

VOLUNTEER!



Benjamin D. Grimes RSVP-VISTA

I'd like to take a moment to introduce myself to the volunteer community.

My name is Benjamin Grimes and I am a VISTA-RSVP volunteer. As a recent OSU graduate I have spent the last several years in the Corvallis community, and in that time developed a familiarity and appreciation for the diversity that Corvallis has to offer. So much appreciation in fact, that I have made Corvallis my permanent residence.

With RSVP, my service is focused on developing and encouraging Boomer volunteerism throughout Linn and Benton counties. Already I have been able to upgrade and update the lbvision.org volunteer center website to make it more user friendly and inviting for those who wish to take advantage of its resources. As well as being able to visit local volunteer sites, meet those who have dedicated themselves to providing for others, and been able to learn directly from the lifelong experiences of the volunteers serving their community.

I look forward to the next several months with RSVP and hope that my time here will benefit all.

Volunteer Opportunities 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.

Linn-Benton RSVP

LINN & BENTON AARP TAX-AIDE

The AARP TAX-AIDE program is looking for volunteers to become tax counselors or site greeters. Counselors prepare Federal and State tax returns for low to moderate income persons of all ages, free of charge, with special emphasis on serving senior citizens and the disabled. The tax returns are prepared using computers and software provided by the IRS. If you have experience doing your own taxes, can operate a computer, and enjoy helping people, we need you. Must attend two week training in January, and work 4 to 8 hours per week from Feb 1st to April 14th. For details, please call Rita Pinard at 745-7246.

Senior Companion Program

Are you interested in helping others and making extra tax-free money? Consider joining our program and help our elderly and younger disabled homebound neighbors with rides to medical appointments, grocery store, household errands and much more. Learn how you can join our program. Call 541-574-4714.

Score One by Joining SCORE!

The SCORE Association is an organization which helps entrepreneurs to learn the steps in starting a business by mentoring and training. SCORE helps current business owners who may need help of SCORE volunteers to find ways of improving business profitability or to otherwise solve business problems. Use your knowledge and contribute to your community's economic health by volunteering for SCORE! Contact Bob Bernhard at 745-5816 for more information!

Reading Partners

SMART (Start Making A Reader Today) is a book and reading program for students in kindergarten through third grade. As a SMART volunteer, you spend one hour a week in two 30-minute reading sessions with children in public elementary schools. Program runs October 16 – Mid-May. Contact Victoria: 541-791-8860 vfridley@getsmartoregon.org or visit www.getsmartoregon.org for more information.

LINN COUNTY

Meals on Wheels

Drivers are desperately needed - right now - for the Lebanon area program. Volunteers are also needed for other sites in Linn County for a variety of jobs. You may sign up as a substitute, for part of the year, or once per week. It's your choice. Call Diane Harvey to offer your help at 924-8455.

Lend Us A Hand! Albany Senior Center

Gift Shop Worker: We are looking for volunteers to help man, or woman, our gift shop. We need volunteers willing to work 9:30am-12:30pm or 12:30-3:30pm on Mon/Tues & Thurs/Fri. If you are willing to help us out, we're waiting for your call. Contact Joy at 917-7760.

Hostessing: Do you like to help others? Are you familiar with a coffee pot? The Albany Senior Center is looking for volunteers to help greet our guests and our regulars as they come into the center each day. As a hostess you'll serve coffee, pastries, cookies, and other treats to those who meander over. Call us today at 917-7760 or come by and we'll treat you to some refreshments.

Help Citizens in Crisis

Trauma Invention Program (TIP) of Linn County needs your help. More volunteers are needed to provide practical support for family members and friends during and immediately following unexpected emergency crisis events. Training is provided for this greatly needed program in our community, with the next session starting October 12, 2006. Please call Lynn Koehn at 619-6190 for more information.

Help Prevent Child Abuse

Family Tree Relief Nursery, the only local organization dedicated to the prevention of child abuse by providing intensive services involving the whole family system, needs volunteers including classroom assistants, food prep, office duties, and donation sorting. Additional opportunities may be available as needs arise. Please contact Alison at 223-3506 or email at family_tree_rm@yahoo.com

BENTON COUNTY

Friendship, Film and Fun!

Crossroads International is in need of volunteers to help Coordinate of our Friendship Home program, plan a Film Festival fundraiser, and assist with the "Worldview" informational series during the school year. For more information contact Dawn Moyer at 737-6480 or dawn.moyer@oregonstate.edu

Majestic Theatre

Box Office/Lobby Reception Volunteers needed at the Majestic Theatre. Friendly, reliable people are needed for weekly two-hour shifts on Wednesday-Friday afternoons to sell tickets to shows and answer questions from community members. Box Office Volunteers should be comfortable using a computer, talking on the phone and meeting a variety of people. Contact Samantha Sied at volunteer@majestic.org or 766-6976.

Opportunities Galore

The Corvallis-Benton County Public Library needs volunteers to serve in a variety of capacities. From check in of library materials to processing materials for delivery to senior facilities to monitoring the computers in the children's area, we have a job for you. For a complete description of opportunities available including recommended time commitment and skills required contact Teresa Landers at 766-6995 or email her at teresa.landlers@ci.corvallis.or.us

Classroom Assistants for nonprofit childcare organization

Three childcare centers in Corvallis looking for people interested in working with children from infancy through five years, assisting teachers with daily curriculum, story time, small group activities, mealtimes. Regular and occasional shifts available. Must enroll with State Criminal History Registry if over age 18. Contact Alison at 753-0191, weekday mornings or email at programdirector@corvallischildcare.org

VOLUNTEER!

What's next for Medicare Part D?

Medicare Part D OPEN ENROLLMENT runs from November 15 thru December 31, 2006. Medicare recipients can enroll in or change their Part D prescription drug coverage during that time. Senior Health Insurance Benefits Assistance (SHIBA) program volunteers will present updates and explain changes in Medicare prescription drug coverage for 2007. All presentations are free to the public. SHIBA volunteers are non-partisan and will not be selling anything. An opportunity to sign up for a one-on-one appointment with a volunteer will be provided.

Monday, November 13, 2006 at 10:00 a.m. in the Sweet Home Senior Center. Please RSVP at the Senior Center, 367-4775

Monday, November 13, 2006 at 2:00 p.m. in the Lebanon Senior Center. Please RSVP at the Senior Center, 258-4919.

Tuesday, November 14, 2006 at 2:00 p.m. in the Albany Senior Center. Please RSVP at the Senior Center, 917-7760.

Tuesday, November 14, 2006 at 2:00 p.m. in the Corvallis Senior Center. Please RSVP at the Senior Center, 766-6959.

SHIBA is locally sponsored by RSVP.

Beware of Medicare Frauds, Waste and Abuse

Due to the complexity and enormity of the Medicare program, fraud, waste and abuse go largely unreported. You can help reduce the problem by learning how to read your Medicare statement and seeking assistance, when necessary from a SHIBA volunteer. Since Medicare is moving to a quarterly billing system, paying close attention to your billing charges becomes more important. Every Medicare recipient has the right to request an itemized statement of your bill. Fraud, waste and abuse resulted in an estimated \$12 billion in losses in 2005. The majority of the errors are unintentional due to medical offices using incorrect coding on the billing statements.

However, there are unscrupulous people selling insurance plans over the phone and door-to-door. Recently Portland area seniors have reported receiving a phone call. The person on the other end asks if the senior would like to enroll in Medicare. They tell the senior, that after being enrolled, they will mail them a Medicare card. The senior then ended the call and did not divulge any information (fortunately). Another scam that has occurred is the selling of phony Medicare prescription drug plans. If you suspect someone of perpetrating a scam or have been the victim of a fraud, please call the Oregon SHIBA office at 1-800-722-4134 or the Oregon Medicare fraud hotline at: 1-888-FRAUD-01.

Denise Magee RSVP Coordinator



I am new to RSVP this fall and am very pleased to be here. A lifetime resident of Linn County, I grew up in Lebanon and raised my family there—three children and three grandchildren, all who live in Linn County. Although I am a lifetime resident, I am a first generation Oregonian. My grandfather emigrated from Ireland—roots that I still identify with strongly. I have a love for Celtic music and enjoy writing, reading, bird watching, and taking my cat for walks in the park.

I come most recently from working at Linn-Benton Community College as a writing assistant in the Learning Center. Working one-on-one with individual writers taught me the importance of empowering students through mentoring, and I look forward to working one-on-one with seniors who combine mentoring and the sharing of lifetime knowledge with community service.

As the curator of the McLoughlin House National Historic site, I found it very rewarding and enlightening to work with senior volunteers. The work ethics of this population of volunteers remains unparalleled, and they have much to teach and mentor for future generations of volunteers. It is my dream to work with RSVP volunteers in building bridges to narrow the gap between current senior volunteers and senior volunteers of the future.

RSVP

Linn Office

6500 SW Pacific Blvd. SW
Albany, OR 97321
541-917-4476
Fax 541-917-4605

Benton Office

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

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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

beth.fox@linnbenton.edu
or mail your submission to the Linn or Benton office address.



VOLUNTEER!



Reflections From Beth By Beth Fox Director

I may be a bit slower than the rest of you in discovering life's priorities. As I start accumulating a few gray hairs, the critically important values are finally crystallizing, and I realize like Dorothy said in "The Wizard of Oz", there's no place like home. Actually there is nothing to compare with spending time with people who share a similar DNA. While family relationships can be volatile, in the long run our richest history revolves around the people we call mother or father, sister or brother, aunt or uncle, cousin or grandchild. For two weeks in the month of September I rode a charter bus in Germany with 18 people who are related to me. We were on a "Roots" trip of sorts - visiting newfound cousins in the rural reaches of the Hesse region of Germany. Now spending that much time with close and distant kin could have been a nightmare (in my pre-trip dreams), yet turned out to be an amazing blessing. And now I want to spend more time together.

One of the many things I love about working with older adult volunteers is your sense of priority. You discovered years ago that climbing ladders wasn't your goal - whether social, career or the two-story variety. You have focused your efforts on making your community stronger - knowing that your dedication will help sustain a healthier future for your progeny. I want to thank you from the bottom of my heart for the gift of your valuable time, recognizing the broad-reaching value of your actions as a positive model for your loved ones.

Harrisburg Driver Safety Course

The Harrisburg SALT Council and VFW Post are hosting the AARP Driver Safety class for persons age 50 and older on October 24 and 25, 2006, from 9 a.m. to 1 p.m. each day. The class discussion will be led by Jim Jones of Lebanon and held at the VFW building located at 360 Smith Street in Harrisburg.

According to the AARP website, The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. The course is designed to help you:

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.
- Qualify for an auto insurance premium reduction or discount. Specific state insurance laws vary - please consult your insurance agent for specifics in your state.

To qualify for the insurance discount, refresher courses are required every three years for drivers age 69 and under, every two years for drivers age 70 and over. The fee for the class is \$10. Registration is required. Please call 541-995-6652 to register.

VOLUNTEER!

The Newsletter of Linn-Benton RSVP and LBvision Volunteer Center

Fall 2006



Rich Raleigh from Tax-Aide program presents certificate of thanks to LBCC's Gary Snyder

RSVP Holiday Party - 2006



Linn County Party
Thursday, December 7, 2006

1:30 p.m.

at the

Albany First United Methodist Church

1115 28th Avenue SW
Albany, OR 97321

Entertainment By

Calapooia Middle School Choir

Benton County Party

Friday, December 8, 2006

1:30 p.m.

at the

Church of the Good Samaritan

333 NW 35th Street
Corvallis, OR 97330

Entertainment By

Rebeca Lomnicky

Winner of the national Scottish junior fiddle champion

NO RSVP necessary - come join the fun
Please bring a non-perishable food donation
to share with local seniors

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 10th 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



Volunteering in America

Did you know that Oregon ranks number six among the 50 states and District of Columbia in volunteer intensity, with 33.6% of the people aged 16 years or older volunteering? We rank number nine in the senior volunteer rate and twenty-first in baby boomer volunteering. The most common volunteer

position is as a coach, tutor or mentor. Fundraising, food collection/serving, providing transportation, serving on boards and thrift shops help round out the type of activities U.S. volunteers perform. The good news is from 2002 to 2005 the number of volunteers increased by about 5.6 million. Now... imagine America without volunteers.

This information was provided by the Corporation for National and Community Service.

RSVP

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