

# RSVP Volunteer Program

RSVP IS A PROGRAM OF THE WESTERN DAIRYLAND COMMUNITY ACTION AGENCY

## *St. Francis Food Pantry-RSVP Partnering Site*

May/June 2016



**Pictured: RSVP Volunteer Jon Eslinger**

man, thoroughly enjoys working with all of the volunteers. Jerry stated that they wouldn't be able to do it without them. Coordinating the pick-ups from local businesses and volunteers to go to each location takes a lot of dedication and planning. Jerry Boardman and his volunteer team tackle the task. Jerry has been involved with the food pantry for about twelve years and states that his volunteers are 'the best in the west'. RSVP Volunteer, Jon Eslinger, said that two years ago he made up his mind to see if there was anything he could do to help out at the pantry. Jerry asked if Jon had a driver's license and soon after, Jon was given a list of local places to go to pick up food. Jon currently volunteers three times a week, and says the volunteer opportunity not only helps people but is also fun. Jon states, "Knowing all of the people who come will get something to eat," is the most satisfying thing about volunteering with the pantry.

Walking in the door at St. Francis Food Pantry gives you an instant impression of the number of individuals it serves. The sheer volume of food the pantry offers is almost unbelievable. Serving an average of about 200 families a day takes a large and organized space; that is what you see when you arrive. The St. Francis Food Pantry is a great example of a community working together to ensure people get enough to eat. It takes a lot of volunteers to operate efficiently and effectively. Right at the center of the action, is a great group of RSVP volunteers. RSVP volunteers typically serve on Mondays, Wednesdays, and Fridays. However, the pantry also gets help from college students, a local high school, and other volunteers recognizing and fulfilling a need right in their local community. The pantry is fortunate to have a host of local businesses that are happy to donate items. St. Francis Food Pantry receives food from Festival Foods, four different Gordy's locations, Target, the Holiday on Birch Street, the Farmer's Market when in season, and many more. The pantry also orders food from Feed My People Food Bank enabling them to purchase food at a significantly reduced cost.

St. Francis Food Pantry staff member, Jerry Board-

**Continued on page 3**

## RSVP Contact Information

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.

**Address:**

Western Dairyland EOC Inc.

**RSVP Program**

23122 Whitehall Road  
Independence, WI 54747

**Phone:**

715-985-2391 ext. 1205

**Office hours:**

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

**Website:**

[www.westerndairyland.org](http://www.westerndairyland.org)

**Email Address:**

[cheryl.padula@wdeoc.org](mailto:cheryl.padula@wdeoc.org)

## 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? Have you changed your volunteer location? 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 or 1232.**

**We look forward to hearing from you!**

## Welcome New Volunteers!

Hattie Berman

Trudy Hoskins

Roxanne (Roxie) Allemann



## RSVP Contact Information

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

**Address:**

Western Dairyland EOC Inc.

**RSVP Program**

23122 Whitehall Road  
Independence, WI 54747

**Phone:**

715-985-2391 ext. 1205

**Office hours:**

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

**Website:**

[www.westerndairyland.org](http://www.westerndairyland.org)

**Email:** [Cheryl.padula@wdeoc.org](mailto:Cheryl.padula@wdeoc.org)

**We welcome your comments & suggestions about the Western Dairyland RSVP program.**

### Food Pantry Continued...

RSVP Volunteers Bonnie Peterson and Sue Abing have both been volunteering at St. Francis Food Pantry for about seven years. They both agree that being able to help is a great reward. Bonnie adds, "It makes you feel good to give back to the community; a lot of people need food." Sue said, "It beats sitting around watching television, and this keeps your brain active."

Being able to witness some of the RSVP volunteers complete multiple tasks is an enjoyable thing. They work very efficiently, concentrating on breaking down and organizing cardboard as well as getting the donated produce washed and put away before the next load of food comes, all with a smile on their face. The volunteers work comfortably in their space, sharing an occasional laugh amongst each other while continuing to move food from place to place.

The St. Francis Food Pantry also receives food from the Western Dairyland Temporary Food Assistance Program (TEFAP). Commodities are provided on the third week of the month on Tuesday, Thursday, and Saturday. However, the pantry picks up from the local stores six days a week, so volunteers are always needed. Help is always needed to pick up and deliver the food, process food, organize, and stock shelves. The hours for the St. Francis Food Pantry is open on Tuesdays and Thursdays from 11 a.m. until 3 p.m. and Saturdays 11 a.m. until 2 p.m. Volunteers are needed at other hours to help prepare the pantry before their doors open.

If you would like to become an RSVP volunteer OR if you are already an RSVP volunteer and would like to take advantage of this RSVP volunteer opportunity, please call us at 715-985-2391 ext. 1205.

**"IT'S NOT HOW MUCH WE  
GIVE BUT HOW MUCH LOVE  
WE PUT INTO GIVING."  
MOTHER TERESA**

**Pictured below: (Left) RSVP Volunteer Sue Abing; (Right) St. Francis Food Pantry staff member Jerry Boardman.**



### Attention Volunteers & Site Supervisors!!!!

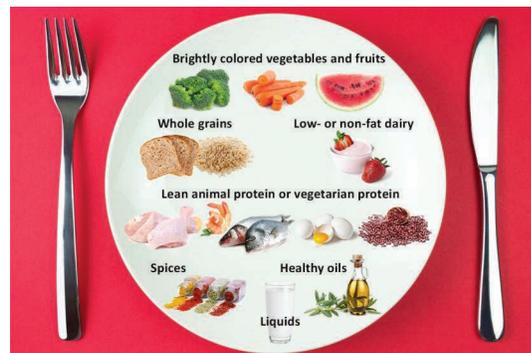
If you absolutely love your RSVP volunteer site and would like to give a “shout out” to your site/ other volunteers, please send us the site information along with your thoughts. What makes your site a great place to be? What do you like best about what you do? Pictures are welcome and would be helpful although not required. If you would like to specifically recognize another RSVP volunteer at your site for their hard work and dedication, please send it in to us. We may feature your submission in an upcoming newsletter.

Thank You!

### What’s on your plate?

According to the U.S. Department of Agriculture, the daily recommendations for seniors are:

- 1 1/2 to 2 servings of Fresh Fruit
- 2 to 2 1/2 Cups of Fresh Vegetables ( Dark leafy greens such as Kale & Spinach are rich in anti-oxidants, as well as oranges and yellows like Carrots and Squash).
- 1,200 Mg of Calcium ( Low-fat milk, yogurt or cheese. Non-dairy options are tofu, broccoli and almonds).
- 6 to 7 Ounces of Grains (Choose whole grains for more nutrients and a higher fiber count).
- 65 Grams of Protein



\*See more at:

<https://goo.gl/A9gmwI>

### Fresh Summer Wrap



#### Ingredients

	<u>1 Serving</u>	<u>2 Servings</u>
Wrap	1	2
Grated Cheese	2 Tbsp	4 Tbsp
Lean Ham, Chicken, or tuna (drained)	2 Slices/95g Can	4 slices/185g Can
Mayonnaise	1 Tsp	2 Tsp
Small tomato, sliced	1	2
Shredded Lettuce	1/2 Cup	1 Cup

*“Serving the Independence area since 1897”*

## INDEPENDENCE STATE BANK



Member FDIC  
Established 1897

23942 Senty Dr.  
Independence  
715-985-3197

2495 Commercial Blvd.  
Chippewa Falls  
715-738-1897

E401 Menomonie St.  
Elk Mound  
715-879-4888

[www.independencestatebank.com](http://www.independencestatebank.com)

**Support your community! Volunteers are needed at the following RSVP Partnering Sites:**

**Trempealeau County Food Pantry (Arcadia)-** Substitutes needed! Give it a try and you could become a regular volunteer! Monthly distributions are from 12:45-3:15 p.m. on the third Wednesday of every month. This includes handing out designated amounts of food to clients and also can use someone to help some clients bring food to their vehicles. At times, extra help is needed to help unload the food delivery trucks and stock pantry shelves. Truck delivery is the second Thursday of the month at 12:30 p.m. The other truck is delivered sometime during the first two weeks of the month around 1:00 p.m. The time requirement is anywhere from 45-90 minutes each. Please let us know if your time is flexible and you would like to try this great opportunity!

**Fresh Start (Altoona) -** Get your hands dirty with this rewarding volunteer opportunity!! Western Dairyland’s Fresh Start Program is looking for volunteers with a construction background to work with at-risk youth to build their construction skills. The opportunity would be between 9 a.m. and 3 p.m. Monday-Thursday based on your availability. If you would like to learn more about this opportunity please give us a call.



**Chippewa Valley Museum (Eau Claire)-** Variety of opportunities available!

If you like to multi-task this is a great place for you! However, this placement is also flexible and has a spot for you if you like to concentrate on one task. The Chippewa Valley Museum is currently seeking volunteers to work at the Front Desk, in the Museum Store, and the Ice Cream Parlor.

**Front Desk tasks include:** Welcoming guests, answering basic museum questions and ring up admissions.

**Museum Store tasks include:** Ring up visitors purchases

**Ice Cream Parlor tasks include:** Making ice cream treats, ring up purchases and light cleaning.

If you are interested in more than one area, you can include a combo of any of these duties. Training is provided and typically requires two training sessions that are about two hours each.

Each opportunity would generally require only once or twice per month unless you would be interested in additional days. Time commitment is about 3-4 hours each month.

Contact us to learn more about volunteering at Chippewa Valley Museum as an RSVP volunteer!

**SENIORS/PERSONS WITH PHYSICAL DISABILITY  
ONE & TWO BEDROOM APARTMENTS**

**Includes:** • Refrigerator • Stove • Spacious community room • Laundry room  
• Off street parking • Indoor mail delivery & Security entrance system

UTILITIES INCLUDED | Rent is 30% of Your adjusted income | *Service Coordinator available at no cost*

**PARKVIEW APARTMENTS**

35777 Chestnut Ave., Independence, WI

**For More Information Call 888-393-3282**



**ASAP  
SEPTIC PUMPING LLC**

**Serving Jackson  
& Surrounding Counties**

Locally Owned & Operated

**715-963-ASAP (2727)**

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information and resources. According to the US Census Bureau, the number of Americans 65+ will surpass the number that are 18 or younger by 2056. And by 2060, there will be about 92 million Americans who are 65+. It's no wonder then that an entire month has been set aside to honor and celebrate older Americans.

\*See more at: <http://goo.gl/5Lq50w>

### History of Older Americans Month:

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month." Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.



\*See more at: <http://goo.gl/vA8rTn>

### Your Health : Signs of a Stroke-

Few Americans know the signs and symptoms of a stroke. Learning them could save your life or the life of a loved one. A stroke injures the brain so the person who is having the stroke may not be aware of what is happening. If a person is there to witness the stroke, they may just think the person seems confused or disoriented at the moment and not seek treatment.



Common stroke symptoms include: A sudden numbness or weakness in the face, arm, or leg, especially affecting one side of the body. Sudden confusion, trouble speaking or understanding. Sudden trouble seeing in one or both eyes. Sudden trouble walking, dizziness, or loss of balance. Sudden severe headache with no known cause.

The National Stroke Association (NSA) recently reported that strokes are the third leading cause of death in the United States and are the leading cause of long-term disability in adults. They estimate that 2 million brain cells die every minute during a stroke. The damage caused can be greatly reduced when treatment is given within 60 minutes of the initial onset of the stroke. The key is to recognize a stroke is occurring and to get to a hospital quickly.

\*See more at: <http://goo.gl/4RiV7B>

**SCHNEIDER**  
*Automotive*  
**& COLLISION CENTER**

**Call Us**  
**715-538-2444**

[www.schneiderautomotive.net](http://www.schneiderautomotive.net)

**The HOMEPLACE**  
*Since 1999*

**Independent, Assisted Living and Memory Care**

[www.thehomeplaceof.com](http://www.thehomeplaceof.com)  
**715-429-1007**

**COUNTRYSIDE COOPERATIVE**

*Creative Solutions. Exceptional Value.*

Agronomy	Feed	Propane
Bulk Fuel and Oil	Grain	Seed
Convenience Stores	Hardware	Small Engines
	HVAC	

**800.236.7585**

**Lenmark-Gomsrud-Linn**  
FUNERAL & CREMATION SERVICES  
[www.lenmarkfh.com](http://www.lenmarkfh.com)

814 First Ave. | 1405 N. Clairemont Ave.  
Eau Claire, WI 54703 | Eau Claire, WI 54703  
715-832-8301 | 715-834-4456

Providing on-site Cremation

## What You Should Know About Hernias

### What is a Hernia?

A hernia is an uncomfortable condition in which an organ or bit of tissue actually slips through a weakness or tear and protrudes unnaturally from the body. Though not universally so, most hernias come about as a result of a weakened abdominal wall, according to the Hernia Resource Center. This can be the result of a birth defect, but is also common as people age due to factors such as sickness, surgery, childbirth or obesity. While not immediately dangerous on its own, an untreated hernia can lead to severe medical complications requiring emergency surgery. Fortunately, hernias are not overly difficult to detect. Oftentimes, they are visibly noticeable as a protrusion from the abdomen, possibly even growing over time. Soreness and discomfort are also very common symptoms. However, one type of hernia known as a hiatal hernia does not always present noticeable symptoms.

### Treating Hernias

Hernias do not repair themselves or go away if left untreated. Despite the fact that, according to the HRC, 5 million Americans suffer from hernias, only around 275,000 of them seek treatment. The main reason for this is the primary hernia treatment is reparative surgery. Fortunately, technology has advanced to such a point that many hernia repair surgeries are noninvasive, and some can even be performed as outpatient procedures in a single afternoon.

\*See more at: <http://goo.gl/McKM3>

## National Cancer Survivors Day

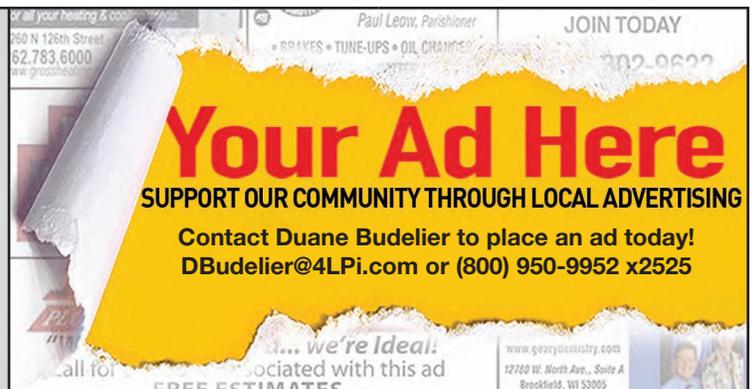
An annual treasure Celebration of Life that is held in hundreds of communities nationwide, and around the world, on the first Sunday in June. It is a celebration for those who have survived, an inspiration for those who recently diagnosed, a gathering of support for families, and an outreach to the community. On National Cancer Survivors Day, thousands gather across the globe to honor cancer survivors and to show the world that life after cancer diagnosis can be fruitful, rewarding, and even inspiring.

It is a day for everyone, whether you are a cancer survivor, a family member, friend, or medical professional. This day provides an opportunity for all people living with a history of cancer—including America's more than 14.5 million cancer survivors—to connect with each other, celebrate milestones, and recognize those who have supported them along the way. It is also a day to draw attention to the ongoing challenges of cancer survivorship in order to promote more resources, research, and survivor friendly legislation to improve cancer survivor's quality of life.

\*See more at: <http://goo.gl/ppuizK>

[sur • vi • vor]

To beat the odds, one with great courage and strength, a true inspiration

<p><b>MAINTENANCE-FREE HOMEOWNERSHIP 62+</b></p>  <p>1374 Van Buren Street Black River Falls, WI 715-284-8400</p> <p>A WILLOW BROOK COOPERATIVE</p>	 <p><b>Your Ad Here</b></p> <p>SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING</p> <p>Contact Duane Budelier to place an ad today! DBudelier@4LPi.com or (800) 950-9952 x2525</p> <p>... we're Ideal! associated with this ad FREE ESTIMATES</p> <p>www.gearyceramics.com 12750 W. North Ave., Suite A Brookfield, WI 53005</p>
--	---



**Pictured: RSVP Volunteer Linda Soltis-Schroeder**

RSVP Volunteer, Linda-Soltis-Schroeder, has history with the Red Cross, first as a paid employee, and second as a volunteer since 2010. She is currently a Disaster Action Team Volunteer and mostly does client casework. Linda meets with people locally who have had “small” disasters such as a house fire. Linda helps with short-term and long-term needs. She assists fire victims with lodging, food, and clothing, not to mention checking in with them later on to see how they are doing. She has an elaborate list of resources available for disaster victims and refers them to different places in their community. In some cases she makes the first connection to those resources

for the client(s). Linda finds it very satisfying to see the look of relief on the faces of disaster victims when she approaches them as a Red Cross volunteer to offer assistance. Linda said, “When you don’t even have a toothbrush to use, it can be very scary to pick up the pieces”.

The American Red Cross Western Wisconsin Region is a partnering volunteer site of the RSVP Volunteer Program. It has provided Linda with the opportunity to volunteer both locally and nationally. Linda previously offered her assistance as part of the Hurricane Sandy Response Team to shelter victims of the hurricane. When she arrived, all of the trees were down and there was no electricity. She remembers staying at a Hyatt, walking up six flights of stairs with her luggage. Linda said, “After that, I learned to pack light.”

	<p><b>Affordable Alternative to Larger Tax Services</b></p> <p><b>ACTION TAX SERVICE</b></p> <p>1122 Birch St., Eau Claire 715-832-1534 <b>New Client Discount \$10</b></p>	<p>or all your heating &amp; cooling needs 250 N 126th Street 62.783.6000 www.groch.net</p> <p>Paul Leow, Parishioner • BRAKES • TUNE-UPS • OIL CHANGES</p> <p>JOIN TODAY 302.0822</p> <p><b>Your Ad Here</b> SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING</p> <p>Contact Duane Budelier to place an ad today! DBudelier@4LPi.com or (800) 950-9952 x2525</p> <p>... we're Ideal! associated with this ad FREE ESTIMATES</p> <p>www.gearycrossity.com 12750 W. North Ave., Suite A Brookfield, WI 53005</p>
--	---	--

Last year Linda went to California to provide assistance for victims of the wildfires. She volunteered for Staff Services. She was in charge of the event-based volunteers and placing them in jobs. By the time Linda arrived, it seemed like the majority of the victims were in shelters. However, about half way through her stay, more wildfire victims started arriving by foot, by horse or however they could get to shelter. Linda mentions that it was very hard for the wildfire victims due to the fact you could not differentiate between anything when looking at the landscape. Many people could not even find where their home had been located. So far, this has been the most devastating wildfire California has ever had, and the state is known for its wildfires. Linda also mentions that, due to this, during wildfire season inhabitants cannot get [fire] insurance, and if they have it already, their insurance is suspended during this time. Linda also shared that many people have heard of the Red Cross but rarely do they know what the organization can do for them.

There is a great need for RSVP volunteers to serve with the American Red Cross. Kristin Sosalla, Volunteer Services Coordinator, stated that their greatest need is for Disaster Responders and Disaster Action Team (DAT) volunteers at this time. Many volunteers come from an hour or more away, and it would be wonderful to have a selection of local RSVP volunteers trained to offer a quicker response time for local disasters.

The Red Cross has local events to make it easier for you to get a feel for what the volunteer opportunity entails, without the commitment up front. When you go through the process of becoming a volunteer for the Red Cross through the RSVP Volunteer Program, you are only agreeing to be trained and available more on an “as needed” basis; there isn’t a set time you have to be available such as once per week or month as with most opportunities. Red Cross volunteers receive about twelve hours of online and face-to-face training. The great thing about this volunteer opportunity is that you can move into different areas based on your interests and there is an opportunity for growth. You just need to pursue the training and gain experience. The Red Cross is a volunteer-led organization. For Linda the most rewarding experience in volunteering with the Red Cross is “hearing that sigh when they realize everything will be okay.”

**If you are interested in learning more about the Red Cross Disaster Assistance RSVP volunteer opportunity, please call the RSVP Office at 715-985-2391 ext. 1205.**



**Medicare premiums too high?**

We offer the most competitive medicare supplements in the state.

*Call for a free quote with no obligations.*

We also offer critical care and cancer coverage.

Your independent agent for 22 years

**Catherine Gunnarson**  
715-495-1262


**Enhancing One's Quality of Life**  
Compassion - Respect - Leader - Enrich - Professional

**Adult Day Program**  
Church Street Community Club

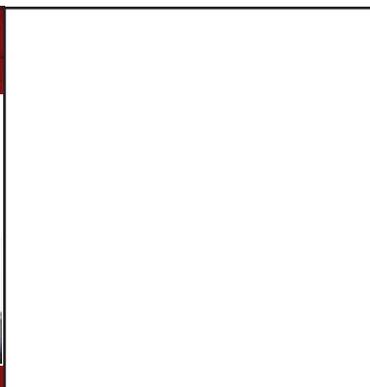
Our Adult Day Program provides services, to older adults in our region, seeking a caring community setting for during the day care.

Services Provided Include:

- Nutritious meals and snacks
- Occupational, Physical, and Speech Therapy\*
- Music from the community
- Crafts and games • Worship
- Exercise • Special Events
- Transportation\* • Beautician\*

\* additional fee

[www.tchcc](http://www.tchcc) | 715-983-2293 ext 4024 | Pigeon Falls, WI



In honor of Senior Corps Week, we would like to use this opportunity to recognize our RSVP volunteers and to state our appreciation for all you do. The impact that each RSVP volunteer makes is what helps contribute to a better world—beginning in your own community. Each volunteer site and/or opportunity offers those in need with some type service and the opportunity for an RSVP volunteer to help, translating to hope for the recipients. Thank you so much for your contribution to your community and for being a part of the RSVP Volunteer Program!

**“Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember, you don’t live in a world all of your own.”**

**Albert Schweitzer**

**#SeniorCorpsWorks**

### Senior Corps Pledge

I will get things done for America—to make our people safer, smarter, and healthier.

When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.

When faced with children at risk I will help them stay in school and on track for a brighter future.

When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.

Working for the greatest good, I will use my lifetime of experiences to improve my country, my community, and myself through service.

I am a Senior Corps RSVP volunteer, and I will get things done.

# Thank you RSVP volunteers!

**Home  
Health &  
Hospice**



Whether it is aging, coping with recovery from a recent hospitalization or living with a chronic illness, we are here to help.

Call 1-800-236-8408 (toll-free) for more information.  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)



Sudoku was created by a puzzle company in Japan in the late 1980s, but became prevalent in American society around 2005. In Japanese, Sudoku means "single number".

Just as people have to exercise our bodies in order to stay physically fit, we also need to "exercise" our brains. Some studies have suggested that playing "brain games" like Sudoku might help people reduce their risk of Alzheimer's disease, cognitive decline, or dementia as they get older.

\*See more at: <http://goo.gl/eaOCm3> and <http://goo.gl/WXO9gL>

**Objective: Complete the 9x9 grid. Each of the nine 3x3 boxes must contain the digits 1-9.**

		5		9				1
					2		7	3
7	6				8	2		
	1	2			9			4
			2		3			
3			1			9	6	
		1	9				5	8
9	7		5					
5				3		7		



RSVP Volunteer Office  
23122 Whitehall Road  
PO Box 125  
Independence, WI 54747

NON PROFIT ORG  
U.S. POSTAGE  
PAID  
EAU CLAIRE WI  
PERMIT NO. 2000

Return Service Requested



Corporation for  
**NATIONAL &  
COMMUNITY  
SERVICE**

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

# RSVP Volunteer Program

RSVP IS A PROGRAM OF THE WESTERN DAIRYLAND COMMUNITY ACTION AGENCY



**WE LISTEN, WE ACT, WE CARE**