

**Lead with
Experience!**



**Get
involved!**

Coulee Region RSVVP Newsletter

Fall/Winter 2010

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From the Director

The greatest good you can do another is not just to share your riches but to reveal to him his own.
Benjamin Disraeli, 1804-1881.

Yes, you know the drill by now. I am looking out my window taking in the beautiful winter day, the sun is shining, but the temperature is a mere 12 degrees. Ah...winter in Wisconsin, but spring is exactly two months away.

As we say hello to 2011 and bid 2010 goodbye, this is the appropriate time for me to give my thanks to our Board of Directors, staff and most importantly to you, our volunteers for making 2010 a great year for RSVVP and for me. Thank you all for the time you continue to share so willingly making our community better because of your service.

2010 was a wonderful year for us at RSVVP; a year that again proved how important RSVVP is to our community.

Perusing through the pages of this newsletter, you will see the evidence of this in so many ways. Whether it was volunteering at a special event, a friendly voice on the other end of the phone, reading to, or tutoring elementary students; handcrafting items that allowed us to distribute a record number of items to those in need; assisting at the child support office, family court commissioner's office, or veteran services; no matter the deed, it didn't go unnoticed, you made a difference simply by your gift of service.

Each new year brings new changes and that is true for RSVVP staff and board members. We said hello and goodbye to our Educational Volunteer Coordinator, Julie Diermeier. Julie is joining her husband in a new family venture and we will miss her and all the talents she shared helping to make our programs stronger. We wish you well Julie, and remember you are always welcome to stop by and see us. We didn't have to look very far for a replacement, for she is a familiar face to everyone, our own Heather Harpenau will be taking over where Julie left off. Heather will be our Program Specialist, adding the FGP Program to her duties and Amanda Tischer has taken on additional responsibilities and is now our Assistant Director. Congratulations Amanda and Heather, you will both be great in your new positions. As for me, in September, I was appointed to serve as a board member for the National Senior Corps Association (NSCA). NSCA is the nationally recognized leadership organization representing the combined interest of Foster Grandparent, RSVVP, and the Senior Companion Programs. I am truly honored and look forward to representing Wisconsin on a national level.

Other changes included the welcoming of Lorraine French to the Board of Directors. Lorraine will serve as our Treasurer, taking over for yes, her husband Herb. And as always during this time of year, we say thank you to our outgoing President, Terry Collins, and hello to our incoming President, John Hamilton. Thank you Terry for your superb leadership in 2010 and John, we look forward to your leadership as you guide us through 2011.

In service to our community!

~ Lynnetta

New Volunteers

Names from July 1, 2010 through December 31, 2010

Kathryn Beane
Marilyn Blexrud
Diana Block
Joyce Burzinski
Art Butterworth
Marilyn Carson
Roger Christians
Janet Ebert
Mary Jean Eisenbacher
Judith A. Erickson
Ruth Faulhaber
Robert Gallagher
Mary Beth Gianino
Harely Haefs
Jane Hafner
Lois Hanson
Shirley Hefti
Elizabeth Hericks

Donna Hodson-Haag
Kathleen Hofmeister
Beulah Hollmann
Jonathon Hollmann
Marilyn Kendhammer
Janet Kessler
Wilma Kohler
Darlene Kohner
Susan Link
Janet Mannel
Linda Maringer
Mary Marquardt
Kay Merfeld-Vigdal
Mary Mooney
Roxana Morgan
Carolynn Norgard
Florence Oder

Judith Ann Olson
Marion Peterson
Ginger Pomeroy Liss
Larry Quillin
Andrea Richmond
Sr Antona Schedlo
Susan Schmidt
Karen Spreuer
Doug Stevermer
Kathy Swan
Harland Thorson
Nancy Thorson
Carolyn Todhunter
Mary Wadium
Jane Walz
Sr Dorothy Wenzel
Sr Therese Wolf

Do you know someone who might like to volunteer? Our volunteers are our best recruiters as they spread the word about why they like to volunteer and the need for more volunteers. For a sampling of current requests, see our Volunteer Opportunities section. We currently have needs at over 120 different locations throughout La Crosse and Monroe counties. Please pass this newsletter on to a friend or neighbor and tell them about RSVP and our many programs!

New Volunteer Meet & Greet!

The new volunteer meet and greet will be held March 9, 2011 from 3:00 p.m. until 4:00 p.m. at the RSVP office. This is an opportunity for our newest RSVP volunteers to meet each other, learn more about RSVP and have a chance to ask questions regarding volunteering with RSVP. If you have signed up as an RSVP volunteer during 2010 please join us. Refreshments will be provided. Feel free to invite a friend or anyone else who may be interested in volunteer through RSVP. We hope to see you there!

Meet your Board Member!

Name: John Hamilton

Hometown: Atlanta, IL

Job: Retired from Western Technical College as Vice President of Instruction after 31 years

Civic Involvement: RSVP since 2002, Rotary, Masonic Lodge 45, First Congregational Church, National Council of Instructional Administrators, WI Tech College System Instructional Services Committee, Americans for Career and Technical Education, Zor Temple of Shrine, American Association of Higher Education, Phi Delta Kappa, American Vocational Association, Wisconsin Vocational Association, Member of WTC Foundation Board of Directors

Family: Linda (wife) 43 years, two daughters; Kathryn-Eau Claire Assistant Professor at UW-Stout, Patricia-Eagan, MN State Farm Insurance Company Agency Field Specialist and one grandson-Jonathan who is three years old.

Favorite part of the Coulee Region: "Oh My Gosh! The beauty, the four seasons, and the caring people in our communities, whether it be in volunteerism or other activities in our communities. You just don't find it anywhere else!"

Why are you involved with

RSVP: "After retiring I wanted to continue to provide service to the community. RSVP allowed me to do that in a personal way! Whether it was working with an eight-year-old child in the schools or an 80-year-old person, I see that I am able to be of service to our community!"

What do you hope to see happen in 2011 for

RSVP: Programs continue and expand, the organization is healthy in operation, finances and leadership-only to help continue that!

What would be your ideal retirement: "I am living it!"

What is the most interesting thing about you: The opportunities I have had throughout the years to work in a great variety of capacities-from packing pickles to serving as Chief Academic Officer at WTC!

What is your greatest achievement thus far:

Helping my wife raise two beautiful young women!

If you could be a crayon, which color would you choose and why: "Sky Blue, because I have great belief in the wonders of tomorrow!"



Volunteer Recognition Event

Thank you to everyone who attended the 2010 Annual Volunteer Recognition Banquet in September at the Radisson Hotel in La Crosse. We extend a special thanks to the Very Large Quartet for their musical entertainment, Tami Woods, and the Radisson staff for a wonderful meal and service. Over 250 RSVP volunteers were recognized for their service to our community. For the first time, we presented awards to **Franciscan Skemp Foundation, Gundersen Lutheran Medical Foundation and Midwest Family Broadcasting** recognizing their long time support of our mission and our organization. RSVP is grateful to these organizations for their support throughout the years. The RSVP Outstanding Volunteer Group Award was given to the "Senior Angels" for their never-ending dedication to answering the last minute call of service. Members of the group include: Gail Burns, Elaine Castor, Arlene Falk, Kathy Gillen, Jackie Hanson, Sally Johnson, Darlene Lassig, Marge Olson, Carol Parker, Jolene Rust, Rosemary Stalsberg, Kay Strittmater, Joyce Vesely, and Dee Zemke, who also received the RSVP Special Award for serving over 10,000 hours with RSVP. Lifetime Achievement Presidential Service Awards were presented to Eunice Johnson, Patti Lancour, Carol Lee, Mary Loge, Joyce Norman, and Lois Olson for serving over 4,000 hours with RSVP. Thank you all for being volunteer leaders in our community. We look forward to celebrating volunteerism in our community with you again this year!



Heritage Night

Thank you to our RSVP Board members and volunteers who helped make Heritage Night at the La Crosse Center another fun and exciting fundraising event. Our thanks to La Crosse Beverage LLC, Reinhart FoodService LLC, and Quillin's IGA for their in-kind donations and to Bob Brudos and Frank Harpenau for their help setting up our brat stand. The biggest thanks go to the Harpenau/Turner family for their culinary skills. It was another enjoyable evening and we appreciate everyone who stopped by and purchased a brat or hotdog! See you in September.




Look for us on Facebook!

We are listed as Coulee Region RSVP. It is a great way to keep up on all the latest happenings in our office as well watch for new volunteer opportunities and event information!

facebook

Who will be Smarter than a 5th Grader?



Join RSVP and area fifth graders from Aquinas, Holmen, La Crosse, and Onalaska schools on Saturday, May 21, 2011 at Valley View Mall from 10:00 a.m. until Noon to find out "Who Will be Smarter than a 5th Grader!" You can help the school of your choice win a grand prize of \$1000.00 by casting your vote for one of the contestants below. Send your donation to Coulee Region RSVP, 2920 East Avenue South, Suite 104, La Crosse, WI 54601 or donate online at www.rsvplax.org. Contact RSVP, at 608.785.0500 if you have questions on how to help your contestant of choice make it to the head of the class!

Here are the 2011 Contestants ...

- Dr. Terry Cowgill, D.D.S. - Cowgill Dental
Blessed Sacrament School
- Howard J. Eglash, Attorney - Bosshard Parke, Ltd.
State Road Elementary
- Jeff Fredrickson - Jandt-Fredrickson Funeral Homes & Crematory
Southern Bluffs Elementary
- Nick Grunseth, Daybreak Meteorologist - WXOW News 19
Eagle Bluff Elementary
- Dr. Sig Gundersen III, Surgeon - Gundersen Lutheran
North Woods International Elementary
- Mike Hayes, Host: La Crosse Talk - WIZM AM
Irving Pertzsch Elementary
- Abbie Leithold-Gerzema, Co-Owner - Leithold Music
Emerson Elementary
- Denise Loveland, President - Horizon Management Group, Inc.
Franklin Elementary
- Janet Miller - Riverfest Commodore First Mate
Northern Hills Elementary
- Nancy Proctor - Village President - Holmen / Festival Foods
Prairie View Elementary
- Dr. Silvana Richardson - Dean, School of Nursing, Viterbo University
Spence Elementary
- Terri Schlichenmeyer - The Bookworm Sez
Summit Elementary
- Dr. Paul Steingraeber - Retired Physician, Franciscan Skemp
St. Patrick School
- Dr. Andrew Temte, CFA - President, Kaplan University School
of Professional and Continuing Education
SOTA I: School of Technology & Art
- Steve Webster - Oktoberfest Past Fest Master
Hingten Elementary
- Mary Jo Werner, Partner - CPA/JD, Wipfli LLP
Coulee Montessori

Name _____

Phone _____

Address _____

Donation

- | | |
|---|---|
| <input type="checkbox"/> 1st Grade - \$10 | <input type="checkbox"/> Head of the Class - \$51 - \$124 |
| <input type="checkbox"/> 2nd Grade - \$20 | <input type="checkbox"/> Question Sponsor - \$125-\$249 |
| <input type="checkbox"/> 3rd Grade - \$30 | <input type="checkbox"/> Silver Sponsor - \$250-\$499 |
| <input type="checkbox"/> 4th Grade - \$40 | <input type="checkbox"/> Gold Sponsor - \$500-\$999 |
| <input type="checkbox"/> 5th Grade - \$50 | <input type="checkbox"/> Show Sponsor \$1,000+ |

Select your contestant and send your donation by May 18, 2011 to:

Coulee Region RSVP
2920 East Avenue South, Suite 104
La Crosse, WI 54601

2011 Contestants

- Dr. Terry Cowgill, D.D.S. - Cowgill Dental
- Howard J. Eglash, Attorney - Bosshard Parke, Ltd.
- Jeff Fredrickson - Jandt-Fredrickson Funeral Homes & Crematory
- Nick Grunseth, Daybreak Meteorologist - WXOW News 19
- Dr. Sig Gundersen III, Surgeon - Gundersen Lutheran
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- Dr. Andrew Temte, CFA - President, Kaplan University School of Professional and Continuing Education
- Steve Webster - Oktoberfest Past Fest Master
- Mary Jo Werner, Partner - CPA/JD, Wipfli LLP



Please cut and mail

Volunteer Opportunities

The Coulee Region is full of volunteer opportunities! Please contact our office, 608.785.0500 or go to our website at www.rsvplax.org to find out more about how you can get involved! We also post monthly updates and listings of new volunteer opportunities in the Senior Edition.

American Red Cross

The Red Cross is looking for a volunteer that has computer knowledge, is willing to do data entry, and is available to volunteer 8-12 hours a week. Volunteers will receive training on the software program from the staff.

Gundersen Lutheran

Two volunteers are needed for phone coverage in the Volunteer Escort Office. Volunteers answer incoming calls from various departments requesting volunteer transportation and relay that information to the transporters.

Hillview Auxiliary

Looking for a flexible and rewarding volunteer opportunity? Then consider joining the Hillview Health Care Auxiliary. There is no set amount of hours needed to participate, just many fun activities to help with, social hour, bingo, bake sales, raffles, and many other events for the residents.



La Crosse City Hall

Volunteers are needed to serve as greeters and provide directions to individuals visiting La Crosse City Hall and its many departments. Volunteers are stationed at the front desk in the lobby of the building. Days and times are flexible.

La Crosse County Child Support

Enjoy filing and other clerical tasks? Then this opportunity is for you! The La Crosse County Child Support office needs volunteer assistance for a few hours per week. Times are flexible and you can work around your own schedule.

Mobile Meals

RSVP is currently looking for volunteers to assist with the Mobile Meals program on an on call basis. The dates are August 22 – 28, September 26 – October 2, and October 24 – October 30. It takes about an hour of your time. If you would like to help please contact RSVP for more information.

Sagen Center

(Bethany Lutheran Homes)
A volunteer is needed weekly to help with grocery organizing on Wednesday mornings from 8:30 a.m. to 9:45 a.m. This volunteer opportunity includes dating, sorting and storing the groceries with the help of one of the Sagen Center residents.

Salvation Army Food Pantry

The Salvation Army needs volunteers on Monday, Wednesday, Thursday, and Friday from 1 p.m. - 4 p.m. to help in their food pantry. Volunteers will help stock and distribute food donations to individuals in need.

Study Buddies

We have received multiple requests for Study Buddy assistance in La Crosse and Onalaska classrooms. Study Buddies assists students with basic math and reading skills through games, flash cards, and activities.



Symphony

The La Crosse Symphony Orchestra is looking for volunteers to assist with ushering during their performances. Most performances are on Saturday nights with a few opportunities for Friday evenings. The remaining Symphony concerts for the 2010-2011 season will be in March, April, and June.

Special Event Volunteering

Special Event volunteering operates on an on-call basis making it a convenient option for you. RSVP volunteers assisted with over 65 events, projects, fundraisers, and performances in 2010. Organizations include: La Crosse Symphony, American Cancer Society, Coulee Region Humane Society, Eagle Bluff Elementary School, Onalaska Middle School, Onalaska School District Office, American Red Cross, Riverfront, Blue Stars Drum & Bugle Corps, Family Resources, Blood Center of Wisconsin, La Crosse Convention & Visitor's Bureau, Clearwater Farm Foundation, Irving Pertzsch Elementary School, Jazzfest, Irishfest, Walk a Mile in Her Shoes, The Pump House, Salvation Army, Hillview Health Care and the La Crosse Concert Band.

If your organization can use Special Event volunteers or you are a volunteer who would like to find out more about how you can serve at a variety of community events through our program please contact the RSVP office at 608.785.0500.



Are you currently volunteering, not sure if we know where?

Then contact us at 608.785.0500 and let us know where you are volunteering. By keeping us updated we can recognize you for your service to our community and send you an invitation to our Annual Volunteer Recognition Banquet in September.

Volunteer Driver Program

Volunteer Drivers

Below are the Drivers of the Month for July-December. Thank you to each of you for all you do within our communities!

July: Beth has been a volunteer with RSVP since 2003. She shares her time as a volunteer driver, helping with Causeway and assisting in the schools with the Onalaska PARTNER program. She is also the newest member of the RSVP Board of Directors. Beth has volunteered over 1,146 hours with RSVP. Beth and her husband have been married 39 years and have two children and two grandchildren. They have lived in the Coulee Region since 1971. She is a retired teacher from Irving Pertzsch School. Beth and Dave love to spend their time enjoying their grandkids and biking.



August: Jim has been a volunteer with RSVP since July 2009. He has volunteered 367 hours, mostly as a volunteer driver, but also shares some of those hours as a one-time event volunteer. Jim joined the Navy reserves in 1961 and graduated from Aquinas High School in 1963. He then served active duty with the Navy until 1997, during that time Jim married his wife Ginger, and they were able to live in many parts of the States including New Orleans, Atlanta, Washington



D.C. and Orlando. In 1997, they moved to West Salem where he worked for the State of Wisconsin Department of Corrections until he retired in 2009. Jim says his military career would not have had such longevity and success had it not been for his wife! Jim and Ginger have two children, a son and daughter, who both live in the area and seven grandchildren ranging from 10 years old to 23 years old.

September:

Upon her brother, Jerry's, recommendation, Therese became involved with RSVP in April 2009 following her battle with cancer. She has volunteered 850 hours as a volunteer driver. After graduating from Aquinas High School in 1966, she moved to Washington DC to work at the Pentagon. Therese then moved to Austin, Texas where she attended college for her business degree. Since then she has lived in several states including Washington, Florida, Texas and Wisconsin. Therese was blessed with one son, who passed away in 2009 after his own 10-year battle with cancer.



October:

Mary Beth has been a volunteer with RSVP since August 2010. She has volunteered 66 hours and driven 1,500 miles. After graduating from Healy Memorial High School in Trempealeau in 1968 she went on to nursing school in Winona. Mary Beth then followed her dreams



and moved to Boston, MA in 1971. She returned to the La Crosse area in 1999. She has two children and four grandchildren. Mary Beth was a nurse for 30 years before retiring. She says that being a volunteer driver is so rewarding after spending all her life in healthcare. "It is good to know I am still helping people get the care that they need!"

November:

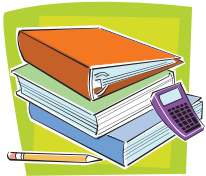
Linda has been a volunteer with RSVP since April 2010. She has volunteered 159 hours and driven 3,175 miles. A native of La Crosse, Linda graduated from Logan High School in 1966. She was married her husband in June of 1978 and they have one son and one granddaughter who live in the area. Linda has worked in daycare for over 15 years, retiring in December.



December: 2010 has ended and it is reporting season again. I am happy to share with everyone how wonderful all the drivers are and how much they have given of themselves. 34 RSVP drivers gave 11,235 rides and donated 12,300 hours of volunteer service, providing transportation to over 325 individuals! Thank you for your tremendous generosity!

Military Veterans

RSVP staff is conducting phone calls to update our volunteer records and to give thanks and honor all of our volunteers who are military veterans. If you served in the military please let us know so that we can recognize you for your contributions to our country and our community. Your service is appreciated.



Education Corner

We Are Always Learning

Each month RSVP educational volunteers are invited to attend in-service trainings organized by the RSVP staff. These events are enjoyable, informational and educational. By listening to the suggestions of our volunteers and school staff, we are able to enlist the services of a professional in the community to offer an in-service topic each month. Topics presented help volunteers develop skills needed in and outside the classroom. In 2010 we had a variety of interesting topics and presenters, which included a series on addressing childhood literacy, techniques to teach students how to make positive life choices, and a guest presentation on identifying and curbing bullying. Other speakers joined and helped us understand Medicare choices, recognizing the signs of Alzheimer's and learn how to safely stretch and exercise.

Looking forward to 2011 our school volunteers will have the opportunity to learn how to appreciate those who grew up in a different time, through a presentation on generational differences, and a program on how to recognize the signs and better assist students with dyslexia. If you have an in-service topic idea let us know. Topic requests are welcome and appreciated. Please join us for an in-service in 2011. Call 608.785.0500 if you would like more information about attending a presentation.

Empowered Life Day Camp

For many children, summer is defined by camps, family vacations and endless playtime with friends. It is also a time when there is a greater opportunity for temptations in the at risk youth population. Those of us who grew up enjoying the lazy days of summer may not always understand or appreciate the challenges low-income families face when school is not in session. Children who live in a low socio-economic area are often home alone during the day while parents are working, thus increasing the likelihood for juvenile delinquency.

Empowered Life Day Camp, a dream of a dynamic group of people, has made a difference in the lives of children. ELDC director, Octavia Smith strives to create a safe and welcome environment to build self-confidence, self-respect and cooperation while encouraging the students to become role models in their families, schools and community. The fun five week program incorporated literacy enhancement, foreign language, arts, crafts and music while emphasizing individual responsibility, critical thinking and positive social communication. RSVP volunteers assisted in this effort by sharing their skills and talents with the students, essential in preparing them for school in the fall.

The students resembling a mini United Nations; all work side by side to complete their assignments. The days are quite structured and the rewards are great. Octavia is obviously sincere about her commitment to the well being of the ethnically diverse students in her charge. Without ELDC, for many of the children, there are no alternatives.

Thanks to the following RSVP volunteers; Bob Shapiro, Burleigh Randolph, Carol Maier, Dee Peacock, Sherry Ellenz, and Linnea Mueller for making a difference in the lives of our area youth.

New Foster Grandparent

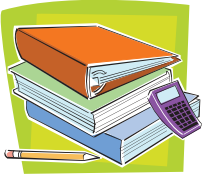
The Coulee Region RSVP Foster Grandparent Program continues to grow with the addition of Florence "Kay" Oder. Grandma Kay came to us this fall through a referral from Grandma Molly. Thank you Grandma Molly! Prior to joining the Foster Grandparent Program Grandma Kay volunteered serving meals once a week at a senior high rise. Kay started at Franklin Elementary in October serving in two fourth grade classrooms. When asked what she enjoys most about her new position, Kay states, "discovering things about the students that allow me to help them learn". She loves the program and the students. Join us in welcoming Grandma Kay.



Friendly Caller

We are excited about the growth of the Friendly Caller Program. If you are in need of a daily call or know someone who could benefit/enjoy a daily call; please let us know; we would love to help. If you are able to place a call Monday through Friday to an individual, we are always looking to add volunteers to the program!





Continued... Education Corner

Award Recipient

Coulee Region RSVP Foster Grandparent Judy Halderson was honored in October with a Celebrate Literacy Award. This award is given to acknowledge efforts on behalf of literacy by a citizen, an organization or an organization's representative. Laurie Kopp, a reading resource teacher at Sand Lake Elementary in Holmen, nominated Grandma Judy. Her letter states:

"Judy is very dedicated and loves being a part of our staff and community! She serves graciously and without complaint, always willing to do what is asked of her and often going that extra mile. She is cheerful and positive with all the children she works with.

With Judy's assistance, many students have been able to receive extra practice in literacy skills and have learned to read and write with the patience and wisdom of a Grandma at school."

Grandma Judy was presented with the award on October 23, 2010 during the Midwest Wisconsin Reading Council annual fall conference held at the UWL Cartwright Center. Please join Coulee Region RSVP in congratulating Grandma Judy.



Mentoring Matters!

Did you know that youth with mentors are:

- 46% less likely to begin using drugs
- 27% less likely to begin using alcohol
- 53% less likely to skip school
- 33% less likely to engage in violence

(Source: The Harvard Mentoring Project)

Goodbye Julie ~

There are certain times in a person's life where they must choose a path to take. Often these are unsettling moments; a time when a person would rather stick his or her head in the sand than make a decision. There has been defining moments in my life due to decisions made at the fork in the road.

Prior to moving here in 2004, my family was positioned to choose our next path. It was a tough decision to move from an area we all loved. It weighed heavily upon us to do the right thing. After all, my husband and I were responsible for 3 young children. Ultimately, we decided a move to the Coulee Region was the right path for us. After calling Onalaska home for 6 years, our family is in agreement that relocating to the Coulee Region was the best path for us.

This fall we approached another fork in the road. My husband had the opportunity to purchase the manufacturing company where he worked. Each step along the way, we both prayed for wisdom and discernment in the decision making process. Eventually, the purchase was made and it became clear that the Coulee region was going to be our home for a long time.

Again, I was faced with choosing a path when my husband asked me if I would be willing to resign from my job at Coulee Region RSVP to be more available to him and our children. Wow! What a way to put me on the spot. I really enjoyed my job at RSVP. I liked the volunteers, my co-workers, and the teachers and principals at the volunteer sites. I felt like I was really getting a handle on my job responsibilities. If any of you ever asked me how I liked my job, I would have responded with two thumbs up. There I stood at the fork, choosing what path to take. I will admit I was a little stubborn but it was important to me to honor that request.

I am grateful for all of the support and guidance given to me by Lynnetta, Heather, Amanda, the office staff and the board. I am thankful for the community service that Coulee Region RSVP volunteers provide. I am humbled by the unselfish dedication of the Foster Grandparents and Study Buddies to our community of students. Thank you for including me in the Coulee Region RSVP family. I will continue to be involved in RSVP through volunteering, and will happily call the Coulee Region home for many more years.

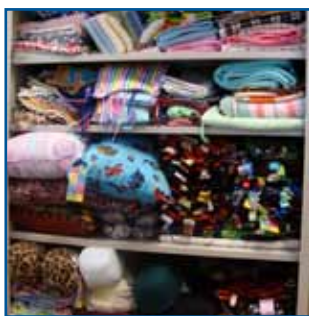
~ Julie
Diermeier



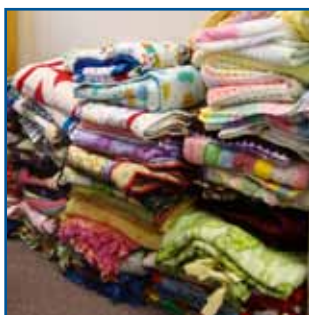
~ Handcrafters ~

Open House

Coulee Region RSVP Handcrafters, Well Done! Another fabulous year filled with hard work, dedication and service. Because of you, hundreds of families in our area received items to provide them comfort and warmth throughout the winter season.



Our annual Open House, held in November resulted in the distribution of 1,369 caps, mittens, quilts and other items to individuals in need in our area. The items given away represent 20% of the items RSVP donated during



2010. The Handcraft program distributed 6,655 items back into the community in 2010. This is a wonderful success for the Handcraft Program and our community; please know that each one of you who contributed even one item made a huge difference to those in need throughout the Coulee Region.

Handcraft Donations Welcome!

- Batting
- White Thread
- Material – Kid Friendly Patterns
- Stuffing
- Yarn

Congratulations to our 2010 Quilt Raffle Winners!

1. Joe Zoellner
2. Kay Oehmigen
3. Sara Baird

Thanks to everyone who purchased raffle tickets this year, we appreciate your support. We will begin selling 2011 tickets at our Recognition Banquet in September.



Wellness Expo 2011

Friday, April 29, 2011, 8:30 a.m. – 1:00 p.m.
Onalaska OmniCenter
255 Riders Club Road, Onalaska, WI 54650

Join RSVP for the 2011 Wellness Expo on Friday, April 29 from 8:30 a.m. until 1:00 p.m. at the Onalaska OmniCenter. This year's event features the following presentations, **Exercising With Arthritis** by Linda Larson, Registered Clinical Exercise Physiologist and Wellness Education Specialist from Gundersen Lutheran; **Vitamins, Herbs, and Dietary Supplements – Ask a Pharmacist** presented by Philip Steinhoff, R.Ph, Pharmacist

from Franciscan Skemp Healthcare; **Gander Mountain**; and **Easy Backyard Gardening** – Companion planting, raised bed, container, and other gardening ideas by Sister Lucy Slinger, FSPA, Ph.D. This event is free to attend and open to the public. The Wellness Expo will offer health checks, functional fitness testing, entertainment by The Very Large Quartet, and lunch will also be provided. Please bring an optional non-perishable food item to donate to local food pantries. New this year, raffle prizes from Gander Mountain, Wal-Mart, Wettstein's, and Valley View Mall! Call Coulee Region RSVP for more information at 608.785.0500 or visit our website at www.rsvplax.org. We hope to see you there!

Event Sponsors



Franciscan Skemp
 Mayo Health System

Home Instead
 SENIOR CARE
to us, it's personal.

Care

ADRC
 Aging & Disability Resource Center
 of Western Wisconsin



Bethany St. Joseph Corporation



PROSTHETIC LABORATORIES
 Modern Technology. Traditional Values. Proven Techniques.

Luxury BATH
 MADISON LA CROSSE

Donations & Contributions

Thank you to all who have supported the Coulee Region Retired & Senior Volunteer Program in 2010. The following list includes donations received from July 1, 2010 through December 31, 2010. Without your gifts, RSVP would not be able to offer the many wonderful volunteer services as it does. THANK YOU! Please know that we make every attempt to include all donors in this list. If we inadvertently missed your name for any reason, please contact us and we will include your name in our next newsletter. Thank you for being a friend of RSVP!

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*Thank you for being a
friend of RSVP!*

*For more information about RSVP
and our programs check out our
website www.rsvplax.org*

Free School Event Passes Offered to Senior Citizens

Do you enjoy attending sporting events, plays and concerts? Did you know that area school districts offer athletic and/or activity passes free of charge to senior residents? Show your support by attending area high school events. You can get your pass by contacting your local school district office. Remember to bring your drivers license for proof of residency. The following school districts have passes available for seniors; La Crosse School District, Onalaska School District, West Salem School District, Holmen School District, and Tomah School District. Call RSVP for more information, 608.785.0500.

Your Support Welcome

Please consider helping RSVP with a tax-deductible donation.

RSVP is a 501(c)(3) non profit organization



Name: _____

Address: _____

Yes, I would like to make a donation to RSVP in the amount of:

\$500 \$250 \$100 \$75 \$50 \$25 Other \$ _____

This gift is IN MEMORY OF _____

This gift is IN HONOR OF _____

Please make checks payable to: Friends of Coulee Region RSVP
2920 East Avenue South, Suit 104 La Crosse, WI 54601



Please cut and mail

Please keep us Informed!

- I have a change of address or new phone number
- I know of a fellow volunteer who has moved, is sick, or has passed away
- I would like to start volunteering at a new station
- I know a non profit group that would like to become an RSVP station

Name _____

Phone _____

Address _____

Email _____

Information _____



Please cut and mail

2011 Calendar of Events

Friday, April 29th – 2011 Wellness Expo at the Onalaska OmniCenter from 8:30 a.m. until 1:00 p.m.

Saturday, May 21st – 3rd Annual Who Will Be Smarter Than a 5th Grader Fundraiser at Valley View Mall, Center Court from 10:00 a.m. until 12:00 p.m.

June – Please remember to send in all 2011 January through June volunteer hours. All volunteers who have served 25 or more hours from August 2010 through June 2011 will receive an invitation to our Volunteer Recognition Banquet.

Wednesday, September 14th – Annual Volunteer Recognition Banquet at the Radisson Hotel Downtown La Crosse at 3:00 p.m.

Wednesday, September 28th – Heritage Night at the La Crosse Center.

Thursday, November 17th – Handcraft Open House at the RSVP Office from 9:00 a.m. until 3:00 p.m.

December – Please remember to send in all 2011 volunteer hours so we can successfully complete our end of the year reports.



Coulee Region RSVP, Inc.

2920 East Avenue South, Suite 104
La Crosse, WI 54601



Lead With Experience
Get Involved!

Phone: 608.785.0500
Toll Free: 1.888.822.1295
Fax: 608.785.2573
Email: info@rsvplax.org
Website: www.rsvplax.org

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