

# VOLUNTEER!



## Reflections From Beth By Beth Fox Director

I recently returned from a brief family vacation in Illinois. It's so special to get back home where even the air has a familiar smell. The old buildings downtown are crumbling in spite of the historic preservationists' efforts to respect and revere them. The old Lincoln Highway's concrete is pot-holed and broken up, in dire need of repair. And yet there is a calm sense of well-being in returning home. My sister and I visited the cemetery where Mom and Dad are buried – placing a rose on each of their stones. We decided to visit some of their old friends and spent most of the day with three 90-somethings, two of whom were in assisted living and the third living independently on his farm. It was such a fine experience to 'meet' these fantastic folks again – and talk with them as adults, while relieving together the fantastic memories of a simpler time. Isn't that the way with relationships? It often takes years to know how splendid some folks are, and it's my pleasure to continue to get to know each of you a little better every year we spend together ... serving our community.



Benton volunteers Urchyl, Gladys, Merrily and Lita celebrate 5 years with RSVP

**Linn County  
RSVP Office**  
closed on Fridays

### Gifts to RSVP this quarter

Lyle and June Miller  
Dr. Glenn Klein  
Grate Center  
Father William McCarthy

**THANK YOU**



West Linn honors SHIBA program, represented by volunteers Dan Youngberg and Bill Pintard

## Help Wanted in Linn and Benton Counties

If you find a volunteer opportunity that peaks your interest, give us a call at RSVP and we will make sure you get connected with the agency of your choice. In Linn County call 917-4476 and in Benton County call 753-9197.

### Tutoring/Mentoring

Wanted: People 60 years old or better who are interested in working with the Foster Grandparent Program. Volunteers are matched to local educational centers to help children succeed in school and in life. Stipend and mileage are available to income eligible volunteers. Call Patrick at 541-758-5951 or 1-800-695-7505 for more information.

### Child Advocates

"A Powerful Voice in a Child's Life" is the core of the Linn County CASA, Inc. program which provides volunteers to be the advocate for neglected and abused children in the foster care system. Volunteers provide the Juvenile Court with case information and assure that a child's best interest remains the focus of the proceedings. Contact Micki Steele at Linn County CASA, Inc. 541-967-3807 or by email at [linncountycasa@hotmail.com](mailto:linncountycasa@hotmail.com)

### Volunteer Driver

This is a low cost curb to curb transportation service for seniors and persons with disabilities. Vehicles and insurance provided. The typical commitment is a four hour shift per week but any contribution is needed. In just four hours you will make ten new friends and see ten grateful smiles. Your help will allow seniors to live independently and with dignity. Call Linda Elder, Director for more information at 541-753-5746

### Chintimini Wildlife Center

Lots of opportunities for volunteers to help at the Center or with events during the busy summer months. Call for more information 541-745-5324

### SafeHaven Humane Society

Help the animals today! Volunteers needed to help with daily activities of the shelter such as cleaning, feeding, and caring for the animals staying at SafeHaven waiting for their "forever home". Opportunities available for those able to staff adoption events, parades, fairs, and other fund-raising events throughout the summer. For more information please visit call 541-928-2789.

### Wah Chang Northwest Art & Air Festival

Albany Parks and Recreation is seeking volunteers age 18+ for this 3-day festival, August 25-27th. We're looking for young, old, tall, short, and even square to help us with booth sitting, crowd counting, greeting, and the list goes on. If you're interested in being a part of this fun-filled weekend we can't wait to hear from you. Contact Joy or Lynne at 541-917-7760.

### Smiling face of Sweet Home

The Sweet Home Chamber of Commerce is looking for individuals to work the visitor center this summer (and beyond). Volunteers welcome newcomers and visitors. Our office is open 9-5 Monday-Friday, with the option for Saturdays. Other opportunities to help with summer parades and activities. Call Carla at 541-367-6186 or email: [info@sweethomechamber.org](mailto:info@sweethomechamber.org)

### Need Wheels for Meals

Volunteer Drivers needed for Meals on Wheels in Lebanon. Make a difference with a one to two hour commitment, driving one, two or more days a week. We need your help! Call Tori at 541-451-1139

### Be a Friend

Lydia's House is the Memory Care Unit at Mennonite Village, in Albany. Volunteers are needed to assist staff and residents with activities (baking, reading, playing games), or to take residents for walks outdoors on nice summer days. Contact the Mennonite Village volunteer program office at 541-704-4294.

### Impact Someone's Life

Volunteers wanted to transport DHS children to activities. Must have a good driving record and have a road worthy vehicle. Must be reliable and punctual; and physically able to offer support to small clients. Mileage reimbursed. Contact Ellen Pimental at 541-967-20789 ext 453.

### Local history

Become a Docent, Board Member, Archive Numberer, Cataloging Assistant, Museum Exhibit Development, and General Maintenance. For information about being a volunteer or any of the available volunteer positions, please contact Bill Maddy, Albany Regional Museum Administrative Coordinator at 541-967-7122 or email [armuseum@peak.org](mailto:armuseum@peak.org)

### Fun, Fair Volunteering

The Open Class departments at the Benton County Fair are looking for you to assist in making this year the best Fair yet! Volunteers are needed in Fiber Arts, Fine Arts, Foods, Hobbies & Crafts, Floral, Land Products, & Photography. If you enjoy working with people, having fun, and helping with others hobbies, contact us now! Call Brandi Hereford, Exhibit Coordinator, at 541-766-6089 or [brandi.hereford@co.benton.or.us](mailto:brandi.hereford@co.benton.or.us)

### da Vinci Days Volunteer Opportunities

Bountiful opportunities to help at a fun event in Corvallis, including year round Program Support, Festival setup & cleanup July 13, 14, 15 or 16, 2006, At the Festival, Kinetic Sculpture Race, Event & Contest Help, Children's Village. Please contact the festival office: 541-757-6363 to learn more or to sign-up!

### Corvallis Fall Festival Needs You!

This two-day community arts celebration needs individuals to help booth sit, staff the Gazebo, and work in the children's area over the weekend, Sept 23 & 24, 2006. Able-bodied folks also needed for set-up and take down Friday, Sept 22 and Sunday, Sept 24. Please contact the Festival office 541-752-9655 or [director@corvallisfallfestival.com](mailto:director@corvallisfallfestival.com) for more information.

### Mentoring Works!

Share your knowledge and expertise with youth learning work and construction skills. Many volunteer opportunities are available from joining our team activities to heading a whole department program. Please visit our store in support of building homes for local families - Habitat for Humanity. Discount Building & Home Supply at 1327 NW 9th St, Corvallis. Tuesday through Saturday 9 to 5. 541-752-6637

### Senior Dog Rescue of Oregon

Urgently need people willing to foster a homeless dog temporarily until a new home is available. Volunteers also needed for many fund-raising events. Call TJ White, for more information at 541-753-5746

# VOLUNTEER!



Council member Rita Pinard, Beth Fox and LBCC work-study Heather McNamara.

## Fresh Island Breezes

RSVP is grateful for the many businesses and individuals who helped make the ISLAND ESCAPE recognition events a

success. A special thanks to the RSVP Advisory Council members who pitched in to make this year's parties a huge success.

Benton County sponsors (\$100 gift) include: Citizen's Bank, Circle Branch, Donald B. Dickman, Attorney, Edward Jones/Bill Mercer, Philomath Pharmacy and Timberhill Place. Donors (\$25) include Sibling Revelry. Thanks to Valley Catering; Overall Laundry; First Congregational United Church of Christ; Jackie Ford and her students at Santiam Christian High School; Damian Harris-Corvallis High School student for his excellent Ukulele skills; Benton County Under-Sheriff, Diana Simpson.

West Linn donors (\$25) include Medi-Cap Pharmacy, Walgreen's and Safeway. Thanks to First United Methodist Church-Albany; the music students and servers of Albany Christian High and Greg Roe, Executive Director, United Way of Linn County.

East Linn donors (\$50) include Wal-Mart. Thank you to the Sweet Home Senior Center; Jesse Chandle-Drehr and the Sweet Home High School Concert Choir, Chuck Thompson and the High School servers.

## THE "WHAT IS IT?" PROGRAM

There is an old proverbial story about a group of blind men who come upon an animal. But, "What Kind of Animal?" they ask. As all are blind they use their senses and feel the animal.

From their investigation they pooled their information and decided the animal was like the following: A rope; a snake; a wall; a tree; a large leaf; a long roundish hard type of material; and a small type of hard smooth rock.

We now know that they were "looking" at an elephant and feeling its tail, trunk, side, leg, ear, tusk and its toe nail.

Here in Linn and Benton counties we have a program that is – well – it's like a...a... a... Let's ask some people to look at it and say what it is. A group of people examined the program and each person had this to say:

This organization is like...

It is like inspecting homes to make them safe for seniors;

It is like providing a listening ear to a hurting soul;

It is like being a docent to guide people around a museum;

No, it is like nurturing youth and loving them;

No, it is advocating on behalf of older adults;

Oh, no it is like gathering and harvesting food;

Why I just learned it helps people file their income taxes;

No, it is driving people for appointments and errands;

But I know it is cooking and feeding people;

Oh, you are all wrong. It is being helpful and needed wherever you can apply your skills and knowledge which you have learned over a lifetime.

It is - THE - Retired and Senior Volunteer Program for Linn and Benton Counties, where volunteers can utilize their skills in many situations where they can help people by working with youth, food banks, mentoring, driving and use any ability they have.

This organization keeps people YOUNG.

C'm on and join up; use YOUR talents, and help other people

Composed by Mayor Chuck and Kathy McLaran, Albany, Oregon 2006



The RSVP Advisory Council members - Vince Bade, James Fendrick and Dan Haake

## RSVP

### Linn Office

6500 Pacific Blvd. SW  
Albany, OR 97321  
541-917-4476  
Fax 541-917-4730

### Benton Office

757 NW Polk Ave.  
Corvallis, OR 97330  
541-753-9197  
Fax 541-757-9537

### RSVP Staff and Editorial Board

Beth Fox, Director  
Cathy Morris, Program Assistant  
Shirley Lockhart, Publications  
Lindy Young, Office Assistant

### RSVP Advisory Council 2004-2005

Vince Bade  
Mary Jo Bade  
James Fendrick  
Bill Githens  
Irene Githens  
Diane Goudriaan  
Dan Haake  
Murray Laver  
Sharon Leader  
Kathy McLaran  
Evone Miller  
Rita Pinard

### Friends of Benton County RSVP Board of Directors

Bonnie Ellis  
Robert Ethington

### Friends of Linn County RSVP Board of Directors

Bob Jacobson  
Jean Petermen

The Volunteer! is published quarterly by Linn-Benton Retired and Senior Volunteer Program, a nonprofit organization sponsored by Linn-Benton Community College. Linn-Benton RSVP's mission is to engage people 55 and older in their communities by providing services and volunteer opportunities and to assist nonprofit groups and agencies with their volunteer needs. The purpose of this newsletter is to promote and support our volunteers and participating agencies in any way possible.

Individuals and organizations are encouraged to submit articles and events information that would be of interest to volunteers. Submissions are due the first day of the month prior to publication. For example: submissions for the December-January issue would be due on November 1.

Send submissions to Volunteer! editor via e-mail at

**Shirley.Lockhart@linnbenton.edu,**  
or mail your submission to the  
Linn or Benton office address.

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## What is SASSI?

by Lindy Young

Do you feel safe in your home? Would you like to know that your house is protected against forced entry and the danger of fire? The SASSI program can help you out.

Just recently, a RSVP volunteer's home in Benton County was broken into and valuables were stolen. The perpetrators entered by opening a sliding patio door that had not been secured. Subsequently the home has been inspected by SASSI volunteers and recommendations made for protecting the home and for the owner's safety.



SASSI volunteers, Varien Tilton and Michelle Mahana.

SASSI (Safe and Secure Seniors Independent) is an important service partnered by the Retired and Senior Volunteer Program of Linn and Benton Counties in conjunction with law enforcement and fire departments. It provides free home security and fire protection inspections

as well as low cost or free installation to help independent seniors maintain safe and secure homes. The service is available to residents over the age of 55 in Albany (within the city limits) and the greater Corvallis area, including Philomath.

SASSI volunteers are required to undergo training sessions and background screening. They work in pairs for the inspections and installations. The following is a list of services provided:

- Home security inspections
- Smoke alarm testing
- Installation of smoke alarms
- Fire escape plans
- Installation of security hardware, including dead bolts and door viewers
- Personal safety education and information
- Emergency preparedness information
- Identify additional home hazards and offer resource information and referrals.

Partners in the SASSI program include the police and fire departments of Albany and Corvallis, the sheriff's office of both Linn and Benton Counties, RSVP of Linn and Benton Counties, Interfaith Volunteer Caregivers, AARP, Kiwanis of Corvallis and Senior Services of Linn and Benton counties.

Funders include the United Ways of Linn County and Benton County, State of Oregon DHS, City of Corvallis Social Service Funding, Kiwanis of Corvallis and the Corporation for National and Community Service.

If you are age 55 or better, and are interested in scheduling a home inspection, please call the RSVP office at 753-9197 or 917-4476.

## Instructions for sending in your volunteer hours

### Please Help Us!

We need your hours.

This information helps RSVP seek grants from foundations to fund programs that serve seniors and volunteers in our community. Your hours and where you volunteer are kept strictly confidential.

**NOTE:** There are three time sheets on this page. Cut out one time sheet for each month, fill out time sheet and mail it to RSVP by the 10<sup>th</sup> of the month.

**Address for:**  
Benton County RSVP  
757 NW Polk Ave.  
Corvallis, OR 97330

Linn County RSVP  
6500 Pacific Blvd SW  
Albany, OR 97321

### RSVP SIGNATURE PROGRAMS

- SALT** Seniors and Law Enforcement Together
- SASSI** Safe and Secure Seniors Independent
- SHIBA** Senior Health Insurance Benefits Assistance
- LBvision** Linn-Benton Volunteer Center www.lbvision.org

### Senior Peer Counseling

### AARP Tax-Aide

### RSVP TIME SHEET 1 (For hours you volunteered in the community)

Print Name	Signature	Date Signed
Worksite (Where you volunteered)	Worksite Signature	Hours Volunteered
Worksite	Worksite Signature	Hours Volunteered
Worksite	Worksite Signature	Hours Volunteered
		Total Hours for Month

cut along line

### RSVP TIME SHEET 2 (For hours you volunteered in the community)

Print Name	Signature	Date Signed
Worksite (Where you volunteered)	Worksite Signature	Hours Volunteered
Worksite	Worksite Signature	Hours Volunteered
Worksite	Worksite Signature	Hours Volunteered
		Total Hours for Month

cut along line

### RSVP TIME SHEET 3 (For hours you volunteered in the community)

Print Name	Signature	Date Signed
Worksite (Where you volunteered)	Worksite Signature	Hours Volunteered
Worksite	Worksite Signature	Hours Volunteered
Worksite	Worksite Signature	Hours Volunteered
		Total Hours for Month

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The Newsletter of Linn-Benton RSVP and LBvision Volunteer Center

Summer 2006

## Presidential Achievement Awards



It's true that volunteers are not giving their precious time for recognition and honor, yet at RSVP, we love to demonstrate our admiration for you by giving out the Presidential Achievement Awards. This year 37 of you achieved the gold award for contributing 500 hours in a calendar year, and six volunteers hit the lifetime 4000+ hours according to our records. We applaud each and every one of our volunteers, and yet I'm sure you'll agree that this group is deserving of special honor.

The Presidential Lifetime Achievement Awards went to: Alice Hamilton, Anita Harriman, Valitta Ireland, Jim Landkamer, Dennis Speck, and Pat Ungefug.

The Gold Awardees included: Vera Allen, Leatha Amort, Peggy Arnold, Carol Beck, Marjorie Brown, Norma Carter, Allura Chance, Josephine Conner, Roberta Coulter, Wilhelmina DenBesten, Ed Derrickson, Bert Dershon, Larry Fisher, Paul Franklin, Jacob Greenaway, Delene Haake, Ed Harriman, Gwen Harmon, Maxine Isabel, Don Jones, Jim Jones, Thelma Larson, John Locker, Ramona Luccock, Jan Meredith, Claudine Montoyae, Barbara Nicholson, Margaret Nickich, Joyce Ohnesorge, Grace Sowards, Peggy Preston, Selma Petersen, Carol Reid, Dorothy Stapler, Helen Strike, Lucky Sutherland and Joe Wade.



Dennis Speck receives Lifetime Achievement award



East Linn volunteers Joyce Ohnesorge, Carol Beck, Grace Sowards and Peggy Arnold receive Gold Presidential Achievement Awards



Paul Franklin, Leatha Amort and Don Jones earn Benton County Gold Presidential Achievement Awards



Albany Senior Center helps RSVP honor Alice Hamilton with the Presidential Lifetime Achievement Award

## From the RSVP Advisory Council By Diane Goudriaan

As I sat down to write this piece I took time to brainstorm everything I had ever felt and experienced through volunteering over my lifetime. When I looked at all the words on the page I realized that those feelings and experiences had all produced a variety of results and consequences that had contributed to my growth...personal and professional!

Putting pen to paper on this topic has allowed me to take a walk along the path of my life journey. As a young Mom, I volunteered with Sunday School, Block Parents, and teams and clubs to which my children belonged. When I was a full time employee, I was on committees connected to work. Now that I (think I) am semi-retired (working 27+ hours per week), I sit on the Linn Benton R.S.V.P. Advisory Board ~ an organization committed to bettering/supporting the lives of seniors.

I remember as a young adult wondering how I would ever have the time or energy to volunteer ~ but I was intrigued by many opportunities that came my way and had a difficult time saying "No"! I was often attracted to the task, the environment, or the people involved. Other times I liked the short time commitment or organizational opportunities. As I 'let go' of my routine responsibilities for short periods of time, I actually enjoyed being 'out' with others and helping to plan or assisting with the implementation of events and activities. This change of focus was energizing!

I met wonderful people, made better use of my time, developed great time management skills, earned much satisfaction from the accomplishments and realized I had skills I might never have known I had. Since it was easy for me to over commit, I learned to say "yes, but..." which for me was very empowering!

One of the major outcomes of my volunteer involvements was re-entry into the workforce after twenty years as an at-home Mom. When asked by my colleagues where I had been previously employed, I replied that I had been a 'professional volunteer'. My department head overheard the conversation and retorted, "Diane, it was those volunteer positions that got you this job"! (Oops!) I found that I had undervalued my activities.

Having moved to Corvallis in May 2005, and knowing no one, I cautiously accepted Beth Fox's invitation to join the RSVP Advisory Board. I look forward to the monthly meetings and feel comfortable making small contributions. As a result I am learning about Oregon and Linn and Benton Counties in a way I never would have had I said "No"! As the volunteer Literacy Tutor Coordinator at LBCC, working with RSVP has provided a network with which to make contact that I may never have developed. I see a bigger picture of volunteering than I had ever imagined.

There is no limit to the kinds of groups with which to be associated and no limit to the rewards, out comes, or experiences that volunteering can and does provide.

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