



RSVP and the Volunteer Center of
Kittitas County Newsletter
An Affiliate of the Hands on Network



**Changes to our local program due to cuts in RSVP federal grant from the Corporation
for National and Community Service (CNCS)**

The operating grant from our federal funder is normally renewed every three years. During the last congressional session, RSVP programs across the nation took a 20% cut in funds. This was done as part of the national budget reduction. Our local program was in the middle of our grant year so they asked us to stretch our 12 month grant funds out for 15 months in to 2012.

Because we do not have any money in reserve for our local program and understand that this reduction will remain for 2012, we had to make serious financial decisions regarding the rest of 2011 and 2012. As a result, we had to lay off our wonderful coordinator of volunteer services, Kelley Quirk. Kelley has been an essential part of the RSVP and Volunteer Center team and valuable employee, friend and partner to all of us. Kelley will be with us until the middle of September and is currently looking for other opportunities for employment. She has agreed to continue to help with the Manastash Metric Bike Ride scheduled for October 1.

Members of the advisory council and other volunteers will be assisting in the office to make sure we have a smooth transition and maintain our same level of service to the volunteers and those we serve in the county. We ask for your patience and understanding for the next few months.

Thank you

Carol Findley, Director

Karen Schock, Advisory Council Chair

RSVP and Volunteer Center Office Information

RSVP and Volunteer Center Mission Statement

RSVP and the Volunteer Center of Kittitas County has a dual purpose of “engaging persons of all ages in volunteer service to meet critical community needs and to provide a high quality experience that will enrich the lives of volunteers and those they serve.”

RSVP and Volunteer Center

Office Staff

Carol Findley, Director

Kelley Quirk, Program Assistant

(509) 962-4311, Fax: (509) 925-1730

Office Hours: 7 AM—12 PM and 1—4 PM M-F

rsvp@fairpoint.net

<http://www.rsvp-wa.org/ellensburg>

RSVP and Volunteer Center Advisory Council Members

Dee Axthelm

Howard Collins

Stan Dudley

Jack Frost

Roberta Haire (Secretary)

Pat Rechterman

Karen Schock (Chairperson)

Allie Schomer

Claudia Sikes (Vice Chair)

Marilyn Wilkinson

Cara Yost

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Office of Equal Opportunity, Barge 211

Central Washington University

Ellensburg, Washington 98926-7497

Telephone (509) 963-2205, TDD (509) 963-2207

Kittitas County SHIBA Helpline Volunteers

Martha Duskin-Smith

Carel Edgerly

Gerry Lloyd

Jim Morgan

Bruce Skibeness

Richard Tate

Please call 962-4311 for help or information

OPPORTUNITIES TO SERVE YOUR COMMUNITY

VOLUNTEER OPPORTUNITIES ARE LISTED ON OUR WEBSITE

Volunteer time sheets are available to print from the link on the homepage of our website!

<http://rsvp-wa.org/ellensburg>

Welcome New Volunteers !

**Janet Burcham, Paul Malinski, Charlene Stone, Marcia Arlt,
Joanne Cortese, Rudy Sautter, Sandra Nelms and Carel Edgerly**

Rural Veterans Outreach Pilot Program Begins October 1

RSVP and Volunteer Center of Kittitas County has been asked by the Washington State Dept. of Labor and the Washington State Veterans' Employment and Training Services (VETS) to help with a an outreach program in Kittitas County. The goal of the project is to improve access for employment opportunities for Veterans who live in rural areas of Kittitas County.

Veterans and other community members are asked to volunteer for this project which will run from October through December. Volunteers will attend a two hour training in late September and will be able to do the work from their own home on their own time. Volunteers will be contacting Veterans who have not been contacted during the past 5 years. Volunteers will be using the phone and email to make contacts. They will be making sure the Veterans know about employment services and how to contact the various agencies.

If you would like to help with this special project, please contact 509 962-4311 or email at rsvp@fairpoint.net

Fall Prevention Booth at the Farmers Market- Sept 24th

Fall prevention is a rising concern not only for older adults but for children as well. Falls are the leading cause of unintentional injuries for all children ages 14 and under. In 2004, 65% of all fall-related deaths were children ages 4 and under.

In 2009 falls for all ages was the leading cause of injury hospitalizations in Washington State. During the same year, falls of all ages were the number one cause of unintentional injury hospitalizations in Washington State.

1 out of every 5 older adults fell in the last 3 months. 3 out of every 10 of these adults had a serious injury that resulted from the fall. During 2010 in Washington State there were 13,855 falls from adults 65 and older while there were 2,065 motor vehicle crashes for all ages.

Simple preventative measures can help reduce falls in all ages such as strength and balance exercises, clearing clutter from floors, removing lose rugs, installing handrails, proper lighting, sturdy footwear, reviewing medications and having eye examinations can be helpful for older adults.

For children, wearing helmets when riding a horse, skateboarding and biking is one way to reduce head injuries from falls. Protective surfacing on playgrounds and under equipment, safety gates at the top and bottom of stairways, and installing window guards can also help reduce the number of injuries.

On September 24th, several agencies will come together to help get information regarding fall prevention out to the public. **Falls Prevention booth will be set up at the Farmers Market from 9am to 1pm.** Members of the Kittitas County Falls Prevention Coalition will be on hand to hand out materials and talk to residents about falls prevention. For information please call 509-962-4311 or email us at rsvp@fairpoint.net

This activity is funded through a grant from Yakama Legends Casino.

S.A.I.L. Strength and Balance Classes Offered

Stay Active and Independent for Life strength and balance classes will begin in the fall at Jazzercise and the Ellensburg Adult Activity Center. Classes are taught by certified S.A.I.L. instructors and continue throughout the year. Classes are designed for older adults, but anyone may attend. There is a small charge per class to help cover the costs. Students are tested at the beginning of each quarter and tested again at the end to record progress.

If you are unable to attend a formal class, you may watch the class on local TV in the mornings at 6:30 am and follow along. You may also be interested in working with the CWU Exercise Science Program students who will come to your home with their professor and teach you the exercises so you can do them in your own home three times a week. If you would like additional information, please call 509-962-4311 or email us at rsvp@fairpoint.net

Manastash Metric Bike Tour: October 1

Volunteers are asked to help with the upcoming bike ride that serves as the main fund raiser for RSVP and Volunteer Center of Kittitas County. Approximately 200 riders will be coming in from Washington, Oregon, and Idaho for the event.

Volunteers are asked to help at one of the many rest stops along the route. Handing out refreshments and food to the riders and encouraging them along the route is fun and a great way to meet people. Volunteers may sign up for morning or afternoon shifts and select which rest stop they wish to help out at between Ellensburg and Cle Elum. All supplies are furnished for the volunteers. Please go to www.drier-ride.org or call 509 962-4311 to volunteer. Come join the fun!

Ellensburg Fallfest – Buskers in the Burg: October 1

After the bike event is done you can stay in Ellensburg and enjoy this new event that will include, food booths, a street dance, entertainment, music and performers.

Visit <http://ellensburgfallfest.org> for more information.

Senior to Senior Project

Ellensburg High School and RSVP and Volunteer Center will partner together again this year for this project. Volunteers will be paired up with high school seniors to help them work on and complete their culminating projects. The projects are required for graduation and require extensive planning and focus over the course of their senior year. This can be daunting for some students, especially at-risk students who may be struggling.

Students work with volunteers with similar interests on their project. For instance there may be a student who wants to design and teach a fitness program to younger children. They can be paired with a volunteer with exercise science or fitness teaching experience.

Volunteers who would like to be involved but not serve as a mentor can serve as a judge in January and May for the student presentations.

Please contact 509-962-4311 or email rsvp@fairpoint.net to volunteer

Calendar of Events Calendar of Events

September

- 1 - 5 Kittitas County Fair and Rodeo
- 5 RSVP time sheets due in the office
- 5 Holiday, office closed
- 18-24 Falls Prevention Awareness Week
- 24 Falls Prevention booth for all ages at the Farmers Market,
9am to 1 pm
- 28 RSVP and Volunteer Center Advisory Council meeting, 1:00 pm at
Rosewood Com. Center

October

- 1 Manastash Metric Bike Tour, Ellensburg.
- 5 Time sheets due in the office
- 11 Medicare ABC's FREE presentation, Adult Activity Center, 1:30 pm
- 12 Medicare ABC's FREE presentation, Penn Place, Roslyn
- 25 SHIBA Helpline update training, 1:00 pm at PSE conference room
- 26 RSVP and Volunteer Center Advisory Council meeting, 1:00pm at
Rosewood Com. Center
- 29 National Prescription Drug Take Back Day, 10am-1pm at the
Kittitas County Sheriff Office, Cle Elum Police Department,
- 29 Free Document Shred Day, 9am to 3 pm. Kittitas County Sheriff's Office

November

- 5 Time sheets due in the office
- 5 Move clocks back one hour at bedtime
- 11 Holiday, office closed
- 16 RSVP and Volunteer Center Advisory Council meeting, 1:00 pm at
Rosewood Community Center
- 22 SHIBA Helpline update training, 1:00 pm at PSE conf. room
- 24-25 Holiday, office closed

December

- 5 Time sheets due in the office
- 21 RSVP and Volunteer Center Advisory Council meeting, 1:00 pm at
Rosewood Com. Center
- 23-26 Holiday, office closed

Medicare Open Enrollment Period and Information Workshops

Open enrollment will begin October 15th and run through December 31, 2011. This is the time when you are allowed to make changes to your plans. If you are considering changing plans you should begin to start thinking about your options gather information to make informed decisions. The SHIBA Helpline volunteers through RSVP and the Volunteer Center along with Aging and Long Term Care staff are available to assist you. Appointments can be made with either agency to receive assistance or you can also go to the Medicare.gov website after October 15th to look at your options.

Free informational workshops will be held in Ellensburg and Cle Elum in October.

Medicare A, B C's Workshop will be held in Ellensburg on October 11 at 1:30 pm at the Ellensburg Adult Activity Center. Another workshop will be held in Roslyn on October 12, 9:30 to 11:30 am at Penn Place. If you need assistance please contact the SHIBA Helpline at 509 962-4311 or ALTC at 509 925-8765



Caregiver Family Support Services

To all those caregivers out there, you know who you are... a husband caring for his wife with dementia, daughter caring for her parents, sister caring for her disabled brother... the care giving roles go on and on. Aging and Long Term Care staff understand that the care giving experience is unique for everyone. For most caregivers, additional stress is a now part of their lives and, for some, the many stressors are overwhelming. The Family Caregiver Support Program offers information, support, and services to unpaid caregivers in Kittitas County.

A call to ALTC, 925-8765 or 674-5233, will connect you with our Information Specialist, Darlene Machin. She can help narrow down the best service options quickly and efficiently by first understanding a little more about your care giving experiences. The Personal Caregiver Survey, a 20 minute activity provides you – the family caregiver –with a meaningful evaluation of the challenges, stresses, and satisfactions of your own unique caregiver experience. Most find this shared understanding and collaboration very valuable and eye-opening. Should the Survey identify that challenges and stressors are particularly intense, the next step is an assessment. Completing the in-person assessment is the best way for the Family Caregiver Specialist, Rosemary Meyer, to have a more complete understanding of your circumstances and an efficient way to determine how best our services can help you. This can be done at the location most convenient for you. Many family caregivers aren't aware of services, how to find them, or why it is so important to use them. The Care Plan, with ongoing support from the Caregiver Specialist, helps the caregiver to be successful with all three.

You are not alone as a caregiver. Please contact Aging and Long Term Care if you have any questions or to find out what caregiver services could work for you.

HOPESOURCE CAN POTENTIALLY DO A **FREE** ENERGY AUDIT AND WEATHERIZATION WORK ON YOUR HOME.

As summer continues to roll on with everyone stocking their freezers with popsicles and blowing up their inflatable pools, the HopeSource Weatherization Program wants to remind you that *this* is the perfect time of the year to apply for our program. No matter the season, weatherizing your home can decrease your annual energy use and save you money. It can also increase the comfort, durability, and safety of your home. Both home owners and renters in single family, multi-family, mobile, manufactured, and site built homes are eligible to apply. ***Applicants are considered priority if a member of the household is over the age of sixty, under the age of six, or disabled.***

HopeSource provides eligible households with free energy conservation education, a full energy audit, and a number of energy saving measures if they can be done safely and cost effectively. Typical measures include adding insulation, inspection/repair of heating systems, installing controlled ventilation, sealing/insulating duct systems, and weather stripping doors. **For more information about the Weatherization Program please visit www.hopesource.us. For further questions or to fill out an application, please call HopeSource at 509-925-1448.**

Cartridge/Cell Phone Recycling Program Continues to Grow

2011 is the 8th year for the popular cartridge and cell phone recycling program sponsored by tRSVP and Volunteer Center for Kittitas County. Since 2003 when the program began, volunteers have brought in 7,873 large cartridges and 18,057 small cartridges and cell phones.

Recycling program manager Stan Dudley has been with the program since it started and has become well known as he goes from agency to office once a month to collect the cartridges for recycling. “He loves getting out and meeting people and serves as a great ambassador for our program” stated Director, Carol Findley. Stan visits over 200 businesses and agencies monthly and bi-monthly. Community residents and families also bring their empty cartridges to the RSVP and Volunteer Center office as well as the various locations in Ellensburg where there is a drop box. Some of the drop off locations have been partnering with RSVP and Volunteer Center since 2003 and have helped to promote recycling.

All of the items are sorted by staff and shipped off to the other side of the state where they are recycled and made available to purchase again at a reduced cost for the public. Cell phones are cleared and given to older residents to use in their cars for 911 calls and emergencies. RSVP and Volunteer Center then receives a check each quarter from the recycling company. “Not only does it keep the cartridges out of the landfills, it also brings in some necessary funding for the local program” commented Carol Findley.

If you would like further information on the program and to find out about the drop off locations, you may call 509 962-4311 or visit their website for additional information at www.rsvp-wa.org/ellensburg

Citizen Patrol

The Kittitas County Sheriff Office and RSVP and Volunteer Center had a very successful year with the partnership on the Citizen Patrol. During 2010, three volunteers got the program off the ground and early in 2011 they were joined by an additional three more volunteers.

Six more volunteers are currently being interviewed and because the program has grown in popularity, the Sheriff is no longer taking applications at this time.

Volunteers are trained and certified by the Sheriff Office and then serve as additional eyes and ears for law enforcement. The volunteers have two cars and cover Kittitas County and receive additional trainings throughout the year.

Visit us on face book and websites

Visit and “like” us on face book under RSVP and Volunteer Center of Kittitas County

Visit and “like” us on face book under Ellensburg Manastash Metric Bike Tour-The Drier Ride

Check out the Manastash Metric Bike Ride website at www.drier-ride.org

Check out the RSVP and Volunteer Center of Kittitas County website at www.rsvp-wa.org/ellensburg

FREE Smoke Detectors

Kittitas Valley Fire and Rescue have FREE smoke detectors for older adults and low income residents. If interested please contact 933-7233

Prescription Drug Take Back Day-Oct 29th 10 am to 1pm

October 29th is National Prescription Drug Take Back Day. Residents may bring in their old, unused, un-needed or expired prescriptions to be properly destroyed. Preventing these readily available and potentially deadly drugs from being diverted and issued will help reduce prescription drug abuse. You may bring them to two locations on October 29th. The Kittitas County Sheriff Office, or the Cle Elum Police Department. Officers and will be on hand to receive your old medications. RSVP and Volunteer Center volunteers will be on hand to assist and hand out information. If you are unable to attend on Oct 29th, you may contact one of the law enforcement offices above and make other arrangements. For further information, please contact the Sheriff Office at 509 962-7525, the Community Network at 509 962-9775 or 509-962-4311.

FREE DOCUMENT SHRED DAY

A FREE document shred day will be held on October 29th from 9am until 3pm at the Kittitas County Sheriff Office at 307 W. Umptanum Road in Ellensburg. It will be held in conjunction with the Prescription Drug take Back Day.

Residents may bring their old documents to be safely shredded by Data Base Secure Shred company. Each person may bring two large boxes or bags to be shredded. The event is for local residents so no businesses please.

RSVP and Volunteer Center volunteers will be on site to assist and hand out information on fraud, scams and ID theft. Kittitas County Sheriff deputies will also be on hand to talk to residents and assist in the event.

The event is being sponsored by a grant from the Washington State Insurance Commissioner's Office-SHIBA Helpline Program. For further information please call 509-962-4311 or email rsvp@fairpoint.net