



**Red Cross Operating Shorthanded – Do you have the heart to help a few hours a month?**

Presently the **Southwest Washington Chapter of the American Red Cross** is operating shorthanded. We have several blood drives planned for your community in the next few months. The Red Cross needs volunteers to help with registration, escorting donors or serving refreshments to donors at local blood drives. Volunteers are called as blood drives are scheduled to see if they are available to assist. It is completely at the volunteer's discretion which drives they work. Each volunteer may establish his or her own time commitment, ranging from once or twice a week to once every one or two months. This is perfect for those of you with a kind and gentle heart, but can't commit to great amounts of time due to schedule conflicts or health limitations. No previous volunteer experience is required. Please call the Volunteer Connections office at 360-735-3683!

**MEDICARE FORUM MONDAY, NOV 9TH**

Mark your calendar for a free, **Medicare Forum: Making the Most of Your Medicare Benefits.** The event will be held at Rudy Luepke Center from 9:30-11:30.

Representatives from the Centers for Medicare and Medicaid, Social Security, and SHIBA Helpline will be on hand to provide information on the basics of Medicare Benefits, Parts A, B, C & D, eligibility, Social Security, Extra Help, and information on changes that could affect your benefits for 2010. Information on health and community resources will also be available. Afterwards you can stay for lunch (suggested donation of \$2.65 for 60+) and there will be a flu shot clinic available after the lunch time. **For more info, or to Register for this event call Volunteer Connections at 735-3686. Seating is limited.**

**Lunch Buddy Information Session**

**Thursday, October 29**  
12 - 12:45  
**Bates Center**  
2921 Falk Road  
(south side of Roosevelt Elementary School)

A lunch buddy commits to having lunch with the same student once a week during the student's lunch period. Buddies play games and do crafts together.

**Volunteers...the Power of One**  
To the world you may be one person, but to one person you may be the world.

To anyone who utilizes the skills and talents of volunteers at their agency, that quote proves so true. Volunteers serve in numerous different ways, some on large projects and some on small, some for many hours and some for only a few. But no matter if you volunteer one or a hundred hours a month, or assist with health insurance questions or write letters to children, what volunteers do in our community makes an impact...even if to just one person...YOU make a difference. And it's all through the Power of One.

In November 2009 RSVP will be holding its annual Volunteer Recognition Luncheon with the theme "Volunteers...the Power of One." We will also be presenting the "Outstanding Volunteers of the Year" Award. We congratulate the following volunteers who were nominated. Meet these volunteers and be inspired to make a difference in the community yourself!

**Carol Carlson, nominated by Clark County Volunteer Mobilization Center (VMC).** Carol serves as an emergency response volunteer supporting disaster preparedness and recovery from declared local disasters. Among her projects Carol has helped to tailor the VMC manual to needs of the organization. She has done research on insurance for spontaneous volunteers and calls all new volunteers for introduction to the VMC. Carol's activities include attendance at all trainings, writing of newsletter articles and volunteering at the Clark Regional Emergency Services Agency events. "Carol's quiet and continuous presence is certainly key in the foundation of the Volunteer Mobilization Center".

**Sandi Osborn, nominated by the Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine.** Sandi has been with the program since 2006, contributing 6-8 hours each week. She assist individuals and families at our drop-in counseling sites and by phone. She helps train other volunteers, makes presentations to community groups and health professionals, and staffs our booth at community fairs. She is a dedicated volunteer, and pursues all avenues she can in order to help a client. Sandi is very knowledgeable, professional, caring and an anchor of our program.

**LaDonna Lopossa, nominated by Clark County Food Bank.** Ladonna has been a great help to the Clark County Food Bank and throughout our community. This lady fought to save her life through medical advancements, and all the while volunteering whenever she could. It is not only been the medical treatments that have kept her going these days. Recently her health issues put her in the hospital but as soon as she was strong enough she started right back volunteering. She is an amazing woman, focusing her life on service and helping others. Since Sept of 2003 she had been helping the North County Community Food Bank. She also branched out to volunteer with other organizations and she as helped with the Rose Parade Float, Battle Ground Adventist Community Center and the SHIBA Helpline Program.

**Willa Fletcher, nominated by the Clark County Clerk's Office.** Willa volunteers for the Guardianship Monitoring Program reviewing reports that have been filed by the guardian for required information and any change that need to be noted. She also watches for accounting irregularities that should be addressed. "Without Willa, it would be impossible for the Clerk's Office staff to review all of the care plans and accounting information required for the over 800 open guardianship cases we have in Clark County. Although Willa takes her volunteer work very seriously, she is always cheerful and pleasant. Her work ethic and attitude sets a positive example for all our full time employees and especially our young volunteers and temporary employees."

**Rex Johnston, nominated by the Washington State Attorney General's Office.** Rex is a Complaint Analyst maintaining a personal complaint load of over 30 consumer complaints against businesses that he mediates through letters, email and telephone calls. "Rex sets the standard for persistence in getting a hold of companies to mediate complaints. He is quite clear and effective at communicating how the process works and how it is beneficial for businesses to respond. He always arrives early for his volunteer shift and frequently stays after his scheduled to complete phone calls or paperwork."

**David and Sandy Leach, nominated by Clark College Adult Literacy Program.** Both Sandy and David have had multiple assignments from working with individual students to facilitating conversation groups. "They both take personal and professional interest in their students, helping them build both their skills and self-confidence. As a former pastor, David is skilled at mentoring students and providing guidance as well as stimulating conversation. Sandy led a conversation group for a number of years for lower level students and would regularly stay after the group or come in especially to help an individual student."

**Juanita Womack, nominated by Martin Luther King Elementary.** Juanita volunteers as a reading tutor for first and second grade students in building up their reading skills, learning letter names, reading nonsense words, and building up their reading fluency. She also is a lunch buddy who shares lunch once a week with a student and builds up a mentor relationship. "Juanita is such a special lady to our students that she is known as "Grandma Womack". Her cheerfulness spills out when she smiles at you with her twinkling eyes, and gives you a word of encouragement or tells you a joke. She spreads joy, laughter, and love everyday she volunteers at King Elementary."

**CT Thurston, nominated by AARP-Tax Aide Program.** As Communications Coordinator CT has developed campaigns to find and develop volunteers, establish and publicize tax preparations sites, improve communications within all levels of the organization and arrange yearly functions to thank volunteers. "CT goes out of his way to be of service to our clients (public) and to connect with our other volunteers. While preparing a tax return he will look up anything to try to improve the result for the taxpayer. We are trying to diversity our volunteers and CT has been a leader in reaching out to new volunteers and making them feel comfortable in the group."

**Rae Tennyson, nominated by Columbia Land Trust.** Rae assists with new member acquisition mailings and member renewal mailings. She has also assisted in assembling invitations to the biggest fundraising event—Wild Splendor. "Rae's attention to details and willingness to perform any task we ask of her is very much appreciated. The job can be monotonous but with the right mix of volunteers the hours fly by. Rae truly makes a difference and we are inspired by her dedication to volunteering."

**Courthouse Information Booth Volunteers, nominated by Clark County Courts.** The Courthouse Information Booth volunteers assist courthouse visitors to find services, hearings and trials within the Courthouse as well as in other locations within the downtown area. "All the volunteers assist the courts and the staff in a huge way by assisting visitors to the services or court proceeding they seek. This is particularly useful because it tends to reduce the frustration and anger most folks feel, often simply because they have to come to court. The Information Booth volunteers distinguish themselves by learning about how the courts operate and by going out of their way to learn and know what and where other government agencies do business as well."



**October 24 - Make A Difference Day** is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. Everyone can participate and millions of people in their communities across the country will be volunteering that day, accomplishing thousands of projects in hundreds of towns. You can join projects going on right here in Vancouver/Clark County. There will be numerous opportunities throughout the month of October for you to contribute and make a difference. You can help revitalize neighborhoods by helping with planting shrubs and trees, painting homes, and helping seniors with yard debris and clean-up. If you would like to join in call 735-3683.