



SILVER THREADS

SUCCESS IN LIFE HAS NOTHING TO DO WITH WHAT YOU GAIN IN LIFE OR ACCOMPLISH FOR YOURSELF.....IT'S WHAT YOU DO FOR OTHERS. UNKNOWN

RSVP CHANGES NEWSLETTER

The RSVP "Silver Threads" newsletter will take on a new look. Same news just a different look. I will continue to include news worthy information, recognize birthdays, recognition of volunteers, and work sites. Also published will be the current volunteer opportunities. The newsletter will be changed to a quarterly publication. The issues will be **Fall:** September, October, November, **Winter:** December, January February, **Spring:** March, April, May, **Summer:** June, July, August.

News worthy updates, new opportunities for volunteers will be emailed and posted at the workstations. So continue to read your emails, and read the new posting at the workstations.

UNITED WAY OF THE GREAT RIVER REGION AND RSVP

RSVP sponsor will be the United Way of the Great River Region. The merger of Fort Madison and Keokuk United Way expands the RSVP volunteers to include all of Lee County. Did you know the United Way of the Great River Region have the same priorities for 2016 as RSVP? We both will focus on improving people's health, and helping children and youth achieve their potential thru education. I will begin recruiting in the Keokuk area to expand our workstations, and volunteers.



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SEPTEMBER 11TH NATIONAL DAY OF SERVICE AND REMEMBRANCE

The September 11th National Day of Service and Remembrance is the culmination of an effort originally launched in 2002 by 9/11 family members and support groups, who worked to establish the charitable service day as a forward-looking way to honor the sacrifice of those who were lost and those who united in response to the tragedy. In 2009, Congress designated September 11th as a National Day of Service and Re-

membrance and charged the Corporation for National and Community Service (CNCS) with supporting this effort across the country. On the days leading up to and including September 11th, Americans of all ages and backgrounds will participate in activities to pay tribute to 9/11 victims and heroes and honor their memory by joining together in service projects to meet community needs.

Food Drive: To promote Healthy Future of our Children, please drop off can (s) of fruit at the RSVP office to be donated to the Fort Madison Food Pantry during the month of September.

YES, FRUIT



TODAY!!

MAKING A DIFFERENCE: FOR CHILDREN

In honor of September 11th National Day of Service the RSVP and Fort Madison Community Hospital will have a food drive to promote Healthy Futures of Children.

Thru the month of September Fort Madison Community Hospital and RSVP volunteers will begin collecting cans of fruit to be donated to the Fort Madison Food Pantry.

The grocery list for all food pantry clients includes selection of fruit. Frequently, the food pantry canned fruit supply is limited in the selection.

The average child should have 1 to 2 cups of fruit per day. The Academy of nutrition and dietetics recommend 1-2 cups fresh fruit vs canned fruit. Large volumes of fresh fruit is difficult for the food pantry to store without spoilage.

Lets make a difference, and donate to the food drive. Can(s) of fruit can be dropped off at the RSVP office located at 3421 Ave L.

Fort Madison Community Hospital will have drop boxes at their facility.

Volunteers will be needed to pick up the canned items at Fort Madison Community Hospital once a week. Please call the RSVP office at 319-372-8043.



Usually, you can find these 3 ladies "The Merry Mailers" at the United Way Resource center helping with mailings for RSVP, United Way or the Elks at least once a month. We couldn't do it without them. Gerry Wiegand, Betty Vincent, and Mary Newweg

RSVP IMPACT IN THE COMMUNITY

What an impact you "Volunteers" have made this year in the community!!!!

When we calculate the worth of volunteers in the community, the Independent Sector of Iowa estimates the value of volunteer time in 2015 is \$22.25. The facts about our RSVP volunteers: July 2015, to June 2016

Total volunteers who served hours	105
Total hours served	7,180
Average number of hours per volunteer.	68
Value wage for hours served:	\$159,764.68
\$22.25 x 7,180hrs.	
Total number of jobs	35
Average number of jobs per volunteer	2
Number of worksites using volunteers	17

Happy Birthday:

Menke, Paul	1-Sep
Bentler, Catherine	2-Sep
Strayer, Alice	3-Sep
Demint, Wayne	7-Sep
Wilkens, Barbara	7-Sep
Posz, Betty	9-Sep
Woodley, Vera	9-Sep
Keeler, Kathy	10-Sep
Kamp, Tracy	12-Sep
Peacock, Mary	16-Sep
Schrepfer, Terry	16-Sep
Dieterich, Robert	17-Sep
Sanders, Joyce	19-Sep
Sammeli, Linda	21-Sep
Fisher, Dodie	26-Sep
Saylor, Forrest	26-Sep
Tanner, Chuck"	29-Sep
Kramer, Debbie	30-Sep
Becerra, Darlene	3-Oct
Lair, Lind	4-Oct
Wiebler, Zita	4-Oct
Gregory, Norma	8-Oct
Spiekermeier, Edna	8-Oct
Laughlin, Libby	11-Oct
Barnes, Marlene	18-Oct
Parker, Jeanne	21-Oct
McKee, Ray	22-Oct
Link, Bev	28-Oct
Peak, Neva	28-Oct
Pappas, Joyce	30-Oct
Cramer, Lin	10-Nov
Ireland, Nancy	22-Nov
Peitz, Barbara	26-Nov
Pickard, Ann	27-Nov



Fall is the season of orange super foods—pumpkin, acorn squash, and butternut squash. Butternut squash is a powerhouse of flavor and nutrients. If this food has not made its way onto your dinner table yet, now is the time to incorporate it into your family meals!

Butternut squash, which grows on a vine, comes from the gourd family. Low in fat, squash provides an ample dose of dietary fiber. Squash's tangerine hue indicates its most noteworthy health perk: **carotenoids**. Beta carotene has been shown to protect against heart disease as well as help as a deterrent against some cancers and macular degeneration. This isn't the only nutrient or health benefit butternut squash provides.

It's rich in potassium, folic acid, magnesium, and omega 3's. Smooth, delicious and nutritious, once your family tries this super food, they'll never want to go without it again.

By [Tara Gidus](#), MS, RD, CSSD, LD/N |

BUTTERNUT SQUASH MASH

The vegetable mash is rich in vitamin A and potassium, thanks to butternut squash

INGREDIENTS:

- 2 large butternut squashes, trimmed, peeled, seeded, and cut into 3/4-inch chunks
- 1 teaspoon coarse salt

DIRECTIONS

Heat oil in a large pot over medium-high heat. Add squashes and salt. Cover, and cook, stirring occasionally, until partially tender, about 8 minutes (reduce heat if squash begins to brown). Add 1 cup water, cover, and simmer over medium-high heat until completely tender and water has mostly evaporated, about 15 minutes. Mash with a potato masher. Season with pepper. Source: Martha Stewart Living Nov. 2012



CARAMELIZED BUTTERNUT SQUASH

Ingredients

- 2 medium butternut squash (4 to 5 pounds total)
- 6 tablespoons unsalted butter, melted
- 1/4 cup light brown sugar, packed
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

Preheat the oven to 400 degrees F. Cut off and discard the ends of each butternut squash. Peel the squash, cut them in half lengthwise, and remove the seeds. Cut the squash into 1 1/4 to 1 1/2-inch cubes and place them on a baking sheet. Add the melted butter, brown sugar, salt, and pepper. With clean hands, toss all the ingredients together and spread in a single layer on the baking sheet. Roast for 45 to 55 minutes, until the squash is tender and the glaze begins to caramelize. While roasting, turn the squash a few times with a spatula, to be sure it browns evenly. Taste for seasonings and serve hot.



FUTURE READING /MENTOR PROGRAM

I have been receiving several inquiries asking if we will be continuing with the Reading/Mentoring program. The Reading Buddies program was such a success last school year. If you recall we had 8 students and 14 volunteers meeting on Tuesdays and Thursdays at the United Way Resource Center.

The plans are to continue a reading program. Contacts have been made to Fort Madison Community School to begin the development of a reading program for this coming school year. Our goal is to develop a program to include more students. The plan is to develop a program that will be on site at the schools.

Watch for details, and more information as we develop the program. We are anticipating we will need many more volunteers for an on site reading/mentoring program.



Like to spend time making a difference in children, Watch for more information on the RSVP reading/mentoring program. Call the office at 319-372-8043 to include your name of the list of reading volunteers.

AUTUMN SAFETY FOR SENIORS

As the air turns cooler and leaves drop from the trees, keeping in mind fall season safety tips helps keep you and your family protected from seasonal dangers.

LEAF SAFETY

- Walkways and stairs should be kept free of leaves and other objects that may cause a slip-and-fall injuries.
- Keep your driveway clear of leaves.
- Wet leaves can create a slip hazard not only for walking but driving as well.
- Use extra caution if you are cleaning your gutters. Shoes may become wet causing you to slip as you climb a ladder.
- Make sure the ladder is at the correct angle and on solid ground.
- Raking leaves can be stressful, take frequent breaks



DRIVING TIPS

- Remember that wet leaves on the roadway can become slippery, so use caution.
- During the fall season, deer activity increases, so be alert to deer entering the roadway.
- Leaves on the roadway can cover road hazards such as potholes or objects on the pavement.
- Children love to play in piles of leaves. Use extra caution where leaves are piled at the curbside.

By heeding the above autumn hints, your fall season will be more enjoyable and safer

Source: www.lockportfire.org



Retired Senior Volunteer Program works with non-profit organizations enlisting volunteers to provide services necessary for the success of their organization. Also, you "the volunteer" is making a difference in all the persons you encounter.

Did you know currently we have over 15 work sites. We are beginning to expand in the Keokuk area so I expect this to only grow.

American Red Cross

City of Fort Madison

Community Services Council(Food Pantry)

Fort Madison United Way

Fort Madison YMCA

Fort Madison Partners(Main Street)

Fort Madison Public Library

Lee County Health Department

Milestones

RSVP

Salvation Army Thrift Store

Eichacker Community

Southeast Community College

The Madison

West Point Care Center

Volunteer Opportunities:

Listing of all the great opportunities to make a difference in our community. Please share these opportunities with your family and friends.

You pick the day, and hours that fits your schedule.

Healthy Futures:

Food Pantry– M, W, F Morning shift: 9:00am -12noon or Afternoon shift: 1:00pm-3:00pm. Helping clients select their groceries.

Food Pantry Gardens: Flexible hours, harvesting produce

Milestone Area Agency on Aging: M thru F, spend an hour or more driving and delivering meals to homebound seniors or bulk meals from a nutrition center cooking kitchen (Fort Madison) to another community nutrition serving center (Donnellson or Burlington). Established routes

Education:

Will be needing volunteers to mentor school age children in a reading program. Watch for details. If you would like to be contacted for more information, or name added to the list of volunteers. Call 319-372-8043 or email fortmadisonrsvp@gmail.com

Community Priorities:

The Madison, and The West Point Care Center: Flexible hours, playing bingo on Wednesday, reading to clients, playing cards, crafts. Lots of opportunities at either center.

Fort Madison Library: Flexible hours, special projects

Special Projects: Needing volunteers to help on special projects thru out the community, food drives, mailings, blood drives and other as requested. Flexible hours, amount of time varies. If any interested to be added to the list of special projects call 319-372-8043 or email fortmadisonrsvp@gmail.com

Contact:

SHIRELY GABEL, PD OF RSVP

Phone: 319-372-8043 OR email: fortmadisonrsvp@gmail.com

If you've received this newsletter you've either requested to be on our mailing list or we've included you in our newsletter mailing because we feel you are an important contact for RSVP. If you wish to unsubscribe from this newsletter simply reply by email and state UNSUBSCRIBE in the subject line or call us at 372-8043 and request to be removed from our mailing list. Thank you.



To all the volunteers a Big Thank you!!!

When I took this job in March, I never realized I would be blessed to meet so many wonderful people.

I have been blessed once again, to have the opportunity to work with such a great group who are always willing to go over and above to exceed the expectations of those they encounter thru out the day.

From the food pantry crew who makes sure there is food on the shelves, and greets the clients with a smile on their face.

To the Salvation Army crew who sorts clothing and items so the customer can get a bargain from clothing to setting up a home.

The nursing home volunteers who help with bingo, reading to the residents and what ever is necessary to make a difference.

The reading buddies who make a difference in the lives of the children.

The home meal delivery crew who delivers meals and may be the only person the homebound gets to talk to for the day.

To all the volunteers not listed, but not forgotten.

Happy Thanksgiving,
Shirley

RSVP

Retired & Senior Volunteer Program™ is a program whose focus is on recruiting & referring RSVP volunteers where they are needed, and recognizing them for the service they provide. We offer 'one stop shopping' for Retirees & Seniors 55 and up who are looking for volunteer opportunities & assist non-profit, governmental agencies & proprietary healthcare facilities seeking additional RSVP volunteers. We currently collaborate with over 16 agencies in Lee County. Call Shirley Gabel, RSVP Program Director at 319-372-8043 Or email: fortmadisonrsvp@gmail.com

WHAT TO TELL YOUR FRIENDS ABOUT WHY TO JOIN THE RSVP TEAM

- Its Fun!
- You meet new people!
- You set your own hours, and days of the week!
- If you like to sleep in, you can volunteer afternoons!
- If you are an early riser, we have opportunities in the morning!
- There are lots of different work sites to meet your interest!
- Recognition!
- It gives you a purpose!

RSVP of Lee County
Our Mission
 The Retired Senior Volunteer Program of Lee County is dedicated to addressing community needs by matching the interests, experience and talents of individuals age 55 and older with rewarding volunteer opportunities.

319-372-8043
 fortmadisonrsvp@gmail.com

Funding Partners:
 CNCS, Volunteer Iowa, Fort Madison United Way, and City of Fort Madison



Fort Madison RSVP
 3421 Ave L
 Fort Madison, Iowa 52627

PLEASE
 PLACE
 STAMP
 HERE

Mailing Address Line 1
 Mailing Address Line 2
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 Mailing Address Line 4
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