



**"NEW TO MEDICARE" Workshop
Provides Free Unbiased Information**

The Clark County SHIBA (Statewide Health Insurance Benefits Advisors) Helpline, a program of the Washington State Insurance Commissioner's office will be holding a free workshop, "New to Medicare" on Monday, Sept 14th, from 1:00 – 2:30 p.m. The presentation will be held at the Human Services Council, located at 201 NE 73rd Street, Suite 101, Vancouver, WA 98665.

This workshop will provide unbiased information from a SHIBA Volunteer, trained by the Washington State Insurance Commissioner's Office, and is intended for individuals who are going to be eligible for Medicare in the near future. We also encourage individuals who are acting on behalf of aging parents or family members that will become eligible to attend the session.

The information will cover Original Medicare parts A and B, part C Advantage plans, part D prescription advantage plans and Supplemental plans.

SHIBA Helpline is a statewide network of trained volunteers who provide individuals and families information about health insurance and assistance programs available in Clark county. The SHIBA Helpline program is locally sponsored by RSVP/Volunteer Connections, a program of the Human Services Council.

To register, for this workshop please call 735-3683. Space is limited and those that can not be accommodated at this workshop may sign up for future workshops (dates to be determined).

For information or assistance on health insurance call the SHIBA Helpline Program at 735-3686.



Volunteer & Play Games!

Do you enjoy playing board games, figuring out puzzles, working with crafts or playing a music instrument? Then this is the perfect volunteer position for you!

Lakeshore Elder Care is seeking volunteers to serve as Activity Directors Monday, Wednesday, and/or Friday afternoons. Volunteer will work with seniors who have Alzheimer's, Dementia, or other physical disabilities.

HELP - MOTIVATE - LEAD!

Do you have a passion for helping others? Are you good at motivating people to support your cause? John Quincy Adams once said, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

Many organizations in our community need someone just like you to help get things done. The recession has had a significant impact on community non-profits and their ability to address community issues. Some non-profits are struggling to maintain their funding while at the same time, seeing an increase in the demand for services.

Are you a good organizer? Do you want to learn to lead a project? Do you already have experience in managing projects? Your community

needs you. Volunteers are needed to lead "done-in-a-day" projects, community events, fundraising activities or volunteer coordination. It's a great way to network, make new friends, have fun, and keep your skills active while helping your community. Time commitment varies and training will be provided.

Enjoy Gardening? Lead a team of volunteers in yard clean-up for low-income seniors or neighborhood beautification projects; lead a team of volunteers to weed and maintain a vegetable garden that will support the community food bank; or help install a community garden to revitalize a low-income neighborhood.

Experienced in Home Painting? You're need to lead a volunteer team in a community revitalization project.



**Ever wonder what happened to the salmon in Salmon Creek?
BECOME A STREAM STEWARD!**

The Stream Stewards Program is a free learn-n-serve program of Clark Public Utilities StreamTeam. Commit to 45 hours of hands-on, professional level workshops on the following: Hydrology, Geology, Birds, Mammals, Water Quality, Native Plants, Macro Invertebrates, NatureScaping, Riparian Habitats, Salmon, Reptiles, Amphibians, Native Plant Restoration.

The Stream Stewards Program is free of charge for Clark County residents. Stewards pay back their tuition through 45 hours of volunteer time with the StreamTeam or one of their partners. Stream Stewards also enjoy continuing education opportunities and social events with other like minded individuals.

What are Stream Stewards saying?

"Excellent! Everyone should take this course!"

"I was thoroughly impressed and felt that many of the presentations, although only touching the basics, were better prepared than some of my university classes."

"It's been a very long time since I've had such an enjoyable time learning."

For more information call Volunteer Connections!

Rose Village Paint-a-Thon - Help low-income residents of Rose Village with a revitalization and renewal effort to help improve the neighborhood. Make a difference for a local family while working with Americans Building Community (ABC) Inc. & Volunteer Connections to transform home during a fun filled "PAINT DAY" September 12th and 26th.



Back To School Time - Not Just For Kids Anymore!

Students will be heading back to the classrooms this month, and the teachers are hoping they're not the only ones. In difficult economic times it's not only the businesses and non-profits, but also the schools who are enduring difficult budget cuts. Volunteers are needed now more than ever to help fill these gaps that budgets may have left. Can you offer an hour a week to help students succeed in your county... city...neighborhood?

PEN PAL - Volunteers are needed to write to a 4th or 5th grade student once a month, 30 minutes approximately, to help them build their writing and communication skills. At the end of the school year the volunteers and students get a chance to meet face to face at a desert social. Teachers involved in the program have found it to be especially beneficial, "I have been involved with this program for 15 years. It is so valuable, and students make real life connection through writing."

AMERICA READS/COUNTS - Volunteers serve as tutors and mentors to students in a group or one-on-one settings assisting them with building their literacy and math skills. Training and orientation is provided so no experience is necessary, just a helping heart and a willingness to follow the direction and curriculum the school makes available.

LUNCH BUDDY - Enjoy a one hour lunch, once a week, with a student in the Evergreen and Vancouver School Districts.

CLASSROOM AIDS - Assist the teachers with basic clerical work, preparing materials for class, and special projects.



Enjoy Working with People? Help coordinate and support a team of volunteers that are serving in the schools, or help lead a team of volunteers in planning and/or leading "Done-in-a-Day" projects that support local non-profits and help educate volunteers about issues facing our community.

Interested in Disaster Preparedness? Volunteer leaders are needed with experience in several areas included logistics, stress management, grief counseling, and security.

Interested in Health Access Issues? Work with our Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine Program and assist with community education and outreach, networking and resource development and/or special projects.

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CALLING ALL HEROES and HEROINES too!
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Do you have an hour each week to spend eating lunch with a child? To make a difference? Possibly even to change a life?

Please consider becoming a Lunch Buddy to a local child. The need for Buddies is great, the rewards are huge, and you — **yes, YOU, my friend** — are the *perfect* person for the job.

- **20** Vancouver elementary schools participate in the Lunch Buddy program, probably one near where you work or live.
- **450** Good-hearted folks *just like you* have found the time to spend 45 minutes a week with their student buddy. (You're going to eat lunch at least once in a while, right?)
- **Over 100** children are on the waiting list for someone to step forward to be their buddy.
- **Two-thirds** of the kids on the waiting list are boys—the need for male buddies is particularly urgent.

**Q: "Can I really make a difference in just an hour a week?"
A: YES YOU CAN!**

Call the Volunteer Connections office to get involved.

Loaves & Fishes

Loaves and Fishes enriches the lives of seniors and assists them in maintaining independence by making nutritious food and social contacts. Volunteers are needed as kitchen aids any day Monday-Friday 9 a.m. - 12 p.m. and/or 1 - 3 p.m. Food handlers cards are required. Volunteers are also needed as drivers on Wednesdays to deliver meals to homebound individuals as well as Volunteer Coin Counters on Wednesdays at 1:30.