



United Way of Johnson &
Washington Counties
1150 5th St, Suite 290
Coralville, IA 52241

319-338-7823*303
55plusRSVP@unitedwayjwc.org
unitedwayjwc.org/55-rsvp-initiative



AmeriCorps
Seniors

55+ RSVP Newsletter

Engaging Volunteers 55+ in Johnson County, IA

April 2021

National Volunteer Week—April 19-23, 2021

National Volunteer Week encourages all Americans to commit themselves to do more through the many volunteer programs available in their communities, and to celebrate the invaluable service that volunteers do everyday



Engage in National Volunteer Week with 55+RSVP!

Orientation to 55+RSVP and Self-guided volunteer projects

National Volunteer Week was established by Presidential Proclamation in 1974 to highlight the various opportunities available for those interested in volunteering. 55+RSVP would like to say Thank You to all volunteers already tackling our communities' challenges! 55+RSVP would also like to welcome those interested in volunteering! Join a National Movement of volunteers 55+ and get started by assembling STEM kits for kids or make a no-sew fleece blanket for a family at the Ronald McDonald House Charities-EIWI. Materials and directions provided when you register to pick-up a kit.

Learn more via Zoom: **Day: April 20, Time: 10-11am**

Register for the Zoom link by contacting 55+RSVP Director Erin Balvanz at erin.balvanz@unitedwayjwc.org or 319-338-7823*303.

**THEME: SHINING A LIGHT ON THE PEOPLE
AND CAUSES THAT INSPIRE US TO SERVE.**

ENGAGE: Volunteer Take Home STEM Kits

Math Kits

1. Bead Counter
2. Number Sticks
3. Money Saving and Sorting

Note: Materials and directions provided with kits.

Reasons for Math Kits

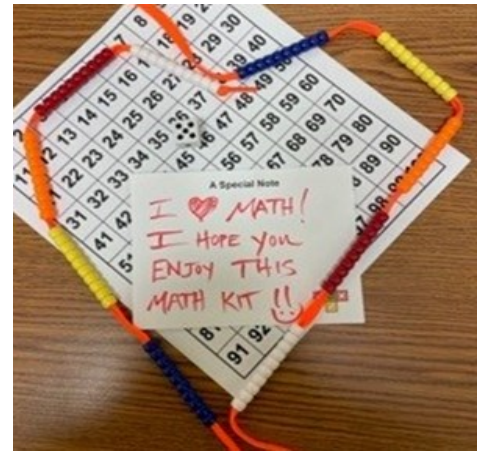
1. Nearly 30% of 4th graders in Johnson County are not at grade level in math
2. Math incorporates logic and critical thinking into problem solving, a necessary skill throughout life
3. There is a clear link between math achievement and overall student success

Distribution of Math Kits

1. Students (K-2) in the area school districts
2. Children (K-2) served by local service agencies and programs
3. Incoming kindergarten students at the (12) Title 1 Elementary schools during Kindergarten Round-up

Interested in volunteering to help complete Math Kits?

Schedule a pick-up or drop-off of kits from 55+RSVP Director Erin Balvanz,
email: erin.balvanz@unitedwayjwc.org * phone: 319-338-7823*303



BEAD COUNTER



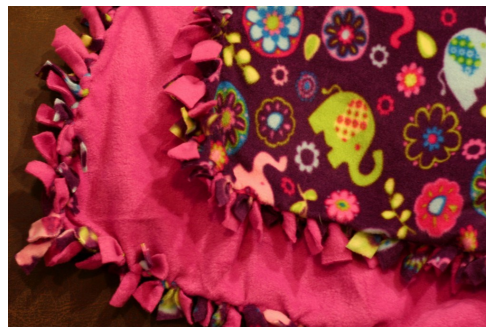
Money Saving and Sorting



Number Sticks

ENGAGE: Take Home Fleece Blanket Kits

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. 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. 55+RSVP still has blanket kits with directions. Contact 55+ RSVP Director Erin Balvanz for pick-up/drop-off of kit and directions.



REFLECT – Gratitude



Dear Erin and 55+RSVP Volunteers,
 Thank you for all your hard work on projects for the Ronald McDonald House. This past year has been strange so we are so grateful to have all of you bring joy to our families lives with blankets and other virtual ways. It means so much to all of us here at RMHC-EIWI. You have all made such a difference. Thank you, thank you, thank you!
 ♥ Jessica Field

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

Inspiration: Causes that Inspire Us to Serve



- 55+RSVP Medical Transportation Program**— Volunteers provide rides for seniors and disabled adults who have no other means of getting to medical appointments. Program re-opened with COVID-19 safety measures in place on April 1, 2021.
- 55+RSVP & Iowa Insurance Division Fraud Fighters**— Volunteers needed to train and present on scam and fraud prevention in our communities.
- Aging Services/Pathways**— Pathways Adult Day Health Center is looking for an energetic and positive individual to assist with dishwashing duties at the center, Monday-Friday, from 11:45-1pm. You are welcome to volunteer one or multiple days a week. Volunteers are fully trained and complete background checks. Pathways serves adults 18+ who need medical care, socialization, or have other needs during the day and return home in the evening.
- ALS Association**— Mission is to serve, advocate for, and empower people affected by ALS to live their lives to the fullest. No current volunteer opportunities.
- Bur Oak Land Trust**— Mission is to protect and conserve natural areas to enrich and engage current and future generations. No current volunteer opportunities.
- CommUnity Crisis Services and Food Bank**— Iowa City based non-profit providing immediate and non-judgmental support for individuals facing emotional, food, or financial crisis. Food pantry volunteers needed.
- Coralville Community Food Pantry**— Provides food assistance with a goal to fight and alleviate hunger in Coralville, Iowa. Food pantry volunteers needed.
- Crowded Closet**— Volunteers needed to support local and global relief, development & peace projects by assisting with thrift shop operations as a Retail or Warehouse Volunteer.
- HACAP**— One time each month HACAP needs volunteers to help hand out food at the Mercer Park Mobile Food Panty as well as assist with unloading the pantry truck as needed.
- Heritage Area Agency on Aging**— Join one or both groups: Task Force on Aging— participate in discussions with local residents and community providers to create awareness of older adult issues. Community Focus Groups— give input on gaps and strategies to improve services to older adults. Issues include: elder rights, caregiver support, transportation, etc.
- Horizons Meals on Wheels**— Helps older adults and persons with disabilities in Eastern Iowa meet their daily nutritional needs by delivering meals. MOW will soon return to hot meals and will need more volunteer drivers.
- Iowa City Police Department**— Mission is to work in partnership with the community, enhance trust, protect with courage and compassion, and empower victims of crime through excellence in service. Due to COVID-19, no current volunteer options available.

To learn more or sign-up for any volunteer opportunity,
 contact: 55+RSVP Director Erin Balvanz
erin.balvanz@unitedwayjwc.org or 319-337-7823*303.

Inspiration: Causes that Inspire Us to Serve

- **Iowa City VA Health Care System**— Works to improve the health of the individuals who have so proudly served our nation. Volunteer opportunities in transportation available.
- **Iowa City Animal Care and Adoption**—Volunteers provide the shelter animals with responsive and positive human contact, exercise and relief from their kennels and cages until they find their forever home. Due to COVID-19, closed to volunteers at this time.
- **Jo Co Historical Society**—The Secret 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 as well as on-going barn renovation.
- **Mediation Services of Eastern Iowa**—MSEI's vision is to be a leader in promoting public awareness and use of mediation for cooperative conflict resolution. MSEI's volunteer pool is full.
- **Miracles in Motion**—Adaptive (therapeutic) riding, hippotherapy, and equine-assisted services provide support and opportunities for children and adults with physical and mental disabilities. Help with horse related chores as a volunteer barn assistant or support the therapeutic riding program.
- **Ronald McDonald House Charities of Eastern Iowa and Western Illinois**— Helps families with sick children stay close to each other and receive the care and resources they need. Office has re-opened to volunteers Front Desk Worker, Meal Prep, or Cleaning Crew.
- **Shelter House**—Provides safe shelter and helped people improve the quality of their lives as they move beyond homelessness. Shelter support volunteers needed.
- **TRAIL of Johnson County**—Nonprofit, membership-based organization whose mission is to help older adults successfully age in place by providing Tools and Resources for Active Independent Living. Volunteer Opportunities in Transportation, Home Services, Medical Advocacy, Wellness Callers, Programming, and as a Board or Committee Member.
- **Table to Table**—Keep wholesome, edible food from going to waste by collecting it from donors and distributing to those in need. Route Volunteers needed.
- **U of Iowa School of Medicine**—Holds a clinic in the fall for second year medical students to practice taking patient history and exams. Individuals needed as Volunteer Patients.
- **U of Iowa School of Nursing**—Holds a clinic in the fall and spring semesters for nursing students to become familiar with geriatric nursing. Students meet with Volunteers for three separate one hour sessions to learn from individuals about their aging process.
- **United Way of Johnson & Washington Counties**—Reading Buddies and Pen Pal Programs assist students in the ICCSD improve their reading, writing, and socialization skills. No current volunteer opportunities due to COVID-19
- **Visiting Nurse Association**—Provides community wellness clinics throughout Johnson County and utilizes volunteers for their fall flu-vaccine clinics and foot clinics.



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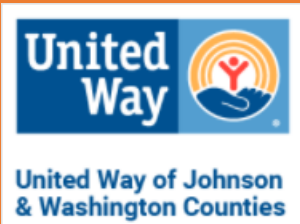


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55+ RSVP is sponsored by



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CELEBRATE—Drive-By Recognition Event



Who: 55+RSVP Volunteers

What: Drive-By Recognition Event with box lunch, cupcake, appreciation gift and certificate.

Why: Because recognizing the great work of 55+RSVP volunteers is very important to us!

When: April 23, 11am-1pm

Where: Parking Lot of Coralville Aquatic Center

Address: 1513 7th St, Coralville, IA 52241

Don't Have Transportation? We will deliver to you!

If you would like to receive the box lunch, cupcake and gift, we will schedule delivery to you the same day.

Can't Make It on April 23? We will mail the appreciation gift and certificate to you.

RSVP by Monday, 4/19/21: Erin Balvanz,
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Stations: 23

Volunteers: 172

Hours: 1664

*July 1, 2020 - March 31, 2021