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E-Xtra

What's New & Noteworthy from RSVP

February 2015

Trivia

Welcome to the RSVP e-newsletter, E-Xtra! We want to keep you informed on what's new at RSVP and get information to you in a timely manner. You will receive an e-newsletter once a quarter. We hope you enjoy it!

The average age of cranberry beds in Wisconsin is 40 years old, with the oldest bed reported to be planted 139 years ago.

Happenings

[2015 Bus Buddies Tours](#)

[RSVP Launches Its New Web Site](#)

[Another Successful Gift Wrapping Season](#)

2015 Bus Buddies Tours

In April, Bus Buddies Tours will kick off its 2nd year! These tours offer the opportunity to go on a group trip by city bus to designated locations while learning how to navigate the Madison Metro Bus system. This year, four fun-filled trips are planned to local points of interest.

2015 Bus Buddy Tour Schedule:

Wednesday April 29th: Chazen Museum of Art (Guided tour /lunch)

Wednesday June 10th: Tour of the Capitol (Guided tour/lunch)

Wednesday August 5th: Olbrich Gardens Butterfly Exhibit (Tour/lunch)

Wednesday October 14th: Movie at Market Square (movie/lunch)

Please watch for further information in News Notes, E-Xtra, and by email. If you are interested in participating in any of the 2015 Bus Buddy trips, or for further information, please contact Diana Jost by email: djost@rsvpdane.org or phone (608) 441-1393.



Things To Know

The RSVP office will close at noon, Friday, April 3, in observance of Good Friday.

**Upcoming Triad Events - Cottage Grove:
Feb. 24, 2015 - 10:00 a.m.; "Medications: Safe Use for Elders" (Taylor Ridge)**

Matt Mabie, Pharmacist and owner of The Hometown Pharmacy, will talk about how various medications affect us, interactions between prescription meds and OTC meds, and safe disposal of unused or outdated medications. It has been 5 years since we visited this topic; you won't want to miss this program.



Mar. 24 - 10:00 a.m.;
"Grocery Shopping: How to Get the Most Value for What You Buy" (Taylor Ridge)

David Schommer, owner of the Piggly Wiggly, will discuss purchase buy/sell by/use by dates, how to read labels, best day of the week to shop, and food storage. This is a repeat of his 2009 program that was extremely well-received.

Southwest Madison:
February 25, 10:30 a.m.
The New Silver Alert Program:

The background, criteria, statistics to date, and what families can do to be prepared in case their family member goes missing will be discussed.

Presenters:

Kari Orn, Silver Alert Coordinator, Wisconsin Department of Justice - Division of Criminal Investigation.
 Rob Gundermann, Public Policy Director, Alzheimer's & Dementia Alliance of Wisconsin.

Co-sponsored with Triad by: SAIL (Supporting Active Independent Lives - www.sailtoday.org)

Location: Oakwood Village University Woods Campus-Heritage Oaks, 6205 Mineral Point Road.

For further information, contact Mary Stamstad, at 441-7897, or mstamstad@rsvpdane.org.

Check Out Our New Website



RSVP is excited to announce the launch of our new website! For over a year, a planning committee, led by RSVP volunteer and Board member Donna Montgomery (pictured), has worked on this involved project.

The site is easier to navigate and provides more up-to-date information. Visit us at www.rsvpdane.org to find:

- Stories about our volunteers
- A News and Events area on the home page
- A text sizing button to adjust text to the best size for you
- Quotes and comments from volunteers
- Current volunteer opportunities
- Easier access from mobile devices

Another Successful Gift Wrapping Season

Thanks to all the hardy volunteers who worked to make this one of the best years ever! We had a great location for wrapping, even in the midst of major renovations at Hilldale, and this was the first year we had no weather challenges and very little sickness issues to deal with. Once things started to pick up in mid-December, to our surprise and delight, we kept over 100 volunteers busy through December 24, wrapping up a whopping \$8987.79 in donations for RSVP! Thanks again to everyone who contributed their time and talent working a shift. We hope you had a good time and will be ready for Gift Wrapping 2015!



Our Sponsor: MG&E

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Volunteer Now!

Be a TRIAD volunteer!

The Southwest Madison Triad Planning Committee needs members from the Greentree, Meadowood, Orchard Ridge, Prairie Hills and other neighborhoods south of the Beltline, as well as those north of the Beltline, including Midvale Heights. We usually meet monthly to organize activities and programs of interest to local seniors and others. If you're a resident "over 50" from any of these areas who'd like to help us protect the safety of local seniors, please call or email Mary Stamstad, RSVP Triad Coordinator at 441-7897 or mstamstad@rsvpdane.org.

Group liaison volunteer(s) needed for two project groups!

- Visit the Cross Plains and Verona groups once monthly
- Deliver fabric/yarn; pick-up finished handmade items
- Enjoy a few hours a month volunteering

For more information please contact Mary Dwyer, Group Projects/Homeworkers Coordinator: (608) 663-1319 or mdwyer@rsvpdane.org.

Tutors needed: Some Madison schools are still in need of tutors this year for students entering kindergarten through 12th grade. Elementary schools needing extra tutors for 2nd semester are: Muir, Lowell, Emerson, Olson and Van Hise. Middle and high schools in Madison, Sun Prairie, Middleton, and Oregon are also looking for more tutors in various subjects.

There are many other exciting new volunteer opportunities available this school year.

*Volunteer opportunities with the Girl Scouts

*Volunteering opportunities with the Boys & Girls Club AVID and TOPS mentoring programs

*Centro Hispano reading program

The Achievement Connections program is seeking dedicated and caring individuals to commit at least two hours a week to tutoring students in math, with the top priority being Algebra 1.

Need tutors immediately at East, West, Memorial and Middleton High Schools.

- Lead one-on-one tutoring sessions
- Share your algebra and geometry skills
- Training provided

Please contact Diana Jost, Intergenerational Program Coordinator, at (608) 441-1393, or djost@rsvpdane.org, for more information.

Bus Buddy Tour Volunteers: We are still looking for volunteers interested in becoming a Bus Buddy for the scheduled tours. Bus Buddies will be trained how to help others learn to navigate the bus system and will assist on the group tours. If

you would like to help, or more information, please contact Diana Jost at djost@rsvpdane.org.

Centro Hispano

is looking for volunteers to help with childcare during their Friday Zumba and Yoga classes.

Zumba classes are held every other Friday evening starting 2/6/15 through 5/29/15.

Yoga classes are held every other Friday evening starting 2/13/15 through 5/15/15.

Both Classes are held at Centro Hispano and are from 5:30-6:30 p.m..

If you are interested in volunteering for any of the classes, or for a list of all classes or more information, please contact Diana Jost at djost@rsvpdane.org.

Drivers Needed

RSVP is in need of volunteer drivers to provide rides for older adults to medical appointments. Contact Gene Kundert at 441-7896, or gkundert@rsvpdane.org.

Volunteer Ombudsman needed: The Wisconsin Board on Aging and Long Term Care is in need of volunteers to visit nursing homes 2 - 3 hours a week advocating for residents, and making sure their rights are being met while living in a nursing home. Training provided. No special background needed.

Community Action Coalition Gleaners need volunteers who can pick up donated food at one source and deliver it to a food pantry or program on a weekly basis. Most routes happen on Fridays and take between 1 and 2 hours to complete.

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