



United Way of Johnson &
Washington Counties
1150 5th St, Suite 209
Coralville, IA 52241

319-338-7823
55+RSVP@unitedwayjwc.org
[Unitedwayjwc.org/55+-rsvp-
initiative](http://Unitedwayjwc.org/55+-rsvp-initiative)



**AmeriCorps
Seniors**

55+ RSVP Newsletter

Engaging Volunteers 55+ in Johnson County, IA

October 2020

Director's Note

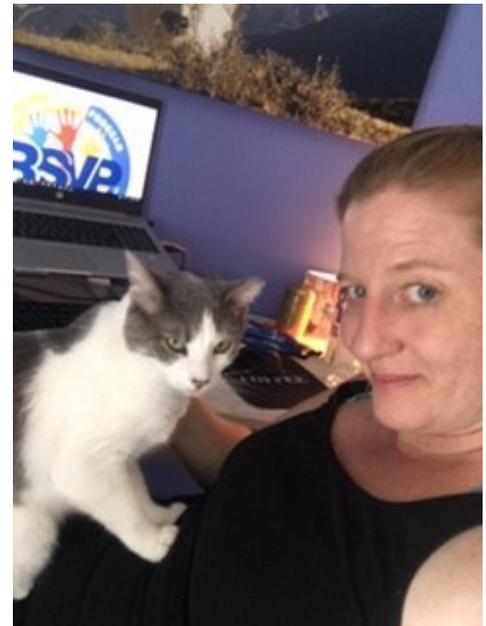
A volunteer suggested that I change up my photo. I figured it was only suiting that I put a photo of myself while working from home during the COVID-19 pandemic.

My at home co-workers and my office co-workers have very different ways of getting my attention. While at the office, co-workers might chat me up after a meeting or at lunch. My co-workers at home are furry and let me know when it is time to take a break by sitting on my lap. Often, after lunch, I come back to find a napping ball of fur on my office chair.

Currently our office is still closed to the public and I'm working half in the office and half from home. Like all schedules COVID related, stay tuned for updates.

Stay Safe, Healthy & Warm,

Erin Balvanz



55+ RSVP Director, Erin Balvanz in her home office with her furry COVID-19 co-worker, Lola kitty.

PREPARE: VNA Flu Clinic

Visiting Nurse Association's Annual Flu Clinic is underway and some RSVP volunteers will be helping assist the nursing staff to ensure that community members get their flu vaccines.

Per VNA's web-site, this year it is even more important to get vaccinated from the flu as we face the COVID-19 Pandemic.

Iowa City Senior Center Clinics

***Please call 319-356-5220
to schedule an appointment.***

October 16, Friday
11:00am-1:00pm
Iowa City Senior Center
28 S Linn, Room 209

PREPARE: Senior Connections (virtual) Lunch Presentations



Join Me!

Friday, October 9 @ 11:30am

Presentation: Travelogue of NYC &

Discussion of RSVP Program

Zoom link:

<https://us02web.zoom.us/j/94773052144>

Every Friday, the City of North Liberty provides the chance for seniors to gather for a catered lunch, to play an activity or just socialize with others at the North Liberty Community Center. Since the on-set of COVID-19, the lunches have changed to virtual lunch presentations. Join me as I present a Travelogue of NYC followed by a discussion of our 55+RSVP program. If you can't make it, but are interested in further virtual presentation, please contact Angela McConville, amconville@northlibertyiowa.org

PREPARE: Cyber Seniors Helps Bridge the Digital Divide

Cyber-Seniors' mission is to bridge the digital divide and connect generations through technology. It does so through the development and dissemination of resources that enable community organizations to provide tech-training for senior citizens using an intergenerational, youth volunteer model. Youth are provided with lessons and learning activities to train them to act as digital mentors, and senior citizens gain access to effective technology training and intergenerational communities that keep them socially connected and engaged. cyberseniors.org

Call for tech help: 1-844-217-3057

Check out upcoming webinars: <https://cyberseniors.org/webinars/>

Check out previous webinars: <https://www.youtube.com/user/cyberseniorscorner/videos>



ENGAGE: Places to Volunteer

- Visiting Nurse Association— Flu Clinic Volunteer
- Table to Table—Route Volunteer/ Garden Recovery—**new station**
- Johnson County Historical Society—Barn Restoration Volunteer
- Iowa City VA Health Care System—Pen Pal Program—**new program**
- Horizons - Meals on Wheels—Volunteer Driver
- Crowded Closet Thrift Shop—Retail or Workroom Volunteer
- Coralville Community Food Pantry—Food Pantry Volunteer & Delivery Volunteer
- CommUnity Food Bank—Food Pantry Volunteer
- RSVP Medical Transportation Program—Volunteer Drivers—**re-starting**

**If you are interested in volunteering with any of these places,
contact 55+ RSVP Director: erin.balvanz@unitedwayjwc.org | 319-338-7823**

Suspended Stations due to COVID-19

- U of IA - College of Medicine—Volunteer Patient Program
- Shelter House
- Ronald McDonald House Charities of Eastern Iowa & Western Illinois
- Mediation Services of Easer Iowa
- Iowa City Police Department
- Iowa City Animal Care
- Bur Oak Land Trust
- ALS Association—Iowa Chapter

REFLECT—55+ RSVP is a program of AmeriCorps Seniors

National service programs united behind AmeriCorps, AmeriCorps Seniors identities—click [here](#) to read more about the rebranding from Senior Corps to AmeriCorps Senior

[AmeriCorps—The Best of America](#) - YouTube video

“To find the best in others. To give of oneself.

To leave the world a bit better. This is to have succeeded.”

-Ralph Waldo Emerson



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55+ RSVP—Leading with Experience

CELEBRATE

July 1, 2020 to August 31, 2020

Stations: 18

Volunteers: 140

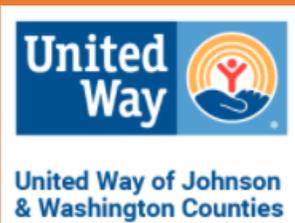
Hours: 387

Volunteer Insights



55+RSVP Volunteer Linda Rice (pictured above left) goes on a family vacation every summer. This year, due to the COVID-19 Pandemic, her daughter couldn't make the trip from out of state. So, Linda's daughter did the next best thing. She sent a cardboard cut-out of herself to her family so that she could still be a part of the family vacation!

55+ RSVP is sponsored by



Are you a 55+ RSVP Volunteer with something to share?
We want to hear from you! Send your poems, stories, photos, etc. to
55+ RSVP Director: erin.balvanz@unitedwayjwc.org