Fall Senior Corps RSVP Volunteer Newsletter

October—December 2019

Inside this issue:

RSVP Update—Senior Salute
Monroe County History Center
Active Aging Coalition
Volunteer Spotlight—Barb Heflin
RSVP in Action—Your Photos
Volunteer Opportunities
RSVP Update—Senior Salute

Amy Wardlow, RSVP Program Manager

On September 20, 2019, around 100 volunteers and their guests gathered at the Endwright Center at Area 10 to celebrate the service of RSVP and other older volunteers in Monroe and Owen counties.

As the organizer for the event, I had been looking forward to the event, both to see the hard work everyone had put in realized, and so that it would be done and I could breathe a sigh of relief! But finally the morning of Senior Salute arrived. The invitations had been sent out, the food sponsorships spoken for, the Endwright center prepped, the tables set, the flowers arranged, the honorees chosen and their bios prepared, and everything was ready. Months of planning and preparation, and the day was finally here.

The Edgewood Junior High Jazz Band kicked off the program as usual. The kids look younger every year, but they do a great job! Chris Myers, the CEO of Area 10, welcomed everyone and led us in the Pledge of Allegiance. Irv Burns, Sherry Olson, and Charlene Dornick sang the National Anthem. Jim Arnold led us in a remembrance of the POW/MIA who could not be with us. It was my privilege to give a shout out to the RSVP volunteers. In the last year, RSVP volunteers have collectively served over 36,000 hours of volunteer time!

Then we came to the awards ceremony. Chris Myers read each honoree’s bio, and some elected officials helped us out by handing out the certificates. Each honoree was recognized for the wonderful things they have done in the community.

This year, the Endwright Award went to Barb Heflin, a member of Psi Iota Zi and a volunteer at Bloomington Thrift Shop, which is run by that club. We'll print her bio in this newsletter, and you’ll likely see the other honorees’ bios over the rest of the year. We had so many great nominations.

Do you have a story/interview idea or picture you would like to share in the newsletter? Email awardlow@area10agency.org or call 812-935-2523.
this year! It was hard to pick the honorees. I’m very grateful to the nominating committee (Chris Myers, Na’Kia Jones, and Connie Headdy) for the great job they did! It was also really difficult to select which honoree should receive the Endwright Award, and really really difficult to edit their bios down to anything resembling a reasonable length! So the bios are a little extra long this year. We had to add a couple extra pages to the printed program to print them all. I thought the awards ceremony portion of the program might run a little late and result in us being late to serve lunch. But Chris really doesn’t like being in the spotlight much, so she kept things moving quickly and we had lunch right on time!

It was a lovely day, and I couldn’t have asked for a better result to the hard work that went into it. Most importantly, we reminded some volunteers who give so much to the community just how much they are appreciated.

The 2019 Senior Salute Honorees

Fred Balash          Jean Magrane
Cathy Beeker         Jo McClamroch
Mary Blizzard        Glenda Murray
Dr. Dick Carl        John Partridge
Sally Dorwin         Darrell Gilmore
Gail Dunning         Steve Layman
Stephen Hale         Myriam Wood
Barb Heflin          Norma Workman

Photos by Dawn Kramer.
Monroe County History Center
By Pat Stackhouse

I spoke with Andrea Hadsell, education manager of the Monroe Co. History Center, located at 202 E. 6th Street in Bloomington, Indiana. The history center is open Tuesday through Saturday at 10 a.m. to 4 p.m. and was founded in 1980. The center is open to the public for $2.00 admission fee. The genealogy library is free of charge to the public. Hadsell said, “The purpose of the Monroe Co. History Center is to share research and to display the history of Monroe County. The center is headed up by the Historical Society of Monroe County. There are 18 board members, 7 paid staff, and 130 volunteers. Many items are donations from the community. A voluntary committee decides what goes into the center. There are close to 60,000 items that includes 2,000 postcards in the collection, and a full-sized log cabin. Children coming through are interested in a one room schoolhouse and the log cabin. All items there are valuable to history, according to Hadsell. About 20 people go through the center in a day. Hadsell said most people are adults; ages 65 and over are the most common ages to visit as they have learned to appreciate history a little more. According to Hadsell’s knowledge, no notable people have come through the center. The oldest things, according to Hadsell, come from the Ice Age. Hadsell said that the most impressive item in the Monroe Co. History Center is the bear that used to be in Schmaltz store on South Walnut. That department store hasn’t been in business for a few decades. The costliest item is Monroe the bear. Hadsell laughed and said that Monroe the bear is what visitors seem to be most interested in but it is difficult to actually say what people are interested in mostly because it just depends of the person. He is about the size of a small grizzly bear and likes to growl. One of the most unusual items is a lamp with the bottom made of elk hoofs.
Active Aging Coalition - Mail Fraud

By Pat Stackhouse

The July meeting of the Active Aging Coalition was called to order by the Master of Ceremonies, Jeanne May. The chef was introduced and those present were invited to enjoy a delicious, buffet style meal of asparagus, corn casserole, pork, and mini-deserts.

The presenter, Gail Trout, spoke about unsolicited mailings, many of which come from non-legitimate sources. Trout began researching mail fraud when she noticed her mother receiving large amounts of unsolicited mail. Over the course of a year, her mother received 800 pieces of mail from 124 different organizations asking for donations. Trout warned, “There are people out there who would try to separate us from our money.” Trout suggests categorizing your mail into mail to keep and to throw away, and carefully investigating an organization before giving money. She said if someone calls and asks you to donate to charity, “Stop. Call the charity. Never donate by wiring money.” If you spot a scam, you can notify the Federal Trade Commission at 1-877-382-4357 or ftc.gov/complaint. She said to avoid fraud, look for signs, such as an imposter who pretends to be someone you know, asks for personal information, or tries to create a false sense of urgency. Don’t trust caller ID, and don’t pay up front for a promise.

Those who claim to be a nonprofit charity may not actually be a charity. Many dubious organizations send a lot of free stuff like labels hoping people will feel obligated to send them money. Don’t do it! If you get an envelope and think it is fraud, recognize it for what it is and throw it away. If you have a little extra and want to donate, give locally or investigate charities online before you give. Sites like www.give.org and www.charitynavigator.org are good places to start.

Trout concludes, “Be a careful consumer.”

The new Endwright East Community Center, is at 2894 E. Third Street in the College Mall in Bloomington. The hours of operation are Tuesday and Thursday from 10—3. The center offers health and wellness education, group exercise, and social events. It is open for individuals ages 50 and up.

The center is a pilot program funded by the Jack Hopkins Social Service Fund. The membership is free of charge (during the pilot period) and classes are open to members. Some classes are free, while others have a fee. The center can use volunteers, so please stop by and see where you can help. Come in for the activities, to socialize, or just for a cup of coffee.

Current ongoing classes:
- Chair or Floor Yoga (Tues./Thurs. 10:15-11:15)
- Strength, Balance, and Flexibility (Tues. 12:15-1 / Thurs. 11:15-12:15)
- Moves & Grooves Dance Fitness (Tues. 1-2)
- Mindful Movement Meditation (Tues. 11:15-12).

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**RSVP Volunteers at Jill’s House**

We’ve been really excited to have some residents at Jill’s House join RSVP! Here some of them are working on a project to make pet beds for the animal shelter.
Volunteer Spotlight—Barb Heflin, 2019 Endwright Award Recipient

Barb Heflin is a member of the philanthropic organization Psi Iota Xi and a volunteer at the Bloomington Thrift Shop, a non-profit they operate. Without her steadfast bolstering, they would have struggled to survive recent challenges.

Three years ago, Barb agreed to be the scheduler for Bloomington Thrift Shop, an important and often thankless job, but one “cog in the wheel”. Then the Thrift Shop chair died unexpectedly. She was the wheel. She oversaw everything involving the shop, working closely with employees, sales, and committee members, essentially a full time job. It was a devastating blow.

Barb, in her usual steadfast manner, took the position. She then became the scheduler AND the Shop chair. What an overwhelming job! Barb, in her quiet but cheerful manner, added a bit of humor to the position, giving herself the title of the “Scheduling Sheriff,” diligently sending out requests for workers -- often multiple requests -- to do everything possible to fill those needed shifts.

The following year, when Barb’s term was meant to end, Psi Iota Xi suffered another leadership blow, again causing a huge gap in essential positions. Barb, who had now served in both the Scheduling and Chair roles for much longer than initially promised, agreed to advise and mentor a new Shop chair, and continue as the scheduler. The duties of Shop chair were so all encompassing that FOUR women took over what she had been doing by herself, in just one of her roles!

Barb remained as the Scheduling Sheriff until recently, and rather than step away from all responsibilities for a while, she has continued in a leadership position as Advisor for the chapter as a whole, continuing to provide her sensible guidance that echoes her often stated perspective: TEAM. She is a unifying force, assuaging any personal conflicts between members, or desires for hasty decisions that should be thought out for the good of the order. She has been a rock when the chapter was crumbling at their foundation. Her commitment to the Bloomington Thrift Shop and the local chapter of Psi Iota Xi exemplifies the power of stalwart, steady, forthright and proactive support of a cause in humble diligence.

Some years, the Shop raises about $15,000. This year, thanks in no small part to Barb’s efforts, the Bloomington Thrift Shop and Psi Iota Xi raised over $23,000 benefiting 30 local organizations, including the Boys and Girls Club, New Hope Family Shelter children's art program, Sing for Joy! Community choir with Area 10 Agency on Aging, Wonderlab, Alzheimer’s Resource Service, Community Kitchen of Monroe County, Society of St. Vincent de Paul, VITAL, and Volunteers in Medicine.
Senior Day at the Fair—This summer at the Monroe County Fair RSVP volunteers Doris Burch, Barbara Bush, Becky White, Amal Altoma, Sandy Stevens, Diana Smith, and Sue Weaver did a great job and had a great time greeting, serving food, and calling Bingo at the Senior Day at the fair! Many thanks to Amal for sharing her pictures with us!
United Way of Monroe County is seeking a dedicated volunteer to join our team, providing 3-5 hours per week of administrative support to the Board of Directors and the office at 431 S. College Ave. Needed assistance includes drafting of agendas and minutes for monthly board meetings (which take place on the 3rd Tuesday of each month 3:30-5pm), and clerical work such as maintaining office supplies and making photocopies in preparation for meetings. A familiarity with Microsoft Office products such as Word and Outlook is desirable, but we're also willing to train someone. Contact Efrat at 812-334-8370 x15 or efrat@monroeunitedway.org if interested.

Volunteers in Tutoring Adult Learners (VITAL) provides free tutoring for adults who want to improve their reading, writing, math or English as a New Language skills. Tutors can also assist with studying for the High School Equivalency, driver's license, or Citizenship test. This is a great opportunity for students to gain teaching experience, practice language skills, and learn about other cultures. Volunteer tutors commit to 1.5 hours a week of tutoring. Sessions can take place in the morning, afternoon, evenings, or weekends. New volunteers attend orientation and tutor training sessions prior to meeting with their assigned learner. To get started, please register for a Volunteer Orientation session. You will select additional tutor training sessions based on your availability and learner preferences. Minimum 6 month time commitment strongly suggested. To learn more about our program visit http://mcpl.info/vital, call 812 349 3173 or email vital@mcpl.info.

Area 10 Home Delivered Meals Program needs a temporary substitute driver in Ellettsville on Monday mornings, 10:30—11:30 am. Other routes are open too. Contact Suzanne, 812-935-2553, or sdonnelly@area10agency.org.
Volunteer Opportunities

The Area 10 Mobile Food Pantry delivers monthly groceries to homebound older or disabled individuals in Owen and Monroe counties. They are seeking volunteers for a variety of tasks:

- Help organize the pantries in Ellettsville and at First United Church in Bloomington.
- Accompany the program manager to the food bank (need to be able to lift about 50 pounds repeatedly).
- Call clients to remind them of their upcoming delivery (second, third, and fourth Mondays of the month)
- Call clients and update their information in the program database.
- Drive a food delivery route.

If interested, contact Patricia Lopes, plopes@area10agency.org or 812-935-2535.

The Endwright Center, a program of Area 10 Agency on Aging, is seeking volunteers with clerical and/or customer service experience to help run our front desk in Ellettsville and/or our potential satellite location at the College Mall on Tuesdays, Thursdays, and Fridays.

Responsibilities:

- Greets members and provides potential members with information about our health & wellness offerings
- Answers phones, makes reminder calls, relays messages, and provides appropriate follow-up information.
- Completes class registrations and processes payments for classes/memberships.
- Helps set up for classes and events when needed.
- Any other task that helps the center run smoothly

Proficiency in Microsoft programs is preferred, but not required. We're looking for someone who is organized, friendly, easy going, and patient. Interested in this opportunity? Respond here or by completing our volunteer application. Email Na'Kia Jones at njones@area10agency.org for more information.
Head Start needs classroom volunteers. To volunteer at Head Start you must attend a volunteer orientation and have a TB test and a criminal history check. Head Start helps volunteers obtain these. The children who attend Head Start are 3-5 years of age and the school days and hours vary between 7 am and 5:30 pm, Monday through Friday. For more information, call (812) 339-3447 and tell the receptionist you would like to volunteer or send an email to parent@insccap.org.

Indiana University Campus Children’s Center (CCC) is an IU affiliated childcare facility that serves young children from zero to five years old. Nurturing children’s social and emotional growth is one of our major goals and we would love for local seniors to help us do our job. We are looking for seniors who can volunteer in the Toddlers Room (10 children age between 1 and 2 years old), Twos Room (10 children age between 2 and 3 years old), or in a preschool room (20 children age between 3 and 5 years old). A background check is required (no charge to the volunteer). Our current RSVP volunteers enjoy playing and reading, and occasionally working on projects with the children. Contact Michiru Oleson mioleson@indiana.edu or (812)855-0789.

RSVP RePack Group at Hoosier Hills Food Bank:
Join a group of other RSVP volunteers at Hoosier Hills Food Bank. Typical projects include packaging food donated by restaurants, labeling and boxing pallets of cans, or bagging apples or potatoes. Most tasks involve standing, bending, and light lifting. We usually meet the first Wednesday of the month from 2-3pm. The address is 2333 W Industrial Park Dr, Bloomington. Contact Amy Wardlow, 812-935-2523 or awardlow@area10agency.org.
Caring Companions matches volunteers with individuals who are homebound because of age or disability. Some volunteers sit and chat, some help out a little around the house or yard, and some pick up groceries or run an errand. An hour a week can make a big difference to someone! If you can help, contact Dawn Kramer, dkramer@area10agency.org or 812-935-2554.

RSVP Volunteer Drop-In Site: Join us any Tuesday any time between 10 am—2pm at 1010 S Walnut St., Bloomington, to work on a variety of volunteer projects and enjoy good coffee and conversation. For more info, contact Amy Wardlow, 812-935-2523.

WFHB Radio is looking for a “desk jockey” or receptionist who greets visitors, answers the phone, handles mail, and updates the community calendar. A desk jockey is the face and voice of WFHB for the public who visit or call the station. Being a desk jockey is a great, low stress, fun way to help WFHB as well as learn about the station. Desk jockeys can pick a short two hour shift once a week between 9am and 5 pm. New desk jockeys get a lot of support and training and there is a lot of documentation on the details of the job. For more information, contact Cindy Beaulé, 812-219-6172.

Spencer Pride is an organization entirely run by volunteers, with a mission to educate the public about rural lesbian, gay, bisexual, transgender, & queer (LGBTQ+) people & issues in order to make Indiana a safer and more welcoming place. They welcome everyone, gay and straight, to join them as they continue to cultivate a community of compassion and celebration for all people. They need volunteers year round at Unity, their retail space, as well as special events. Contact: Judi Epps, judi@spencerpride.org or 317-345-4729. www.spencerpride.org