

VOLUNTEER

SPOTLIGHT



Stars and Stripes Breakfast

RSVP of Jasper County is hosting a breakfast to honor the veterans of Jasper County. We would like to cordially invite all veterans and their families to join us.

When: November 14th, 2024

Time: 9am- 10am

Where: The 2nd Floor Conference room at DMACC-
Newton Campus

600 N 2nd Ave W, Newton, IA 50208

Please RSVP by November 1st by calling the ISU Extension and Outreach Office at 641-792-6433 with the number of people attending for your group.

Come for breakfast, socialize with RSVP Volunteers, and stop by the informational booths if you wish.



October Birthdays

2nd: Diane Birchard
2nd: Richard Henderson
3rd: Pat Riemenschneider
8th: Paul Koeppen
13th: Jane Jenkins
14th: Joanne Custer
19th: Trudy Verwers
24th: Esther Hunt
30th: Pamela Poynter

November Birthdays

5th- Erika Frahm
6th- Bob Lane
8th: Linda Osborn
11th: Lou Ann Hill
23rd: Marci Longren
24th: Dennis Julius

Volunteer Wellness Challenge

Want to compete in a volunteer wellness challenge? Pick up the challenge sheet starting October 15th and running through November 15th. Turn in your Challenge Sheet, even if you only have one day completed, by November 30th for a prize. If you have it completely finished, you will receive an extra prize!

EDUCATION PROJECTS

Help Engage A Reader Today (HEART) has started and it is so exciting hearing all the stories already with the students. If you have a fun story, please email or write to Jasper County RSVP.

Writing to Read volunteers are ready to receive their first few letters from their 3rd grade students. We are so excited to start seeing letters arrive at the Extension office from the volunteers.



RSVP OF JASPER COUNTY

Jasper County RSVP started in 1973 and has continued to gain momentum throughout more than 50 years of success.: creating memories that will last a lifetime. We bring together participants from all walks of life for meaningful experiences year after year. Our immersive programs provide unique opportunities for personal growth and development but always leave room for plenty of fun.

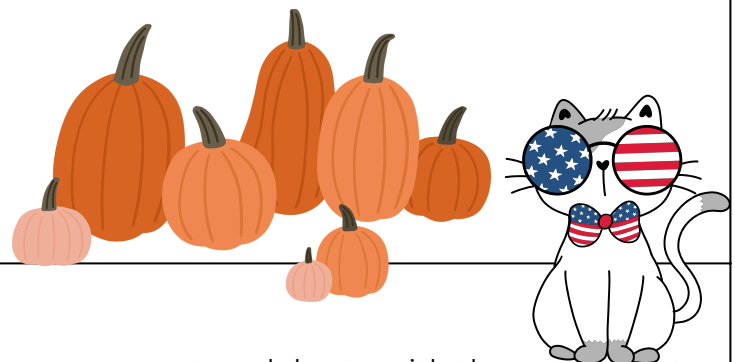
Our Volunteer Program incites a zest for learning and exploration, and participants leave feeling fulfilled and inspired. Help promote our RSVP informational Sessions to interested community members:

- October 11th, 2024 11am-12pm**
- November 8th, 2024 11am-12pm**
- December 13th, 2024, 11am-12pm**
- January 17th, 2024 11am-12pm**
- February 7th, 2024, 11am -12pm**

SOCIALS

OCTOBER SOCIAL

When: 9am-10am October 10th, 2024
Theme: Fall
Where: ISU Extension and Outreach- Jasper Classroom



November Social

The November Social will be upstairs in DMACC Conference rooms to celebrate with the veterans at the Stars and Stripes breakfast. See Page 1 for Details

SPEND SMART, EAT SMART RECIPES

Slow Cooker Pork Chili

INGREDIENTS

- 2 pounds boneless pork butt, roast, or shoulder
- 1 cup bell pepper, diced (1 medium pepper)
- 1 cup onion, diced (1 medium onion)
- 1 1/2 cups salsa
- 1 can (15 ounces) low sodium pinto beans
- 1 can (14.5 ounces) low sodium diced tomatoes

INSTRUCTIONS

1. Trim visible fat from the pork. Cut into 2 inch chunks. Place in slow cooker. Add pepper, onion, and salsa.
2. Cook on a low setting for 6 hours or a high setting for 3 hours.
3. Pull the meat apart into shreds with a fork. (You should have about 4 cups.)
4. Put half (2 cups) of the shredded pork in the refrigerator or freezer. (This could be used for the [Shredded Pork Sandwich](#).) Freeze pork if it will not be used within 4 days.
5. Return the rest of the pork to the slow cooker. Add pinto beans and diced tomatoes.
6. Cook another 30 minutes until hot.

Peach Cobbler

INGREDIENTS

- 2 cans (15 ounces) sliced peaches
- 3/4 cup 'complete' pancake mix
- 2 tablespoons white sugar
- 1 teaspoon cinnamon
- 1/2 cup milk
- 2 tablespoons oil (canola or vegetable)

INSTRUCTIONS

1. Preheat oven to 375° Fahrenheit. Spray an 8-inch square or round baking pan with nonstick cooking spray.
2. Drain juice from peaches. Spread peaches evenly in the bottom of the pan.
3. Mix pancake mix, sugar, cinnamon, milk, and oil together in a medium bowl with a whisk or fork for about 1 minute.
4. Spread mixture evenly over the top of the peaches.
5. Bake for 30 to 35 minutes or until a tester comes out clean and topping is lightly browned.
6. Serve immediately. Store leftovers tightly covered in the refrigerator.

ISU EXTENSION AND OUTREACH CLASS

A JOURNEY THROUGH PARKINSON'S DISEASE

IF YOU'RE STRUGGLING WITH PARKINSON'S DISEASE OR KNOW SOMEONE WHO IS, IT'S HELPFUL TO KNOW WHERE TO FIND SUPPORT ON THE JOURNEY. LEARN ABOUT THE CAUSES AND SYMPTOMS OF PARKINSON'S DISEASE, AND HOW TREATMENTS WORK, AS WELL AS THERAPEUTIC ACTIVITIES TO DO AT HOME.

ONLINE
3PM-4PM

10/14/2024, 10/21/2024, 10/28/2024

IF YOU WOULD LIKE TO GET SIGNED UP ONLINE, PLEASE CONTACT JASMINE: 641-792-6433 OR
JNBAILEY@IASTATE.EDU



AmeriCorps Seniors

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

RSVP ADVISORY COUNCIL

JASPER COUNTY RSVP

550 N 2nd Ave W
Newton, IA 50208
Phone : 641-792-6433

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

Jasmine Bailey - RSVP Program Coordinator

Sarah Patterson - RSVP Grant Manager

Jackie Woods-Goodwin	Diana Cumpton	Pepper Self
Violet Bakalar	Linda Schafer	Terry Townsend
Chantelle Lundberg	Carla Robeson	Bill Ward
Bill Ehler	Lori Korte	Marci Longren

Next Meeting:
December 11th, 2024 2:30-3:30pm

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
Extension and Outreach



AmeriCorps Seniors



United Way Of Jasper County