



OCTOBER/ NOVEMBER 2023
NEWSLETTER



RSVP

Volunteer Spotlight

≡ Welcome ≡

**Sarah Patterson
Grant Manager**

Sarah Patterson is starting at the Jasper County Iowa State Extension Office in October working with our Grants and RSVP. After a long career teaching high school English and coaching girls' and boys' swimming, she retired and is looking for a new challenge. She is excited about helping people live their best lives and helping to make Jasper County/Newton a great place to live.

She is a Wisconsin native, but has called Newton home for 32 years. She is a proud ISU graduate and earned her master's at Drake University. In her spare time, she likes to read, workout, and spend time with her significant other, Jeff, and their dog, JJ.



Are you up for a challenge for this spooky fall season?

How many candies can you find in this newsletter? They are scattered everywhere. Once you think you have a number, write your number on the back of the newsletter and bring it to the social in November. The closest winner receives a Fall basket to celebrate another year of harvest.



The One above is an example and doesn't count



**AmeriCorps
Seniors**

IOWA STATE UNIVERSITY
Extension and Outreach





A new beginning....



We have a few new volunteers that have joined us!

- Anna Boecker
- Barb Wisgerhof
- David Schafer
- Joyce Slykhuis
- Susan Vriezelaar
- Karen Burger

Recruit a new volunteer and get a prize!!



RSVP Socials



October 12th, 2023 9am-10am

Wear your favorite fall sweater

November 9th, 2023 9am-10am

Bring in a picture of something or someone you are thankful for this year.



Interested in learning more?



The Osher Lifelong Learning Institute at Iowa State University (OLLI at ISU) received a grant from the Bernard Osher Foundation in July 2008. There are currently 125 OLLI programs at colleges and universities throughout the United States.

OLLI at ISU is a volunteer led, membership based organization that offers a plethora of learning opportunities that appeal to many interests and backgrounds. Anyone age 50+ regardless of their school affiliation and has a desire to continue learning is welcome to join.

Courses are offered in-person, online, or as a combination of both delivery methods and are held in three sessions each year.



If you are interested in this, please let Jasmine know to get you on the list of contacts for when more information is released.

Birthdays

October:



- 2- Diane Birchard
- 2- Richard Henderson
- 3- Pat Riemenschneider
- 8- Paul Koeppen
- 13- Jane Jenkins
- 14- Joanne Custer
- 17- Dennis Brindle
- 19- Trudy Verwers
- 24- Esther Hunt
- 30- Pamela Poynter



November:

- 5- Erika Frahm
- 6- Bob Lane
- 8- Linda Osborn
- 11- Lou Ann Hill
- 23- Marci Longren
- 24- Dennis Julius (D.J.)

V.I.T.A (Tax Assistance) information meeting

The Tax Assistance program is about to kick off this year so we will have the meeting on Thursday, November 29th, 2023, from 1 pm-2 pm. This meeting is for anyone interested in VITA, including those who have been doing the program.



This meeting is not mandatory but will be helpful for you and me to work together to give the community the best aid and for Jasmine to get to know the program.

Please let Jasmine know if you plan to attend to ensure we have plenty of copies.



OCTOBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2	3	4	5	6	7
				All Volunteer Hour Sheets Due		
8	9	10 9am-10:30am HEART Program Training	11	12 9-10am RSVP Social	13	14
						
15	16	17	18	19	20	21
						
22	23	24	25	26 9am-10am Driver's Meeting	27	28
29	30	31				
		Boo!				



NOVEMBER

SUNDAY

MONDAY




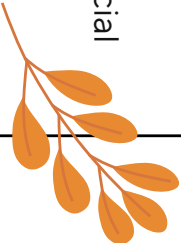





TUESDAY

WEDNESDAY

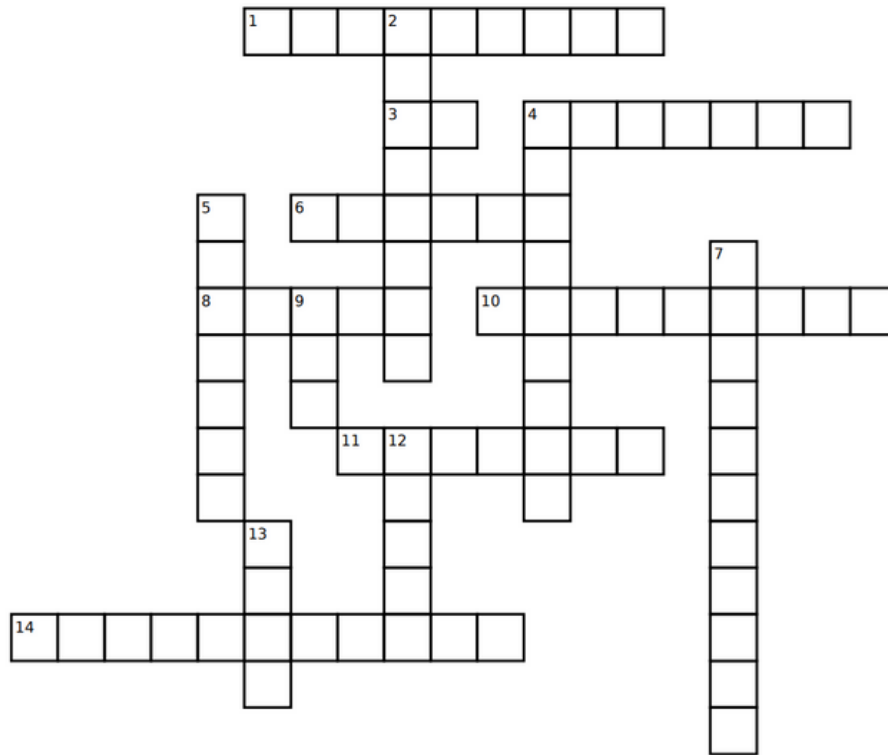
THURSDAY

FRIDAY

SATURDAY

				1	2	3	4
5	6	7	8	9	9-10am RSVP Social	10	11
12	13	14	15	16	 	17	18
19	20	21	22	23	 HOLIDAY	24	25
				28	9am-10am Driver's Meeting		
26	27		29	30			
			1-2pm VITA Meeting 				
							

CROSSWORD #1



Down:

2. the Month Iowa was admitted to the Union
4. The capital of Iowa
5. a Famous Iowa bicycle ride
7. the River that forms Iowa's eastern Border
9. Iowa's State Tree
12. Appliance Company in Iowa
13. Iowa State University Location (City)

Across:

1. Home to the Matchstick Marvels Museum
3. Iowa State University's Mascot Name
4. Location of the "Field of Dreams" (County)
6. Birthplace of Blue Bunny Ice Cream (City)
8. Iowa's State rock
10. Iowa's State Bird
11. Iowa's State Nickname
14. Brock Purdy plays what position

VOLUNTEERING HELPS KEEP SENIORS HEALTHY

According to the research, Senior Corps volunteers report much higher self-rated health scores, which is considered a valid marker of actual health, compared to older adults in similar circumstances who do not volunteer. They also reported feeling significantly less depressed and isolated compared to non-volunteers.

- After two years of service in Senior Corps, 84 percent of older adults reported improved or stable health.
- 32 percent of Senior Corps volunteers who reported good health at the beginning of the study reported improved health at the two-year follow-up.
- Of those who reported five or more symptoms of depression at the beginning of the study, 78 percent said they felt less depressed two years later.
- 88 percent of Senior Corps volunteers who first described a lack of companionship reported a decrease in feelings of isolation after two years.
- Among those who initially reported a lack of companionship, 71 percent reported an improvement in their companionship status.



AmeriCorps Seniors

Retired & Senior Volunteer Program
550 N 2nd Ave W
Newton, IA 50208

JASPER COUNTY RSVP

550 N 2nd Ave W
Newton, IA 50208

Phone : 641-792-6433

Jasmine Bailey
Program Coordinator

Office Hours:
Monday - Thursday 8am-4:30pm
Friday 8am- Noon

RSVP ADVISORY COUNCIL

- | | | |
|----------------------|-------------------|----------------|
| Jackie Woods-Goodwin | Diana Cumpton | Pepper Self |
| Violet Bakalar | Linda Schafer | Terry Townsend |
| Chantelle Lundberg | Arlene VanVoorhis | Bill Ward |

Next Meeting:
December 11, 2023
9am-10am

REMINDER

Federal grant requirements state that all volunteers must record their hours on a time sheet with hours approved by the station supervisor and submitted to the RSVP office. Please be sure to record your volunteer hours on your timesheet for EACH time you volunteer. Thank you for your attention to this very important detail. Please turn in all volunteer time sheets on a MONTHLY basis.

If you need additional sheets, please call Jasmine at 641.792.6433.

IOWA STATE UNIVERSITY
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AmeriCorps Seniors



United Way
Of Jasper County

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