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United Way

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An Inside Look At The RSVP Program

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BY DEB OVERSETH Yankton RSVP Coordinator

What would happen if we did

not have Retired Senior Volunteer rogram volunteers in our com

- There would not be as many people delivering Meals on Wheels. Approximately 69 people per day receive Meals on Wheels in our community, totaling around 1,500 meals per month. Who would not receive their meals if there weren't enough volunteers?
- Around 80 older citizens receive a hot nutritious meal at The Center five days a week. With just over 2,500 meals served each month, what task would not be done to prepare and serve those
- The Banquet in Yankton provides meals every week to over 300 people who may not have access to a good meal. Volunteers provide and assist with this meal for the community. What would those who need us most do if The Banquet would not be available?
- Around 700 children in Yankton are fortunate to have food in their tummies on weekends from the Sack Pack program and in the summer through the Summer Food



SUBMITTED PHOTO

Program. If there weren't volunteers assisting these programs, the programs may not exist or would not be able to function at the efficiency they currently do.

The primary focus area of South Central ŠD RSVP is "Healthy Futures" which includes most of

the programs previously mentioned. One hundred fifty-two RSVP volunteers served 6,991 volunteer hours last year assisting nutrition and hunger programs, making an impact on about 1,100 people's lives in our community!

The Retired Senior Volunteer

Program's overall mission is to assist individuals over the age of 55 to find enriching volunteer opportunities, sharing their talents and making positive impacts within their communities. RSVP serves as a bridge to connect older adults with non-profit and public service

agencies that request volunteer services. RSVP is like an employment agency for volunteers where they are matched with community needs according to their skills, interests and time availability.

Last year, a total of 218 RŠVP volunteers were engaged in 41,804 volunteer hours of service among dozens of local nonprofit organizations, including schools and human service agencies. According to the Independent Sector, the value of the time RSVP volunteers contributed locally, would amount to \$836.080.

It is well-documented that volunteering boosts mental (and physical) well-being. When people contribute to their community or to an organization, they lead happier lives, have lower rates of depression and may even live a little longer than those who do not volunteer. Volunteering is good for volunteers, the organizations they assist and the community!

For more information or to enroll in the Retired & Senior Volunteer Program call 605-260-3100, email doverseth@iw.net or stop by the RSVP office at 610 West 23rd Street, Suite #11.

MEETINGS

INTERCHANGE

Interchange met on Monday, Nov. 30, 2015, at noon at Minerva's. The meeting was called to order by President Sherri Rodgers-Conti. The Pledge of Allegiance was recited. Linda Stevens, wife of Representative Mike Stevens, was introduced as a guest at today's meeting.

Members gave the following announcements:

Julie Amsberry of Yankton Area Arts reminded members of the upcoming Tour of Homes to be held on Sunday, December 6th. The YAA Crimson Door begins at noon this Friday and the Summer Band Christmas Concert will be held on Sunday, Dec. 13 at 4 p.m. at the Summit Activities Center.

Deb Overseth of Retired Seniors Volunteer Program announced the upcoming annual fundraising raffle and bake sale to be held this Friday and Saturday at the Yankton Mall from 10 a.m. to

Marcy Moser of First Dakota Ňational Bank stated that the Federal Prison Camp has an opening on the community prison board. If anyone is interested in serving as a board member they should contact Marcy.

Stephanie Moser of the Yankton Convention and Visitors Bureau is on the board of the Corps of Discovery Visitor Center and announced that they will hold an open house and bake sale this Saturday from 1-4 p.m. at the Corps of Discovery Center.

Sherri Rodgers-Conti of Southeast CASA announced they will be holding a fundraiser and night of fun at Rounding 3rd on Tuesday evening, Dec. 8.

This week's Member Spotlight featured Marcy Moser of First Dakota National Bank. Marcy is manager of Yankton's north branch office and she has recently celebrated 25 years with the bank. She credits Diane Mulloy for being her mentor and giving Marcy her first promotion at the bank as well as introducing her to Interchange. Marcy and her husband Darren have two

sons, Nick and John, and two

grandchildren. Today's hostess was Stephanie Moser of the Yankton Convention and Visitors Bureau. Her guest speakers were Senator Bernie Hunhoff and Representative Mike Stevens of District 18. The two spoke on how they, along with Representative Jean Hunhoff, work together as a team for the Yankton community and county. The local legislators gave an overview of important issues coming before the 2016 legislature. Two of the big issues will include educational funding coming out the findings of the Blue Ribbon Education Task Force and Medicaid expansion. In addition, county government funding, Jolene's Law, and elder abuse were some of the other topics mentioned.

The next meeting of Interchange will be held Monday, Dec. 7, 2015, at noon at Minerva's. This will be the annual Christmas party and final meeting for the year.

