

RSVP Volunteer Program

RSVP IS A PROGRAM OF THE WESTERN DAIRYLAND COMMUNITY ACTION AGENCY

July/August 2020

RSVP Volunteer continues 'Getting things Done', with help from the RSVP Volunteer Caregiver Project



Pictured: RSVP Volunteers JoAnne Wier (left) & Patti Slaby

RSVP Volunteer Patty Slaby has always been independent. Growing up blind on a dairy farm, you had to be. Up until March, when Covid-19 cases progressed in the area, Patty volunteered at the Arcadia CommUNITY Pantry in Arcadia on the 4th Thursday of each month from 2-5 pm. She and her 24-hour companion dog, Reagan, would help pass out food to participants at the pantry. She misses volunteering and longs to be back helping fight food insecurity soon. Patty really enjoyed getting to know food pantry participants. She also misses witnessing the camaraderie between volunteers. Patty has been an RSVP volunteer at the pantry for almost three years. Even Reagan (Patty's companion dog) loves going to the pantry-

he gets lots of attention and someone to bring him a treat each pantry day!

The CommUNITY food pantry in Arcadia participant numbers almost doubled in March but, due to the high risk in our area, has been serving those in need of food at a lower [RSVP] volunteer capacity. The pantry was one of many area pantries and RSVP partnering sites to adapt quickly when COVID-19 hit our communities. The pantry began providing food via drive-up and adding an additional Thursday food distribution to their regular once per month (every 4th Thursday) distribution at Bethel Lutheran Church in Arcadia. The goal was to ensure that every food pantry participant received enough to eat. In June, the CommUNITY pantry went back to their original schedule, serving food once per month.

RSVP volunteer Patty Slaby was the oldest child in her family and remembers exploring the farm and getting to know her surroundings. Patty was born with glaucoma and could see a little until the age of three when she had a procedure done and after a blood clot formed, causing her to lose what she had left of her vision.

Continued on Page 3...

Western Dairyland EOC Inc. is a private, non-profit community action agency established in 1966 for the purpose of alleviating poverty-related conditions and assisting low-income families to achieve their economic self-reliance. We welcome your comments & suggestions about the Western Dairyland RSVP program.

RSVP Contact Information

Address:

Western Dairyland EOC Inc. RSVP Program
23122 Whitehall Road
PO Box 125
Independence, WI 54747

Office hours:

Monday - Friday from 8 a.m.- 4:30 p.m.

Website:

www.westerndairyland.org/rsvp.phtml

RSVP Program Director

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Have You Moved?

We want to hear from you!

The RSVP Program has had the pleasure of working with many wonderful volunteers and watching the impact each person has made in their own community through volunteerism.

We ask that you please help the RSVP office stay updated. Are you still volunteering? Perhaps you are not feeling well or maybe you have been physically unable to volunteer due to an illness or surgery? We also know summers are busy and you may be enjoying more time with your family which may result in being too busy to volunteer at this time.

Whatever the reason, we would really like to hear from you. To insure that you receive RSVP volunteer recognition and to assist you with future RSVP volunteer opportunities, we ask that you be sure to record all volunteer hours at your volunteer work site.

Feel free to contact us at anytime; we welcome your input, concerns and volunteer stories.

Call us at 1-800-782-1063 ext. 1205, 1207 or 1232.

We look forward to hearing from you!

**"If you think you
are too small to be
effective, you
have never been
in bed with a
mosquito."**

Betty Reese



Continued from Page 1...

Patty did not let that stop her. Instead, she pushed forward and refused to let adversity stop her. She navigated the world without any adaptive tools until she got a cane when she was a junior in High School. She attended Wisconsin Center for the Blind and Visually Impaired in Janesville. She was involved in many plays/musicals because she loved singing and dancing. After graduating high school, Patty attended Winona State and received her Bachelor's Degree then went on to Northern State College and received her Master's Degree in Special Education. Patty was once "Teacher of the Week". Fast-forward to the present, she still stays busy. Patty lives alone with her service dog, Reagan, and a companion dog named Abby. Even when she is not volunteering at the Arcadia CommUNITY pantry, she is getting things done.

Today, she utilizes a lot of technology to stay independent. Patty said, "I use my Alexa, and it helps a lot (times her cookies), etc. Patty went on to mention that she has a garden. She enjoys canning, making bread, cookies, and homemade jelly. Patty also utilizes a screen reader on her computer and many worldwide apps such as "Be My Eyes", and Aira. For the tasks and chores that technology cannot help with, she has RSVP Volunteer Caregiver, JoAnne Wier. Together three afternoons a week, they go over recipes, play cards (Braille), complete full photo



albums/scrapbooking, and label groceries. JoAnne is also there to help Patty with light household chores such as sweeping, helping her match clothes/locate stains on clothing, and find and pick up items that have fallen on the floor or that Patty is unable to find. Both JoAnne and Patty work well together. JoAnne stated, "Patty is very good system-she is very organized." It has been a great match. JoAnne says, "I design the pages as I explain to Patty what I am doing, and Patty 3-whole punches and adds the Braille to the pages."

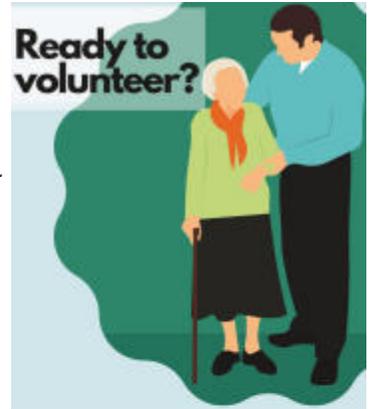
No matter what Patty is doing, she has a positive outlook on life. She tries everything; not letting her visual impairment stop her. In fact, Patty has been to every state in the U.S. except for three of them (Montana, Idaho, and Hawaii). She hopes to make it someday. In the meantime, she keeps very busy at home while waiting for the go-ahead to be back at the Arcadia CommUNITY pantry.

RSVP volunteer Patty Slaby definitely has a lot to teach us all. Despite adversity, you can persevere. RSVP has several volunteer opportunities available. If you are interested in making an impact by volunteering with the Arcadia CommUNITY pantry, or the RSVP Volunteer Caregiver Project, please give us a call today at 715-985-2391. We look forward to hearing from you!

RSVP Volunteer Caregiver Project-(Trempealeau County):

Would you like to help individuals in your community? If so, we have the match for you! Seniors and/or individuals with disabilities in Trempealeau County need your assistance. **No personal cares.** Friendly phone calls and/or visits, transportation, light housekeeping, etc. You decide when, where, and frequency. This is a very rewarding, yet flexible volunteer opportunity.

Give us a call to see what we have available in your town [Trempealeau County only]. Call 715-985-2391 to learn more!

**HDM Volunteer Drivers-(Buffalo & Pepin Counties):**

Deliver more than a meal with this impactful volunteer opportunity!

Meal Sites are located in Durand, Pepin, Mondovi, Buffalo City, Gilmanton, & Nelson. The need for volunteers varies on location. Flexible scheduling available! Mileage reimbursement is offered if you drive your own vehicle. If you drive a county vehicle, there is no mileage reimbursement.

**Mission Thrift Store- Arcadia:**

Volunteers are needed to assist at the thrift store Fridays from 3-6 pm and Saturdays from 10-1 pm and/or every other month as needed.

Please give us a call today to learn more about this volunteer opportunity at 715-985-2391



The volunteer opportunities available on these pages (Pages 4/5) are only a few of the RSVP volunteer opportunities we have available to you.

For more information, please call us at 715-985-2391.

Thank you !



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Volunteer Drivers-

(Buffalo, Jackson, Pepin, & Trempealeau counties):

Volunteer drivers are needed to transport individuals to medical, social, and personal appointments. If you are looking for a flexibility, this is it! You can choose/deny rides at the time of booking. Use your own vehicle or a county vehicle based on location/availability. Mileage reimbursement is paid monthly when you use your personal vehicle.

Give us a call today at 715-985-2391 to start making a difference in your community!



**RSVP Advisory Council-
(Buffalo, Jackson, & Pepin Counties):**

Are you interested in what happens in your community? If so, this may be the opportunity for you! RSVP is seeking Advisory Council members. You are able to share ideas and develop new ways to serve your community. Meetings are held from 1:30-3:30 three times/year at the Western Dairyland office in Independence. We have spots open in Buffalo, Jackson, and Pepin Counties.

Please call 715-985-2391 to learn more today!



Whitehall Food Pantry (Whitehall): RSVP is seeking a volunteer to assist with the Whitehall Food Pantry 2 days/month. One day will be registering pantry participants, distributing meat, and carrying food bags out to participant's vehicles from 10-1:30/2 pm. The second day would be on the 2nd Thursday of the month from 11/12 until 12:30 or 1:30 to assist with the truck delivery and put items away. Please call us at 715-985-2391 if you are interested in this volunteer opportunity!

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**EVENT
CANCELLED!**



We are sad to announce the cancellation of all of the 2020 RSVP Volunteer Recognition Events for Buffalo, Eau Claire, Jackson, Pepin, and Trempealeau counties. We always look forward to the events as they are a way for us to connect with all of our volunteers and for you to have the opportunity to visit with all RSVP volunteers/partnering sites in your county. We know that you enjoy them as well! Recognition time also gives us the opportunity to show our appreciation to each and every one of you providing impactful service in your communities. It is also offers an occasion for local businesses to show their support for RSVP volunteers in their county.

We have every intention to come back in 2021 and provide a spectacular Recognition Event.

At this time, we want to wish you and your loved ones well and to say ‘thank you’ for all you do.

We appreciate you giving your time and talents in your community.

If there is anything you need during this time, please reach out to us. We would love to hear from you.

Take care and we hope to see you soon!



Feeling isolated, lonely or a little nervous these days? Here are some tips that we can all use as we navigate these uncertain times.



Stay informed and take practical steps to protect yourself and loved ones. Get the facts from trusted sources but don't stay glued to the news. It will only worsen the distress you may be feeling right now.

Engage in healthy activities. Get 7-9 hours of sleep each night; eat a healthy, well-balanced diet; don't drink more than one alcoholic drink per day/none at all; and exercise your body and mind.

Make sure you have at least a one-month supply of your prescription and over the counter medications. Be sure to take all of your medications as directed by a healthcare provider.

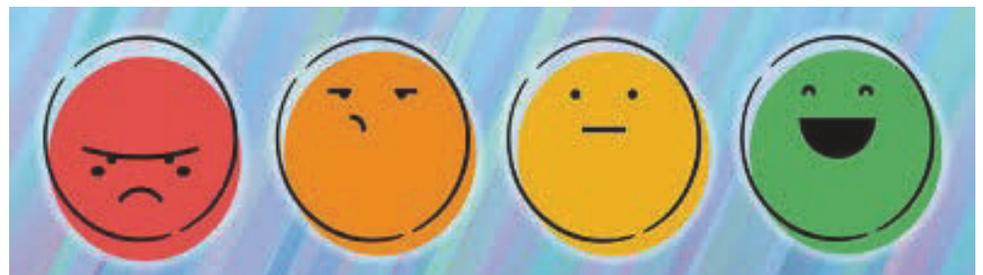
Stay busy and stick to regular routines if you can. Make old and new hobbies part of your day.

Stay connected with your family, friends, and other support networks (Faith, hobbies, etc.) Contact at least one person every day by phone, email, or even video chat. Consider asking someone to be your support buddy and have daily conversations.

Stay positive and relish the simple things in life. Reflect on things you are grateful for. Once this pandemic is over, keep it going so we are all stronger, kinder, and more connected to each other.

*See more at:

<https://wihealthyaging.org/>



RENTAL HOUSING ASSISTANCE



Looking for an apartment? The Housing Authority of the City of Eau Claire can help. Applications are currently available for all Housing Authority housing programs.

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Please pick up an application from the Housing Authority office at 203 South Farwell Street or call the Housing Authority at 839-4943 for more information. You can also contact the office if you require voice TDD, specialized needs due to handicap (such as sign language interpreter, wheelchair accessibility, reader) or if you need a bilingual interpreter.

Call the Housing Authority for application, income guidelines, and other qualifications



TIP #1

Stand Up Sitting all day is bad for your health. Reducing your sitting time can improve your strength and balance while reducing your risk for chronic diseases. Try to stand up for 1-2 minutes every 30 minutes.

TIP #2

Caregiving? Take care of yourself too! Taking care of a family member can be both fulfilling and demanding. Taking some time for yourself and finding resources can ease the physical, financial, and emotional challenges that come with caregiving.

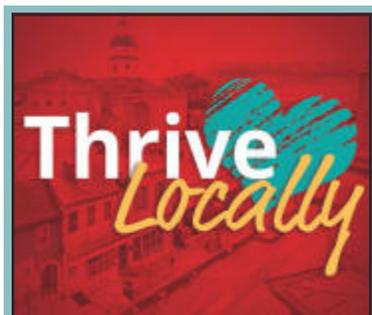
TIP #3

Stay connected Loneliness can sneak up on you when you're isolated. So take steps to maintain your mental and emotional health. Connect with people when you can't be together. Call. Connect online and via social media. **Stay together, while staying apart.**

TIP #4

Exercise Your Brain Engaging in activities that are mentally stimulating can benefit your brain, so take steps to keep your mind active. Learn a new skill-or teach one. Read. Work or volunteer. Do puzzles and play games. Start or revive a creative hobby. **Do something that challenges you-and your brain.**

*See more at: <https://wihealthyaging.org/>

 <p>Thrive <i>Locally</i></p>	 <p>MyChoice Family Care <i>Committed to Your Independence</i></p> <p>1-877-489-3814 www.mychoicefamilycare.org</p>	<p><i>We are your choice for Long-Term Care for Seniors and adults with disabilities. Helping you remain safe, independent, and active in your community.</i></p>
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Sitting too much is bad for your health, yet many of us do it. Studies have linked inactivity with obesity, type 2 diabetes, some types of cancer-even early death. Reducing your sitting time can improve your strength and balance while reducing your risk for chronic diseases. Here are some ways to challenge yourself to stand more and decrease your time in the chair/on the couch:



Stand Up During TV Commercials It's easy to find yourself glued to the TV for hours at a time. So make a new rule for yourself; stand up during the commercials. Or go one better, walk around the house during commercial breaks.



Move the Remote Instead of having the TV remote control right next to you, move it across the room. Inconvenient? Yes. But, that's the point. It forces you to get up every time you want to change the channel or adjust the volume.



Take Up a Hobby that Involves Standing Make old and new hobbies part of your day. Cooking, woodworking, gardening, exercising and others are fun, purposeful, and help increase your standing time.



Connecting with Friends and Family by Phone? Stand While Talking Decide to stand up whenever you are talking on the phone. You may even opt to move the phone to a location that requires you to get up to answer it.



Spread Household Chores Throughout Your Day It may be more efficient, but doing all your chores at once can give you longer periods of idle time later to be sitting. Scheduling your jobs for different times of the day can result in less time sitting and more total time standing.

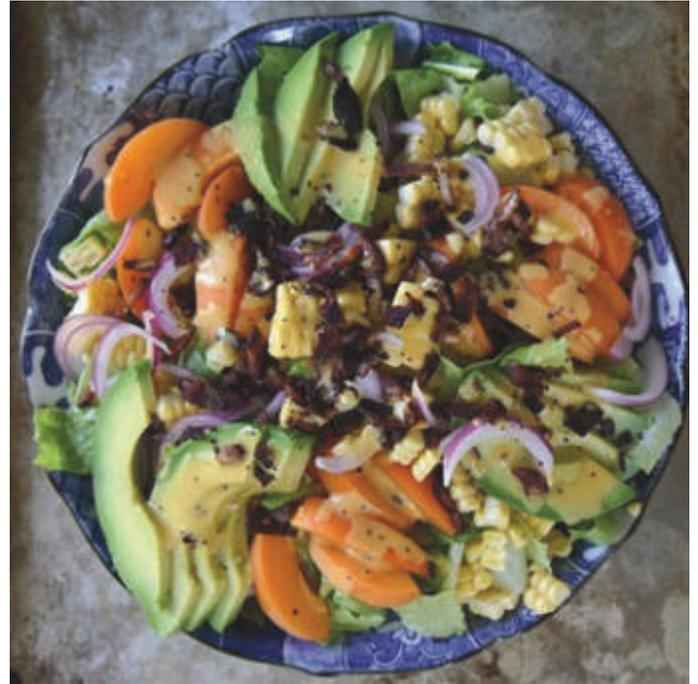
*See more at: <https://wihealthyaging.org/>

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Summer Salad with Apricot Poppyseed Dressing & Bacon Crumble

Ingredients:

- Apricot Poppyseed Dressing
- 3 apricots, pits removed
- 4 tablespoons sweet yellow onion, chopped
- ¼ cup olive oil
- 4 tablespoons red wine vinegar
- 3 tablespoons honey
- kosher salt to taste
- 2 teaspoons poppyseeds
- 2 romaine hearts, chopped
- ½ red onion, thinly sliced
- 1 large avocado, thinly sliced
- 2 ears of fresh corn, cut off of the cob
- 3 apricots
- 4 slices of bacon cooked to crispy



Preparation time: 15 minutes

Number of servings (yield): 4

Instructions:

For the Apricot Poppyseed Dressing:

1. In the jar of a blender, combine the apricots, onion, oil, vinegar and honey. Puree the ingredients to a smooth dressing. Season to taste with kosher salt. Stir in poppyseeds until the dressing is fully incorporated and smooth.

For the Salad:

On a platter arrange the salad and top it with the onion, avocado slices, raw corn, and apricot slices. Drizzle with the Apricot Poppyseed Dressing and then top with the crispy crumbled bacon.

*See more at: <https://bit.ly/2w5FNiY>



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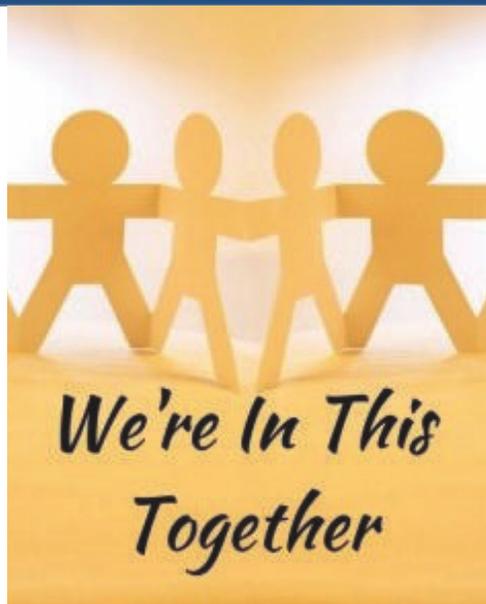


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**NATIONAL &
COMMUNITY
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*Western Dairyland's RSVP program serves
Buffalo, Eau Claire, Jackson, Pepin and
Trempealeau counties.*

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WE LISTEN, WE ACT, WE CARE