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Coulee Region RSVVP Newsletter

Spring/Summer 2011

Inside this issue

- Letter from the Director 1
- New Volunteers 2
- Meet your Board Member 2
- Wellness Expo 2011 3
- New For You At RSVVP 3
- Who Will be Smarter than a 5th Grader? 4-6
- Volunteer Opportunities 7
- Thank You Volunteers 8
- Volunteer Driver Program 9
- Foster Grandparent Program 10
- Special Recognition 10
- Study Buddy Program 11
- Handcraft Program 12
- Handcraft Needs 12
- Donations & Contributions 13-14
- Your Support Welcome 15
- Please Keep Us Informed 15
- Calendar of Events 15
- RSVVP Staff 16
- RSVVP Board of Directors 16

From the Director

Finally, summer is here, but what happened to spring? One day its 30 degrees in June and then 90 the next. Oh well, Mother Nature and Wisconsin... unpredictable, but we love it here.

In deciding what I should include in my letter, I pondered many options. Shall I write about how active RSVVP volunteers have been during the past six months serving in many capacities throughout our communities, should I write about the success of Who Will Be Smarter than a 5th Grader?, should I write about Grandma Judy receiving the Governors Service Award, or should I write about the new additions to our RSVVP family-Heather's new baby and Amanda's upcoming nuptials? However in reviewing the contents of this newsletter, I saw that most of those topics were already included. So what remained? Ah, how about a little refresher about RSVVP? Yes, that's it, what a good idea, especially since we have so many new friends and volunteers to RSVVP. So, sit back, relax, and enjoy the rest of my letter as I talk (write) succinctly, (if I can) about one of my favorite subjects... RSVVP.

The term RSVVP comes from the French expression "répondez s'il vous plaît," meaning "please respond." And I must say, RSVVP volunteers do respond.

RSVVP is America's largest volunteer network for individual's age 55 and better. You don't have to be retired, just willing to share your time. As an RSVVP volunteer you are among nearly 500,000 volunteers across the country that are making a difference in our communities every day. Coulee Region RSVVP is a 501(c)(3) organization that is partially federally funded through the Corporation for National and Community Service, the Wisconsin Bureau on Aging and the generosity of individuals, local organizations, businesses and grants.

RSVVP offers a full range of volunteer opportunities, we have partnered with over 125 non profit organizations throughout La Crosse and Monroe Counties, offering a variety of volunteer choices. With RSVVP, you choose how often and where you want to serve, drawing upon your skills or developing new ones; together we can find the volunteer opportunity that's right for you. Whether its tutoring and mentoring students, helping prepare taxes, assisting at the DMV, delivering meals, sewing, knitting, helping at community festivals and cultural events; driving, volunteering at area medical and long term care facilities, nature centers, libraries, Habitat for Humanity or offering disaster relief assistance to name a few. Whatever you would like to do, RSVVP can find the place for you.

When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends and research shows that volunteering helps you live longer and promotes a positive outlook on life.

... continued on page 11

New Volunteers

Names from January 1st, 2011 through June 30th, 2011

Elizabeth Benjamin
Patricia Bosshart
Bernard 'Rick' Brawner
Marjean Breunig
Ronald Chaney
Lorrayne French
Sue Geurkink
Paul Glamm
Dmitria Gray
Virginia Hanifl
Vince Hatt
Karen Johnson
Fred Kiehne

Maureen Kinney
Carol Le Claire
Chris Lewis
David Long
Jo Ann Nelson
Trisha Nichols
Dottie Oakes
Donald Panka
Ronald F. Payne
Margaret 'Peggy' Pelishek
Bruce Pulkila
Caroline Rediske
Chuck Rudrud

Susie Schock
Susan Seidel
Sue Snapp
Carolyn Sorenson
Roger Sorenson
David Stark
Barbara Tripp
Gerald Tripp
Jeanette Weber
William Wehrs
Jean Zaudtke
Sandra Zielke

All volunteers who serve 25 or more hours during the last year will receive an invitation to our Volunteer Recognition Banquet in September. So please keep sending in your hours to the RSVP Office, we are looking forward to seeing all of our volunteers there!

Do you know someone who might like to volunteer? Our volunteers are our best recruiters as they spread the word about why they like to volunteer and the need for more volunteers. For a sampling of current requests, see our Volunteer Opportunities section. We currently have needs at over 100 different locations throughout La Crosse and Monroe counties. Please pass this newsletter on to a friend or neighbor and tell them about RSVP and our many programs!

Meet your Board Member!

Name: Loren Krueger

Hometown/Family: La Crosse, WI – Loren and his wife, Lila of 49 years have three daughters, and eight grandchildren. They lost one son to cancer at the age of 25. Loren's wife Lila is also a volunteer with RSVP.

Job: Loren worked as a Designer for Trane Company and Chart Chemicals in La Crosse, WI.

Civic Involvement: Loren serves our community through various RSVP programs; tutoring and mentoring elementary students with the Onalaska PARTNER Program at Eagle Bluff Elementary, ushering at the La Crosse Symphony Orchestra performances and other Viterbo University functions, volunteering at Gundersen Lutheran, helping with Special Events, and driving individuals to and from medical appointments. Loren also serves as a Director for Altra Federal Credit Union and volunteers for PGA Golf Tournaments.



Loren's class at Eagle Bluff presented him with this plaque to thank him for all of his help in their classroom this past school year.

Favorite Part of the Coulee Region: "The Sandstone Bluffs."

Why are you involved with RSVP as Board Member? Loren is involved with RSVP because he "enjoys staying active in retirement and RSVP is one of the best ways to do that." He also really enjoys working with people.

What do you hope to see happen for RSVP in 2011? "I hope that the community and the state recognize the significant service that RSVP provides and that the funding for this program will remain in tact so that we can continue offering the good programs that we have already started."

What would be your ideal retirement? "I think I am living it."

What is the most interesting thing about you? "I am not afraid to say what I think."

What is your greatest achievement thus far? "I don't really look at them as achievements, I just enjoy being part of volunteerism and I appreciate the opportunity to help those that are less fortunate than I am."



Wellness Expo 2011

The 2011 Wellness Expo held on Friday, April 29th at the Onalaska OmniCenter featured presentations on Exercising with Arthritis by Linda Larson, Registered Clinical Exercise Physiologist and Wellness Education Specialist from Gundersen Lutheran; Vitamins, Herbs, and Dietary Supplements – Ask a Pharmacist by Philip Steinhoff, R.Ph, Pharmacist from Franciscan Skemp Healthcare; Fly Fishing presented by Gander Mountain; and Easy Backyard Gardening by Kathryn Korthauer, FSPA Organic Garden St. Joseph Ridge Intern. Over 300 participants attended, taking advantage of the information and displays offered by the exhibitors; which included free

health checks, entertainment by the Very Large Quartet and a free lunch meal offered to all the attendees. RSVP extends our thanks to everyone who helped make the 2011 RSVP Wellness Expo a success. Our sincere gratitude goes to the Wellness Expo Committee and to our volunteers for their hard work. Thanks also to the following sponsors for their support: Gundersen Lutheran,

Mayo Clinic Health System in La Crosse, UCare, Home Instead Senior Care, Luxury Bath, Bethany St. Joseph Corporation, Prosthetic Laboratories, Aging & Disability Center of Western Wisconsin, Onalaska OmniCenter, and WXOW News 19, as well as, Brookdale Senior Living, Pepsi Cola Bottling of La Crosse, and Potato King for their in kind donations. All of us at RSVP truly appreciate the continued support we receive from each of these agencies and their partnership in offering this beneficial event to our community. We hope to see you all again next year. Thank you!



New For You At RSVP

Groceries to Go...Senior Share

Are you in need of groceries? Have no way of getting them? Or would you like to help those who need assistance? If so, then perhaps we can help get your groceries or you can volunteer to help those who need help.

RSVP and WAFER are collaborating to help seniors or homebound individuals in our community get the groceries they need. To qualify you have to meet the required income guidelines of \$1,679 per month for one person, or \$2,269 per month for two.

RSVP will provide you with transportation weekly to WAFER so that you can select your own or if you are unable to go, then we will deliver them to you at no charge.

Need groceries or want to help deliver, for more information please contact Amanda or Lynnetta at RSVP via email: info@rsvplax.org or phone: 608.785.0500.

RSVP and WAFER together, making a difference in our community.



Need a Handy Man, or in this case a handy Art or Roger?

Have some little projects around the house that need attention? Need to make your house more accessible so you can remain at home and independent? Not sure where to turn? Then the RSVP Handy Man team of Art and Roger could be just the answer you are looking for. Installing a ramp, changing door handles or repairing small engines. No job is too small at all for these two guys. You provide the materials, and maybe even a sweet treat, Art and Roger will provide the labor and tools. If you would like more information on how Roger and Art can help you fix a few things around your house, then give RSVP a call to get connected, 608.785.0500.



Who Will be Smarter than a 5th Grader?

What an awesome day and even more so, an absolutely fantastic fundraiser. The third annual, "Who Will be Smarter than a 5th Grader?" held on Saturday, May 21, proved to be our best "fun"draising event yet; with 16 fabulous fifth graders and courageous community celebrities matching wits and wisdom at Valley View Mall for the chance to be "smarter than a fifth grader."

Congratulations to the winning team of WXOW TV-19 Daybreak Meteorologist, Nick Grunseth and his fifth grade partner, Andrew Runde of Eagle Bluff Elementary School. Congratulations also to the People's Choice Award Winner, Dr. Steve Webster. Steve was the highest ever "vote" recipient; raising over \$3,000.00. On behalf of the Board of Directors, staff, and volunteers of the Coulee Region RSVP, our sincere thanks and gratitude to all of the "celebrity contestants" and students who participated.

We extend a sincere thank you to our Founding Partners – Midwest Family Broadcasting, Travel Leaders, Coulee Bank, Fox 25/48 and Valley View Mall; our Platinum Sponsors- Mathy Construction Company, The Remainders and Kaplan University School of Professional and Continuing Education, and our Gold Sponsors, Cowgill Dental, Horizon Management Group, Inc., Dr. Paul & Jane Steingraeber, Mary Jo Werner, Merchants Bank, The Insurance Center and Tracy Pintz. Thanks to all of the donors who "voted" for the contestants and to our celebrity judges – Pete Woerpel, Laurie Kopp, Jerry Kember and honorary judge Amber Wuensch; to Brandon Holt and Dan Wiese for their audiovisual assistance; our thanks also to our great game show host, Mr. Memory-Brad Williams. Together all of you helped make this our biggest and best fundraiser ever.

Again congratulations to the Grand Prize winners, Nick Grunseth and Andrew Runde. Nick received a \$500.00 travel voucher courtesy of Travel Leaders and a Gift Certificate to Three Rivers Lodge along with other gifts from Pepsi. Andrew received a La Crosse Loggers Fan package, gift certificates to Target, Pizza Doctors, Festival,



Left to right: 2011 Champions, Nick Grunseth, WXOW News 19 & Andrew Runde, Eagle Bluff Elementary pictured with RSVP Director, Lynnetta Kopp.

Marcus Theatres Movie Package, games, books, and prizes from Fox 25/48, Pepsi and \$1,000.00 for his school.

Thanks to all of our additional sponsors and in kind donors for supporting this event. We couldn't have done it without your help.

Great job everyone. Put May 19, 2012 on your calendar to see "Who Will Be Smarter than a Fifth Grader?"



Pete Woerpel, Laurie Kopp, Jerry Kember and honorary judge Amber Wuensch

**Thank you to our
Founding Sponsors!**



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Who Will be Smarter than a 5th Grader?

Contestants



Dr. Sig Gunderson III, Surgeon, Gundersen Lutheran & Alison Foust, North Woods International Elementary



Dr. Paul Steingraeber, Retired Physician, Mayo Clinic Health System in La Crosse & Natalie Harron, St. Patrick's School



Dr. Terry Cowgill, DDS, Cowgill Dental & Jack Horihan, Blessed Sacrament School



Howard J. Eglash, Attorney Bosshard Parke Ltd. & Lance Gunther, State Road Elementary



Jeff Fredrickson, Jandt-Fredrickson Funeral Homes & Crematory & Maddie Eber, Southern Bluffs Elementary



Abbie Leithold-Gerzema, Co-Owner Leithold Music & Audrey Gerzema – Emerson Elementary



Dr. Silvana Richardson, Dean School of Nursing, Viterbo University & Sam Patschull, Spence Elementary



Terri Schlichenmeyer, The Bookworm Sez & Conner Knerzer, Summit Elementary



Mike Hayes, Host La Crosse Talk WIZM AM & Halle Taylor, Irving Pertsch Elementary

Who will be Smarter than a 5th Grader?

Contestants continued....



Dr. Andrew Temte, CFA – President, Kaplan University School of Professional and Continuing Education & Avery Laffey, SOTA I: School of Technology & Art



Dr. Steve Webster, Oktoberfest Past Festmaster & Brenden Elwer, Hintgen Elementary



Nick Grunseth, Daybreak Meteorologist, WXOW News 19 & Andrew Runde, Eagle Bluff Elementary



Steven Kopp, Hawkins, Ash, Baptie & Company, LLP & Emma Harlan, Northern Hills Elementary



Nancy Proctor, President Village of Holmen & Shawna Davis, Prairie View Elementary



Denise Loveland, President, Horizon Management Group, Inc. & Alyssa White, Franklin Elementary



Mary Jo Werner, CPA/JD, Partner, WIPFLI, LLP & Joey Krajewski, Coulee Montessori

Platinum Sponsors





THE REMAINDERS

Gold Sponsors







Dr. Paul & Jane Steingraeber
Mary Jo Werner
Tracy Pitz

Volunteer Opportunities

The Coulee Region RSVP is full of volunteer opportunities! Please contact our office, 608.785.0500 or visit our website www.rsvplax.org to find out how you can get involved! Monthly updates of new volunteer opportunities are published in the Senior Edition Newspaper as well.

American Red Cross - Disaster Relief

The American Red Cross is looking for volunteers who are willing to be trained to assist victims of disaster (95% of local responses are single-family fires). From a single family to large scale events, we're there to assist those affected by disaster with established steps and resources to initiate recovery. Candidates must work well in stressful environments, possess good communication skills, maintain flexibility, and be non-judgmental. All classroom training is free and volunteers will gain field training alongside experienced volunteer trainers. Call our Volunteer Coordinator today (608-788-1000) to inquire or get started!

** In order to assist with any disasters in our area volunteers must be readily trained in these areas. Please consider becoming a trained volunteer so you can help our community under any serious circumstances.*

Bethany Riverside

Bethany Riverside is in need of a volunteer to take care of the facilities bird feeders and birdbaths twice a week. This would include filling outdoor bird feeders, cleaning up the area around the feeders; cleaning out and filling up the birdbaths. The volunteer could choose the time and days to volunteer but Bethany Riverside would like someone to commit to coming in twice a week if possible.

Downtown Mainstreet – Historic Downtown Day

Pumpkin Painting Volunteers are needed to supervise the pumpkin patch where kids get to pick out and decorate their very own pumpkin to keep. The event will take place on October 8, 2011 and volunteers will be needed from 9:30 a.m until 2:00 p.m.

Irishfest

Irishfest, Friday, August 12 through Sunday, August 14, needs volunteers to fill openings in their Harp Tent and at their Summer School Registration Table. Please call RSVP to find out about available time slots.

La Crosse City Hall *URGENT NEED*

Volunteers are needed to serve as greeters and provide directions to individuals visiting La Crosse City Hall and its many departments. Volunteers are stationed at the front desk in the lobby of the building. Days and times are flexible.

La Crosse Public Library

The La Crosse Public Library on Main Street is in need of volunteer help in the circulation department. The primary duties include verifying and matching audio-visual items like CDs, DVDs, audio CDs and assesses; shelving a variety of books and other material, and assisting with general clerical needs. Days and times are flexible!

Military Veterans

If you served in the military please let the RSVP office know so that we can recognize you for your contributions to our country and our community. Your service is appreciated.

Riverfront *EVENTS*

Sand on the Riverfront ~ Sports of All Sorts! – Start thinking now about volunteering to help with Sand on the Riverfront. The 2011 dates are Friday, August 19th through Sunday, August 21st. Volunteers will be needed to fill various positions from 10:00 a.m. until 6:00 p.m. on Friday and Saturday and from 10:00 a.m. to 3:00 p.m. on Sunday. Call RSVP for more information.

St. Joseph Rehab Center

St. Joseph's Rehab Center would like to find some volunteers who can visit with residents, take residents outdoors for short periods of time, and assist with recreation programs and gatherings. Days and times are flexible.

Nutrition Sites

If you are currently volunteering at one of the area nutrition sites, please remember to submit your hours regularly. We value your service and want to recognize you for your efforts in our community.

Health Services

Are you interested in volunteering at one of our local hospitals, assisted living or long-term care facilities? There are a variety of opportunities for volunteers to get involved in this area of service. Call RSVP today, 608.785.0500, to find out how you can help.

2011 Changes Could Mean Super Saving for Medicare Beneficiaries

Wisconsin Medicare beneficiaries have reasons to celebrate! New income and asset limits for Medicare Savings Programs in 2011 could mean a big win for seniors as more people may be eligible for super savings!

Ways to save on Medicare range from extra help with prescription drug costs to assistance with paying Medicare Part B premiums and maybe even Medicare deductibles and co-pays. If your individual gross monthly income is less than \$1,361 per month and you have less than \$12,640 in assets, you may qualify for one or more of these programs. For married couples the income limit is \$1,839 per month and the assets must be under \$25,260.

In addition, do not forget that Wisconsin's Senior Care Drug Plan can help those with limited incomes who have more resources or assets than allowed by Medicare for Part D extra help. Even people who take few or no prescription

drugs can benefit from Senior Care by enrolling in the very affordable program to avoid Medicare Part D late enrollment penalties. Senior Care also has no coverage gap, or "donut hole."

Another winning strategy to save is by taking advantage of the many preventive health screenings that are covered by Medicare at little or no cost to the beneficiary. From an Annual Wellness Exam to the Zoster Vaccine there are many preventive services available to help you keep well and save money. Please refer to your 2011 Medicare & You book for details or visit www.medicare.gov.

If you have questions or would like to apply for any of these programs, please contact the Aging and Disability Resource Center at 1-800-500-3910. Someone there will be happy to coach you on the best ways to win big savings!

Thank You Volunteers

Thank you so much for your help with the Onalaska Middle School WEB Chicken Q. Your efforts and time helped make the event a big success! We are grateful to have such endless support for education in the Onalaska Community.

~The OMS WEB Leaders and Coordinators

Thank you for being a part of the 10th Annual Riverside Family Fun Fair. The event truly wouldn't have been possible without your wonderful volunteers. RSVP has contributed to many events at the Bureau and you are a crucial part to our success. We are glad to give the La Crosse community a chance to see how RSVP positively impacts the area.

~The La Crosse Convention & Visitors Bureau

A heartfelt thank you for all your hard work and dedication throughout the Coulee Region. What a difference you've made in my life.

~Sharon

Thank you for your wonderful service. You have made my move so much easier.

~D.G.

Thank you for the wonderful service you give when we are unable to drive ourselves. Everyone who helped me was so kind and thoughtful. May God bless you all with his loving grace.

~ Mrs. L



Thank you so very much for all the help provided to the TLC Center. You all are an absolute joy!

~ TLC Center

Thank you for your volunteer participation and your support to the Alzheimer's Association. The Chicken Q fundraiser was a success thanks to your work and support.

~ Alzheimer's Association

May I take time to tell you how much I appreciate your volunteer services and how nice your drivers and staff are. Without your volunteers, I would not be able to visit my husband.

Mrs. B

Volunteer Driver Program

Thanks to all the drivers for helping Laurie while I was on maternity leave. Thanks to the riders for your patience as she learned about the program. Thanks to Amanda and Lynnetta for assisting Laurie while I enjoyed my new baby! We welcomed a healthy 7lb 4oz Spencer Daniel into our family on May 10th. I appreciate all the well wishes and congratulations; after 6 weeks away I am glad to be back!
~ Heather



April: Orval Severson has been a driver with RSVP since April 1991. He has volunteered over 10,000 hours between WAFER, delivering meals, and the volunteer driver program. Orval has lived in La Crosse for 88 years. He worked at Trane for 39 years doing various jobs but primarily worked as a machine mechanic. Orval and his wife, Ferroll, have been married 64 years. They

have 5 children, 6 grandchildren, 8 great-grandchildren and one great-great grandchild. Orval enjoys woodworking and dancing.

At RSVP, we never take for granted the amazing service our volunteers provide in our community; the volunteer driver program is no exception to that. Each month we recognize their efforts by highlighting a driver in the Senior Edition. Below is a list of the drivers that have been honored through May:

January: We thank all the drivers for their service.



February: Norm Ira has been a volunteer since May 2003 with RSVP. He has volunteered 8,066 hours at a variety of places within La Crosse County. Norm retired in 1999 after 22 years with Vernon Electric as a groundsman. Norm and his wife Laura have 3 children and 7 grandchildren. After living in Hillsboro for nearly 30 years, Norm has called the La Crosse area home

for 12 years. He enjoys polka dancing and painting.



March: Judy Olson joined RSVP in August 2010. She has volunteered 251 hours not only as a volunteer driver but also at a variety of one-time events. Judy graduated in 1968 from Central High School and worked for 20 years with La Crosse County as a Parent Support Worker. Judy and her husband Jerry are blessed with 3 sons and 6 grandchildren. In her spare time, Judy enjoys decorating,

baking, and shopping with her grandchildren. Jerry and Judy are also members of a classic car club (maybe that is why she enjoys driving). When asked why she is involved with RSVP Judy says, "We were able to use the service when my mom was ill. This is my way of repaying all the wonderful people that helped her make it to her appointments on time. They all made such a difference!"



May: In May we honored Ken Botcher for his continued service to RSVP as he is no longer able to drive due to health reasons. Ken started as a volunteer in 1990 and since RSVP started keeping

computer records in 1996 he has volunteered nearly 18,000 hours. He drove people to appointments at 5:30 in the morning and waited for people whose appointments ran late. Ken never complained about hours, miles, people or gas prices. Ken has touched so many lives in 21 years as a volunteer driver; mine being one! Thank you Ken for all your service. We miss you and wish you the best!

Thank you to all our drivers for your service!

All of us at RSVP would like to extend our sincere thank you to Laurie Abeyta for filling in for Heather, while she was on maternity leave. Laurie's help coordinating the Volunteer Driver Program in Heather's absence was truly appreciated and a wonderful experience for all of us. Laurie, we are grateful for the short time you were in the office with us. Thank you and we wish you all the best!

Foster Grandparent Program

Coulee Region RSVP is excited to welcome Sandee Zielke as a Foster Grandparent. Sandee started at Hamilton Elementary this spring and is looking forward to starting the new school year. Join us in welcoming Grandma Sandee!



If you enjoy working with children and are on a limited income perhaps, the Foster Grandparent Program is a perfect fit for you. Adults age 55 and better spend a minimum of 15 hours a week in the schools and receive a non-taxable stipend as well as mileage reimbursement. This program offers a great opportunity for you to make a difference in a child's life as well as meet other seniors and stay active. For more information about the Foster Grandparent Program, please contact Heather at 608.785.0500



Left to right: Sandee Zielke, Darlene Kohner, Kay Oder, Sally VyVyan, Jon Hollman, Beulah Hollman, Carol Hehn, Judy Halderson, Molly Lightner. Nine Foster Grandparents enjoyed a day of workshops for the Vital Aging Conference at UW-L on May 19th. They all gathered at the end of the day to see baby Spencer.

Friendly Caller/ Telecare

We are always looking to increase participation in the Friendly Caller Program as either a recipient or caller. If you have a loved one who would benefit from a daily call, please let us know. If you are able to place a call Monday-Friday we would love to add you as a volunteer to our program! For more information, please contact Heather.



Look for us on Facebook!

We are listed as Coulee Region RSVP. It is a great way to keep up on all the latest happenings in our office as well watch for new volunteer opportunities and event information!

Special Recognition



RSVP would like to congratulate Grandma Judy Halderson for receiving the Governors' Service Award in Madison on April 6, 2011. Judy along with five other individuals across the state were recognized for their outstanding volunteer work. Judy volunteers as a Foster Grandparent at Sand Lake Elementary School helping young students grow academically and socially. Pictured are LuAnn Paepke, State Foster Grandparent Supervisor, Judy Halderson, Foster Grandparent at Sand Lake Elementary School and Heather Harpenau, Coulee Region RSVP Foster Grandparent Supervisor. Please join us in thanking Grandma Judy for making a difference in our community.

Study Buddy Program



Wow, I cannot believe it has been six months since I began coordinating the Study Buddy Program. Before taking over all of the RSVP Educational Volunteer Programs, I was coordinating and recruiting volunteers to assist with our schools through the Onalaska PARTNER Program. Through my work with the Onalaska PARTNER Program and now all educational volunteer programs, I am amazed at the impact our volunteers are making in our schools. During the first six months of 2011, 45 RSVP volunteers served at 21 schools, serving over 1,400 volunteer hours, assisting more than 1,000 students. The sharing of this time and talent makes such a positive impact in the lives of many young students RSVP volunteers work with each day.

Looking forward to the next academic year, volunteers will be needed more than ever to serve area students, helping to ensure that each child gets the attention, motivation and assistance they need to be academically successful. Please consider making a difference in the life of a child by giving one hour a week of your time to make sure our youth have a chance at a brighter academic future. Call 608.785.0500 to find out more about volunteer opportunities in our local schools and how you can sign up to help!

~ Amanda Fischer

Continued... From the Director

Some of the benefits of being an RSVP volunteer include:

- Supplemental accident and liability insurance coverage while you are volunteering.
- A variety of in-service training sessions, recreational, education and recognition events.
- Our wonderful newsletter with current volunteer opportunities.

So to those of you who are already RSVP volunteers, thank you for answering the call to serve; for those of you who are not, we invite you to get involved, and become an RSVP volunteer today!

Well, for not knowing what I wanted to write about, it seems as though I have just gotten started and now my time (space) is up. I hope that I have been able to share with you a few more insights into RSVP.

You've gained a lifetime of experience. Now is the time to put your skills and talents to good use by volunteering through RSVP. Volunteering...nice and necessary.

Enjoy the rest of summer.

~ Lynnetta



Your volunteer hours can now be submitted via our website at www.rsvplax.org



Check out our website for more information www.rsvplax.org

Handcrafters

Handcraft Thank You's!

We would like to extend a great "THANK YOU" for the wonderful donations of blankets your organization gave to the children who are on our Pediatric Unit. Any hospital experience can be frightening for children and their families. The blankets you were able to donate will bring patients and their families comfort and happiness.

~ Mayo Clinic Health System in La Crosse

Your thoughtfulness means so very much. Just wanted to thank you on behalf of our residents who have been very happy with the bags you made for them. It has made their life easier and brighter.

~ Residents at Tomah Nursing & Rehabilitation

Thank you so much for the hats and mittens! We appreciate the time, love and thought that went into making these beautiful, homemade gifts.

~ The L Family

Thank you so much for the beautiful hats and mittens. The Children were very excited to get them. The families and I are so thankful to have them to keep them warm.

~ Monroe County Head Start

Thank you so much for making these great fabric bags for a walker – I got mine after a total knee replacement and the need for a walker! It holds more than my purse! Keep up the good work!

~ Sal

Thank you very much for the wonderful bag. I use it on my wheelchair and appreciate it very much! Thanks again!

~ Avis

Just a quick note to say thank you so much for continuing to provide us with your beautiful handmade surgical hats! The kids love them.

~ Rachael (Gundersen Lutheran)

Our newly adopted son had out-patient surgery at Gundersen Lutheran hospital. He is six years old and has been a part of our family for only three months when he visited the hospital. Our son came from the other side of the world, speaking no English, immersed in a whole new environment. Prior to the adoption his life was filled with neglect, abuse, and a lot of misfortune. We were skeptical about his readiness for the surgery however, the hospital staff assured us all would be well. When the nurse brought him his special new hat for surgery, his face light up. He was so excited to see the race cars on it. We truly want to thank you for making his visit more comfortable. Your generosity and kindness will not be forgotten.

~ The S Family

Thank you for your hard work over the last six months, as shown above through the many community thank you's and personal responses for receiving handcraft items, your talents and gifts are truly needed and deeply treasured.

Handcraft Donations Welcome!

- Batting
- White Thread
- Material – Kid Friendly Patterns
- Stuffing
- Yarn

Current Handcraft Needs:

- Dolls
- Quilts
- Adult Caps
- Wheelchair/Walker Bags
- Kid's Surgical Caps
- Adult Mittens



Thanks to a donation from Numei in Florida our volunteers were able to use ribbon yarn to make these beautiful items! Thank you Numei for your generous donation.

Open House
will be held Thursday,
November 17th from 9:00 a.m.
to 3:00 p.m.

Donations & Contributions

Thank you to all who have supported the Coulee Region RSVP so far this year. The following list includes donations received from January 1, 2011 through June 30, 2011. Without your gifts, RSVP would not be able to offer the many wonderful volunteer services that we do. Thank you! Please know that we make every attempt to include all donors on this list. If we advertently missed your name for any reason, please contact us and we will include your name in our next newsletter. We could not be more appreciative of your support.

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Yes, I would like to make a donation to RSVP in the amount of:

\$500 \$250 \$100 \$75 \$50 \$25 Other \$ _____

This gift is IN MEMORY OF _____

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Please make checks payable to: Friends of Coulee Region RSVP
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Please cut and mail

Please keep us Informed!

- I have a change of address or new phone number
- I know of a fellow volunteer who has moved, is sick, or has passed away
- I would like to start volunteering at a new station
- I know a non profit group that would like to become an RSVP station

Name _____

Phone _____

Address _____

Email _____

Information _____



Please cut and mail

2011 Calendar of Events

Wednesday, September 14th – Annual Volunteer Recognition Banquet at the Radisson Hotel Downtown La Crosse at 3:00 p.m.

Wednesday, September 28th – Heritage Night at the La Crosse Center.

Thursday, November 17th – Handcraft Open House at the RSVP Office from 9:00 a.m. until 3:00 p.m.

December – Please remember to send in all 2011 volunteer hours so we can successfully complete our end of the year reports.



Coulee Region RSVP, Inc.

2920 East Avenue South, Suite 104
La Crosse, WI 54601



Lead With Experience
Get Involved!

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RSVP Staff

Heather M. Harpenau
Program Specialist
hharpenau@rsvplax.org

Amanda J. Tischer
Assistant Director
atischer@rsvplax.org

Lynnetta P. Kopp
Executive Director
lpkopp@rsvplax.org



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