

AMERICORPS RSVP SENIORS

Volunteer Center of Racine County



Hush, can you hear it?
The rustling in the grass.
Bringing you the welcome news that Winter's day is past.

Soft, can you feel it?
The warm caressing breeze.
Telling you the sticky buds are bursting on the trees.

Look, can you see them?
The primrose in the lane.
Now you must believe it - Spring is here again.

May Fenn.

FUNDRAISER & AUCTION

We hope you will join us at Roma Lodge on May 17th as we **raise funds for our programs** and recognize a few of our many outstanding volunteers who have made a huge difference in Racine County this past year!!

Tickets are on sale now at www.volunteerracine.org

If you can not make it to the event, do not worry the silent auction will be hosted online! Keep an eye out in your email for more information!



AMERICORPS RSVP SENIORS VOLUNTEER APPRECIATION BOX LUNCH





Currently, we stand at 335 volunteers and 17 active stations. We look forward to thanking you for your service and celebrating all our your success!

The Youth Volunteer Corps has prepared lovely gifts to go with our latest Volunteer Center swag for all of our current, active RSVP volunteers! We will handing out box lunches provided by local favorite: Lee's Deli.

WHEN:

11:00am - 2:00pm Friday, April 26th, 2024

WHERE:

Volunteer Center of Racine County 6216 Washington Avenue, Suite G, Racine, WI 53406



We are always looking for new volunteers but just as important is new stations; new places to service and be helpful to our community. If you have any suggestions for possible future stations please **Let Me Know**!

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Volunteer Center of Racine County

SPOTLIGHT ON MARILYNN PELKY

The Volunteer Center of Racine County owes its early success to the efforts of Marilynn Pelky.

Marilynn was born and raised in Racine, the youngest of 7 children. She started volunteering at a very young age. She remembers the joy and satisfaction seeing her neighbors and neighborhood improve with her efforts. This dedication to service and hard work continued as she juggled volunteering service with school all while working full-time to fund her own business college tuition.

After graduating from business college she worked and raised a family all while staying very focused on her community outreach.



On September 1, 2000 the Volunteer Center was founded with Marilynn Pelky serving as the Executive Director. She worked for many years establishing grants and programs. She focused much of her early work on the AmeriCorps RSVP Seniors Program and the Youth Volunteer Corps.

When asked why is volunteering important her?

Volunteering is just important: it makes the world go around. It expands your view of life & leads you to find things you never thought you could be or do. Volunteering is vital for kids!!! Get kids involved in their community young and early. It ensures they are invested in the community they will group up in and raise their own families in.



WELCOME

TO OUR NEW STATION AND ITS MEMBERS

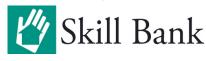
Purpose of Program

- support teachers, curriculum and the schools in math and tech education.
- provide a learning experience in small boat building.
- learning boat building terminology.
- assist and facilitate teaching the students how to use both hand and power tools safely.
- assist and facilitate teaching the students proper painting and epoxying techniques.
- learn about the characteristics of various materials, glues, and epoxies.
- encourage and practice group work skills.

Volunteers Needed: We will train. Must be willing to work with teens, teachers <u>always</u> present. Able to commit ~16 hours per month; after school or mornings. No membership fees or donations required.



WELCOME BACK!



Skill Bank is a service for residents of Racine County who are 55 years and older who need minor work done to their homes or yards. Our volunteer Fix-It helpers provide services that allow seniors to maintain independence in their homes. Services include minor carpentry, painting, electrical, plumbing, snow removal, yard work and more!

Small Boat

BUILDERS





Volunteer Center of Racine County

Springtime

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vibrant umbrella tulips seeds rainbow rain rabbit pastels new nest may lamb ladybug kite hunt flowers duck eggs easter chick carrot candy bonnet blossom bloom birds

sunshine spring
rabbit puddle
may march
hunt holiday
duck daffodil
buzzing butterfly
birds bees

springbreak showers
picnic peeps
lily lilac
grass goodies
crawfish chocolate
bunny bubble
basket april

INFORMATION UPDATE

The Volunteer Center, and the AmeriCorps Senior Program, is updating its database software! As part of this, moving forward the Volunteer Center will be using email as the primary means of communicating events and opportunities. This will not impact our volunteers although it it will be very important that we have an email on file for everyone in the program.

Check your email for a contact information update request and much more in the future!

VOLUNTEER SURVEY

It is every important to all of us at the Volunteer Center and AmeriCorps that the volunteers have a positive and safe volunteering experience.

Please take a few minutes to complete and return the included Survey Postcard.

If you want to save on postage drop it off at the valuateer appreciation.

it off at the volunteer appreciation lunch on April 26th!

If there are any specific issues or concerns that you are willing to discuss please email me at mherrin@volunteeracine.org

MOST HOURS SERVED (AS OF JAN 2024)

25 - 50 hrs

Fran Maccanelli Eileen Hoey Suzanne Hanrahan Marcia McCallum Cathy Jacobs David Zablotney Elaine Fogarty Marilyn Rewolinski Charlene Hager Terri Oksiuta Kristine Veenstra Dawn Bingham

Well done!

51 - 75 hrs

Sue Scherbert Cary Anastasio Monica Grise Ulla Krause Cathy Kantowski David Pfeuffer **75 - 100 hrs** Terry Herlihy



100+ hrs

Jean Satorius Barbara Rigden Sally Falaschi Marion Lueders Dee Gehrand





Volunteer Center of Racine County

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FINALLY WARM ENOUGH FOR FUN

APRIL - GARDEN MONTH

April is dedicated to exploring the benefits that gardening brings to people and communities. It was first started in the 1980's by the National Garden Bureau as National Garden Week and eventually grew to a month long event in 2003.

Your volunteering can extend into to helping clear invasive species, roadside or beach litter clean-up, neighborhood beautification and even helping at your local community garden.

Dedicate some time this month to being and enjoying the outdoors. Consider visiting some local nature parks or botantical gardens. Take a trip to your local open-air farmers market with your friends and loved ones for a bit of fresh air and grab a homegrown or homemade treat!!

Highway 11 Outdoor Market 8505 Durand Ave., Racine Monday 9am - 1pm from June-November.

Racine HarborMarket 502 Main St, Racine, Downtown Racine June 8 and 22, July 6 and 20, August 3, 17 and 31, from 4-7 p.m.

Milaeger's Great Lakes Farmers Market 4838 Douglas Ave., Racine Sunday 10am - 2pm, year round Burlington Farmers Market 355 N. Pine St, Burlington Thursday 3-7pm from May-October.

Caledonia Outdoor Market 3920 N. Green Bay Rd., Caledonia Thursday 1:30-5:30 p.m. from June through October.

Union Grove Public Market
4400 67th Dr., Union Grove
Tuesday 2:30-6:30pm. from June to September.

MAY - MENTAL HEALTH AWARNESS MONTH

Since 1949, May is a time to raise awareness of and reduce the stigma surrounding behavioral health issues. This month focuses on the mental health and addiction concerns that affect as many as one in four Americans.

Approximately 14% of adults aged 60 and over live with a mental health condition. Depression and anxiety caused by social isolation and loneliness accounts for about 25% of that growing number.

Mental health conditions among older people often go unrecognized and left untreated. In addition many struggle with the perceived stigma surrounding these conditions which can make people reluctant to seek help.

Mental Realth Matters

As volunteers, it is easy to overlook your own needs while focusing so much of your time and energy into caring for others. Make sure you are taking time to take care of yourself.

Remember self-care never goes out of style. Set aside some time to check in with yourself. Explore a new hobby, start a new book, or just schedule time to relax with friends or just reconnect with yourself.

If you or someone you know is struggling, you are not alone. The NAMI HelpLine provides the one-onone help and information necessary to tackle tough challenges that you, your family or friends are facing.

Call 1-800-950-NAMI (6264).



JUNE – ZOO AND AQUARIUM MONTH

The US boasts an impressive 355 zoos and 150 aquariums since the first zoo was opened in 1874 (Philadelphia Zoo). In 1982. President Ronald Reagan dedicated the month of June to zoos and aquariums as a way to showcase their importance the conservation of animals and marine life.

Take some time this month to explore our very own Racine Zoo, founded March 1923. Attend some of the of the amazing events they have planned over the summer!

Maybe you would even be able to help support this local attraction by sponsoring an animal, donating some toys or even volunteering your time!





Volunteer Center of Racine County

SAVORY GARDEN TART

Ingredients

- 16oz cream cheese, softened
- 2tbs sour cream
- 8oz unsalted butter, softened
- 2tbs grated Parmesan cheese
- Itsp grated lemon zest
- 2 cloves garlic
- 1/2 tsp salt
- 1/2 tsp black pepper
- fresh herbs (to taste): basil, marjoram, chives, thyme, dill
- 1 sheet frozen puff pastry, thawed
- Assorted thinly sliced fresh vegetables: olives, red onion, sweet peppers, tomatoes, etc
- Itbs olive oil

Directions

- 1.Add cream cheese, sour cream, butter, parmesan cheese, lemon zest, herbs and spices to a blender. Process on medium speed until smooth and creamy.
- 2. Allow cheese spread to chill while preheating oven to 400°.
- 3.On a lightly floured surface, unfold puff pastry and roll into a 13x11-in. rectangle. Transfer to a parchment-lined baking sheet. Prick pastry several times with a fork.
- 4. Spread cheese mixture evenly over pastry and arrange vegetables on top before lightly brushing with olive oil. For added yum sprinkle with sesame seeds or everything bagel seasoning.
- 5.Bake until pastry is puffed and golden brown, 15-20 minutes. Cool 10 minutes before clicing and serving.

APRIL

Colleen Andersen Vicky Beauchamp Jim Bittner Pamela Bonanno Lenora Brockman Alison Donovan LeeAnne Elston Carol Grothus Robert Hardy John Hartmansdorfer Carol Jacoby Mary Johns Cathy Kantowski Cynthia Karwowski Marilyn Kaslofski David Kleba Terry Kovara Lisa Krescanko Jan Kutzner MarjorieAnn Lambert Elveda Morrill Lynn Olle Mary Schroeder **Drew Sobota** Kristine Veenstra Deborah Wiedenhast

Richard Zimmermann

Happy Birthday

MAY

Donna Badtke Terry Fluke James Furrie Rick Gehriq Pamela Grant Linda Haack Paula Haaq Pat Hartmansdorfer **Judy Heimes** Christie Henry Walter Herman MaryEllen Hintz Renee Howard Laurie Jensen Patricia Koelbl Dennis Kowalinski MaryKae Laing

JoAnn Leuenberger **Marion Lueders** Sally McNamara James Neitzel Donna Nielsen Robin Pilzin Alice Pittz Susan Pruitt Laurie Radewan Gary Randall Dorothy Sack Mona Swan Se<mark>rena</mark> Terra Linda Vineyard Linda Wember Cyndi Wilkinson David Zablotney

David Arnold Shirley Chmielewski Jane DePelecyn Michael Erdmann Doug Faulds David Glass Mary Gobis Charlene Hager Barbara Hanke Jane Hardy Jon Hendersen Cathy Jacyna **Evelyn Lajiness Edith Larson** Cheryl LeibkeClaudia McDermott

Jane Mesner

JUNE

Barbara Nees Curtis Perry Peg Petersen Marlene Quigg Christine Regenfuss Robert Schmitt Karen Seversen Sharon Simon Robin Smerchek Margery Smith Elizabeth Spangenberg Douglas Thalacker Kathy Torine Susan Vaile Greg Wilson Dawn Wolf David Zablotney

AMERICORPS RSVP SENIORS

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Volunteer Center of Racine County

SPRING CLEANING

For many, one of the first things that comes to mind with spring is the annual spring cleaning. It is a perfect time of year to open up the windows, declutter cabinets, organize the junk drawer and clean the baseboards. Recently studies have shown that there are some serious benefits for this traditional cleanse.

Increase Focus

By removing and organizing clutter you also remove potential distractions. This allows your mind to better focus on specific tasks.

Boost Mood

Clean sheets and an organized room has been shown to actually lead to a better night sleep improving overall mood. In general, having a cleaner house has been shown to lead to a reduction in anxiety and depressive symptoms.

Reduce Stress

Stress, especially untreated, can lead to many health problems, such as high blood pressure, heart disease, stroke, obesity and diabetes. While the process of cleaning itself has been shown to have a significant positive impact on individual stress levels many studies show that living in a cluttered and untidy environment causes significant "background" stress.

Improve Health.

Many people, especially in Wisconsin, lock up their houses over winter leading to a build-up of potential allergens such as dust, mildew and pet dander as well as environmental pollutants . Annual deep cleaning can rid your house of these negative and damaging influences. Studies have shown that people living in tidier homes tend to be in better health, and get sick less often, than those who live in messier environments.

Interior designers recommend taking some time during your cleaning to look at specific areas in your house that could be redesigned or repurposed to increase your mind and body's health! If mail or keys gather in a specific tabletop perhaps an organizer there could help.

Processional cleaners recommend making a room by room cleaning list BEFORE you start your cleaning to make sure that you don't skip or forget anything. Always clean top to bottom and make sure to take plenty of breaks!

Entrance

- Organize coat closet
- Wipe down doors
- Wash/replace area rugs
- Wipe down baseboards
- Pressure wash welcome mats

Living Room

- Wash baseboards
- Clean light fixtures
- Declutter
- Vacuum furniture
- Wipe down baseboards
- Vacuum or wash floor under furniture

ZONE CLEANING CHECKLIST

Bedroom

- . Rotate mattress
- Wash area rugs .
- Declutter nightstands
- Organize closets
- Wipe down baseboards
- Clean light fixtures
- Purge clothes you no longer wear
- Dust & wash blinds
- Vacuum under bed
- Organize dresser Drawers

Kitchen

Clean oven

- Organize pantry/ fridge & freezer
- Clean light fixtures
- Declutter drawers
- Wipe down small appliances
- Wipe down baseboards
- Clean dishwasher
- Wipe down cabinets ۰
- Dust & wash blinds
- Clean under appliances

Bathroom

- Organize linen closet
- Clean shower heads
- Wash floor
- Organize storage areas
- Wipe down baseboards Clean & disinfect sink
- & vanity Wipe down cabinets
- Dust & wash blinds
- Clean light fixtures
- Wash bathmats

Laundry Room

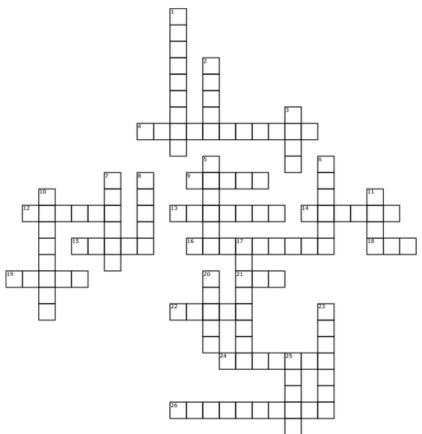
- Run clean cycle on washing machine
- Declutter
- Refill supplies
- Clean dryer vents
- Wipe down cabinets & baseboards

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Volunteer Center of Racine County

Spring Time



Across

- 4. the larva of a butterfly or moth
- 9. A month in Spring
- 12. a small pool of water
- 13. small round beetles that are often red with black spots
- **14.** when you bring food and a blanket to a park and sit on the grass eating
- The first month of spring.
- 16. An animal that wakes up in Spring
- Easter

- 19. baby chicken
- 21. bumble
- 22. birds that fly north in Spring; black, grey, and white
- 24. what you see sometimes after rain stops
- 26. a day for pranks
- Down
- 1. shoes you wear in the rain
- In spring, farmers _ _ crops.
- young sheep
- 5. these bugs have eight legs and spin webs

- 6. The season after Winter
- _ _ _ _ blossom trees.
- 8. what do eggs eventually do?
- 10. baby duck
- 11. what you can fly on a windy day
- 17. you use this to keep you dry from the rain
- **20.** Spring _ _ _ _ ; vacation.
- April showers bring May
- **25.** flowers _ _ Spring

BUSIEST STATION (JAN 2024 - PRESENT)

- 1. Sew n Save
- 2. MyRIDE
- 3. SVDP Society Pantry
- 4. be-leaf
- 5. Senior Companion Program

VOLUNTEER STATS (JAN 2024 – PRESENT)

Hours Served: 2,798 **Total Volunteers: 342** Active Volunteers: 139

Average Hours Served per Volunteer: 20

We would love to see you in action!

Send photos of you and your AmeriCorps gear to mherrin@volunteerracine.org



AMERICORPS SENIORS RSVP **VOLUNTEER COFFEE CHATS**

This will be a monthly casual meet-up. A chance for us all to gather and meet, share stories and experiences.

Keep an eye on your emails for more!

Mary Caccrotti Marilyn Rewolinski Kathleen Cronick Lori Hegarty Elizabeth Spangenberg Patricia Koelbl Jeannette Lederleitner Veronica Tomaloff Jane Mesner

Susan Myers

Nancy Page

Julie Pipke

Jody Anderson

Barb Steberl Barbara Tommerup Paul Torosian Diane VanPatten

Marlene Quigg

Richard Romel

Read More 07 / 08 ←

AMERICORPS RSVP SENIORS

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Volunteer Center of Racine County

VOLUNTEERS

CONTACT US AT 262.598.4770 TO LEARN MORE ABOUT THESE OPPORTUNITES



Special skills are not required to be a comfort/companion volunteer.
You just need to have a willing heart and a warm smile.
Volunteers visit with patients: playing games, reading or just talking.



SENIOR COMPANION PROGRAM



Companionship is vital to everyone's happiness and well-being.

Volunteers visit the same person every week and spend an hour in a variety of shared interests: playing games or puzzles, reading aloud, watching TV, listening to music or crafting.

OUR STATIONS:

- Amateur Radio Service (ARES®) Volunteers help coordinate emergency communication exercises as licensed "ham" radio operators within Racine & Kenosha.
- **Ascension All Saints Healthcare** Volunteers serve as Comfort Care Visitors and Gift Shop Assistants. If you have a registered support animal they may also serve with the Pet Therapy team.
- **Aurora Medical Center** Volunteers help either in clerical/admin as Main Entrance or Inpatient Floor Assistant OR in companion care visiting and comforting patients.
- **beLEAF, SURVIVORS, Inc.** Volunteers here serve as a trained Advocates, answering calls on a crisis line. Training is provided quarterly. Help is urgently needed.
- Caledonia Historical Society Volunteers lend their talents to preserving and teaching local history.
- **EZ-ID** Technical Assistant volunteers help to assemble Senior and Children missing-person recovery kits.
- **Habitat for Humanity** Volunteers with this group assist their local community in one of three main roles: Construction Worker, Habitat ReStore sales or General Admin/Clerk.
- Meals on Wheels (ADRC) Volunteers deliver meals to homebound seniors or help at local dining areas.
- **MyRIDE Senior Transportation** Volunteers provide free transportation within Racine County to seniors for medical appts, grocery stores, pharmacies, hair salons, etc.
- Racine Heritage Museum Volunteers help at the reception and sales shop, as a Heritage Walking Tour guide or within the archiving and researching department.
- **Riverbend Nature Center** Volunteers put their love of the outdoors into action as a Habitat Healer and Volunteer Naturalist
- **Senior Companion Program** Volunteers provide companionship to local homebound seniors thru regular social visits, phone calls, letters and/or emails. Volunteers are carefully paired to ensure matching interests and compatibility. This program is rapidly growing and in need of volunteers.
- Sew n' Save Volunteers here put their crafting skills to use sewing for great causes.
- **Siena Retreat Center** Volunteers here serve as Outreach Assistants helping with the admin desk and library, as well as assisting during special events. This program is in urgent need of a volunteer to assist on Wednesdays.
- **SkillBank** FixIT helper volunteers help seniors maintain independence in their homes by providing a wide variety of trained/skilled labor to Racine County 55+ residents.
- **Small Boat Builder** Volunteers work in the schools and interest groups of Racine to teach practical applications of math, science, engineering, reading and wood crafting skills by building small sailboats, canoes, kayaks and stand-up paddle boards.
- St. Vincent DePaul Food Pantry Volunteers with this group help keep the pantry running by stocking shelves, packaging groceries and assisting pantry clients.



AMERICORPS RSVP SENIORS NEWSLETTER

... — ♡ — ... QUARTER 2 – 2024 **STAMP**

AMERICORPS SENIORS PLEDGE

I WILL GET THINGS DONE FOR AMERICA - TO MAKE OUR PEOPLE SAFER, SMARTER, AND HEALTHIER.

WHEN FACED WITH A PRESSING CHALLENGE, I WILL BRING AMERICANS OF ALL GENERATIONS TOGETHER TO STRENGTHEN OUR COMMUNITIES.

WHEN FACED WITH CHILDREN AT RISK, I WILL HELP THEM STAY IN SCHOOL AND ON TRACK FOR A BRIGHTER FUTURE.

WHEN FACED WITH OLDER ADULTS IN NEED, I WILL PROVIDE SUPPORT AND COMPASSION SO THEY MAY AGE WITH GRACE AND DIGNITY.

WORKING FOR THE GREATEST GOOD, I WILL USE MY LIFETIME OF EXPERIENCES TO IMPROVE MY COUNTRY, MY COMMUNITY, AND MYSELF THROUGH SERVICE.

I AM AN AMERICORPS SENIORS VOLUNTEER, AND I WILL GET THINGS DONE.

MyRide at Lambeau Field
What an amazing event! We were one
of the recipients of the Green Bay
Packers Foundation grant and were
invited to a fabulous luncheon that was
so special!





Sew 'n Save Volunteers My Pad or Yours project







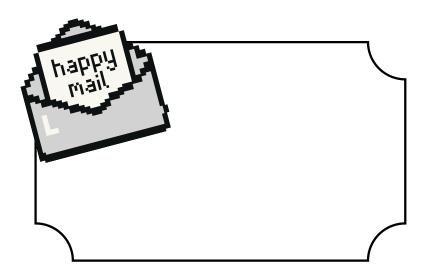
AMERICORPS RSVP SENIORS NEWSLETTER

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QUARTER 2 - 2024

In this edition:

- Volunteer Appreciation Box Lunch
- Volunteer Spotlight
- VCRC Fundraiser & Auction
- Spring Cleaning
- Finally Warm Enough for Fun
- Volunteer Survey
- Contact Info Update
- Help Needed
- Coffee Chat
- Recipes and Puzzles
- Station Summaries
- Service Call-Outs



The Volunteer Center relies on the generous support from our community.

Give a little - it helps a lot!



WE ALSO ACCEPT DONATIONS BY CASH OR CHECK:

CASH OR CHECK:
6216 WASHINGTON ROAD, RACINE WI 53406

AmeriCorps Seniors RSVP volunteer benefits:

- Volunteer Orientation and Support
- Quarterly Newsletter
- Multiple Volunteer Appreciation Events and Gifts
- Volunteer Insurance Excess Coverage
- Mileage reimbursement (with specific volunteer groups)
- Most importantly, you get the opportunity to work with an amazing group of volunteers to better the lives of the people in your community!



We need your help with recruiting new volunteers. Do you know someone who might like to volunteer?

AmeriCorps Seniors volunteers are our best recruiters as they spread the word about why they want to volunteer and the need for more volunteers.

Please pass this newsletter on to a friend or neighbor and tell them what volunteering means to you!!!

Maggie Herrin, Program Director AmeriCorps Seniors RSVP

6216 Washington Ave. Suite G, Racine, WI 53406 262.886.9612 mherrin@volunteerracine.org