



## 2023-2024 Summary of Impact



**848** Volunteers  
aged 55+



Served **35,341**  
hours



Valued at  
**\$1,020,648**

The inside of this newsletter is from our 2023-2024 annual report. This report is provided to funders, Board of Directors, Advisory Council members, legislators, and other stakeholders. Who more important than YOU, our volunteer, for us to provide information from this report. We are grateful for all of our volunteers, and proud of your collective accomplishments! Thank you!

- Central Iowa RSVP Staff

### In this issue:

23-24 Annual Report	2
23-24 Annual Report	3
RSVP Offices	4
Story & Marshall County Advisory Council	4

#### Inserts:

- Newsletter Sponsors
- Current Volunteer Opportunities

*RSVP Volunteers*  
*Monday, December 16 -*  
*Friday, December 20*

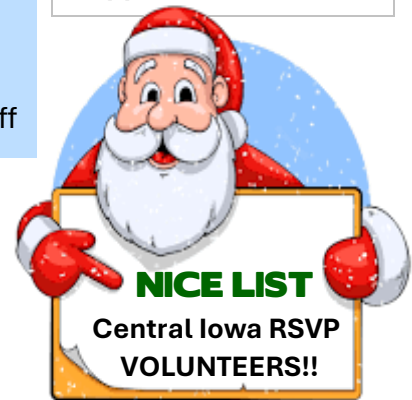


Slide on into one of our offices to scoop up a little gift for all you do, and for the kind, thoughtful way you do it!

### New Email Addresses for RSVP

Our staff will be transitioning to new email addresses that coordinate with our website at the beginning of the year. We will send out a note when this happens, and will have the old emails forward to the new. Note: They will change slightly and all will end with @rsvpvolunteer.org.

*Happy Holidays*  
from the staff at  
**Central Iowa RSVP**



Santa knows you are all on the “nice” list, so to celebrate we are sending you a small expression of our appreciation for the priceless gift you share...your time.

**Best wishes for a joyful holiday and a blessed 2025!**

**Your 2025 stick-on calendar is enclosed!**

\*If you receive an e-newsletter, please stop by one of the offices to pick up your calendar.

OR—give us a call and we can mail it.

### Welcome New Arrivals to Central Iowa RSVP

Laurie Hazel, Polk City  
Sharon Knudsen, Ames  
Janis Mesenbrink, Ames  
Virginia Palmisano-Goettsch, Nevada  
Heidi Pool, Ames  
Lisa Reeves, Ames  
Melonie Stall, Huxley  
Margie Webb, Roland

# 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 Balance, Agility, Strength, and Endurance

- **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, 21<sup>st</sup> 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





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

**Ames Office**  
205 S Walnut Avenue  
Ames, IA 50010  
515-292-8890

**Marshalltown Office**  
2608 S 2nd Street, 50158  
641-752-0279

For RSVP staff contact information, including email addresses, please call one of our offices or visit the staff page of our website:

[www.rsvpvolunteer.org](http://www.rsvpvolunteer.org)

**Facebook:**

[www.facebook.com/rsvpcentraliowa](http://www.facebook.com/rsvpcentraliowa)



## **RSVP Advisory Council Members**

Thank you to this great group of RSVP Advisors and Ambassadors for your service!

**Marlys Barker, Nevada**

**Nic Briseno, Ames**

**Deb Grove, Marshalltown**

**Marsha Hegland, McCallsburg**

**Arlyss Peterson, Cambridge**

**Diana Schwendinger, Ames**

**Gaylan Scofield, Story City—Chair**

**Maryna Salas, Marshalltown**

**Doni Sheldon, Marshalltown**

**Jeff Sodt, Nevada**

**Find us. Follow us.  
Like us. Love us.**



**AmeriCorps  
Seniors**



**UNITED WAY**  
Story County



Marshalltown  
Area  
**UNITED WAY**

# RSVP Volunteer Opportunities – December 2024

Opportunities are available to RSVP volunteers in Marshall and Story County. Mileage reimbursement is available. For additional assignment details, please contact RSVP:

Story County: (515) 292-8890; [coordinator@cirsvp.org](mailto:coordinator@cirsvp.org) | Marshall County: (641) 752-0279; [mvcv@cirsvp.org](mailto:mvcv@cirsvp.org)

## **ACCESS (ASSAULT CARE CENTER EXTENDING SUPPORT & SERVICES) – Ames**

**Office Volunteer:** (Monday through Friday 9:00 AM - 5:00 PM, 4-hour shifts.) Answering phones and other admin tasks.

## **BERTHA BARTLETT PUBLIC LIBRARY – Story City**

**After-School Program:** (Wednesdays 1:45 PM – 4:00 PM.) Monitor kids K-4<sup>th</sup> grade while they participate in the program.

**Library Assistant:** (Monday through Friday 10:00 AM – 2:00 PM.) Assist with general library duties.

**Technology Assistant:** (Monday through Friday 10:00 AM – 2:00 PM.) Assist patrons with technology difficulties.

## **BETHANY LIFE – Story City**

**Front Desk Greeter (212 Lafayette Ave):** (Monday through Friday 10:00 AM - 2:00 PM.) The volunteer will greet visitors at the front door of the Households of Bethany and assist them where they need to go. Training is required.

**Affordables Thrift Store (630 Penn Ave):** (Monday through Friday 9:00 AM – 1:00 PM or 1:00 PM – 5:00 PM, Saturdays 8:30 AM – 2:00 PM or 12:00 PM – 3:30 PM.) Volunteers will sort, price, clean, and stock donated merchandise.

## **CARE INITIATIVES HOSPICE – Story & Marshall County**

**Friendly Visitors:** (Days and times determined by the volunteer and client.) Volunteers will offer a variety of support for Hospice clients such as reading, playing music, playing games, or simple listening. Training is provided.

## **CENTRAL IOWA RSVP – Story County**

**Transportation Program:** Provide occasional rides to those in need of transportation to medical appointments and essential services. Ames, Story City, and Nevada drivers are needed, will use personal vehicle for rides.

## **CITY OF AMES – Ames**

**Kiosk Attendant (City Hall):** (Monday through Friday 8:00 AM – 12:00 PM or 1:00 PM – 5:00 PM.) Answer the phone and direct people in City Hall. Must work independently and navigate computer and phone (training provided.)

## **CITY OF AMES HISTORY MUSEUM – Ames**

**Welcome Desk Attendant:** (Various weekday shifts.) Greet visitors, explain museum layout, tell visitors about exhibits.

**Gallery Attendant:** (Various weekday shifts.) Monitor exhibit spaces, reset interactive exhibits, answer questions.

## **GOOD NEIGHBOR EMERGENCY ASSISTANCE – Ames**

**Clerical support:** (Monday, Tuesday, & Thursday 1:00 PM – 4:00 PM.) Assist at the reception area, answer phones, assess client needs, and distribute vouchers with a cheerful attitude and ability to respect confidentiality.

## **HEARTLAND OF STORY COUNTY – Story County**

**Volunteer Drivers:** (Monday through Friday 10:00 AM – 1:00 PM.) Volunteers are needed to deliver a hot lunch to seniors' homes in Story County. Pick up the meals at Mary Greeley and deliver to the clients listed on the route.

## **HOUSE OF COMPASSION – Marshalltown**

**Miscellaneous Support:** Volunteer needs include sorting donations and assisting clients at the **Supply Closet**, assisting with **cooking and serving meals**, and processing, moving, stocking, and cataloging **Donations**.

## **ISU EXTENSION & OUTREACH – Marshalltown**

**Miscellaneous Support:** Volunteers needed for **clerical duties** when staff is away and re-stock **Free Little Food Pantries**.

## **MARY GREELEY MEDICAL CENTER – Ames – Continues at top of next page**

**Commodity Box Delivery:** (One day/month between 9:00 – 4:00.) Deliver boxes to homes in NE Ames/Roland/Story City.

**Gift Shop:** (Various shifts available.) Assist guests with gift selection, cashiering, and wrapping gifts.

**ICCU Information Desk:** (Tuesdays 9:00 AM – 12:00 PM & Fridays 3:00 PM – 6:00 PM.) Provide directions to patient rooms and other areas, serve as a check point for patient visits, and answer questions.

**Meals on Wheels Support:** (Monday – Friday 11:00 AM – 12:30 PM.) Provide support to volunteer drivers, clean and organize delivery bags, collect and file route sheets, occasional meal delivery if driver shift is open.

**Pet Therapy:** (Flexible days, 3:00 PM shift.) Seeking volunteers with a dog certified through Therapy Dogs International to visit patients on the Physical Rehab unit, along with a designated staff person.

#### **MICA (MID IOWA COMMUNITY ACTION) – Ames**

**Food Pantry Assistants:** (Monday, Wednesday, and Friday 9:00 AM – 4:00 PM, 2 hour shifts.) Several opportunities, like **Clerical** – checking individuals in, **Stocking** pantry shelves and compiling orders, and **Contactless Delivery Driver**.

**Food Rescue:** (Mondays & Fridays 8:00 – 8:45 AM.) Pick up donations from Kum & Go and Kwik Star, and take to MICA.

#### **NEVADA FOOD AT FIRST – Nevada**

**Meal Preparation, Packing, Delivery, and Clean Up:** (Mondays and Thursdays.) Assist with the 200+ free meals. Preparation (2:00 – 5:00 PM), Packing (4:30 – 6:00 PM), Delivery (4:45 – 5:45 PM), Clean Up (5:45 – 6:45 PM).

**Food Rescuers:** (Sunday through Friday 1:30 AM and Saturday 9:30 AM.) Volunteers needed to pick up food from Dollar Fresh (Nevada) and transport to Nevada First United Methodist Church.

**Food Inventory:** (Monday through Friday 11:00 AM – 2:00 PM.) Weigh, sort, and safely store the food donations until distribution to area food pantries can be arranged. Flexible days and hours.

#### **NORTHEAST IOWA AREA AGENCY ON AGING – Marshalltown**

**Kindness Calls:** (Weekly.) Provide companionship and social contact to older adults through weekly phone calls.

#### **OVERFLOW THRIFT STORE – Ames**

**North (202 S Duff Ave) & East (919 E Lincoln Way):** (Monday through Friday 10:00 AM – 6:00 PM & Saturday 10:00 AM – 4:00 PM.) The North store is looking for help at the register, and to sort, clean, and stock donated merchandise. The East store is looking for volunteers to test donated electronics and tinkering with repairing items.

#### **RAISING READERS OF STORY COUNTY – Ames**

**Welcome Desk:** (Mondays 10:00 AM – 12:00 PM or 12:00 PM – 2:00 PM, Tuesdays 12:00 PM – 2:00 PM, or Wednesdays 10:00 AM – 12:00 PM.) Greet visitors, assist with questions, and maintain welcome desk documents.

#### **REIMAN GARDENS – Ames**

**Butterfly Wing Docent:** (Daily 10:00 AM – 12:00 PM, 12:00 PM – 2:00 PM, or 2:00 PM – 4:30 PM.) Volunteers help monitor the enclosure to ensure regulations are followed, butterflies are contained, and interact with the public.

#### **SALVATION ARMY – Ames & Marshalltown**

**Food Pantry & Market (Ames):** (Monday through Friday 12:30 PM – 3:30 PM.) Fill food boxes to distribute, look over and accept donations, sort and shelve items, deliver packages to neighbors in need. Training will be provided.

**Contactless Delivery Driver (Ames):** (Monday through Friday 12:30 PM – 3:30 PM.) Deliver food packages in Story Co.

**Miscellaneous Support (Marshalltown):** Volunteer needs include **office receptionist** duties, **leaders for youth** programming, **food pantry** sorting, **thrift store** sorting and organizing, and more.

#### **STORY MEDICAL SENIOR CARE CENTER – Nevada**

**Friendly Visitors:** (Days and times determined by volunteer.) Provide companionship, read, reminisce, games, walks, etc.

**Men's Coffee:** (2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month for 1 hour.) Spending time with seniors for a snack, games, crafts, etc.

#### **SUNCREST HOME HEALTH AND HOSPICE – Story County**

**Fidget Blankets:** Volunteers are needed to make lap size fidget blankets for Alzheimer's and Dementia patients.

**Caring Cards:** Volunteers are needed to write letters, making cards, or sending caring notes to hospice patients.

60 FORWARD CENTER



Now Open

Sixty Forward connects those 60+ and supports a physically active, socially vibrant and healthy life.

Call Heartland of Story County at 515-233-2906



HEARTLAND OF STORY COUNTY

Hometown

professionals serving you.

When you are recovering, there is no place like home—and that is why there is no place like *Home Health Services*. We are friends, neighbors and healthcare professionals dedicated to meeting your home care needs.

- Home Nursing
- Public Health
- Social Services
- Physical Therapy
- Homemakers
- Hospice
- Home Health Aides
- Bereavement



Mary Greeley

MEDICAL CENTER

Home Health Services

1114 DUFF AVE. | AMES, IA 50010

For more information on Home Health Services, visit [www.mgmc.org/homehealth](http://www.mgmc.org/homehealth) or call 515-239-6730.



RELIANCE STATE BANK

PROUDLY SERVING STORY CITY FOR OVER 50 YEARS



515-733-4396

[www.rsbiowa.com](http://www.rsbiowa.com)

Member FDIC

Attainable ownership in a

28 condominium community all on one floor!



## Windsor Oaks Ames Senior Living

3 Season Porches, Garage Parking, Planned Events, Numerous Amenities, pet friendly & Much More!

Call for a Tour Today

1100 Adams Street, Ames | [Info@windsoroaksseniors.com](mailto:Info@windsoroaksseniors.com) | 515-233-0383



GREEN HILLS™



“We enjoy living at Green Hills and love our neighbors. The staff is also wonderful!”

- Jerry and Nancy Hall

2205 Green Hills Dr. Ames, IA 50014

[GreenHillsRC.com](http://GreenHillsRC.com)

Managed by Life Care Services®





BETHANY at HOME

The care you need, at home

**Health & Support**

- Personal Companion
- Homemaker Services:
  - Cleaning, cooking, laundry
- Transportation
- Nurse Visits
- Medication Mgmt.

**Home Solutions**

- Lawn Care
- Landscaping
- Home Safety Inspection
- Handyman Services
- Snow/Ice Removal
- Tech Support

515-509-5414  
bethanyathomecare.com

# The NEW Story Medical Senior Care



## It's More than Senior Care. It's a Community.

The new Story Medical Senior Care will open late in 2024 adjacent to our Medical Center. The new 59,000 square foot facility includes:

- 60 spacious private rooms
- Memory care support
- Home-like, inviting porch entries
- Family gathering spaces
- Enclosed gardens for each house
- Therapy room



To learn more about our new facility or to reserve a room, please call Story Medical Senior Care at (515) 382-7019.

## Living well, aging well...



**Mary Greeley**  
PRIME TIME ALIVE

Membership is just \$15 a year and includes:

- Educational programs
- Day and overnight trips
- Wellness screenings
- Social events
- Discounts include Mary Greeley Medical Center Cafeteria and fitness classes.

...and more!

To learn more about Prime Time Alive, visit [www.mgmc.org/pta](http://www.mgmc.org/pta) or call 515-239-2423 or 800-303-9574

Prime Time Alive is a program of Mary Greeley Medical Center for individuals 50 and better. Prime Time Alive programs are designed to help you achieve a vital balance of physical, financial, emotional, social and spiritual components in your life.



## AGING DOESN'T REQUIRE GROWING UP! Come find your fun at Northridge Village

### Independent Living...

provides seniors the opportunity to experience the freedom of independent living, where you enjoy your own space without the burdens of home maintenance, and live life on your terms.

### Assisted Living...

provides seniors with the option to embrace a simplified lifestyle while receiving the necessary assistance to maintain as much independence as possible.

### Memory Care...

provides those on the dementia journey a safe and secure home to pursue purpose, passion, and joy in life.

### Short-Term Rehab...

provides the opportunity to recover swiftly and regain your independence, while empowering you to overcome challenges and restore your vitality.

### Long-Term Care...

provides enduring compassion and support, while enhancing your quality of life throughout your journey, ensuring your well-being and happiness.

SCHEDULE A TOUR AT 515.232.1000 OR [NORTHBRIDGEVILLAGE.COM](http://NORTHBRIDGEVILLAGE.COM)

