540-381-6856  
Email:  
hayesaw@montgomerycountyva.gov

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[www.facebook.com/  
RSVPofMontgomeryCoandRadford](http://www.facebook.com/RSVPofMontgomeryCoandRadford)



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## RSVP Holiday Tote Bag Program:



We would like to recognize the following groups and RSVP volunteers for making our **Holiday Tote Bag** project for the 120 residents/participants of Radford Health and Rehabilitation Center and Virginia Tech Adult Day Services a huge success: Calvary United Methodist Church, Community Members, Montgomery County Employees, Montgomery County Retired Teachers' Association, Carole Bratton, Beverly Bridges, Ann Brown,

Glenda Caldwell, Barbara Clark, Vanessa Eason, Phyllis Geoghegan, Rick Geoghegan, Ila Groseclose, Roberta Hall, Fran Hart, Regina Howard, Rosemary Jones, Mary Lou Kellough, Pam King, Lynda Kinzey, Shirely Mullins, Linda Parah, Jolene Rawlings, Lou Reynolds, Jill Songer, Jeanne Sottosanti, Brenda Spangler, Elizabeth Trutt, and Dottie Williams.

We would also like to thank Jim and Theda Webster for donating the funds to purchase the canvas tote bags, Fran Hart for providing guided sessions on how to decorate the bags, and Cindy and Dennis Minnick for being our Santa and Mrs. Claus during the delivery of the bags!