

**Lead with
Experience!**



**Get
involved!**

Coulee Region RSVVP Newsletter

Winter/Spring 2010

Inside this issue

- From the Director 1
- New Volunteers 2
- New RSVVP Volunteer Stations 2
- Meet your Board Members 2
- Thank you Volunteers 3
- Station Highlight 3
- Who Will be Smarter than a 5th Grader? 4
- Give a Day, Get a Disney Day 5
- Annual Volunteer Recognition Banquet 5
- Volunteer Opportunities 6
- Onalaska PARTNER Program 6
- One Time Event Volunteering 6
- Volunteer Driver Program 7
- TRIAD/CARFIT 7
- Friendly Caller 7
- Education Corner 8
- Welcome Julie 8
- STEM 8
- Handcrafters 9
- New Handcraft Project 9
- Donations & Contributions 10
- Wellness Expo 2010 10
- Your Support Welcome! 11
- Please Keep Us Informed 11
- Calendar of Events 11
- RSVVP Staff 12
- RSVVP Board of Directors 12

From the Director



...no matter how big government gets, and no matter how many services it provides, it can never take the place of volunteers. Ronald Regan 1911~2004

Happy New Year and Happy Spring!

Yes, I know it isn't quite spring yet, but since this is the Winter/Spring edition, I think it is just fine to wish everyone both New Year and springtime greetings. Besides, spring is just around the corner and since we are experiencing record cold temperatures, it makes me feel warm to think spring.

I get more warm feelings thinking about how generous RSVVP volunteers were in 2009. As you will see reading through this newsletter, 2009 was another banner year. I am again amazed at just how giving RSVVP volunteers are, sharing time and talent throughout our community to make life just a little bit warmer for others.

Whether it's tutoring and mentoring students, driving, assisting at Rotary Lights or Heritage Night, greeting/escorting individuals at our medical facilities, assisting visitors at city hall, taking photos at the DMV; attending board meetings, stuffing envelopes, knitting, helping out at the Family Resource Center, or just being there when asked. Thank you for generously giving of your time.

We said goodbye to 2009, we also said goodbye to Judith Erickson in November. My thanks to Judith for sharing her retirement time with us. We welcome Julie Diermeier as the Educational Volunteer Coordinator, replacing Judith who is now in her second retirement. Welcome Julie, and thank you Judith. Enjoy your re-retirement.

I would also like to give a special thank you to our outgoing board president, Sarah Havens for sharing two years with us as president. What an awesome responsibility and outstanding job she did helping me and RSVVP to be one of the leading volunteer organizations in our community. Thank you Sarah and congratulations to our incoming president Terry Collins, who will certainly continue the charge of moving RSVVP forward as we continue Making a Difference in our community.



~ Lynnetta

New Volunteers

Names from June 17th, 2009 to December 31th, 2009

Mary Baggot
Sandra Baumgartner
Diane Bess
Pat Carlson
Mary Cary
Sidney Clipper
Rita Dreier
Judith Erickson
Marie Garber
Peggy Garness
Diane Gray
Violet Haugstad

Teresa Hesser
Mary Ann Johnson
Nancy Kearns
Gordon Knudson
Dianne Kurtz
Sr. Mariquita Luby
James McArthur
Anna Pape
Lana Parker
Mary Lou Putskey
Richard Putskey
Karen Reichert
Stephanie Ruetten

Kathleen Sagler
Wilma Scheffner
Mary Ann Schelfhout
Sr. Betty Shakal
Sr. Mary Stadelman
Jeanne Stevermer
Carolyn Stuessel
Lydia Tande
Anne Wallus
Sr. Margaret Wenzel
Cristie Wetherbee
Michael Wiemerslage

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 130 different locations throughout La Crosse and Monroe counties. Please pass this news letter on to a friend or neighbor and tell them about RSVP and our many programs!

New RSVP Volunteer Stations

From June 17th, 2009 to December 30th, 2009

- Alzheimer's Association
- Blood Center of Wisconsin
- La Crosse County Nutrition Sites
- La Crosse County Unit on Aging
- Onalaska PARTNER Program

If you know of a non profit organization in La Crosse or Monroe County that is not currently signed up with RSVP please contact the RSVP office to find out how we can assist with recruiting and placing volunteers.

Meet your Board Members!

Name: Lyle & Myrna (Dee) Peacock

Hometown: Lyle was born in Mitchell, South Dakota and moved to the La Crosse area when he was about seven years old. Dee born in St. Paul, Minnesota, relocated to La Crosse, WI with her parents as an infant.

Job: Both are retired from Community Camera & TV in La Crosse, WI.

Civic Involvement: Besides volunteering for many of the organizations and programs affiliated with RSVP such as; BABES, the Department of Motor Vehicles, and La Crosse City Hall, the Peacocks have been involved with Boy and Girl Scouts, Myrick Hixon Eco Park, Mobile Meals, Kiwanis, TRIAD, PAL (Preservation Alliance La Crosse) and YWCA's CASA for Kids program. Dee is also involved with the League of Women Voters.

Family: One daughter who resides in La Crosse, 2 grandchildren; Rosie and Jonah, and a son who precedes them in death.

Favorite Part of the Coulee Region: Living here and of course, the people!

Why are you involved with RSVP? We are involved with RSVP because we want to give back what we have been given. The staff is a pleasure to work with; the people and children we volunteer with are wonderful. Joining RSVP has made volunteering a fun and easy process, instead of calling multiple organizations to see where help is needed in the community; RSVP calls us and lets us know where we can get involved. The experience has been wonderful, thank you, Bob Brudos (another RSVP Board

Member) for introducing us to RSVP years ago.

What do you hope to see happen for RSVP in 2010?

Our hope for RSVP in 2010 is for the RSVP programs and the staff to just continue doing what they are doing! RSVP is such a positive influence on the community.

What would be your ideal retirement? We are living the ideal retirement; spending time with our family, providing daycare for our grandchildren, Rosie and Jonah and actively volunteering in the community.

What is the most interesting thing about you? The most interesting thing about me is – Lyle (Dee says). We are really just very ordinary but we do consider our lives very special; like we tell all of the students that we work with through the RSVP BABES program “each and everyone of us is special.”

What is your greatest achievement thus far? Some of our achievements include being published in The Merck Manual of Health & Aging, and receiving the Iverson Freking Award in 2001 but **most** importantly we just feel very fortunate to have each other, to get up everyday and keep actively giving back to the community and to be so close with our family.



Thank you volunteers!

Thank you for all your help. All the drivers have been very good; all very helpful. I hope to get back to driving and also get to work. Its' been quite a time.

~ Jean

To the RSVP Handcrafters: You made it a rainbow day! What a great gift to those in need.

~ CCS & Butterfly Ministry

Thank you all for your generous support of hats and gloves. Our students will appreciate them in our cold Wisconsin winters. It is your heartfelt giving that keeps all warm.

~ Roosevelt Coulee Montessori

Thank you so much for delivering the handcraft items. We will put them to use right away by giving them to some of our shelter residents.

~ Laurie Duncan,
Volunteer Coordinator
The Salvation Army

Please relay my thanks to the individuals that helped with our recent bulk mailing for a nursing survey. Their help was a life-saver to me and I greatly appreciate their time!

~ Sincerely, Joanne
Sandvick Project
Specialist LMHSC

Dear Friends, Thank you for your recent contributions of mittens, scarves, and hats to Catholic Charities. Your gifts are so very appreciated. Your gift is service and blessing to those who come to Catholic Charities seeking help and hope. Thanks for your "warm" gift! Blessed Christmas greetings!

~ Sincerely, Deacon
Richard Sage,
Executive Director,
Catholic Charities

Dear RSVP Volunteers, Thank you so much for the wonderful bag of hats, scarves and mittens for our students. What a talented group you are! As the weather gets colder, we will have students who will need the warm things you have made. Thank you for thinking of our students!

~ Sincerely, Alicia
Place-school social
worker-Southern Bluffs

Please thank your volunteers for me. They were wonderful! The Fall Fun Fair was a great success and it cannot happen without our volunteers so we appreciate your organization being there again this year.

~ Thank you, Eagle
Bluff Elementary
School

Thank you so much for the surgery hats!! They are WONDERFUL! The fabric is great-the kids really love them and so do our nurses.

~ Rachael C. Kaiser,
CCLS Child Life
Specialist-Outpatient
Surgery Center
Gundersen Lutheran

I am a registered nurse with Western Wisconsin Cares and I would like to take this time to thank you for the lovely quilts. The response I have seen from our members has been unbelievable. They are touched and thankful. I think it adds to the effect that they are made caring hands with donations of time and supplies. Once again I would like to extend my thanks and hopes for continued longevity in your organization.

~ Sincerely, Jennifer L Woodworth, RN

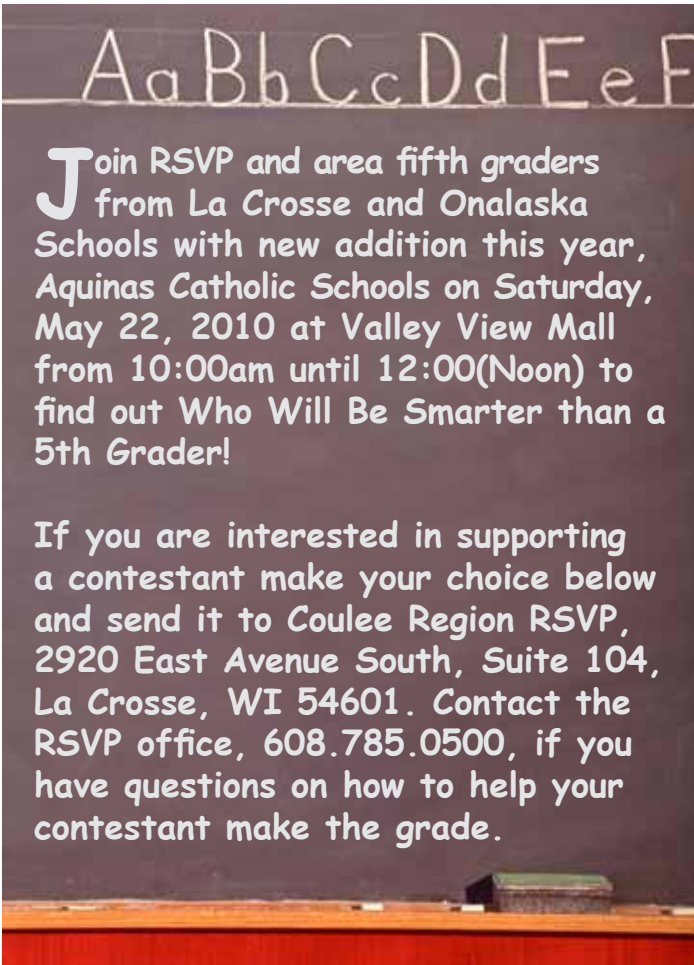
Station Highlight

La Crosse City Hall

RSVP volunteers, Lyle and Dee Peacock, shown here with Mayor Matt Harter, have been volunteering at La Crosse City Hall for over six years, staffing the front reception desk and welcoming citizens as they enter the building. RSVP volunteers assist individuals with questions about the building's office and meeting room locations, meeting times and provide directions for those who are unsure where to go at City Hall. Volunteers greatly improve the security and the efficiency of the building, preventing individuals from wandering around unattended. In 2009, six RSVP volunteers served approximately 290 hours at City Hall assisting over 1,400 individuals. This is a great volunteer opportunity for individuals who enjoy helping and meeting new people. City Hall is currently in need of volunteers to serve as greeters on weekday mornings. If you are interested in this volunteer opportunity please contact Amanda at 608.785.0500 for more information.



Who will be Smarter than a 5th Grader?



Join RSVP and area fifth graders from La Crosse and Onalaska Schools with new addition this year, Aquinas Catholic Schools on Saturday, May 22, 2010 at Valley View Mall from 10:00am until 12:00(Noon) to find out Who Will Be Smarter than a 5th Grader!

If you are interested in supporting a contestant make your choice below and send it to Coulee Region RSVP, 2920 East Avenue South, Suite 104, La Crosse, WI 54601. Contact the RSVP office, 608.785.0500, if you have questions on how to help your contestant make the grade.

Who will be Smarter than a 5th Grader in 2010? Here are the Contestants

- AJ – Morning Show Co-Host, Z93
- Dr. Rick Artman – President, Viterbo University
- Judy Bouffleur – Community Volunteer
- Dyanne Brudos - Vice President - Private Banking, US Bank
- Kara M. Burgos – Attorney at Law, Moen Sheehan Meyer, Ltd.
- John Burnett – Superintendent, School District of Onalaska
- Gregg A. Cleveland – Fire Chief, La Crosse Fire Department
- Cheryl M. Gill – Attorney, Johns, Flaherty & Collins, SC
- Scott Hackworth – WXOW News 19
- J. Michael Hartigan, MD – Riverfest Commodore 2008
- Joe Kruse – Vice President, Franciscan Skemp Healthcare
- Kay M. Mazza – Store Manager, Herberger’s
- Dr. Ken Merkitch – Gundersen Lutheran
- Lee Rasch – President, Western Technical College
- Dr. Penny A. Reedy – Principal, Longfellow/SOTA II Middle School
- Brad Sturm – President and CEO, Coulee Bank

Name _____

Phone _____

Address _____

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"/> Show Sponsor \$1,000+ |

Select your contestant and send your donation by May 19, 2010 to:

Coulee Region RSVP
2920 East Avenue South, Suite 104
La Crosse, WI 54601

2010 Contestants

- AJ – Morning Show Co-Host, Z93
- Dr. Rick Artman – President, Viterbo University
- Judy Bouffleur – Community Volunteer
- Dyanne Brudos - Vice President - Private Banking, US Bank
- Kara M. Burgos – Attorney at Law, Moen Sheehan Meyer, Ltd.
- John Burnett – Superintendent, School District of Onalaska
- Gregg A. Cleveland – Fire Chief, La Crosse Fire Department
- Cheryl M. Gill – Attorney, Johns, Flaherty & Collins, SC
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- Dr. Penny A. Reedy – Principal, Longfellow/SOTA II Middle School
- Brad Sturm – President and CEO, Coulee Bank



Please cut and mail

Give a Day. Get a Disney Day.

Coulee Region RSVP (Retired and Senior Volunteer Program) is pleased to be the first volunteer agency in the Coulee Region to participate in the "Give a Day ~ Get a Disney Day" program.

Disney is encouraging people throughout the United States to volunteer a day of service with a participating organization of which RSVP is, and to celebrate and reward volunteers for their good works, one million volunteers will receive a one day ticket to the Disney Park of your choice.

The Coulee Region RSVP invites individual's age 55 and better to share their life experience and skills making a positive impact in our community. Approximately 1,200 volunteers serve at over 125 non profit agencies and organizations throughout La Crosse and Monroe counties.

To find out more about the "Give a Day ~ Get a Disney Day" volunteer program through RSVP, contact RSVP at 608.785.0500 or sign up at www.DisneyParks.com



Annual Volunteer Recognition Banquet

Thank you to all who attended the 2009 Annual Volunteer Recognition Banquet in September at the Radisson Hotel in La Crosse. Over 250 RSVP volunteers were recognized for their volunteer service. A special Lifetime Achievement Award was given to the following individuals for serving over 4,000 hours with RSVP; John Alden, Joanne Allemand, William Fancher, Charlotte Knight, and Aaron Roraff. Thank you all for being volunteer leaders in our community. Thanks also to WLFN's Morning Mayor Pete Schreier for emceeing, the Sweet Notes Band for their enjoyable musical entertainment, Guest Speaker Wisconsin State Senator Dan Kapanke for his thoughtful words on volunteering, Sister Malinda Gerke, FSPA for her beautiful harp playing, and to Tami Woods and the Staff at the Radisson for the wonderful meal and service. We hope to see everyone again this year!



Remember to report your hours...

Volunteers who serve 25 or more hours during the year are invited to attend the Volunteer Recognition Banquet in September. So please keep reporting your hours to RSVP. We are looking forward to seeing all of our volunteers there!

Volunteer Opportunities

Please contact Amanda at 608.785.0500 or check out our website at www.rsvox.org to find out more about how you can get involved!

Check out the Senior Edition each month for updates and new volunteer opportunities.

Blood Center of Wisconsin, a brand new site with RSVP is looking for volunteers who are interested in serving at local blood drives. A brief training session will be required through the Blood Center of Wisconsin. Once the training session is completed volunteers will be able to assist with all Blood Center of Wisconsin Blood Drives.

Clerical, Receptionist, or Office Duties, RSVP is currently placing volunteers with many organizations that have office volunteer openings. Please call the RSVP office to find out more about which organizations are in need of clerical volunteers!

Foster Grandparent Program is looking for volunteers. If you are 55 or better, can volunteer a minimum of 20 hours per week, meet income eligibility and enjoy working with children you are the ideal candidate. Foster Grandparents receive a stipend and mileage reimbursement. Contact

Julie at 608.785.0500 or jdiermeier@rsvox.org for more information.

Franciscan Skemp has many volunteer opportunities including gift shop openings, clerical duties, transporting clients from the lobby to their appointments, opportunities in specific hospital units or departments and many more.

Hillview Health Care Center needs volunteers to serve as "Volunteer Appointment Escorts." Volunteers ride along with residents to and from appointments, providing them with company. Most Hillview residents are driven to and from appointments by Hillview Drivers, so volunteers are not responsible for driving, just accompanying. Days and time vary and this is a very flexible position.

La Crosse City Hall needs volunteers to serve as front desk greeters and assist citizens visiting City Hall; while directing individuals to the proper offices. Volunteers are needed on Monday and Thursday mornings.

La Crosse County Historical Society – Swarthout Museum is looking for museum docents on Wednesdays and Thursdays to assist

with welcoming visitors to the museum and occasional sales of gift shop items.

Onalaska Care Center needs volunteers to visit with residents. These visits are very flexible and can take place any day of the week at the Care Center.

One Time Event Volunteering

If you are a volunteer looking for a way to get involved but do not have time for a daily or weekly commitment consider volunteering for our Special and One Time Events Program, which operates on an on-call basis. In 2009, 107 RSVP volunteers donated over 5,000 hours back to the community by volunteering for One Time Event opportunities.

Volunteers gave their time to various organizations throughout the community helping with projects such as; bulk mailings, festivals, fundraisers, blood drives, performances, community functions, and food drives, to name only a few. Organizations where our volunteers served in 2009 include; the Alzheimer's Association, American Cancer Society, American Red Cross, Blood Center of Wisconsin, Blue Stars Drum & Bugle Corps, Clearwater Farm Foundation, Coulee Region Humane Society, Eagle Bluff Elementary School, Family Resources, Girl Scouts Badgerland Council, Heritage Night – Oktoberfest, Hillview Health Care Center, Irishfest, Irving Pertzsch Elementary School, La Crosse Area Jazz Society, La Crosse County Aging Unit, La Crosse Symphony Orchestra, Riverfront – Sand on the Riverfront, WAFER, and the YWCA.

If you would like to find out more about how you can help any of the organizations listed above or become a One Time Event volunteer please contact the RSVP office for more information.

Onalaska PARTNER Program

~New Volunteer Opportunity~

RSVP is pleased to announce a new collaboration with the School District of Onalaska. In November we began the PARTNER (Positive Achievements Realized through New Educational Resources) Program. RSVP and the School District of Onalaska are excited about this joint venture, working to fulfill the many volunteer needs in the Onalaska schools. We need your support to make the program a success. If you are interested in making a difference in the life of a child within the Onalaska Schools contact Amanda at 608.785.0500 to find out more about how you can get involved in this new partnership!

Current Volunteer Needs Include:

- Before and after school tutors
- Library assistance
- Classroom assistance
- Reading to or listening to students read
- One time event volunteers
- And many more opportunities throughout the year!

Volunteer Driver Program

2009 has ended and it is reporting season again I am happy to share with everyone how wonderful all the drivers are and how much they have given of themselves. The 33 drivers listed below provided over 8,600 rides and nearly 9,400 hours.

Thank you to the drivers who shared their time in 2009 to provide transportation:

Michelle Abing
Tom Abing
John Alden
Minnie Bolcerek
Ken Botcher
Arlene Bothe
Sr. Fran Browning
Dave Bruha
Beth Curtis
Fran Drewes
Bill Fancher

Randy Griffin
Jerry Hoch
Norm Ira
Mary Ann Johnson
Dick Kastenschmidt
Fred Kautz
Charlotte Knight
Bob Knight
Gordon Knudson
Lila Krueger
Loren Krueger

Jim McArthur
Jerry Niedfeldt
Therese Oldenburgh
Jerrine Page
Dick Rady
Carol Ramsey
Carole Running
Bill Sacia
Orval Severson
Paul Tracey
Jerry VerHagen

TRIAD/CARFIT

TRIAD, along with AAA, AARP, and RSVP hosted the first ever CarFit event in the Coulee Region on October 10, 2009. It was a huge success. Nearly 50 people attended and were shown how to properly fit in their car. If you missed this opportunity don't worry - You have another chance to do so at the Wellness Expo on April 23rd from 9:00am- 1:00pm at the Onalaska OmniCenter.

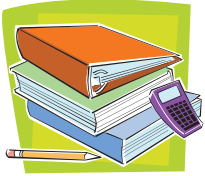


Friendly Caller

In October 2009 RSVP added the Gundersen Lutheran Telecare program to our RSVP Friendly Caller program. Any adults in La Crosse or Monroe County area are welcome to sign up and use the program free of charge. Participants will receive a daily phone call, Monday-Friday between 8:30am - 10:00am . If after several attempts to contact a participant with no response, RSVP will call their emergency contacts. If you would like to know more about the Friendly Caller Program for yourself, a friend or family member, contact RSVP at 608.785.0500



CARFIT
Helping mature drivers find their perfect fit



Education Corner

As the newest member of the Coulee Region RSVP team, I have been amazed and humbled daily by the overwhelming selflessness of our family of volunteers. While the benefits associated with volunteering are well known and numerous for both the volunteer and the recipient, the intangible rewards are, for me, most awesome. One of my first responsibilities since joining the RSVP team was to request and compile feedback from area school teachers and principals regarding the measurable impact the Study Buddies and Foster Grandparents have had with students. It is of great importance that we have concrete results through academic assessment to document student scholastic improvement. The feedback I have received does indeed show student academic success. Although leading our community of children to a higher level of learning is a respectable accomplishment, it is remarks from the teachers and principals regarding RSVP volunteers that has made the biggest impression on me. Please allow me to share some of the responses.

- Volunteers bring life experience and wisdom to our students.
- Students are learning to be more independent due to increased self-confidence because of positive reinforcement from the volunteer.
- Our volunteer is an excellent role model.
- Our volunteer has built a relationship with the student which not only improved their academic skills but their social skills as well.
- Students benefit from spending time with a caring, kind and polite adult.
- Volunteers provide tutoring for students who need additional assistance.

As you can see, not all accomplishments are measured by taking a test, but by the time shared by volunteers. I extend a big Thank You to each one of the Study Buddies and Foster Grandparents for making a difference that is above and beyond the academic expectation.

As the Educational Volunteer Coordinator, I look forward to recruiting and placing volunteers in area schools to serve as positive role models for our students. If you would like to make a difference in the life of a student please contact me.

Julie Diermeier
jdiermeier@rsvplax.org
608.785.0500



Welcome Julie!

Since beginning my job in December, I have had the opportunity to meet many of the wonderful RSVP volunteers. It has been heartwarming to find myself in such a welcoming environment. In 2004 my husband, Rick, and I moved our family to Onalaska. Not knowing many people in the area, I decided to spend my time volunteering for various non profit organizations, as well as the local schools. Working for a non profit became my goal. I am passionate about giving back to our community, and am excited about the prospect of matching 55 and better adults with children who are in need of a mentor. The difference one person can make in the life of another is immeasurable. As a parent of three kids ages 15, 13 and 10, I understand the importance of children having positive role models. Please stop by and say “hi” the next time you are in the office. I look forward to thanking each of you for your gift of volunteering.



~ Julie Diermeier

Science Technology Engineering Mathematics (STEM) Presentations

Our thanks to Dr. Christopher Leach, retired Gundersen Lutheran Heart Surgeon and Nancy Sikorsky, Principal at Harry Spence Elementary School for partnering with RSVP again this spring to bring STEM presentations to La Crosse area fifth graders. Dr. Leach has perfected the fine art of holding the attention of area 5th graders while sharing with them his experience and the paths he took to become a heart surgeon. The STEM program introduces the disciplines of Science, Technology, Engineering and Math to students in the greater La Crosse area. Do you have real life experience in any of these areas that you would be willing to share with our future leaders; if so contact Julie, 608.785.0500 or jdiermeier@rsvplax.org, to find out how you can be a part of this exciting program!

~ Handcrafters ~

Once again you have truly amazed and inspired me. 2009 has been yet another record year for giving back to the community! Each program and organization that RSVP partners with does so much for the Coulee Region in its own way; and how true this is of our RSVP Handcrafters. I have the continual pleasure of witnessing the extremely personal and generous giving process of the Handcraft program. In 2009 RSVP Handcrafters donated over 30,650 hours of their time to make handcraft items which were distributed to individuals and families in need throughout La Crosse and Monroe County. At the RSVP



Open House in November, 35 social services agencies from the area received over 2,400 items to benefit their organizations and the individuals they serve. These numbers however do not even begin to touch the overall generosity that the Handcraft program displayed in 2009; over 6,400 items were given away throughout the year, this is 2,000 more items distributed than last year! Your hard work and beautifully crafted items bring many families and individuals comfort and joy through the holidays, difficult economic times and warmth through the winter. Thank you for the hard work each and every one of you does, your handcraft items touch thousand of lives every year and inspire more.

~ Amanda



New Handcraft Project

Sew Angelic Surgical Caps

In 2008, an Operating Room staff in Ft. Meyers, Florida traded in their traditional scrubs for more brightly colored kid-friendly ones in hopes to soothe and distract young patients' pre-surgery fears. The caps were such a hit with the kids, that a group of nurses decided to take it upon themselves to make similar scrub caps for the patients. Each patient is allowed to choose their own scrub cap on the day of their surgery and then keep it as a remembrance of their time spent at the hospital. This program has been dubbed the Sew Angelic program and it is quickly becoming a creative nation wide solution, easing the anxiety of young patients as they go through surgery. The caps are a 20 inch circles with a 1/2 inch elastic band. Caps should be made out of brightly colored kid-friendly material and need to have special latex free elastic, which can be picked up at the RSVP office. Since the inception of this project in October, RSVP has donated over 300 surgical caps to medical facilities in the area. We are currently taking donations of children's print material in order to help with this project.



Current Handcraft Needs

- Adult mittens
- Clothing Protectors (adult bibs)
- Dolls
- Wheel Chair & Walker Bags



** Call Amanda at the RSVP office with questions, donations or if you would like patterns for any of these projects.*

Donations & Contributions

Thank you to all who have supported the Coulee Region Retired & Senior Volunteer Program in 2009. The following list includes donations received from July 1st, 2009 through December 31st, 2009. Without your gifts RSVP would not be able to offer as many wonderful volunteer services as it does. THANK YOU! Please know that we have made every attempt to include all donors in this list. If we inadvertently missed your name for any reason, please contact us and we will include your name in our next newsletter. Thank you for being a friend of RSVP!

Patrick Arendt
Brian & Norma Arneson
Lori Binsfeld
Patricia A. Boge
Robert & Audre Borchardt
Judy Brown
Marion C. Brownrigg
Bob & Betty Brudos
Doug Bruha
Mary Bueltel
Russ Callahan
Dr. & Mrs. Robert Caplan
Steve Christiansen
Marcia A. Deick
Stephanie Du Charme
Corene Dunning
Doris Ebner
Roger & Judith Erickson
Mark Etrheim
Kathleen M. Faas
Hamilton Early
Learning Center

William & Wilma Hampe
Donna Harris
Connie Helgerso
Bud Hendrickson
Rita Hesselberg
Keli Highland
Patty Himlie
Hmong Interpreters
Betty A. Hoeft
Marna M. Holley
Richard Hottinger
Dar Isaacson
Jay Jaehnke
Kent Johnson
Marian & Mildred Johnson
Francie Johnson
Joan Jorstad
Tom Kebel
Kenneth J Kopp
Steven & Lynnetta Kopp
Tom Krajewski
La Crosse County
Unit on Aging

Lewis Valley WELCA
Ada M. Lord
Alice Mc Hugh
Christine Moe
Mueller Media, Inc.
Bob Olson
Lois Olson
Lyle & Dee Peacock
Charlotte Phelps
Leanne Poellinger
Robert & Frances Pollard
Mary Polus
Brad Quarberg
Gladys Quinn
Penny Reedy
Thomas Rislow
John Sake
Marion Schaller
Del Schreck
Grace Schroeder
Tina Shuda
Roland & Janeane
Solberg

Susan Spears
Janie Spencer
Dick Spencer
Rita Stephan
Anne Steuer
Theresa M. Tobin
Carolyn Umberger
Gary Van Domelen
Dr. Rodelino &
Mrs. Janet Virata
Neva Winfrey
Frances I. Young
Nancy Zetes

*Thank you
for being
a friend of
RSVP!*

Wellness Expo 2010

Join RSVP for Wellness Expo '10 on Friday, April 23, 2010 from 8:30am – 1:00pm at the Onalaska Omni Center located at 255 Riders Club Road, Onalaska, WI, 54650! This year's event includes a Healthcare Reform Panel with guest speakers Jeff Thompson, MD, CEO Gundersen Lutheran and Robert Nesse, MD, President and CEO of Franciscan Skemp Healthcare. Yoga Chair Exercises will be demonstrated by Linda Larson, Registered Clinical Exercise Physiologist, Gundersen Lutheran and Anthony Villare, DO, Franciscan Skemp Healthcare will discuss options for hip and knee arthritis. The Expo will also offer free health checks including; functional fitness testing, lung function testing, blood pressure, bone density, eye, hearing, chiropractic, and massage. New to the Expo this year will be spa services, the La Crosse Police Department's Intoxiclock and The Convincer Displays, the La Crosse Fire Department's Smokehouse, and a CarFit Event. Back again, for your entertainment pleasure the Grumpy Old Men will

"Living Active, Living Longer"

Friday, April 23, 2010, 8:30am - 1:00pm

Onalaska Omni Center

255 Riders Club Road, Onalaska, WI 54650



be performing. The Wellness Expo is free for everyone so please join us and take advantage of the demonstrations, speakers, and exhibitors to learn more about living healthy, living active in the Coulee Region.

Free Admission • Free Lunch • Over 70 Exhibitors • Entertainment by the Grumpy Old Men

Your Support Welcome

Please consider helping RSVP with a tax-deductible donation.

RSVP is a 501 c-3 non profit 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 _____

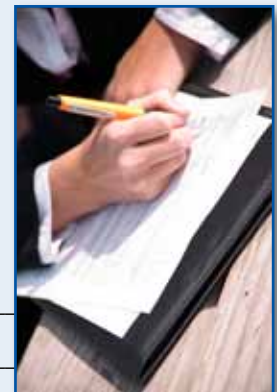
Please make checks payable to: Friends of Coulee Region RSVP
2920 East Avenue South, Suit 104 La Crosse, WI 54601



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 non profit group that would like to become an RSVP station



Name _____

Phone _____

Address _____

Email _____

Information _____



Please cut and mail

2010 Calendar of Events

Friday, April 23 - Wellness Expo at the Onalaska Omni Center
from 8:30am – 1:00pm

Saturday, May 22 – Who will be Smarter than a 5th Grader Fundraiser at Valley View Mall
from 10:00am – 12:00noon

Wednesday, September 8th – Annual Volunteer Recognition Banquet
at the Radisson Hotel Downtown La Crosse at 3:00pm

Wednesday, September 29th – Heritage Night at the La Crosse Center
doors open 4:30pm

Thursday, November 18th - Handcraft Open House at the RSVP Office
from 9:00am – 3:00pm



Coulee Region RSVP, Inc.

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



Lead With Experience
Get Involved!

Phone: 608.785.0500

Toll Free: 1.888.822.1295

Fax: 608.785.2573

Email: info@rsvplax.org

Website: www.rsvplax.org

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