PREPARE: COVID-19 Vaccine Distribution

COVID-19 Vaccine for Adults 65+

If you are:
- 65+ years old,
- a Johnson County resident
- AND have a UIHC or MERCY IC health care provider

UIHC or MERCY IC MAY call or email YOU to schedule a vaccine appointment. YOU SHOULD NOT CONTACT THEM. At the start there is limited supply so a limited number of eligible patients will be contacted. NO walk-ins available.

As vaccine supply increases, additional providers and more appointments will be available.

February 1, 2021

Keep up to date on vaccines at Johnson County, IA, Coronavirus Info Hub: https://coronavirus-johnsoncounty.hub.arcgis.com/

INSPIRATION: The Keep Going Song

Sarah Goeke and Travis Staton Marrero perform a short piece in their living room in NYC to Abigail and Shaun Bengson’s song: The Keep Going Song.
ENGAGE: Spreading the LOVE this February with 2 Volunteer Opportunities

The Ronald McDonald House Charities of Eastern Iowa and Western Illinois (RMHC—EIWI) helps families with sick children stay close to each other and the care and resources they need, when they need it most. RSVP will help families feel welcome in their home away from home with two volunteer activities: Valentine’s Day Cards & Fleece Blankets.

Valentine’s Day: Send fun-loving, lighthearted and secular/non-religious Valentine’s Cards. If you feel inclined, you can include games and/or candies. 20 families are staying at RMHC-EIWI, so please send one card per family.

Since families mostly keep to their own rooms due to COVID-19, Valentine’s inspired games, like word searches would be a delight. You can find free printable Valentine’s games on the internet, such as these websites:

https://pjsandpaint.com/printables/valentines-day-word-search-free-printable/

On February 11, 12, or 13, you may drop off your Valentines in the tan-deck box outside the door of RMHC-EIWI, (see photo to the right)

Address: 730 Hawkins Drive in Iowa City

With your Valentines, include a note with: Your Name, 55+RSVP Volunteer, and the time you spent working on the Valentines. The Volunteer Coordinator at RMHC—EIWI will collect and send your information to me so that I can record the hours for the RSVP grant. Contact Erin Balvanz with questions; info below in bold.

No-Sew Fleece Blankets—This was a popular activity for MLK Day of Service, and RMHC-EIWI’s wish list includes blankets made out of new materials!

To provide comfort to the families that stay at the Ronald McDonald House, a new blanket is given to each family when they enter the house. RSVP will provide the materials to make the blanket, as well as directions. To arrange for pick-up or drop off of materials, contact 55+RSVP Director, Erin Balvanz, erin.balvanz@unitedwayjwc.org, 319-338-7823
ENGAGE: Current Volunteer Opportunities with 55+RSVP Stations

Station Spotlight: HACAP

Each year over 2,000 volunteers help HACAP build stronger communities by providing over 7,000 hours of work that otherwise could not be done.

HACAP runs a Mobile Food Pantry one day a month at Mercer Park in Iowa City. Recipients drive-through the park and volunteers place food items in the recipients vehicle. Food items average between 10-30lbs. Volunteers will be placed with food items they will can easily carry. The day you volunteer, please inform the volunteer coordinator where you feel most comfortable.

- **Table to Table**—Route Volunteer
- **TRAIL of Johnson County**—Volunteer Opportunities in Transportation, Home Services, Medical Advocacy, Wellness Callers, Programming, and as a Board or Committee Member
- **Miracles in Motion**—Help with horse related chores as a volunteer barn assistant.
- **Jo Co Historical Society**—The Secrest 1883 Octagonal Barn is rich in history with drawings and photographs and needs a volunteer who is interested in helping develop a website for this historic attraction.
- **Heritage AAA**—Volunteer with the Task Force on Aging and create awareness for older adult issues and/or discuss a variety of issues that impact older adults, i.e., elder rights, caregiver support or transportation, with the Community Focus Group.
- **Horizons Meals on Wheels**—Volunteer Driver
- **Crowded Closet**—Support local and global relief, development & peace projects by assisting with thrift shop operations as a Retail or Warehouse Volunteer.
- **Coralville Community Food Pantry**—Food Pantry or Delivery Volunteer
- **CommUnity Crisis Services and Food Bank**—Food Pantry Volunteer

Interested in volunteer opportunities?

contact: RSVP Director Erin Balvanz

erin.balvanz@unitedwayjwc.org

319-338-7823
REFLECT: 55+RSVP MLK Day of Service Fleece Blanket Project

The Martin Luther King Jr. holiday on Jan. 18, 2021, marked the 26th anniversary of the day of service that celebrates the Civil Rights leader’s life and legacy. Observed each year on the third Monday in January as “a day on, not a day off,” MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities. AmeriCorps has been charged to lead this effort for the last quarter century.

30 volunteers engaged in the MLK Day of Service from the safety of their homes by making Tie-Fleece Blankets. 20 twin and 20 animal blankets were made to provide warmth and support to both humans and animals that are currently residing in shelters within Johnson County, IA - Shelter House and the Iowa City Animal Care and Adoption Center.

Thank you RSVP volunteers for engaging in service to community in Dr. King’s memory! Learn more about Dr. King’s life by checking out The King Center website.
“I have decided to stick with love, hate is too big a burden to bare.” - MLK
55+ RSVP Newsletter

CELEBRATE

Stations: 20
Volunteers: 155
Hours: 1610

*July 1 - December 31, 2020
55+RSVP welcomes 23 new volunteers in January!

FREE SNOWSHOE CHECK OUT!

8 sets of adult size snowshoes are available for free check-out on weekends. For more details, and to sign up, visit https://tinyurl.com/snowshoes2021

For questions and to inquire about weekday in-park use, call: 319-645-1011

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