

Annual Summary of Impact and Accomplishments: 2023-2024



Serving Story, Marshall,
Hamilton, and Webster Counties



Engaging Volunteers Age 55+

Our Mission: Enhance the lives of adults age 55+ by connecting them with rewarding volunteer experiences that meet community needs.



848 Volunteers
aged 55+



Served **35,341**
hours



Valued at
\$1,020,648

Highlights From the Year

Ames Office Relocation

After many years at our Crystal Street location, we have moved our Ames office to Heartland of Story County's (HSC) beautiful new 60 Forward Center at 205 S. Walnut. We are so grateful to have office space at this fantastic facility and to continue our decades-long partnership with HSC. We look FORWARD to serving our volunteers and partners from this new location.



BASE Turns 10



Our amazing BASE (Balance, Agility, Strength and Endurance) Senior Fitness program turned 10 years old this year! The BASE Senior Fitness exercise program, which started in July 2014, has grown and flourished over the past ten years. Thanks to a wonderful group of RSVP volunteer leaders, who are dedicated to keeping their classes running smoothly, the BASE program has grown from its original 5 class sites to the current 16 sites in Hamilton and Webster counties. Over 820 people have participated in the free BASE classes in the past 10 years. A great majority of the participants report improvement in their balance, strength, and range of motion.

Signature Program Accomplishments



Educational Services

Helping youth succeed academically

Academic Success

Volunteers helped students improve their academic performance by learning important letter writing skills (pen pals) and helping students improve readings skills (reading tutors).

- **345 volunteers served** in education-based assignments
- **4,435 hours were served** being matched one-on-one or in small groups with **464 elementary/middle school students** as pen pals or reading tutors
- 95% of students showed improved academic engagement or social-emotional skills

Partners: Schools - Gilbert, Roland-Story, South Hamilton, SE Webster-Grand, Stratford, Webster City & Raising Readers in Story County

"The Pen Pal Program has been a highlight of several past classes. The students very much enjoy getting a letter in the mail. I think building intergenerational relationships has been so important to our students and the seniors. They even stop me in public to tell me how much they enjoy the communications."

- Stratford Elementary Teacher



Disaster Services, Public Health, and Safety

Keeping our communities safe and prepared

RSVP Volunteer Management for Disasters/Emergencies

Disaster 101 Training

RSVP staff, along with area professionals from Emergency Management, Story County Sheriff's Office, and Story County Public Health, shared about the critical role volunteers play in a local disaster/emergency.

- **Attended by 25 volunteers**, this event was a **refresher** for volunteers who have served or been trained in the past and an **introduction** for new volunteers interested in learning about making a difference in times of crisis.

PrepWise

New Partnership launched in June, 2024! PrepWise is a University of Iowa program dedicated to preparing older adults for disasters. PrepWise helps individuals develop disaster management plans before a disaster or emergency situation happens, with an emphasis on helping older adults be prepared to shelter in place for three days.

- **4 volunteers trained to present this information to residents in Central Iowa** (30 participants at kick off presentation in June, 2024)

Fraud Fighters

The Iowa Department of Insurance & Financial Services partners with RSVP to inform the public about fraud and scams. They train RSVP volunteers to present fraud prevention information to groups in their community.

- **5 volunteers conducted 10 Fraud Fighter presentations**
- **239 retirees were provided with fraud prevention tips and learned how to avoid scams**

Partners: Story County Emergency Management; Story County Sheriff's Office; Story County Public Health (Mary Greeley Home Health Services); Iowa Department of Insurance & Financial Services; University of Iowa





Health, Wellness, and Independent Living

Helping citizens stay healthy and maintain control of their well-being

RSVP Transportation Program

Primary purpose: Providing Story County's older adults with safe and reliable transportation to and from medical appointments and other essential services

- **39 volunteers served 1,723 hours** providing rides **for 72 clients**
- **20,565 miles were driven**, taking Story County residents to and from needed services
- 100% of surveyed riders reported an increased capacity to maintain their independence and overall well-being as a result of the program



BASE Senior Fitness

Free senior fitness exercise program helping older adults improve **B**alance, **A**gility, **S**trength, and **E**ndurance

- **22 volunteers served 1,343 hours** leading fitness classes for **310 participants** in Hamilton & Webster Counties
- 97% of surveyed participants reported improved overall health as a result of BASE classes

"Thanks for all of your hard work with the BASE program! You have improved the lives of so many people, many of whom have been our patients and have greatly benefitted from not only the physical strength and stamina, but also the social connections you promote. I really appreciate all you do!"

- Susan Woodle, DBT, CLT, 21st Century Rehab

Food Security Assignments

RSVP Grocery Delivery Program

- **243 grocery deliveries** made to homebound individuals
- **18 volunteers served 284 hours and drove 3,790 miles** delivering groceries

Other Food Security Assignments

- **42 volunteers served 2,440 hours** serving hot meals, helping in food pantries and with food rescue programs
- **81 volunteers served 2,275 hours** delivering meals and commodity food boxes to individuals and families



Capacity Building

Providing diverse volunteer recruitment and placement support that supplements or enhances the services of public, non-profit, and health care agencies (*not reflected in other sections of this report*)

Environmental Stewardship

- **21 RSVP volunteers served 474 hours** at conservation centers, trail and park maintenance, garden spaces, and Reiman Gardens

Other Education

- **60 RSVP volunteers served 1,944 hours** at libraries, museums, ISU Extension, community programs, school-based activities, and adult literacy programs

Housing / Financial Stability

- **14 RSVP volunteers served 1,135 hours** as representative payees/bill payers, and at agencies meeting housing and financial needs

Medical

- **49 RSVP volunteers served 3,333 hours** at local medical/senior care facilities, blood drives, substance abuse prevention and support, and hospice

Other Public, Non-Profit Support

- **42 RSVP volunteers served 5,591 hours** at thrift stores, clerical, special events/projects, historical societies, senior service agencies



Funding/Budget Information

2023-2024 Funding Sources/General Operating Budget

- Federal Grant (AmeriCorps)
- State of Iowa
- Story County
- City of Ames
- City of Story City
- United Way of Story County
- Marshalltown Area United Way
- Contractual Funding
 - Story County Emergency Management: *Emergency/Disaster Volunteer Management*
- Story City Senior Citizens: *Building Rental Management*
- Self-Generated: *Donations, Special Grants, United Way Designations, Newsletter Sponsors, Fundraising Revenues, etc.*

2023-2024 Special Grants and Support

- ITN America - **\$1,562** "Rides in Sight" grant - *transportation to support rides to eye doctor appointments*
- Transportation Program Donations - **\$5,712**
- Iowa Department of Insurance and Financial Services - **\$1,150** *Fraud Fighters Presentations*
- Other general donations - **\$1,879**

Central Iowa RSVP Endowment

(Part of the Story County Community Foundation Family of Funds)

- Contributions - **\$2,650**; Market Value - **\$34,789**
- Total Balance - **\$33,442** as of June 30, 2024

Office Locations

Story County

503 Elm Avenue (Business Office)
Story City, IA 50248
(515) 733-4917

205 S Walnut Avenue (60 Forward)
Ames, IA 50010
(515) 292-8890

Marshall County

2608 S 2nd Street (ISU Extension)
Marshalltown, IA 50158
(641) 752-0279

Webster County

308 Central Avenue (Elderbridge)
Fort Dodge, IA 50501
(515) 573-3477

Hamilton County

749 Second Street (Senior Center)
Webster City, IA 50595
(515) 832-2525

www.rsvpvolunteer.org

