



Department on Aging

*Sedgwick County...
working for you*

RSVP Volunteer Program Newsletter

HAPPY NEW YEAR

Top Ten Reasons to Volunteer in 2012

It's one of the top ten New Year's resolutions people make every year. Ask someone you know to volunteer. Here's some help.

10. It just makes you feel good. No matter how busy and stressful and caught up in your own life you may be, donating your time to a worthy cause will make you feel GOOD.

9. Fed your passion. Contribute your skills to something you love and feel passionate about.

8. You want to something that is flexible. You can choose a time commitment from a one-time-only event, a couple times a month, to several hours a week.

7. You might get a paying job. Volunteering allows you to network and show off your skills to a potential employer.

6. Discover a new talent. Volunteering allows you to try something new, explore a new interest that you otherwise haven't had the chance to do.

5. Improve your health. Recent studies have shown that volunteers are healthier both mentally and physically than their non-volunteering peers.

4. Your good intentions are recognized and rewarded. RSVP volunteers are shown appreciate for service with gas cards, free insurance, annual banquet, and awards.

3. It connects you to the community.

2. Volunteers make friends

1. You can change the world today.

**Sedgwick County
Department on
Aging
2622 W Central, Ste
500
Wichita, KS 67203
316-660-5134**

Annette Graham
Sedgwick County Department on
Aging, Director

Teresa Hatfield
RSVP Program Manager

RSVP Advisory Council Members

Margie McFrederick
Chairperson

Aimee Shank
Vice Chairperson

Robert DeMent
Secretary

Dan Boogle

Garold Carpenter

Sue Carpenter

Dr. Lyndon Drew

John Gedraitis

Vernon Koerner

Jamie Prothro

L. Annette Rolfe

Winter Blues or Something More?

We've all felt that way, the winter blues, trapped in the house, day after day of gray, the temperature doesn't get above 35, and the nights are so long.... But is it just the winter blues or something more? Seasonal depression or seasonal affective disorder (SAD) occurs in 4 to 6 percent of the U.S. population. It occurs at the same time every year in the late fall or early winter and goes away during the sunnier days of spring and summer.

The exact cause of SAD is unknown, but most research points to the changes in available sunlight. Risk factors include: being female, living far from the equator where sunlight is less available, family history, and having had clinical depression or bipolar disorder. Symptoms include; fatigue, increased need for sleep, decreased levels of energy, weight gain, increase in appetite, difficulty concentrating, and increased desire to be alone.

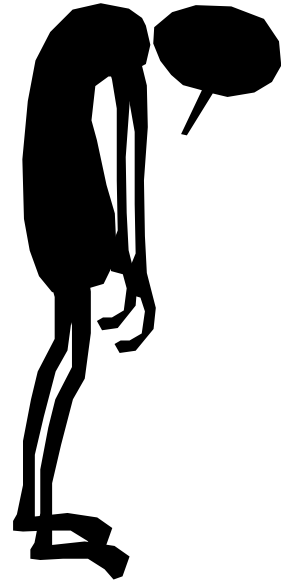
Reduced levels of sunlight in the fall and winter may disrupt your body's internal clock, this disruption may lead to feelings of depression. Reduced sunlight levels may also affect brain chemicals that control mood, and sleep patterns. If you are

feeling down for several days at a time and you can't get motivated to do normal activities it might be time to see your doctor.

Here are some things to keep in mind when visiting your doctor. Record your symptoms so you can tell your doctor how you are feeling. Write down when you began to feel depressed and when it ends. Tell you doctor about any mental or physical health problems you have. Take note of any recent life stressors. Make a list of the medications you are taking. Rest assured that there is treatment available.

If you or someone you know experiences feelings of suicide get help immediately. Call Crisis Intervention Services at 660-7500 or call 9-1-1.

For more information about this topic visit the Mayo Clinic website at www.mayoclinic.com.



Recruitment Contest

The best way to get someone to volunteer is to ask them. Our community is in need of caring individuals willing to volunteer. Starting January 1, 2011 until the volunteer recognition banquet, RSVP will hold a volunteer recruitment contest. The volunteer who recruits the most new volunteers during that period will receive a **\$50.00 gift**

certificate to Dillions. New volunteers will have to state or write your name on the volunteer application in order for you to get the credit. I will track the number of volunteers you recruit. The winner will be announced at the volunteer banquet.

GOOD LUCK!!!

Welcome new RSVP Volunteers

All of our volunteers bring their own unique skills and talents, we are thankful for all the work you do. Welcome to RSVP!

Genevieve Wacker	Dorothy Mims	Geneva Hendrix	Richard Brown
Marion Pierce	Elsie London	Carter Hammond	Dorothy Young
Sharon Espinosa	Erin Kimminau	Joanne Hammond	Diane Roads
Betty Hosler	Edgar Lincicome	Carolyn Bennett	Anne Uhler
Margery Berg	Jean Schmidt	Shirley Rose	Roberta Hein
Joyce Armstrong	Alice Kaul	Henry Bozarth	Gertrude Craig
Pat Bowen	Margaret Fanjoy	Janet Watts	Clara Heart
Virginia Shearer	Mary Brand	Nina Good	Norma Sullivan
Glen Berg	Sylvester Canady	Jacki Watkins	Joy Ray
Linda Suiter	Vivian Smith	Melba Widdowson	Alice Magson
Linda Jewett	Daniel Smith	Jonell Davis	Gloria Barrientez
Lorain Scolari	Shirley Nail	Wesley Belote	
LuVerna Duerkson	Mary Coleman	Ruthie Johnson	

Volunteer Opportunities-We Need Volunteers

American Red Cross: By supporting the continuous need for blood donation, RSVP volunteers help the American Red Cross maintain a high level of readiness in response to disaster preparedness. Volunteers are needed to help support this critical mission in our community. If you or someone you know is interested in volunteering for the Red Cross please call the RSVP office for more information.

Robert Dole Medical Center: With the new influx of younger veterans and the changing needs of veterans, the need for volunteers has grown. The Robert Dole Medical Center seeks to positively impact the quality of life of veterans and improve military family strength. The RSVP Volunteer Program has worked with the veteran's hospital in Wichita, the Robert Dole Medical Center for many years, but the continuing needs of our veterans do not end. If you or someone you know is interested in supporting this mission please call the RSVP office for more information.

Wichita Mid-Continent Airport: RSVP is looking for several volunteers willing to staff the information booth at the airport. The shifts are 4 hours, and you will have the opportunity to meet people from all over the world. This opportunity allows you to tell visitors to Wichita about our great city. If you are interested in this opportunity please call the RSVP office for more information.

Peer Support Program: If you are interested in making a connection with another older adult, the Peer Support Program is a wonderful opportunity. Volunteers are matched with participants for a 10 week period. Peer Partners meet once a week for an hour to help participants set and achieve personal goals. This is a great chance to help some in need.

RSVP News

There is still time to submit your volunteer hours for 2011. If you have volunteered at any of the RSVP volunteer stations below, please submit your hours. Volunteer hours are used to calculate how well our state is responding to community need and service. Kansas is currently ranked number 7 overall and number 3 for people over age 55 in volunteer service. It would be very nice to number 1 in 2012.

Remember RSVP can only use hours submitted for a volunteer station that we partner with. If you are volunteering somewhere that is not on the list, please let me know, we might be able to partner with them. If you submit hours for a station that we do not partner with or for volunteer work done on your own it will not count for RSVP credit. Hours need to be submitted by January 31, 2012 to qualify for the President's Volunteer Service Award.

Active Aging	Good Grief of Kansas	Ronald McDonald House
Alzheimer's Association	Goodwill Industries of Kansas, Inc	Sedgwick County Health Department
American Cancer Society	Habitat for Humanity	Sedgwick County Extension
American Diabetes Association	Harbor House	Sedgwick County Zoo
American Heart Association	Harry Hynes Memorial Hospice	Senior Services Inc. of Wichita
American Red Cross - Blood Services	Haysville Senior Center	Sisters of St. Joseph
Arthritis Foundation	Heartspring	Trees for Life
Bentley XYZ Club	His Helping Hands	TRIO Educational Opportunity
Big Brothers Big Sisters of Sedgwick County	Inter-Faith Ministries	Union Rescue Mission
Botanica: The Wichita Gardens	Kansas Aviation Museum	United Methodist Open Door
CASA of Sedgwick County	Kansas Children's Service League	United Way of the Plains/
Catholic Charities Inc.	Kansas Humane Society of Wichita	Urban League of Kansas
Central Plains Area Agency on Aging	KPTS	USD 259
Cheney Senior Center	Kidz Cope	Via Christi-St Francis Campus
City Arts	La Familia Senior Center	Via Christi-St Joseph Campus
Clearwater Senior Center	The Lord's Diner	Via-Christi Hope
Communities in Schools	Make-A-Wish Foundation	Water Center
DCCCA Family Preservation Services	Mt. Hope Senior Center	Wichita Area Library Association
Dear Neighbor Ministries	Muscular Dystrophy Association	Wichita Children's Home
Derby Senior Center	Museum of World Treasures	Wichita Festivals, Inc.
Diversity Kansas	National MS Society	Wichita Mid-Continent Airport
Dress for Success	O.J. Watson Park	Wichita Radio Reading Service
Early Head Start	Office of the District Attorney	Wichita Sedgwick County Historical Museum
Exploration Place, Inc	Old Cowtown Museum	Wichita Sports Commission
Families Together, Inc	Orpheum Theatre	YMCA
Gateway of Garden Plain Foundation	Pure and Simple Health Education Inc	Youthville
Gerard House	Regional Prevention Center	
Go Wichita	Robert Dole Medical Center- VA	



For information and answers on aging
Call:
Sedgwick County Department on Aging/Central Plains
Area Agency on Aging
316-660-5120 or
Visit our website
www.cpaaa.org

Sedgwick County Dept. on Aging
RSVP Volunteer Program
2622 W Central, Ste 500
Wichita, KS 67203
Address Correction Requested