55+ RSVP Newsletter
Engaging Volunteers 55+ in Johnson County, IA

December 2020

Wishing You and Yours Peace and Health—Happy Holidays!

Bring your own holiday spirit & spirits and let’s virtually gather. Through games you will get the chance to meet fellow RSVP volunteers, reflect on volunteering in 2020, and share wishes for volunteering in 2021.

Wednesday, December 16, 3-4:00p.m. Zoom link sent upon sign-up.

PREPARE: MLK Day of Service—January 18, 2021

Make an impact from the safety of your home.

RSVP will honor the legacy of Martin Luther King Jr’s commitment to service by making No Sew Tie-Fleece Blankets. Craft solo or together with your COVID free pod.

Materials and directions will be provided in late December or early January.

Sign-up today for this great winter volunteer opportunity!

Benefactors of your service: Shelter House and Iowa City Animal Care.
ENGAGE: Volunteer Opportunities

- RSVP Iowa Fraud Fighter—Presenter
  *Presentations will be virtual until safe.*
- U of IA—College of Nursing (FULL)
- Visiting Nurse Association
- Table to Table—Route Volunteer
- Miracles in Motion—Volunteer Barn Assistant with previous horse experience
- Mediation Services of Eastern Iowa
- Jo Co Historical Society
  *Barn Restoration Website Support*
- Iowa City VA Health Care System
- HACAP—Mobile Food Pantry
- Horizons Meals on Wheels
  *Volunteer Driver*
- Crowded Closet
  *Retail or Workroom Volunteer*
- Coralville Community Food Pantry
  *Food Pantry or Delivery Volunteer*

Welcome New Stations!

Stations Suspended due to COVID-19

- 55+RSVP Medical Transportation Program
- U of IA - College of Medicine
- Shelter House
- Ronald McDonald House Charities of Eastern IA & Western IL
- Iowa City Community School District & United Way of Johnson & Washington Counties -(Reading Buddies/Pen Pals)
- Iowa City Police Department
- Iowa City Animal Care
- Bur Oak Land Trust
- ALS Association

Contact to volunteer:

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REFLECT: VNA Flu Clinics During the COVID-19 Pandemic

Each year the Visiting Nurse Association of Johnson County relies on volunteers at their flu clinics to help with greeting and registering clients, said Colette Hartley, RN and VNA Community Program Coordinator. Volunteer help allows a faster flow of clients and gives nurses more time to prep and give flu shots.

Due to the COVID-19 Pandemic, the usual pool of volunteers was smaller this year than in past years. VNA’s partnership with RSVP proved helpful in recruiting RSVP volunteers to assist with the flu clinic. Hartley reflected, “…we are very grateful. We truly could not have done these clinics without all the wonderful volunteers.”

To ensure everyone’s safety, VNA followed CDC, State and Johnson County Public Health COVID-19 guidelines. VNA trained host sites and volunteers in safety measures and required participants to wear masks and social distance. For individuals that did not feel comfortable attending a clinic, many took advantage of the option to make an appointment at the office to get vaccinated.

VNA flu clinics take place in October and November and are normally held inside, but due to the COVID-19 pandemic, everyone had to be more flexible with the logistics. During this year’s drive-up clinic format, volunteers were required to be outside in all the elements (heat, wind, rain, and snow!) and walk back and forth to the cars to complete the paperwork process. “Despite the challenges, our nurses and volunteers worked diligently to get clients vaccinated,” said Hartley.

RSVP and five-year flu clinic volunteer, Marcia Andrews, noted that this year’s clinics were held outdoors at many of the Iowa City Schools. “These clinics were thoughtfully planned by the nurses and were successfully executed. By being in the school neighborhood, young children were in familiar surroundings and seem to be less fearful of the vaccination.” Andrews noted that the spread of the virus was mitigated by community members who came to the flu clinics, including senior citizens who walked up to the clinic and families who took the opportunity to get their shots together.

Andrews said she would recommend this volunteer opportunity to anyone who is interested in the public health of the community. “I look forward to next year’s clinic and volunteering again.”

This year it is more important than ever to get the flu vaccine. It is not too late!

VNA still has flu vaccines available. If you or anyone you know needs a flu vaccine, please call the VNA office at 319-337-9686 extension 1155.
CELEBRATE

Stations: 20
Volunteers: 140
Hours: 914

*July 1 - November 30, 2020

Winter is Coming...
Before the winter cold sets in, RSVP volunteers Deb Cassell, left, and Linda Bergquist, above, get in volunteer time outside at the Historical 1883 Secrest Octagonal Barn. Deb is painting a late 40’s/early 50’s Oliver Grain Harvester, while Linda cleans and organizes the corncrib.

Photos courtesy of Richard Tyler.

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