



NWCSA – RSVP

Sponsored by Northwest Wisconsin
Community Services Agency, Inc.
Covering Ashland, Bayfield, Douglas & Iron Counties



AmeriCorps
Seniors

RSVP NEWSLETTER

Volume 50 Issue 1

From the Desk of Beth Paul, RSVP Program Director

I'm so proud of all the work done by our RSVP volunteers across northwestern Wisconsin. You are making a difference in the lives of many people in many locations. Thank you for giving your time and talent to RSVP.

The work of getting more volunteers, more partnering agencies/stations and making the branding of RSVP and our sponsor, NWCSA, is never ending. With the additions of Andrea to our paid staff in Superior along with Mary in Ashland, we have been able to figure out how to do everything from social media to volunteer connections to how to use Microsoft to the fullest. Please remember to thank them all for their hard work.

I hope that we can continue to serve you, our volunteers and partnering agencies for many years to come.



Mary's Commentary

Another year has come and gone way too fast. Time sure flies when you're having fun! The only big change this year is the recognition luncheon. We decided to have all the luncheons in the local restaurants because of the difficulty of finding caterers and locations to hold a gathering of RSVP volunteers.

We hope you like this venue for Recognition. I want to say thank you to all our RSVP volunteers for the great work they are doing in each location. Keep up the good work.



Notes from Andrea

Wow, it has been a year full of experiences, learning, growth and adventures! We are just launching a new computer lab at the Lew Martin Senior Center that is available to the public, movie Wednesdays along with Switch Online Bowling! I have met amazing people and made incredible friends working with RSVP and at the same time we have been slowly gaining more volunteer opportunities in each of our communities. I look forward to continuing this adventure for many years still to come. Thank you for everything you do and give to our communities, the effects are seen everywhere.



WHAT IS RSVP?

RSVP is one of several programs under AmeriCorps Seniors. Their mission is to promote the spirit and practice of volunteerism. RSVP offers adults, age 55 and better, new and varied opportunities for volunteer service within their community.

RSVP helps to connect these adults with other compatible organizations by utilizing the vast array of talents they have to offer. Through these connections, RSVP seeks to maintain a recognized role within the community through significant volunteer service by helping to meet needs within that community. Each RSVP is planned, organized and operated on a local level.

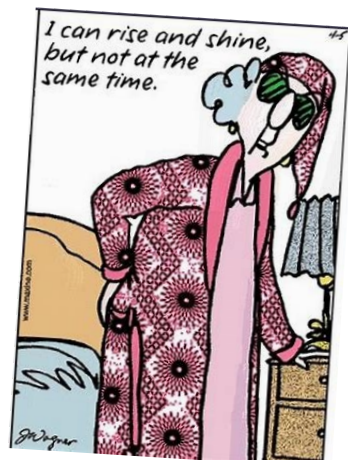
RSVP Volunteers have access to excess insurances while traveling to or from home to their volunteer station. These include: Health, Auto Life/Disability. If something happens, you're covered. These volunteers are also celebrated throughout the year with an annual luncheon, gifts and recognition of important dates and more. The best part though, is that RSVP Volunteers see the immediate effects their volunteering has on their community. Their efforts don't go to a nation account. They are right here at home affecting your neighbors, your family and yourself.

RSVP works within the community to expand and develop opportunities for older adults through non-profit organizations and local public agencies. Appropriate volunteer assignments take place to the mutual satisfaction of the volunteer and the cooperating agency. RSVP stresses matching the interests, abilities and physical capabilities of volunteers with the needs of the agencies.

The RSVP office in this area serves 4 counties: Ashland, Bayfield, Douglas, and Iron. The Douglas County office is located in the Lew Martin Senior Center and serves Douglas County. We are sponsored locally by the Northwest Wisconsin Community Services Agency, Inc. (NWCSA).



Within this Newsletter there is a listing of all our volunteer opportunities and training items that we are required to publish on a regular basis by AmeriCorps Seniors. Questions regarding any it can to emailed to bethrsvp@northwest-csa.org or by calling Beth at 715-292-6400 X 1.



NWCSA-RSVP in ASHLAND

Building open 9:00 am to 2:00 pm

Monday—Friday

If no one is available please leave a voice message.....

Beth: 715-292-6400 x1

Mary: 715-292-6400 x2

Fax: 715 -292-6403

Email: bethrsvp@northwest-csa.org

Email: mfoley@northwest-csa.org



Mission and Vision Statement

MISSION: Engage persons, 55 and better, in meeting critical needs that strengthen our community, improve lives and foster civic engagement through service and volunteering.

VISION: Provide our volunteers and our stations opportunities for any individual, 55 and older, to stay healthy, and make a difference by meeting community needs.

NWCSA-RSVP in SUPERIOR

Building open 8:00 am to 4:30 pm

Monday—Friday

If no one is available please leave a voice message.....

Andrea: 715-394-3644

Email: awright@northwest-csa.org

Please share this newsletter with family and friends.

www.northwest-csa.org



DATES TO REMEMBER

Sept 2—Labor Day

Sept 22—Grandparents Day

Sept 22—Autumn Begins

Oct 14—Columbus Day / Indigenous Peoples' Day

Oct 31—Halloween

Nov 3—Daylight Savings Time Ends

Nov 5—Election Day

Nov 11—Veteran's Day —Offices closed

Nov 28 & 29—Thanksgiving—Offices closed

Dec 7—Pearl Harbor Day

Dec 21—1st Day of Winter

Dec 24-25—Christmas—Office closed

December—31—Office closed

Jan 1—New Year's Day—Office Closed



NWCSA Website

The Northwest Wisconsin Community Services Agency Inc. website at www.northwest-csa.org can be used by the general public and those accessing our programs. The website will have all of our locations listed where volunteers are working plus enrollment forms and monthly individual hours forms that are available to download & use.

If you interested in having your organization connected with RSVP the Memorandum of Understanding Form, job description forms, and monthly group hours forms ready for you to use after downloading and printing.

Looking for more information regarding RSVP that you would like us to put on the website? Please let us know by email at....

bethrsvp@northwest-csa.org or by phone at 715-292-6400 x1.

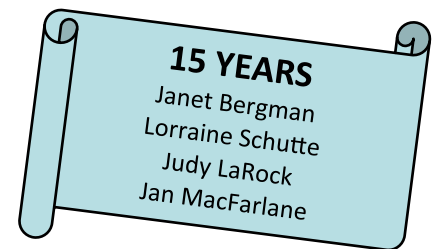


GOVERNOR'S SERVICE AWARD

Annually, the Governor of the State of Wisconsin gives out awards through the Governor's Service Awards. These awards highlight groups and individuals who spearhead positive, impactful change by their service to the people of the State of Wisconsin. These volunteers have served their communities for at least two decades since turning 55. This year we recognize the NWCSA-RSVP volunteers who have reached this impressive milestone.



They will receive a framed certificate signed by Governor Evers for their service to their community and to the people of the State of Wisconsin.



Annual RSVP Recognition of Years of Service

Please share this newsletter with family and friends.



Welcome New Volunteers

Welcome new & returning volunteers! We enrolled 22 new volunteers from **August 1, 2023 to July 31 2024**. They are serving at a wide variety of stations in Ashland, Bayfield, Iron and Douglas Counties.

THE VERY BEST RECRUITERS are the NWCSA-RSVP active volunteers we have. They spread the word about their volunteering experience and the need for more volunteers. Do you know someone who may be interested in volunteering? Please pass this newsletter on to a friend or neighbor and tell them what NWCSA-RSVP means to you!

- | | |
|-------------------|-------------------|
| Kate Bailey | Debra Patton |
| Roxane Boutin | Carolyn Rengo |
| Laura Casley | Janel Ryan |
| Elizabeth Cheever | Charles Schroeder |
| Janis Cummings | Mark Sherman |
| Angel Gruebele | Albert Sims |
| Rick Gruebele | Diana Strzok |
| Carrie Hoagland | Deb Terry |
| Melissa Masters | Diane Tetzner |
| Jen Maytum | Steven Vircsik |
| Mary Meierotto | Rene West |



Recognition Luncheon

We hope that you like the new venue for the Recognition Luncheon. The decision to change the way we set up this lunch was brought about by scarcity of caterers, expense of hall rental and the desire to include more RSVP volunteers who could attend. We tried to select restaurants with good food in each location. We hope we were successful.

There has been a suggestion that a gift card or gift certificate to a specific restaurant may be a better way to thank you to all our volunteers. Unfortunately federal regulation does not allow us to do that type of activity.

Sometimes there may be mistake or two in the newsletter that was overlooked when it was printed. Please let us know if you see any errors and we make every effort to correct the oversight. Thank you!



Reminder: Please inform the office if you are not able to volunteer due to an extended vacation, illness, hospitalization or in rehab, are "snowbirds" and/or retiring as an NWCSA-RSVP volunteer. If an RSVP volunteer has passed away a call to the office would also be much appreciated!!
Thank you!



Please share this newsletter with family and friends.

Random Trivia

1. A mix between a Chihuahua and a dachshund is called a "chiweenie."
2. There are no seagulls in Hawaii.
3. Even though dragonflies have six legs, they cannot walk.
4. Gummy bears were originally called "dancing bears."
5. Sea otters have the thickest fur of any mammal, at 1 million hairs per square inch.
6. The bird on the Twitter logo (now X) was named "Larry." He was named after the basketball player Larry Bird, who played for the Boston Celtics.
7. The term "coccyx" (also known as your tailbone) is derived from the Greek word "cuckoo" ("kokkux") because the curved shape of the tailbone resembles the bird's beak.
8. A baby has around 30,000 taste buds. They are not just on the tongue but also on the sides, back, and roof of the mouth. Adults have about 10,000.
9. In one survey, three out of four people admitted to sharing an ice cream cone with their pet.
10. When humans take a breath, they replace only 15% of the air in their lungs with fresh air. When dolphins take a breath, they replace 90% of the air in their lungs with fresh air.



VOLUNTEER OPPORTUNITIES

IN ASHLAND

Volunteer Income Tax Assistance (VITA): Locations in Ashland and Superior. Looking for people that can use a computer and work with clients. 14 weeks of tax season with a minimum commitment of one day per week. Training & testing all through computer with in-person training is needed. Come out and help file taxes and generate needed money back to Northern Wisconsin.

RSVP Office Help: Work as a team to get projects done like shredding, sorting, calling volunteers and other various duties. Computer work is optional. 3 hours weekly or whatever works in your schedule.

Ashland County Aging Unit: Looking for those available weekdays for meal delivery (Meals on Wheels), office help or volunteering through Faith in Action. Ashland County Aging unit needs your help to serve the most vulnerable in our community, Seniors, who are homebound. Call us today.

Closets & Cupboards: Maintain and update items donated to this “free store”. Clothing both, casual and career basic, formals, and kitchen items are all under one roof. Sort, fold, hang, and display items that are still usable.

Homeless Shelter: Located in Ashland & Superior. Variety of projects and needs at both locations. Connect with RSVP to see how your service can benefit the greater community.

Vaughn Public Library: Ever wonder what happens to books when they are not used anymore? They are sold to make money for and books, equipment & other programs within the library. The **Book Nook** is open 3 days per week. Come help sort, shelve and staff the desk. You can also volunteer in the Main Library.

Tamarack Health Thrift Shop (formally MMC Thrift Shop) Benefits the community by providing a way to upscale items at low cost. Sort, mark and display items while others run the cash register. Work with and meet new friends. Step up to solve a community need. Proceeds benefit the Tamarack Health Center in Ashland.

Food Distribution: Locations in Ashland, Mellen, Cornucopia and Cable (thru The BRICK Ministries). Distribute food and personal care items to those in need. Days and times vary every month.



IN IRON COUNTY

Iron County Historical Museum: Research local history, talk to people about local history, assist with exhibits, displays & special events. The Weaving Room is home to looms and weavers who use old methods to create beautiful rugs which may be purchased by the public. Proceeds stay with the museum to cover operating costs.

The PAW Shop: Benefits the community by providing a way to upscale items at low cost. Sort, mark and display items while others run the cash register. Work with and meet new friends. Step up to solve a community need. Proceeds benefit the Mercer schools.

Ashland Historical Museum: Research local history, talk to people about local history, assist with exhibits, displays & special events. And if computer savvy input data into their historical files.



IN DOUGLAS COUNTY

Volunteer Income Tax Assistance

(VITA): Locations in Superior and Ashland. Looking for people that can use a computer and work with clients. 14 weeks of tax season with a minimum commitment of one day per week. Training & testing all through computer with in-person training is needed. Come out and help file taxes and generate needed money back to Northern Wisconsin.

Transportation Services:

Provide transit to and from medical appointments in Douglas County. Drivers will receive mileage for transporting clients to and from Doctor appointments and medical procedures. No lifting required.

NWCSA Food Pantry:

Distribute food and personal care items to those in need. Days and times vary every month. Helps families and individuals in need within Douglas County. Located at the NWCSA office location, 1118 Tower Avenue in Superior. Drive-thru the back parking lot Monday and Thursday from 9 am – 11:30 am.

Senior Center Help:

Work as a team to get projects done at the Lew Martin Senior Center. Duties may include office help as well. Computer work is optional. 3 hours weekly or whatever works in your schedule.

Moments Hospice:

Helping individuals and their families in their critical times. Volunteer abilities range from behind-the-scenes office assistance to holding vigil during the last moments and reaching out to families afterwards. Each position is an integral in need helping our ones cross over.

Solid Rock Safe Haven

Located in Superior is a homeless shelter for adult men. Connect with RSVP to see how your service can benefit the greater community by assisting them to become self-sufficient.

IN WASHBURN

ABC Thrift Shop: Benefits the community by providing a way to upscale items at low cost. Sort, mark and display items while others run the cash register. Work with and meet new friends. Step up to solve a community need. Proceeds benefit the Washburn area.



“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”
— Maya Angelou (August 2013)

Washburn Chamber of Commerce:

Volunteers will be helping with events and other activities as needed.



“The older you get the more you realize that kindness is synonymous with happiness.”
— Lionel Barrymore (April 1953)



In Ashland, Bayfield, and Iron Counties

Disaster Help: The American Red Cross is looking for help for their disaster action team who respond day or night to meet the needs of their neighbors. Both online or in person training opportunities are available and free of charge. The shelter support team who supports the day-to-day activities within the shelter may include working in reception, registration, feeding, dormitory, information, or other areas within a shelter. The disaster action health services team is looking for licensed healthcare providers to deliver hands on care and education to shelter residents. Free online training can be counted towards your nursing continuing education units.



Proud to be a Volunteer

“Proud to be a volunteer, not for the recognition or the accolades, but for the feeling of touching lives and making a tangible difference.” – Anonymous

“Volunteering is a choice that makes me rich in ways that money cannot buy. Proud to serve, proud to give, proud to make a difference.” – Anonymous

“Being a volunteer has taught me the true strength of empathy, compassion, and community. Proud doesn’t even begin to cover it.” – Anonymous

“The world changes with your example, not your opinion. Proud to act, proud to volunteer, proud to lead by example.” – Anonymous

“Proud to be a volunteer because it’s one of the few roles where you give and receive in equal measure, growing with every experience.” – Anonymous

“Proud to be part of the unsung heroes who believe in action over words. We are the volunteers, and we are the change makers.” – Anonymous

In Bayfield County

Facilitator: Housing planning development zoning codes are all difficult things to wrap your mind around, But, if you want to impact the future, zoning facilitator may be your opportunity. Experience with meeting facilitation, an understanding of zoning and housing preferred. Take what you have learned and give it forward to the next generation.

Teacher: Writing is a difficult skill for many people. Use your skills to help with technical writing or grant writing. Previous experience needed to fill this volunteer opportunity. Take what you have learned and use it to teach the generation.

Advisor: Do you know social media and would like to help a community organization with it? Bayfield County wants your help to guide staff in the new world of social media. Examples needed to demonstrate experience.

What do you call a cat who likes to bowl?
An alley cat



RSVP Advisory Council

The NWCSA-RSVP Advisory Council is the governing board that advises, guides and supports the NWCSA-RSVP program. Meetings require only a couple of hours of your time and are held at a minimum of 4 times per year. A zoom option is also available.

We need members and welcome anyone to join, so please consider this as another positive way to give back to the community!!

Contact Beth Paul at the NWCSA-RSVP office to find out more & pick up an application.



Stations or Volunteer Locations

Stations or partnering agencies are special places. We operate together to promote the volunteer opportunities available while being able to use the volunteer hours and any information such as dollars earned in our AmeriCorps Seniors grant report. But our partnering agencies can also utilize RSVP for training, conducting surveys, help with issues that have come up with volunteers or having to dismiss or separate a volunteer from their service. We also have a grievance procedure that we will review later in this newsletter.

Please share this newsletter with family and friends.

Ashland Community Shelter

The shelter is still need of volunteers to help with a variety of tasks such as:

- working at the front desk
- staffing overnight shifts
- cleaning rooms
- changing bedding
- laundry
- general maintenance and upkeep
- client support

Call 715-292-6115 and speak with Becki or contact Beth at bethrsvp@northwest-csa.org or by calling 715-292-6400 X 1.

THEY SAY MONEY
TALKS, BUT
MINE
JUST
WAVES
GOODBYE.



Closets & Cupboards

New 2-U Formals

Career Closet



These programs are open to the public when the RSVP office is open. We could use a volunteer or two to help sort, fold and hang the clothes and other items that are donated.





The Many Benefits of Volunteering

We all volunteer in one way or another: at church, helping a neighbor, helping a friend or family member. How do you feel after getting done with your volunteering? Happy? Excited to help someone? In “Exploring the effects of volunteering on the social, mental, and physical health and well-being of volunteers: an umbrella review” by Nichol, B., Wilson, R. Rodrigues, A, and Haighton, C in 2023 in *VOLUNTAS: International Journal of Voluntary and Nonprofit Organizations* (<https://doi.org/10.1007/s11266-023-00573-z>) 28 reviews were included in this study with them predominantly featuring older adults in the USA.

The studies that were reviewed found that the key benefits to volunteering across social, mental, and physical health include:

Reducing mortality: reduced mortality rates.

Improved physical functioning: enhanced physical activity and self-reported health.

Physiological benefits: increased life satisfaction, reduced depression, enhanced self-efficacy, and a sense of purpose.

Social benefits: greater social support and social connectedness, sense of community.

When looking at the benefits of volunteering being enhanced, factors such as age, reflection and altruism, and organizational support helped to lift the benefits

Being part of RSVP has many rewards. Providing for the community needs, and receiving social, mental, and physical health benefits all add up. Thank you for volunteering in your community and through RSVP, an AmeriCorps Senior grantee.



Knock, knock!
Who's there?
Cow go.
Cows go who?
No, silly cows go moo!

Please share this newsletter with family and friends.

Activities at the Lew Martin Senior Center

Smear Mondays from 1:00 to 3:00 pm. \$4.00 per person. Prizes for 1st, 2nd, and 3rd place, and a booby prize. Coffee and treats available.

Cribbage Thursdays from 1:00 to 3:00 pm. \$4.00 per person. Prizes for 1st, 2nd, and 3rd place, and a booby prize. Coffee and treats available.

Puzzles Available daily for take one, leave one. Over 500 puzzles available for use of various sizes (100 pieces to 10,000 pieces).

Tai Chi Tuesday & Thursday from 10:00 to 11:00 am. Free.

Exercise Class Monday, Wednesday and Friday from 9:15 to 10:00 am. Chair-based exercise class. 50 cents per class

Computer Lab Monday through Friday from 8:30 am to 4:30 pm. Check your email, read the paper, check out what is happening in the area. Printer is available for \$0.25 per page. Need help with something on the computer? Just ask the manager for help.

Coffee and Newspapers A variety of newspapers and coffee are available daily. Come read the newspaper and enjoy a cup of coffee.

Books A variety of books available to take home to read. Take one, leave one policy.



BENEFITS SPECIALISTS CONTACTS

ASHLAND COUNTY

Ashland County Aging Unit Inc.
400 Chapple Ave
Ashland, WI 54806
Phone: 715-682-4414
Open: Mondays and Thursdays
ADRC—Ashland County Branch
630 Sanborn Ave
Ashland, WI 54806
Open: Tuesdays and Wednesdays
Phone: 715-685-2040
Email: adrc@hsd.co.ashland.wi.us

BAYFIELD COUNTY

Bayfield County Aging Unit
ADRC—Bayfield County Branch Office
117 East 5th St
PO Box 100
Washburn, WI 54891
Phone: 715-373-6144
Phone: 866-663-3607 Toll Free
Email: adrc@bayfieldcounty.org
Email: baycodhs@bayfieldcounty.wi.gov

DOUGLAS COUNTY

Douglas County ADRC
1316 North 14th St, Suite 337
Superior, WI 54880
Phone: 715-395-1234 or 866-946-2372
Douglas County Aging Unit
Senior Connections
1805 North 16th St
Superior, WI 54880
Phone: 715-394-3611
Phone: 800-870-2181 Toll-free
Email: ExecDirector@seniorconnectionswi.org

IRON COUNTY

Iron County Aging Unit
ADRC—Iron County Branch Office
307 3rd Ave South
Hurley, WI 54534
Phone: 715-561-3636
Phone: 866-663-3607 Toll-free
Email: adrc@ironcountywj.org



Please remember to document your hours either on the Monthly Hours Report at the station or on an Individual Hours Form. It is very important for our record keeping which is federally mandated. The data collected from volunteer hours goes to Congress and others to help them determine allocation of dollar amounts for RSVP. It also shows that people, 55 and better, are a vital part of the community and provide an essential service to many non-profit organizations in the area by focusing on the needs of the community. So keep up the great work, track your hours, and have a great time!!

Please share this newsletter with family and friends.



What kind of dogs don't play football?
Boxers



File of Life Program

The File of Life Program is sponsored by the Tamarack Health Medical Center and the NWCSA-RSVP Program. This service provides vital medical information about the conditions and medications of the person with an emergency when they are at home. With the "File of Life" mini-medical card there is reliable information for the EMT's to review when they arrive.

Anyone may sign up for this service. Just call our office (715-292-6400 X2) to request a File of Life packet. It is a **FREE** service!!



Bringing out the Best in You

Northwest Wisconsin Community Services Agency, Inc-RSVP (NWCSA-RSVP), through a grant from AmeriCorps Seniors, pairs American aged 55 and better with organizations making change in the community. We also work with those organizations to recruit volunteers to help further their missions in our four-county service area (Ashland, Bayfield, Douglas, and Iron Counties). Commitments for volunteers range from 1 hour per year to 40 hours per week with you choosing how, where, and when to serve.

RSVP is a federal grant program of AmeriCorps Senior with funding help from the State of Wisconsin and our sponsoring agency, NWCSA. For 52 years, we have been serving Northwestern Wisconsin as one of 17 projects in the State of Wisconsin serving 394 locations with 6,648 AmeriCorps Senior volunteers. As part of RSVP, benefits vary from

Health and wellness. AmeriCorps Seniors volunteers experience decreased anxiety, depression, and loneliness. 84% of volunteers report stable or improving health after one year of service.

Self-improvement. See the daily impact of your service as you build on the skills you already have and develop new ones.

Community. Connect with others and be part of something bigger. 88% of volunteers who felt a lack of companionship reported fewer feelings of isolation after becoming an AmeriCorps Seniors volunteer.

New skills. AmeriCorps Seniors volunteers often tap their wealth of experience and wisdom and channel it in new directions.

Insurance. RSVP offers accident, personal liability, and excess automobile liability insurance.

Come be part of something bigger than yourself. Bring out the Best in You.

Contact us to get involved. Two locations.

In Ashland at 623 Second Avenue East, Ashland. 715-292-6400 ext. 1 or 2. bethrsvp@northwest-csa.org.

Superior at 1527 Tower Avenue, Superior. 715-394-3644. awright@northwest-csa.org.

Or find us on the web at www.northwest-csa.org.

Covid-19 (Coronavirus Disease)

Unfortunately Covid-19 is still around and can be very serious if contracted by those with underlying illnesses.

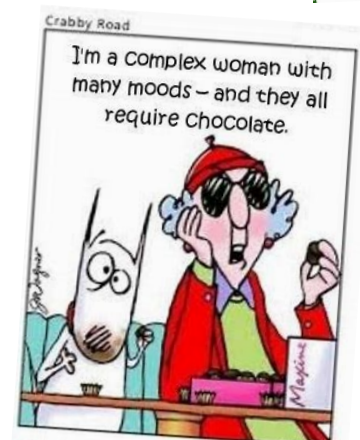
It is a respiratory disease that can cause severe illness. COVID-19 spreads easily from person to person when someone who is sick breathes out droplets and very small particles with the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth and make them sick.

The Wisconsin Department of Health Services (DHS) recommends the following prevention strategies to prevent COVID-19 infection.

- ⇒ Stay up to date on COVID-19 vaccines.
- ⇒ Get tested for COVID-19 if you have symptoms or were exposed to someone with COVID-19.
- ⇒ Stay home if you have COVID-19 or COVID-19 symptoms.
- ⇒ Seek treatment if you have COVID-19 and are at risk of getting very sick.
- ⇒ Wear a well-fitting mask when recommended.

With widespread access to vaccines, testing, and treatment options, we have more tools than ever before to prevent severe disease.

Please share this newsletter with family and friends.



Changes come to Transportation Support for RSVP Volunteers

During the last five years since we took on Douglas County to provide RSVP, we have been providing transportation through mileage reimbursement and providing bus passes for Douglas County only. This is now changing.

Mileage reimbursement for those driving to their volunteer location and home again will remain at 26 cents per mile. Bus passes or getting a ride supplied by someone else will now be available in Ashland, Bayfield, and Iron Counties along with Douglas County.

So, what does that mean for me? As a RSVP volunteer, if you are looking for a ride to your volunteer location, you have three options.

If you have a car, you can drive yourself to your volunteer location and home again. To get reimbursement for these miles, you need to track your odometer reading and submit it on a mileage reimbursement form by the 5th day of every month. To get reimbursed for your mileage, you must travel over 100 miles per month and have your insurance and driver license on file.

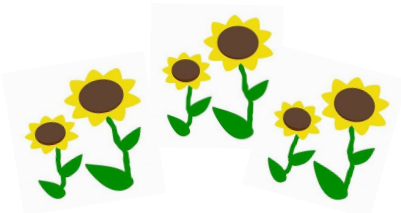
If you live in an area that has bus availability, contact the RSVP office near you (either Superior at 715-394-3644 or Ashland at 715-292-6400 ext. 1 or 2) and let us know you are interested in taking the bus to and from your home to your volunteer location. RSVP will make arrangements for you to get a ride paid for by RSVP. One time per month or every day of the week. Whatever your volunteer schedule is, we will work with you to get you that ride. These rides will require RSVP to arrange your first ride so that everything is set up and the volunteer will set up those rides with bus company that will be used. A form will need to be submitted monthly so that we know you will be working and using the bus.

Live in an area that does not have bus service, but you can find a taxi or a friend to pay, please reach out to the Program Director to get pre-approval for this kind of ride. They will be approved on a case-by-case basis. Anyone using this method will need to have the taxi or friend be on file with RSVP with a copy of their driver license and their insurance.

As with regular mileage reimbursement, volunteer rides or the use of bus passes will be compared to your volunteer hours to make sure that you are volunteering the day you are getting a ride. Every mileage reimbursement or ride request is checked to make sure everything is done correctly. Remember that any abuse of the rides or mileage reimbursement received from RSVP, including stopping for shopping, movies, giving it to another person, any disagreement with other passengers or the driver, or any reports of bad behavior will have the volunteer's ride or reimbursement removed. Any decision that is made by the Program Director may be disputed in writing to the CEO of NWCSA within 30 days of the removal from eligibility.

If you have questions or would like to utilize this service, please contact the RSVP office that is close to where you live. Call Superior at 715-394-3644 or Ashland at 715-292-6400 ext. 1 or 2 to find out more details and to plan to use our new system.

THANKS
FOR
BEING
AWESOME



Please share this newsletter with family and friends.



Extra Insurance When You Volunteer

One of the benefits of volunteering for NWCSA-RSVP is that excess insurance protection is provided for active volunteers if a volunteer is seriously injured or injures someone else while performing his/her volunteer duties.

Excess Accident Medical Coverage:

This coverage is in excess of any other health insurance that you have in place such as Medicare and/or any other supplemental policies in force. It covers medical expenses **only** while participating in volunteer activities at the worksite. This coverage also provides limited coverage for repair/replacement of eyeglass frames and prescription lenses and also limited dental care for teeth & dentures that were damaged while volunteering.

Excess Volunteer Liability Insurance:

A volunteer's actions may cause physical injury to another person or damage to another's property. If the injured party feels that their injury or the damage to their personal property resulted from the negligence of the volunteer, the volunteer may be sued. When this occurs, the volunteer will need to defend himself or herself, and, if judged negligent, will be responsible for the financial judgment incurred. Our volunteer insurance program includes volunteer liability for just those situations.

Excess Automobile Liability Insurance:

This is an extra layer of protection for a volunteer who claims RSVP mileage reimbursement and has a car crash driving to and from the volunteer site. It applies only after the volunteer's insurance is exhausted.



RSVP Mileage Reimbursement

The NWCSA-RSVP follows the standards for mileage reimbursement set by AmeriCorps.

Volunteers who claim mileage must travel ***100 miles or more during the month***, have a copy of their current driver's license and the name of their current insurance company on file in our office. The mileage reimbursement rate for a volunteer is currently 26 cents per mile when they meet all the above criteria driving to and from a work station or assignment. If a volunteer has detour to and from the volunteer station or must stop for gas to or from their site may claim that mileage also with a note on the mileage sheet. We will also accept mileage if a volunteer is traveling to and from a summer home in the area. Again we will want a note on the sheet explaining the difference. The rate of reimbursement is decided by the local Advisory Council and the operating budget in conjunction with the CEO of NWCSA.

Mileage forms are completed using ink with the volunteer's signature at the top or bottom, depending on the mileage sheet they are using. When a mistake is made the mistake is crossed with one line, the correct number/word written near the mistake and then initialed by the volunteer. (Or fill the mileage info in pencil first, check for accuracy and then go over with a pen.) Using ink is a safe guard against someone changing the form without permission. Mileage reimbursement forms are generally sent by the Superior office when the reimbursement check is sent, however, they can also be picked up here at the office or sent out to the volunteer.

Completed Mileage Reimbursement Forms must be postmarked or received by the NWCSA-RSVP office by the ***5th of each month*** or reimbursement may be denied. It is best if these forms are sent, faxed or brought directly to the office by the 5th of each month rather than relying on the station supervisor to send them in with the hours report.

Accurate documentation is vital when claiming mileage. The recorded volunteer hours on the Monthly Hours roster or Individual Hours Form indicates that a volunteer did indeed work on the day that mileage was claimed. The days mileage reimbursement is claimed must match the days that were volunteered. If there is a discrepancy between the days that were worked and mileage claimed the volunteer will receive a call from the RSVP office to clarify the problem.



Prohibited Activities When Serving as an RSVP Volunteer

As a federal grantee through AmeriCorps Senior, our grant documents tell us what we can and can not do with the grant money we receive and the volunteers that we recruit. These rules, provided within the AmeriCorps Senior RSVP Program Operations Handbook, states a list of prohibited activities that NWCSA must have policy and procedures for. Part of our requirements as a grantee is to let you, the volunteer, know what those prohibited activities are and how to report violations if they happen. Below are all the prohibited activities and special limitations as set forth by AmeriCorps Senior. If you find that they are happening at your station, please contact the RSVP staff at 715-292-6400 X1 or X2 or 715-394-3644 so that we may discuss them with the station in question.

Political Activities Grant funding may not be used to influence any election or any voter registration activities. No grant funds, buildings, offices, or volunteers may be identified with any political activity for any candidate, legislation, or group. Any RSVP stations are also under the same restrictions as NWCSA to stay away from any political activity that involves a candidate, legislation, or support for a general group within the elections. No transportation may be provided to those who are registering to vote or voting on election day. Any kind of voter registration may not be made available to the public at any NWCSA location. This would include the Lew Martin Senior Center, the NWCSA main office on Tower Avenue in Superior and the RSVP office in Ashland. Any concerns you have regarding your volunteer work in relation to political activity, please reach out to ask if that work is okay within the realm of RSVP.

Religious Activities Any NWCSA grant funded staff or volunteers may not give religious instructions, conduct worship services, or engage in any form of proselytization as part of their duties. If the volunteer station's mission includes religious beliefs, volunteers may continue to serve at the location if funds from the federal grant are not used to support any inherently religious activities. If a volunteer is supporting a client by accompanying them to a religious service as part of their service, the volunteer may continue with that service if they are not leading any part of that religious service.

Non-Discrimination NWCSA may not discriminate against any RSVP volunteer based on race, color, national origin, gender, age, religion, sexual orientation, disability, gender identity or expression, political affiliation, marital or parental status, or military service.

Labor and Anti-Labor No grant funds may be used to finance any labor or anti-labor organizations or related activities.

Non-Displacement A RSVP volunteer may not perform any service or engage in any activity that would otherwise be performed by an employed worker or would allow for the organization not to hire a worker for that position.

Prohibition on Fee-for-Service A RSVP volunteer may not receive a fee for service from a client. No person, organization, or agency may request compensation for RSVP volunteers being assigned to their location. NWCSA may not request compensation from any of the volunteers, clients, or organizations that it places volunteers into.

Status RSVP volunteers are not employees of NWCSA, the station they are volunteering at, AmeriCorps Senior, or of the Federal Government.

Abortion Services RSVP volunteers and staff may not provide abortion referrals or services.

This list may be added to in the future. We will try to make sure that we keep up with educating you, the volunteer, on what is prohibited. Please remember that these activities are prohibited by AmeriCorps Senior and not NWCSA as part of our requirements of accepting grant money. If you have any questions, please give Beth a call at 715-292-6400 X1.



Ways to Donate to NWCSA-RSVP

Bequests are charitable gifts that can be stated in the will of those who wish to lend support beyond their lifetimes. Giving by will can be a flexible way to share in the future of a charitable organization after your family's needs have been met.

IRA & Retirement Plans can also name a charitable organization to be a beneficiary of these retirement plans. Every dollar amount that is contributed to NWCSA-RSVP allows us to help enrich the lives of many local children and adults.

Tributes are a way to honor former NWCSA-RSVP members who may or may not be deceased.

Life Insurance can name an agency such as NWCSA-RSVP as its beneficiary.

Memorials perpetuate the memory of how this special person touched the lives of others. It is a loving tribute to a spouse, relative, friend, or neighbor who is deceased.

To learn more about deferred gifts, planned giving, memorials, or tributes contact the NWCSA-RSVP office.



Please share this newsletter with family and friends.



Memorials Tributes Donations

We would like to thank anyone and everyone who donated to NWCSA-RSVP throughout this last year. Memorials, Tributes, and Donations are always appreciated and are used to extend the services provided by volunteers. Each contribution allows us to enrich the lives of many other individuals and families.



NWCSA-RSVP in Ashland

Beth Paul, RSVP - Program Director

Phone: 715-292-6400 x1

Email: bethrsvp@northwest-csa.org

Mary Foley - Administrative Assistant

Phone: 715-292-6400 x2

Email: mfoley@northwest-csa.org

Fax: 715-292-6403

623 2nd Ave East
Ashland, WI 54806



www.northwest-csa.org

NWCSA-RSVP in Superior

Andrea Wright - RSVP Coordinator
- Lew Martin Senior Center
Manager

Phone: 715-394-3644

Email: awright@northwest-csa.org

Fax: 715-394-3644

1527 Tower Ave
Superior, WI 54880

Sponsored locally by the Northwest Wisconsin Community Services Agency Inc.
An Equal Opportunity Provider