

June 2021 Updates:

Dear Volunteer,

RSVP is in anticipation of guidance from Montgomery County Administration about the reopening of our office without restrictions. You will be notified as soon as we receive updates.

With this in mind, I would like to remind everyone about our new entry system. You will notice the County has installed a **new security system at the entrance of our office**. A Paxton intercom system is mounted on the brick and is positioned on the left side of our entryway door. When you walk up to the door, simply touch the screen. After you touch the screen, you will see a list of Human Services employees. Please touch the screen again to select Ava Stilwell or myself. We will receive a notification at our desk and will be able to chat with you and unlock the door. If you are unable to reach Ava or myself, please select Human Services Director Tonia Winn to gain access to our building. **You will not be able to enter the building without using the intercom system.** The system has been installed for your safety and the safety of employees in the Human Services division.

Below you will find updates and volunteer opportunities.

RSVP Updates:

RSVP Scholarships



The RSVP Advisory Council Scholarship Committee met on April 29th and reviewed ten applications for this year's \$1,000 scholarship awards. They selected Cameron Gilmore, a student from Blacksburg High School who will attend Dartmouth College to pursue studies in Biology / Pre-Med. Also, Mariella Garza, a student of Blacksburg High School who will attend the University of Vermont to pursue a degree in Psychology / Pre-Med.

A special thank you goes to the committee members who carefully reviewed the applications this year.

Give Local NRV



Mark your calendars for the eighth annual NRV day of giving - **June 23, 2021!**

GiveLocalNRV, is the giving day that allows donors to support dozens of organizations in one place. We raised \$800 in 2020 to benefit the scholarship program and other programs administered by RSVP. Our goal for this fundraiser is \$2,500. With your help, we hope to surpass last year's total!

To donate, please visit <https://www.mightycause.com/story/Gv9i1g> If you prefer to make a donation in person, please call 382-5775 or email hayesaw@montgomerycountyva.gov.

This online fundraising platform is available year-round and you can contribute anytime.

Volunteer Satisfaction Survey Results

We would like to thank everyone who returned their volunteer surveys and for the helpful suggestions. Of the 61 respondents, 93% stated that their volunteer work is interesting and 54% stated that they believe the volunteer work they do have an impact. 95% feel appreciated, useful, and receive satisfaction from doing. 36% stated that the most valuable benefit about working with RSVP is learning about new volunteer opportunities and 28 % feel the same about receiving the monthly newsletter. Finally, 68 % of our volunteers enjoy the digital edition of our newsletter.

The following are some of the comments we received. "I feel appreciated and other volunteers in RSVP have become like family." "The inspiring words of RSVP staff and other volunteers mean so much to me." "It is a good feeling to be a part of RSVP." "The blessing I feel for being able to give back to the community has left a significant impact on me." "My limited volunteering helped so much in coping with COVID isolation."

Mailings in RSVP Activity Room



We were very excited to begin processing newsletters in our Activity Room in May!

The following safety requirements will remain in place until further notice:

- We will recruit up to eight volunteers per day.

- We ask that you sanitize your hands upon arrival.
- Lunch will not be served at the RSVP office. However, this will change as our policies are updated.
- When our programming returns to a “new normal”, please be respectful of everyone’s space, health, and safety as some are still very cautious of their surroundings.

To ensure that our Activity Room can remain open for mailings, and most importantly for the health and safety of those around us, please do not come to the RSVP office if you are experiencing any symptoms of COVID-19.

We will continue to recruit volunteers for mailings by using a “first to respond” method. If needed, we will organize teams so everyone that shows interest has the opportunity to volunteer.

Personal Protective Equipment, RSVP T-shirts, and Tumblers

AmeriCorps Seniors t-shirts, tumblers, and personal protective equipment packets are still available at the RSVP office. If you haven’t picked up your recognition gifts, please contact the office to pick up these items.

Overseas Coupon Program

Please be aware of the expiration date of the coupons you turn in so that our military families have time to use the coupons by the time they are shipped overseas. **Example:** Please turn in coupons with an expiration date of **June 1-30** to RSVP this month.

If you have questions, please contact me at hayesaw@montgomerycountyva.gov. **We are happy to report that manufacturer’s coupons valued at \$31,355 were mailed to our adopted bases in May!**

Volunteer Hour Sheets

Please continue to send all volunteer hours you may have. You can submit them by mail, email or by visiting <https://forms.montva.com/Forms/RSVP-hours>. If you use this link, your volunteer time will be emailed to RSVP staff. Please let me know if you would like an electronic copy of the hour sheet.

Volunteer Opportunities:

Feeding America

Volunteers are needed to help with children’s feeding sites. Due to the great need, they have added several new children’s feeding sites this year. As such, they need help on the Café to Grow Food Truck, at the Café to Grow Kitchen and at the multiple Kids Farmers Market (KFM) feeding sites.

If you are able to assist or, know someone that may be interested in helping out, please click on the following link <https://feedingswva.volunteerhub.com/> to register and sign up to volunteer.

The Kids Farmers Market (KFM) is a program in partnership with current FSWVA children’s feeding sites that provides free produce and nutrition education to children of families who may experience an unmet need for a reliable produce source and may not have the financial means to purchase produce on a consistent basis. The program encourages active, healthy living and an appreciation for fresh produce. It connects these children with nutrition education and a reliable, year-round produce source essential for their health and development. The market is set up like a real farmers’ market and children are given ‘food bank bucks’ to spend while making their own choices of fresh fruits and vegetables to take home and share with their families. Volunteers must be 16 years or older and wear closed-toed shoes.

For more information contact Lanell Otey, Director of Volunteer Services at lotey@feedingswva.org or 540-342-3011 ext. 7016.

Women's Resource Center

The Women's Resource Center office in Radford needs Direct Service volunteers and volunteers to help in the administrative office. Direct Service positions require completion of an extensive training program. For more information about this opportunity, contact Mary Forti at 639-1123 or email volunteers@wrcnrvc.org.

Treasure Trove

The Treasure Trove Nonprofit Thrift Store is looking for volunteers to cover short shifts (twice a month or weekly) on Thursdays from 10-12 or 12-2. Volunteers get a 20% discount in the store and all proceeds from sales at the store benefit seniors in need at Warm Hearth Village. If you are interested, please contact Karen at (540) 443-3406 or knelson@warmhearth.org.

Paperback Books Needed

Please continue to bring your gently-used paperback books for this worthwhile program! We have a black tote at the entrance of our office labeled Book Drop Box. Operation Paperback is not accepting romance novels or religious materials.

We are pleased to continue this partnership with Warm Hearth Village to show America's military community that we appreciate their service.

Community Events & Volunteer Information:

TRIAD

Master Deputy Chris Lucas will be presenting **Tips on Home Security** and will provide a survey for everyone in attendance to take and complete at home. The meeting will be held in person on the patio at the Christiansburg Recreation Center on Tuesday, June 15 at 1:30 pm. If inclement weather occurs, the meeting will be held in Classroom 2. Ice cream and toppings will be provided, please call 382-2349 or email tcaldwell@christiansburg.org to preregister by Tuesday, June 8.

Recreation Programs for 50 and Over

Tie-Dye Series

If you would like to learn the basics of tie-dying, this craft is for you. The program is co-sponsored with Christiansburg and Montgomery County Parks and Recreation. The craft will be held on Monday, June 21 at 11 am at the Kiwanis Park Big Shelter. The registration fee is \$10 and includes supplies. Call 382-2349 or email tcaldwell@christiansburg.org to preregister by June 15.

July 4th Cookie Decorating

Join the Christiansburg and Montgomery County Parks and Recreation programs for sweet treats and creativity! Their instructor Niki will lead you in decorating cookies with a 4th of July theme. Afterwards, participants will get to take home their yummy artwork to enjoy! The craft will be held on Friday, July 2 at 1 pm at the Christiansburg Recreation Center – Multi Purpose Room 2. The registration fee is \$25 and includes supplies. Call 382-2349 or email tcaldwell@christiansburg.org to preregister by June 25.

Joyful June 2021

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

- Decide to look for what's good every day this month
- Say positive things in your conversations with others
- Re-frame a worry and try to find a helpful way to think about it
- Take a photo of something that brings you joy and share it
- Think of 3 things you're grateful for and write them down
- Get out into green space and feel the joy that nature brings
- Do something healthy which makes you feel good
- Find joy in music: sing, play, dance, listen or share
- Ask a friend what made them happy recently
- Bring joy to others by doing something kind for them
- Eat good food that makes you happy and really savour it
- Write a gratitude letter to thank someone
- Take a light-hearted approach. Choose to see the funny side
- Share a happy memory with someone who means a lot to you
- Look for something to be thankful for where you least expect it
- Speak to others in a warm and friendly way
- Take time to notice things that you find beautiful
- Look for something good in a difficult situation
- Get outside and find the joy in being active
- Rediscover and enjoy a fun childhood activity
- Send a positive note to a friend who needs encouragement
- Watch something funny and enjoy how it feels to laugh
- Create a playlist of uplifting songs to listen to
- Bring to mind a favourite memory you feel grateful for
- Show your appreciation to people who are helping others
- Make time to do something playful, just for the fun of it
- Be kind to you. Do something that brings you joy
- Notice how positive emotions are contagious between people
- Share a friendly smile with people you see today
- Make a list of the joys in your life (and keep adding to it)

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Condolences

- To family and friends of Betty Basham, inactive volunteer.

June Birthdays

02 Pauline Long	22 Eveyln Corbin	30 Vicki Sciarretta
03 Alan Dean	23 Jeanne Sottosanti	30 Jim Stilwell
04 Joyce Light	25 Paula King	
04 Bill Vest	25 Gail Patterson	
12 Teresa Cox	26 Vanessa Eason	
16 Michael Dumin	28 Barbara Holstein	
18 Honore Webb	29 Joan Manross	
19 Brenda Lyons	30 Carolyn Johnston	

RSVP staff look forward to working with you when our monthly programming resumes! Until then, please continue to stay in touch with our team by email, give us a call at 382-5775, and “like” or “follow” our Facebook page. www.facebook.com/RSVPofMontgomeryCoandRadford.

In service,

Mandy Hayes, RSVP Coordinator