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involved!**

Coulee Region RSVVP Newsletter

Fall/Winter 2012

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If you ever need a helping hand, it is at the end of your arm. As you get older you must remember you have a second hand. The first one is to help yourself; the second hand is to help others.
Audrey Hepburn, 1929~1993

Happy New Year and Hello Spring:

Unlike last year at this time, as I stared out the window at the bluffs, wondering what to write the weather was a balmy 40 degrees. Not so today, it is a mere 3 degrees...and the wind is blowing so hard that the flag is almost flying straight. Brrr. Hello spring. ☺

I couldn't have found a more fitting quote for this newsletter at this time. For this quote truly exemplifies what we do at the Coulee Region RSVVP, extending a helping hand when needed. Our volunteers have been extending their hands for forty years. **Yes, forty years;** helping to make life a little brighter for others and our community a better place to live.

Whether it is in the classroom showing students the magic and mystery of science and photography, or the conference room serving on committees and area boards; assisting at blood drives, preparing packages to send to our troops, building railings or repairing a leaky faucet; serving a meal, or delivering a meal; at the DMV, or Downtown Mainstreet, filling shelves at area food pantries or building shelves at Habitat for Humanity; providing transportation, or a familiar voice on the phone, preparing tax forms, or handcrafting items to keep others warm.

Whatever the need, RSVVP is there. Taking a look through this newsletter, you too will see the evidence of the many helping hands extended throughout the community by RSVVP volunteers, giving over 100,000 hours of volunteer service...simply amazing!

As we usher in the New Year, congratulations and thanks are in order. First congratulations to Amanda and her husband Jason on the birth of their first child, the newest member of the RSVVP family, Jocelyn. Welcome back Amanda, we missed you. Thank you to Sarah Havens for her leadership, service and guidance, throughout the year and thank you to our incoming president, Beth Curtis, we look forward to beginning our fortieth year with you at the helm.

While there is still so much more that I have to say, as most of you know, talking about RSVVP and our volunteers is one of my favorite things to do, I must end somewhere, so I will end right where I began, by saying thanks to our volunteers for forty years of lending a hand, our Board of Directors and of course, to Heather and Amanda. I look forward to many more years to come, continuing in service to our community. Oh, just one more thought, ☺ don't forget to join us for 50-Fest, "Who Will Be Smarter than a Fifth Grader?" and, as we celebrate our fortieth anniversary at the Recognition Banquet in September, details are inside.

*Peace,
~ Lynnetta*



New Volunteers

New Volunteers as of July 1, 2012 through December 31, 2012

Carol Anderson
David Bange
Chris Brown
Marti Clark
Ronda Coffey Alexander
Marsha Erickson
Linda Finnell
Nancy Fischer
Steve Fordell
Jennifer Grimsled
Jennifer Grohman

Barbara Hammes
Sandra Hoerer
Elizabeth Koenen
Carol Leidel
Bonnie Meinzer
Richard Meinzer
Beth Moline
Rhonda Olafson
Ruth Page
Larry Patak
Therese Pedretti

Kay Phillips
Mary Powers
Gerald Rank
Eileen Riley
Mary Schilling
Karen Shepard
Kevin Timmerman
Annie Van Der Werf
Carol Weis
Lorraine Wilson

Do you or someone you know enjoy volunteering and making a difference in our community? As an RSVP volunteer, you are our best recruiters. Spread the word about why you like volunteering and encourage others to do so as well. There is always a need for more volunteers, for a sampling of current requests check out our Volunteer Opportunities section. We currently have volunteer needs 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! Who knows – you might even find another opportunity that interests you!

Volunteer Hours Update

Our reporting period has changed!

Please make sure to send your 2012 volunteer hours and first quarter 2013 hours to RSVP no later than the end of March, so we can successfully meet our deadlines.

Remember all volunteers with 25 or more hours in the last year receive an invitation to our Recognition Banquet in September.

Annual Volunteer Recognition Banquet

Thank you to everyone who attended the 2012 Volunteer Recognition Banquet on September 13th at the Radisson Hotel in La Crosse. Over 250 RSVP volunteers attended and were recognized for their service to our community. RSVP was pleased to recognize two very important partner organizations, Ad Aids, Inc. and Coulee Bank. Each received a plaque in recognition of their long time support of our mission and our organization.

Special recognition was also given to Jean Griffin, Marianne Holinka, Charles Lathrop, and Dorothy Zingler for receiving the Lifetime Achievement Presidential Service Award by serving more than 4,000 hours with Coulee Region RSVP. Robert Brudos and Sally Vyvyan were awarded the RSVP Special Service Award for serving over 10,000 volunteer hours with RSVP. And a new award was created this year for Glenn Haines, who reached **25,000** volunteer hours with RSVP. Glenn is an extremely special individual who volunteers daily knitting afghans to donate to the RSVP handcraft program. Legally blind, Glenn accomplishes his volunteer service by hooking up his needles to his television set so that he can clearly see each row he casts on. Over 125 of his handmade afghans have been donated to individuals and seniors who are homebound, and those in area shelters, assisted living and long-term care facilities



throughout La Crosse and Monroe counties. Thank you Glenn and all of our extraordinary volunteers for your dedication and commitment to service in our community.

Special thanks to Wendy Spencer, CEO of the Corporation for National and Community Service, for joining us with a video message. We would also like to thank Kim Shively for opening our banquet with our National Anthem, Father Robert Cook for the invocation, and Tami Woods and the Radisson staff for a wonderful meal and excellent service. Thanks also to Senator Jennifer Shilling, Representative Jill Billings, Mayor Harter, Mayor Chilsen, La Crosse council member John Medinger, and Karrie Jackelen from Ron Kind's office for attending and showing their support of Coulee Region RSVP and our volunteers. We look forward to celebrating our 40th Anniversary of volunteer service in the Coulee Region with all of you again this year!

Meet your Board Member!

Name: Robert "Bob" Brudos

Hometown: La Crosse, WI

Professional Experience: Owned and operated B&B Ceramics, Inc. one of the largest manufacturing, wholesale and retail ceramic companies in the Midwest.

Civic Involvement: Through RSVP, I volunteer for many projects; working with seniors to remain in their homes, reading with first graders at Emerson School, volunteering at Downtown Mainstreet, Inc. As well as serving weekly at Sugar Creek Bible Camp assisting with projects to maintain the camp.

Family: Wife Betty, two daughters, Dyanne and Mary, and two grandchildren, Jesse and Erik.

Favorite part of the Coulee Region: The diversity of the community, the friendliness of people, and the beauty of the area.

Why are you involved with the Coulee Region RSVP: I am involved with RSVP because there is a great need for volunteers to assist in all areas of need to help our community.

Hope for the New Year: I hope the 2013 New Year has new challenges for us to handle, as 2012 was a rewarding year.

Ideal Retirement: My ideal retirement is exactly what I am doing now, being involved in the community through volunteerism.

Favorite Color: My favorite color is blue and I do not know why!

Greatest Achievement: The most interesting thing about me is I do not know what to do next, I have many projects to take care of; God seems to have more things to do! My greatest achievement thus far is raising a happy family and having many loyal friends.

**Bob was the August 2012 WXOW TV 19 Jefferson Award Recipient for his outstanding commitment to volunteerism in our community.*



Downtown Mainstreet - Making a Difference 2012 Award

On September 12th, Downtown Mainstreet, Inc. presented Coulee Region RSVP with the Volunteer of the Year "Making a Difference" Award, in recognition of our outstanding volunteer leadership within their organization. RSVP would like to recognize Mary O'Mara, Bob Brudos, Susanne Hayes, and Ruth Wettstein for volunteering at Downtown Mainstreet, Inc. this past year; their contributions have truly made a difference in the economic revitalization and redevelopment of Historic Downtown La Crosse.



If you are interested in learning more about volunteer opportunities at Downtown Mainstreet, Inc., please contact the RSVP office for more information.

Hillview Health Care Safe Trick or Treat

On October 20th, 20 RSVP volunteers got into the Halloween spirit and assisted 199 residents at Hillview Health Care Center with passing out candy to over 160 community children who attended the Safe Trick or Treat. Kim Haskey, Recreation Therapy Supervisor/Volunteer Coordinator said, "volunteers are an essential part of this event, thank you so much to the RSVP volunteers for their help and for making this event possible."



RSVP Special Days of Service



September 11th National Day of Service and Remembrance

September 11th National Day of Service and Remembrance provides an opportunity for our volunteers to recognize service members, veterans and emergency responders while not only paying respect to those who lost their lives in the 9/11 attacks but to honor those locally who keep us safe throughout the year. In honor of September 11th National Day of Service and Remembrance, Coulee Region RSVP collaborated with Olive Garden of Onalaska and Potato King, Inc. in order to honor local firefighters. Olive Garden donated lunch to five of our local fire stations, while 15 RSVP volunteers baked or donated sweet treats, which along with fruit donated at half price from Potato King, made up gift baskets for each of the stations. RSVP would like to thank the following volunteers for helping deliver the goodie packages, Vince Hatt, Dorothy Wetterlin, Phyllis Hoeth, Jolene Rust, and Dee Zemke along with the many other who made and donated baked goods. Currently 14% of Coulee Region RSVP volunteers are veterans and many more are part of military families. RSVP would like to take this opportunity to thank all those who have served or are part of families with service members for their contribution to our country.



Martin Luther King Jr. Day of Service

RSVP hosted a food drive in honor of the 2013 MLK Jr. Day of Service, 16 volunteers donated 127 food and personal care items. These donations went to support the Hunger Task Force. The Hunger Task Force currently supplies 61 food programs, including food pantries and meal sites in La Crosse, Vernon, Monroe and Trempealeau counties, distributing over 700,000 pounds of food annually. They also host the Kane Street Community Garden Project, which provides fresh produce to families who would otherwise have difficulty accessing healthy food options. Over 30,000 pounds of produce is grown annually and distributed from the garden. If you are interested in learning more about alleviating hunger in the Coulee Region or becoming a volunteer with the Hunger Task Force, please check out their website at www.lacrossehtf.org or call RSVP to get connected. The Hunger Task Force is currently seeking volunteers to help in various capacities including, delivery truck drivers, warehouse workers, office/clerical help, special events staff, and spring, summer, and fall gardeners.



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!



Who will be Smarter than a 5th Grader?

Aa Bb Cc Dd Ee Ff

Join Coulee Region RSVP and area fifth graders from Aquinas, Holmen, La Crosse, and Onalaska schools on Saturday, May 18, 2013 at Valley View Mall from 10:00 a.m. until 12:00 p.m. to find out "Who will be Smarter than a 5th Grader?" Help the school of your choice win the grand prize of \$1,000.00 by casting your vote for one of the Class of 2013 contestants below. Send your donation to Coulee Region RSVP, 2920 East Avenue South, Suite 104, La Crosse, WI 54601 or donate online at www.rsvplax.org. Contact RSVP at 608.785.0500 if you have questions on how to help your contestant or school of choice make it to the head of the class!

Thank you to our Sponsors!
Founding Partners



Platinum Sponsors



Name _____

Phone _____

Address _____

E-mail _____

Donation

<input type="checkbox"/> 1st Grade - \$10	<input type="checkbox"/> Head of the Class - \$51 - \$124
<input type="checkbox"/> 2nd Grade - \$20	<input type="checkbox"/> Question Sponsor - \$125-\$249
<input type="checkbox"/> 3rd Grade - \$30	<input type="checkbox"/> Silver Sponsor - \$250-\$499
<input type="checkbox"/> 4th Grade - \$40	<input type="checkbox"/> Gold Sponsor - \$500-\$999
<input type="checkbox"/> 5th Grade - \$50	<input type="checkbox"/> Platinum Sponsor \$1,000+

Support your contestant by donating online or sending your donation by May 15, 2013 to:

Coulee Region RSVP
2920 East Avenue South, Suite 104
La Crosse, WI 54601
For more information call RSVP at 608.785.0500
or visit our website at www.rsvplax.org

- Class of 2013**
- Steve Berg, Sales Manager, Pepsi-Cola of La Crosse
 - Joe Chilsen, Mayor, City of Onalaska
 - Sandra G. Cleary, Vice President, Cleary Management
 - Peggy Herlitzka, Attorney/Partner Hale, Skemp, Hanson, Skemp & Sleik Law Firm
 - Mel Hoffman, Executive Director Robert & Eleanor Franke Charitable Foundation, Inc.
 - Peter R. Hughes, Regional Vice President of Business Development and Marketing, Mayo Clinic Health System – Franciscan Healthcare
 - Jennifer Kloehn, Sales Director, The Waterfront Restaurant
 - Randy Nelson, Superintendent of Schools, School District of La Crosse
 - Mitch Reynolds, Host of La Crosse Talk PM on WIZM, Midwest Family Broadcasting
 - Brian Rude, Vice President, External and Member Relations, Dairyland Power Cooperative
 - Dave Solie, Content Manager/Anchor, WXOW News 19
 - Mike Stuhr, Financial Advisor, Wells Fargo Advisors, LLC
 - Jeff Thompson, MD, CEO, Gunderson Health System
 - Traci Weber, Owner, 4 Sisters Wine Bar and Tapas Restaurant, Sales Director/Consultant, Mary Kay Cosmetics
 - Joan Weisenbeck, FSPA, Retreat and Spiritual Director and Volunteer, Franciscan Sisters of Perpetual Adoration
 - Adam Weissenberger, Owner, Sloopy's Alma Mater



Volunteer Opportunities

The Coulee Region RSVP has lots of volunteer opportunities in our community! Please contact our office, 608.785.0500 or go to our website at www.rsvplax.org to find out more about how you can get involved! No experience necessary, training is provided at each location. Monthly updates and listings of new volunteer opportunities are also published in the Senior Edition and the Senior Life.

Bethany St. Joseph Care Center

Volunteers are needed to assist with the following activities: play euchre, play cribbage, paint fingernails, play piano or other musical instruments, water gardens, and assist with bingo on Thursdays or Saturdays from 2:45 p.m. until 4:00 p.m.

Blood Center of Wisconsin

The Blood Center of Wisconsin needs volunteers to help monitor donors after they have given blood for post-donation reactions, assist with serving refreshments, and provide positive and friendly customer service during blood drives.

Coulee Region Humane Society

The Coulee Region Humane Society is looking for volunteers to play, walk, and provide friendly companionship for the animals, as well as make sure they have clean water and food.

Habitat ReStore

The Habitat ReStore is looking for volunteers to work their cash register, answer phone calls, and help with customer questions. Available shifts include, Thursdays from 2:00 p.m. to 6 p.m., Fridays from 10:00 a.m. to 2:00 p.m., Saturdays from 9:00 a.m. to 12:00 p.m., and Saturdays from 12:00 p.m. to 3:00 p.m.

Lakeview Health Center

Volunteers are needed to assist with various recreational activities at Lakeview Health Care, times and days are flexible; please call RSVP for more information.

Mayo Clinic Health System – Franciscan Healthcare

Mayo Clinic Health System – Franciscan Healthcare’s La Crosse Campus has a need for volunteers to assist with various patient transporting needs within the facility.

Salvation Army

The Salvation Army is looking for food pantry volunteers to help with stocking shelves with donations, serving clients, and handling paperwork. Volunteer shifts are available Monday through Friday from 1:00 p.m. until 4:00 p.m.

The Parenting Place La Crosse

The Parenting Place is in need of a clerical/receptionist volunteer for 2 to 4 hours a week. This volunteer will

help at the front desk with answering phones, greeting walk in traffic, and checking in/out items from the toy lending library.

The Parenting Place – Onalaska

Volunteers are needed Monday mornings from 9 a.m. until 12 p.m., to help in the Play Shop. Volunteers will help set up the room for daily activities, assist with snack time, and partake in activities alongside children and their families. Training will be provided.

Tomah VA ~ Disabled American Veterans Transportation

RSVP is looking for volunteers in the La Crosse Area interested in driving veterans from La Crosse to Tomah for medical and personal appointments. Volunteers use the VA’s vehicles to provide round trip transportation for local veterans. A current license and proof of insurance is required. Please call today to see how you can help make a difference in the lives of veterans in our area.

WAFER

Volunteers are needed to help in the food pantry Monday through Friday from 9:30 a.m. to 1:00 p.m. or from 3:30 p.m. to 8:00 p.m. on Monday, Tuesday, and Thursday evenings. Volunteers will assist individuals picking up food packages, help with the sorting, stocking and labeling donations, and packing of food boxes.

Foster Grandparent Program

14 Foster Grandparents are off to a great start in our area schools. These extraordinary individuals spend time each week helping students who are perhaps falling behind to get caught up or students who are excelling to strengthen their skills. A teacher in Onalaska says “I absolutely love having the foster grandparents in my room! When we get ready to read, share our writing or somebody gets get stuck on

math problems they immediately look over to our wonderful grandparents for help, I can't imagine our classroom without their presence. It is funny now because if we are working and all the kiddos look up and over my shoulder with a smile I know that one of the grandparents has arrived! Thanks for all you do!” We have immediate needs in La Crosse and Holmen. Foster Grandparents are income eligible individuals 55 and

better who spend 15 hours a week in the schools. They receive monthly training, a non-taxable stipend as well as mileage reimbursement. It offers a great opportunity to make a difference in a child’s life and socialize with other seniors. If you are interested in joining this great group of adults contact Heather for more information.

RSVP Key Areas of Service – Education

AAMAN's Clara Fields Multicultural Literacy Program

The only pre-k literacy program in La Crosse County, the African American Mutual Assistance Network, Inc.'s Clara Fields Multicultural Literacy Program has an early literacy intervention curriculum designed to teach children to read by the time they enter kindergarten. Preschoolers are taught everything from phonological awareness to vocabulary development, while children in Kindergarten through 2nd grade who did not receive a solid literacy foundation, receive the literacy skills necessary for academic success. The Clara Fields Multicultural Literacy Program has a diverse student body, with a maximum enrollment of 60 students, 30 in the morning session, 8:00 a.m. until 10:00 a.m.



and 30 students in their after school session from 3:00 p.m. until 5:00 p.m. They are currently operating at 30% maximum enrollment. As enrollment grows, so does the need for volunteers. CFMLP has a 2 to 1 student teacher ratio, which provides support for the child to succeed with the curriculum, which is challenging but not overwhelming. The program is individualized, giving each child exactly what they need depending on their level of ability. The Executive Director, Valjean Adams conducts monthly training and information



sessions, allowing all volunteers to effectively teach and assist students. If you are interested in volunteering for this program please contact RSVP at 608.785.0500 for more information.

Current RSVP Study Buddy Needs

Volunteers are needed at the following schools to work one-on-one or in small groups with students:

- Evergreen, Holmen – 2nd Grade from 10:15 a.m. to 11:15 a.m.
- Evergreen, Holmen – 3rd Grade from 8:30 a.m. to 9:30 a.m.
- Evergreen, Holmen – 4th Grade from 9:45 a.m. to 10:45 a.m.
- Evergreen, Holmen – 5th Grade from 2:40 p.m. to 3:20 p.m.
- Logan Middle School, La Crosse - 6th Grade from 1:20 p.m.-2:35 p.m.



La Crosse School District's Reality Store

On October 16th, 5 RSVP volunteers assisted with The Reality Store at Central High School. The Reality Store is an interactive program for high school students designed to demonstrate the need for money management skills, provide opportunities for students to connect with community business leaders, and allow students to exercise budgeting skills. Students select an occupation, research their monthly income, and are assigned a family status prior to attending the event.

Paychecks are distributed as they enter and students are responsible for visiting all stations and paying for their monthly expenses. Stations include Uncle Sam (taxes), financial, housing, automobile dealer, charitable contributions, child care, convenience store, government services, groceries, insurance, investments, leisure & entertainment, retail, utilities, credit cards, police, nurse, and pets.

Thank you to Carol Anderson, Gail Burns, Marsha Erickson, Marge Knudtson, and Gordon Stewart for helping over 300 students learn more about financial planning and budgeting. The next Reality Store will take place at Logan High School on Tuesday, March 12th, 2013, please consider volunteering for this great event and assisting with expanding the financial literacy of students in our area.



RSVP Key Areas of Service – Healthy Futures

Mobile Meals or Home Delivered Meals

Are you currently signed up as an RSVP volunteer and deliver meals to seniors in our area? Make sure to let RSVP know that you volunteer for this activity, so we can recognize you for your service. Do you volunteer for one of the meal delivery programs but are not currently affiliated with RSVP or would you like to learn how you can get involved with meal deliveries for seniors, consider joining our program today. RSVP provides secondary insurance that covers volunteers while they are donating their time serving our community. RSVP will be partnering with Mobile Meals of La Crosse to deliver meals during the weeks of April 14th through April 20th and June 9th through June 15th. If you would like to help deliver noon meals any of these days, please call to sign up today. The meals will be picked up at Mayo Clinic on Market Street and delivered to the Route #2 addresses, which are located on the north side of La Crosse. Call 608.785.0500 for more information.

Telephone Reassurance Program

The RSVP Telephone Reassurance Program is a program for adults with disabilities or those who live alone that allows volunteers to provide daily support to participants, their families, and their friends, knowing that someone will be contacting them. A



96-year-old participant of the program with no family in the area shared her thoughts about receiving a daily call, stating, “I haven’t lived without this program now for years. I completely depend on it, and so appreciate it. I cannot imagine what life would be like without it. The volunteers offer a wonderful service to our community and the elderly. They are always so great to talk to and cheerful. It really means a lot to have someone contacting me regularly.” RSVP volunteers call participants Monday through Friday mornings to offer a daily safety check and socialization. If a participant cannot be reached after three attempts, the volunteer will contact the individual’s emergency contact or request local emergency personnel to make check on the individual. There is no cost to participate and the program is available to individuals in La Crosse and Monroe counties. For additional information about how to volunteer for this program or how to sign up to receive a phone call for you, a family member or a friend, contact the Coulee Region RSVP office at 608.785.0500.

RSVP Handyman Program

RSVP Handyman volunteers provide limited fix it services for individuals in need in our community. The program is designed to help individuals with disabilities, those who are low-income, veterans and



seniors who are in need of minor home repair assistance. Since the inception of this program, our handyman crew has donated over 400 volunteer hours helping individuals keep their homes in safe, working condition, even fulfilling requests from long-term care facilities, making it possible for loved ones to return home. Our handyman team of Art and Roger, describe the program as “taking the knowledge and skills they have gained over the last 40 years and putting those skills to use by helping individuals in need.” “We have been able to provide additional security options for crime victims and safety measures for elderly individuals allowing them to stay in their homes longer and giving them peace of mind,” said Art. Roger added, “it allows us to use our talents, meet people we would otherwise never have met, and feel truly good about helping others improve the condition of their homes.” Both agree, this program has enhanced their retirement greatly, and stress that if any community members meet the guidelines for receiving assistance, they should not hesitate to call RSVP in order to learn more about the program. For more information call 608.785.0500.

WisCorps Neighborhood Revitalization Crew

In addition to the RSVP Handyman Crew, RSVP collaborated with the Wisconsin Youth Conservation Corps, Inc. this fall to answer home repair/outdoor revitalization requests for individuals in our community. WisCorps assisted nearly 20 individuals and will begin taking requests again in the spring. The following services; fence repair, railing repair, over grown landscaping, light painting, mailbox repairs, pruning trees, calking windows, door repair, missing or loose siding, heavy moving, light bulb replacement, and washing windows. If you or someone you know is interested in signing up to receive WisCorps services for the spring, please contact RSVP at 608.785.0500.

RSVP Key Areas of Service – Healthy Futures

Stepping On

RSVP hosted our first Stepping On Class in July and August. This seven week workshop featured two trained leaders, and various health professionals that presented on their area of expertise each class period. 13 volunteers attended the class, which is designed to reduce the risk of falls and increase the quality of life for seniors. Those participating indicated that the workshop will help them prevent falls in the future, rated the class as highly beneficial, and would recommend the class to others. If you are interested in learning more about Stepping On, or would like information about the next available workshop call RSVP at 608.785.0500.



20 RSVP volunteer attended and learned how upcoming changes would impact them. If you are interested in learning more about Medicare and preparing for future changes look for this presentation in October of 2013. If you would like a reminder about this presentation, call RSVP and we will put you on our call and email lists!

Volunteer Driver Program

2012 was another great year for the Volunteer Driver Program. Thirty three drivers gave over 7,655 hours of their time and drove over 125,311 miles to provide safe and reliable transportation to over 300 people in our community. We continue to be grateful for all these volunteers do.

We would like to take a moment to remember three volunteer drivers who passed away this past year. Ken Botcher was a volunteer driver for more than 21 years giving 18,000 hours. Therese Oldenburgh was a volunteer for 3 years volunteering more than 1,300 hours. Harland Thorson was a volunteer for 2 years, volunteering 65 hours. They made lasting impressions on the volunteer driver program, people they transported and those in the office as well. We are honored they chose to share their time with us!

We are always looking to add additional drivers to the program, if you are interested in learning more about the Volunteer Driver Program please contact Heather at 608.785.0500

Medicare Presentation

In October, RSVP hosted a session with La Crosse County Unit on Aging's Benefit Specialist Larry White to help make light of some of the upcoming changes in Medicare.



Handcraft Program

Fall Open House

RSVP's annual Handcraft Open House was held on Thursday, November 16th. 30 social service agencies attended the giveaway and received over 1,600 items to distribute to those in need in our community through their organizations. Due to the dedication and commitment of RSVP Handcrafters, over 6,000 items were donated throughout the year to educational institutions, food pantries, human service agencies, medical and long-term care facilities, and social service agencies. Including 425 cap and mitten sets that were donated to our 18 Head



Start programs, insuring that each child would have something to help keep them warm throughout the winter and 450 surgical caps donated to the hospitals for pediatric patients, helping to calm and reassure them as they undergo procedures. Thank you to everyone who participated in the RSVP Handcraft Program in 2012, your generosity touches hundreds of individuals throughout the year and your service is greatly appreciated by our community at large.

2012 RSVP Quilt Raffle

Thank you to everyone who participated in our 2012 raffle, we appreciate your support. Congratulations to our 2012 winners:

1. Kim Metcalf-Quilt
2. Dave Arndt-Quilt
3. Sally Sullivan-Afghan
4. Lori Turner-Tablecloth

Many thanks to this year's raffle donors, Linda Hamilton and Jackie Hanson. We will begin selling 2013 tickets at our 40th Anniversary Celebration in September.

Donations & Contributions

Thank you to everyone for your support of the Coulee Region Retired & Senior Volunteer Program. Without your gifts, RSVP would not be able to offer its many wonderful volunteer programs and services. THANK YOU! The following list includes donations received from July 1, 2012 through December 31, 2012. Please know that we make every attempt to include all donors on this list. If we inadvertently failed to include your name, please contact us and we will make the correction and include your name in our next newsletter. Thank you for being a friend of RSVP.

Ella Basley
Penny Becker
Jean Beyer
Leo & Carol Bina
Pat Blanchard
Michael & Mary Bottcher
Jeffrey & Teresa Brohmer
Art Butterworth
Robert & Yvonne Caplan
Culver's Family
Restaurant
Dairy Queen - La Crosse
Joan Doescher
Carolyn Duncan
Christopher J. Eickman
Franciscan Sisters of
Perpetual Adoration
Mary E. Friske
Anita J. Froegel
Barbara Gilles

D'Mitria W. Gray
Robert & Eleanor Franke
Foundation
Janet Huber
Sara & Darron Jeffers
Charlie & Lynda Johnson
Dawne Keaveny
Denise Kolve
Kenneth J. Kopp
La Crosse County Unit
on Aging
Lewis Valley WELCA
St. Rose Convent
Todd & Deb Mahr
Virginia B. Mannstedt
Mary Mother of the
Church
Mc Donald's
Restaurants/Courtesy
Cooperation

Miller Quik Print, Inc.
Monroe County Senior
Services
Olive Garden
Lois Olson
Fran Ortmeier
Potato King, Inc.
Barbara J. Quillin
Radisson Hotel - La
Crosse
Rudy's Drive In
Evelyn M. Rutz-Thornton
Marion Schaller
Terry & Kathy Schams
Phyllis Schneider

Grace Schroeder
Harlene Shaw
Jan Shrauner
Ed & Sally Sullivan
Lloyd & Lori Turner
UCARE
Dr. & Mrs. Rodelino
Virata
Wendy's of Onalaska
Paul & Linda Winans
Wisconsin Department of
Transportation
Frances I. Young
Jennifer & Tim Ziebell

Join RSVP in celebrating our 40th Anniversary by purchasing an RSVP T-shirt. We currently have a variety of sizes in stock. If you did not pre-order a shirt but would still like one, please call the RSVP office at 608.785.0500 We have a variety of sizes available. Thanks again for supporting RSVP.



50 FEST

Join RSVP and Midwest Family Broadcasting as we celebrate wellness and fitness at 50 Fest, featuring health and wellness exhibitors along with speaker presentations, music, food, entertainment, and prizes.

Thursday, April 11th, 2013
3:00 p.m. - 8:00 p.m.
Onalaska OmniCenter
255 Riders Club Road,
Onalaska, WI

If you would like to be an exhibitor or need additional information contact RSVP 608.785.0500 or www.rsvplax.org.

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

Your Support Welcome

Please consider helping RSVP with a tax-deductible donation.

RSVP is a 501(c)(3) nonprofit organization



Name: _____

Address: _____

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: _____

This gift is IN HONOR OF: _____

Please make checks payable to: Friends of Coulee Region RSVP
2920 East Avenue South, Suite 104 La Crosse, WI 54601



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 nonprofit group that would like to become an RSVP station

Name: _____

Phone: _____

Address: _____

Email: _____



Please cut and mail

2013 Calendar of Events

April 11 - 50 Fest at the Onalaska OmniCenter from 3:00 p.m. to 8:00 p.m.

April 14 - April 20 - RSVP Mobile Meal Delivery Week - Volunteers Needed

April 20 - La Crosse Jaycee's Neighbor's Day

May 6 - May 10 - Senior Corps Week

May 18 - Who will be Smarter than a 5th Grader Fundraiser at Valley View Mall from 10:00 a.m. to 12:00 p.m.

June 9 - June 15 - RSVP Mobile Meal Delivery Week - Volunteers Needed

July 3 - Walk A Mile In Her Shoes Men's March Against Domestic Violence at Riverside Park



Coulee Region RSVP, Inc.

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



Volunteers making a difference!

Phone: 608.785.0500

Fax: 608.785.2573

Email: info@rsvplax.org

Website: www.rsvplax.org

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