



RSVP NEWS

Volume 20

Spring 2010

U.S. CENSUS RETURNS

2010 brings the very important work of taking the census. Workers will be contacting every household to take this important count. Please reply to the census whether by phone, mail or in person. An accurate census is very important to the work of RSVP as our state funding is based on senior population in our county. Please read the following reminder provided by SHIBA.

REMINDER: Be careful about giving information for the U.S. Census. Here are some tips to help consumers avoid becoming a fraud or identity theft victim during the 2010 U.S. Census. The Better Business Bureau offers the following advice:

- ◆ If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their ID and their badge before you answer their questions. Also, never invite anyone you don't know into your home.
- ◆ During this phase, census workers only knock on doors to verify address information. Do **not** give your Social Security number, credit card, or banking information to anyone—even if they claim they need it for the U.S. Census. While the Census Bureau might ask for basic financial information, such as salary range, it will not ask for Social Security, bank account, or credit card numbers, nor will employees ask for donations.
- ◆ Census workers may contact you by phone, mail, or in person at home. However, they will **not** contact you by email. Never click on a link or open any attachments in an email supposedly from the U.S. Census Bureau.
- ◆ For more advice on how to avoid identity theft and fraud, go to: <http://www.bbb.org/us/post/census-update-will-your-privacy-be-compromised-online-734>.

FREE DOCUMENT SHREDDING DATES ANNOUNCED!

RSVP will sponsor two shredding events in April. As in the past you will be able to bring two boxes or large bags of personal paper items to be shredded. This event is not for commercial business shredding.

April 10, 2010 the event will be held in Cle Elum at the Police station located at 700 E 1st Street.

April 24, 2010 the event will be held in the Super One parking lot.

Hours for the shredding event at both locations are 9:00 a.m. to 3:00 p.m.

Local law enforcement will be on hand to answer questions about fraud, scams and identity theft.

For more information please call RSVP at 962-4311.

The RSVP Office and Staff

RSVP Mission Statement

The Retired and Senior Volunteer Program (RSVP) of Kittitas County has a dual purpose of “engaging persons 55 and older 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 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>

Kittitas County SHIBA Helpline Volunteers

Annie Dowling	Martha Duskin-Smith
Jim Morgan	Bruce Skibeness
Richard Tate	

Please call 962-4311 for help or information

RSVP Advisory Council Members

Darlene Carlton
Stan Dudley
Jack Frost
Roberta Haire
Pat Rechterman
Peggy Rusho (Secretary)
Karen Schock (Chairperson)
Allie Schomer
Claudia Sikes (Vice Chair)
Ellen Snyder
Ken Titus
Marilyn Wilkinson

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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

RSVP Welcomes New Volunteers

Betty Douglas	Lloyd D. Keith	Carol Paulsen
Jeannie Gaer	Earl Neller	Tom Peischl
Harry Johnson	Carolyn Onstot	Maureen Roth

RSVP CALENDAR OF EVENTS

MARCH	5	Time sheets due
	13 & 14	RSVP & Chamber booth at Seattle Bike Expo
	13	Move clock 1 hour ahead at bedtime
	24	RSVP Advisory Council, 1:00 p.m. Rosewood Community Center
APRIL	5	Time sheets due
	10	Free Document Shred Day, Cle Elum 9:00 a.m. to 3:00 p.m.
	18—24	National Volunteer Week. Thank You Volunteers!
	24	Free document Shred Day, Ellensburg 9:00 a.m. to 3:00 p.m.
	27	SHIBA update training, 1:00 p.m. PSE Conference Room
	28	RSVP Advisory Council, 1:00 p.m. Rosewood community Center
MAY	5	Time sheets due
	9	Happy Mothers Day!
	18	Coming of Age town hall 6:30 p.m. Dry Creek
	21	Ride Your Bike to Work Day Visit our booth downtown at the gazebo
	25	SHIBA update training, 1:00 p.m. PSE Conference Room
	26	RSVP Advisory Council, 1:00 p.m. Rosewood Community Center
	31	Holiday, office closed

Volunteers! We are going electronic with our newsletter and future mailings. We are gathering email addresses from our volunteers and stations. If you are unsure if we have your email send us a note at rsvp@fairpoint.net.

OPPORTUNITES TO SERVE YOUR COMMUNITY

VOLUNTEER OPPORTUNITIES ARE LISTED ON OUR WEBSITE

Volunteer time sheets are available to print from the link on the home-page of our website!

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

STAY ACTIVE AND INDEPENDENT FOR LIFE

A STRENGTH AND BALANCE FITNESS CLASS FOR ADULTS 65+
Classes are Underway, Sign Up Now!

All classes are taught by certified S.A.I.L instructors. You will be tested prior to attending your first class. The strength and balance classes are designed for those 65 years and older. Please wear sturdy shoes, comfortable clothing and bring a water bottle to class.

Class Times and Days

Mondays, Wednesdays and Fridays, 1:30-2:30 pm at the Ellensburg Adult Activity Center. \$3.00 fee per quarter paid to the center. 962-7242

Mondays, Wednesdays and Fridays, 10:30-11:30 am at the Jazzercise building, \$10.00 month paid to Jazzercise. 933-2348

Call the phone number by the class you wish to attend to register. The S.A.I.L. classes being offered are a collaborative effort by the Kittitas County Falls Prevention Coalition, Retired and Senior Volunteer Program (RSVP), CWU Exercise Science Program, Kittitas Valley Community Hospital Rehabilitation Services, Ellensburg Adult Activity Center, Jazzercise, and Hearthstone Cottage.

For general questions about the S.A.I.L. Strength and Balance classes, please contact the RSVP office at (509) 962-4311 or rsvp@fairpoint.net.

B.R.A.G. Beginning Reading Across Generations

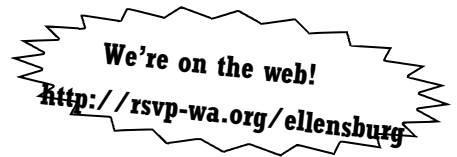
- ◆ Volunteer to share the joy of reading. Read with kindergarten students at Lincoln Elementary in Ellensburg. Help children explore the joy of reading.
- ◆ Reading one-on-one with children for one hour per week (or more if desired).
- ◆ 6 month commitment preferred
- ◆ 2 hour training and background check required
- ◆ Register with RSVP: (509) 962-3670
- ◆ More information: Jeff Penick, (509) 963-3669; Marte Fallshore, (509) 963-3670

RSVP is a member of the Corporation for National Service, Senior Corp Division. RSVP of Kittitas County is a non-profit organization sponsored by Central Washington University. The purpose of our program is to recruit and place retired and senior volunteers (55 and older) into volunteer opportunities in non-profit, educational, and governmental agencies

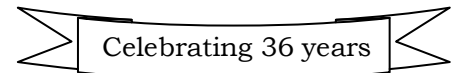
Phone: (509) 962-4311
Fax: (509) 925-1730
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throughout Kittitas County. RSVP is the largest volunteer organization in Kittitas County providing community service and meeting critical needs for people of all ages. RSVP volunteers are currently serving in 70 different locations in Kittitas County with 177 different job titles. In



RSVP is a United Way Agency,
sponsored by Central Washington
University



CENTRAL WASHINGTON UNIVERSITY

Retired and Senior Volunteer Program
Graduate Studies and Research
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