



Join us... and experience the many ways you can have fun supporting your community with friends and other volunteers! Read this year's stories of RSVP volunteers who have already made a highly appreciated commitment-

April 24, 2019

Port Townsend, WA.

RSVP of Clallam/Jefferson

"We owe these heroes a great deal- it is our solemn responsibility to ensure that all veterans receive the care and respect they have earned." Bill Foster

In November of 2018, a military veteran in a remote rural area in Coyle received a support visit from RSVP volunteers with the Vet Connect program. They were responding to a call for help from a man who was losing his eyesight and needed help with medical benefits. Due to his failing eyesight, he'd had a car accident and was desperate for assistance to transport drinking water and food to his home. He had no one available to help him after the accident. The projected surgery for both eyes amounted to \$8,000. He did not have savings to cover the medical procedures. Rita Frangione- Volunteer Director of the Vet Connect program found a volunteer, a former Navy Corpsmen, to accompany her visit to this elderly gentleman. The volunteer drove with her to bring application paperwork and information needed to apply for VA benefits. They also brought him a phone card to maintain communications during the time he was incapacitated. He was walked through the application process for healthcare benefits to get the necessary eye surgeries taken care of. His application was sent November 13th, 2018 and a reply came back from the Veteran's Administration three weeks later. The letter stated he was indeed eligible for medical coverage to fix both eyes. This veteran accessed ECHHO (another program where RSVP volunteers participate in providing transportation to medical appointments) to travel to his surgery appointments. Just before Christmas- he received the gift of returned sight to one of his eyes. During the recovery process and immediately after the accident this veteran's 'community of volunteers' hauled a two week supply of water to him and brought food home from the food bank. Just last week he was able to have surgery on his second eye. This man's life has been improved with friends from his community and other veterans who took it upon themselves to lend a helping hand when it was desperately needed.



Washington State



Clallam/Jefferson RSVP Program

May 2018 RSVP

The Port Angeles Senior Nutrition program at the Senior & Community Center has a dedicated group of volunteers who have volunteered for a decade or more. These Senior Corps volunteers work with Clallam/Jefferson Retired and Senior Volunteer Program to greet senior diners each afternoon. Four afternoons a week, diners from the community pay a small fee to sit down to a nutritious meal prepared by the OlyCAP cook. This meal experience is enhanced with the social companionship of other diners who enjoy conversing about local community events.

These RSVP volunteers donate time and effort to provide a welcoming experience. They set tables and clear away at the end of the meal. Another small valuable group of volunteers drive and deliver meals to housebound seniors. Volunteers who directly touch or handle food take an on-line course for the state required Food Handler's Permit. This ensures they can participate in the kitchen to serve food and assist in prepping. They are reimbursed for the cost of the \$10.00 test and in the process earned a professional certificate. These wonderful volunteers support RSVP and the Senior Nutrition program several hours a week providing assistance to the chef and to fellow diners. They form a unique team who manage to keep the atmosphere lively and supportive for everyone entering the dining room.

Last year this RSVP unit of volunteers served 1,936 hours of support service to adult seniors who cannot access grocery stores easily, do not have friends or family nearby, or no longer drive. These volunteers commit much of their free time to their

RSVP Volunteers with the Senior Nutrition & Home Delivered Meals Program



Becky & Anne



Lora



Anne



Celia

community because they receive satisfaction helping their peers, want to meet others, and wish to challenge themselves to learn new skills. At the heart of the Senior Nutrition and RSVP programs there is always a place to learn, meet friends, help others, and work together as a team!

“You may not have saved a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are a pretty rich man.” **Seth Parker**



December 2017

Clallam/Jefferson RSVP 823 Commerce Loop- Port Townsend Washington 98368

It is December, the month of giving. Two women with their families recently accessed the Port Townsend Food Bank for food supplies and expressed sincere thanks afterward to Shirley Moss (Food Bank Director) and her crew which includes Senior Corps members. There are eighty-one Retired

and Senior Program volunteers, 55 and older, working regular hours monthly to distribute emergency food, load and unload food trucks, and clean the premises.

These dedicated, hardworking Senior Members provided the backbone of service to 1,284 households in the month of November alone. These volunteers identify with crisis situations such as: illness and catastrophic falls, loss of employment, homelessness, and sometimes mental illness. Often these situations push families over the financial edge, requiring them to gather food and supplies from this food bank site.

One quiet unobtrusive woman planted herself in front of Shirley this month to say, "You have no idea how much this food bank means to me and my family." A second woman echoed this sentiment when she said, "My family is going through a very rough time. Yesterday was the first time we had to use food bank services. It was also the first time our stomachs have been full and we have had leftovers in a really long time!" Since that day, this mother regained employment. She and her family are survivors of a difficult time in their lives.

This local OlyCAP RSVP program, funded by federal and state tax dollars, has put 240 volunteers across two counties to work. Volunteers serve twenty-three different community agencies assisting disabled and senior adults, veterans of the armed forces, and youth. They provide tutoring support, referrals for veteran benefits, transportation, housing and utility assistance, and emergency food distribution. The 36,649 hours served this calendar year, valued at an hourly rate of \$24.14 by Washington State, translates to \$884,706.00. With deducted program costs, volunteer hours provided by the OlyCAP Clallam/Jefferson RSVP Program proudly equates to \$810,968 in tax dollars returned to our communities.

November 2017

Port Angeles, WA OlyCAP's- RSVP of Clallam/Jefferson Counties

By John Kendall

Volunteer researcher with the Clallam County Historical Society

Retirees across the North Olympic Peninsula are in good company.

One study put the median age of Clallam County residents at 49.6 years, which means half the population is older than that and half younger. Another study had Jefferson County's median age at 57.3 – the country's tenth oldest county.

Retirees adjust to abandoning the workaday world in different ways. Many couples travel; others run out of mystery books by their favorite author, and how many crosswords can one person do in a day?

"We'd love to hear from you," said Jane Covella. She is the RSVP program manager for the two counties. RSVP (Retired and Senior Volunteer Program) is a non-profit program of OlyCAP (Olympic Peninsula Action Programs), and

began locally in 1972 with grant funding from the Corporation for National and Community Service, established in 1965, and the state Department of Commerce.

The RSVP program currently oversees 236 volunteers; last year they contributed more than 40,000 hours. Some program volunteers are run directly by RSVP and OlyCAP; for others (Port Angeles School District, Boys and Girls Club, Jefferson Community School, food banks, Head Start), the agency finds and process volunteers.

Currently, RSVP seeks volunteers for these roles:

- The ECCHO program provides medical supplies and transportation. As many as 40 volunteers are needed “desperately,” Covella said, to provide transportation to the Veterans Administration and other medical facilities in the Seattle area. Drivers receive mileage reimbursement. Others are needed to deliver wheelchairs and crutches.
- Port Angeles Food Bank needs five volunteers; the five in Jefferson County could use 20.
- OlyCAP Head Start needs classroom volunteers.
- Jefferson Community School needs two tutors.
- The Port Angeles School District needs as many as 20 tutors.
- OlyCAP Emergency Services is looking for a substitute receptionist at the youth counseling clinic in Port Townsend and would benefit from a volunteer with grant-writing experience.
- Needs as many as 40 volunteers for the Sequim Boys and Girls Club; ditto for the Port Angeles club. “We’d love to have tutors with computer experience,” said Covella, “and others who can help tutor with homework assignments.”
- Vet Connect needs veterans who can help other veterans and do home visits.
- Encore, which provides adult day care, has no current need for volunteers.
- Senior Nutrition needs drivers to deliver meals three days a week in Sequim and Chimacum areas.
- The Senior and Community Center in Port Townsend is looking for a volunteer coordinator and volunteers to serve meals for the center’s Senior Nutrition Program.
- Volunteer Services needs drivers and those who can provide help with chores; up to 30 are needed in each county.

To find out more about these openings and others, go to OlyCAP.org and hit the RSVP button under “Get Involved.” That link includes an application and background check form. The application process is free. Food handler permits

are required for the Senior Nutrition Program. The permit course is available online for \$10, and can be reimbursed.

You may also contact Covella, who is based in Port Townsend. Her phone is 360-385-2571 or email jcovella@olycap.org. RSVP's only other salaried employee is part-timer Debi Maloney, who is available at the Port Angeles Senior Center, second floor, 9:15 a.m. to 2:30 p.m. Monday through Friday; phone number is 360-460-2458 or email dmaloney@olycap.org

"We'll find out what your interests are and match that to a position," said Covella. "We are always flexible in arranging schedules. You can do a trial run – give it a shot for a week and see you feel about continuing on."

Added Maloney, "If someone is new to the area, volunteering can help build social ties along with providing mental and physical stimulation."

"We invite you to become a part of our expanding volunteer programming to help community members live in a more rewarding and positive way," said Marki Lockhart, Community Service Director of OlyCAP. "Contact Jane or Debi to get started."

The RSVP program is designed for those 55 and over, but Covella has worked with other interested volunteers. "A 25-year-old student is getting educational work experience degree through another OlyCAP program, the North Olympic Volunteer Corps. She now works in Head Start and is getting great job experience." Then there is a 100-year-old tutor at Hamilton Elementary School in Port Angeles who is awaiting reassignment.

RSVP currently has no presence in Forks, where Covella said there is need for a volunteer to support the Smile Mobile annually when it provides dental care there to children and pregnant mothers. This short-term opportunity is also available in other communities each year providing volunteers are already placed at a current volunteer work site and have a cleared background check on file.

Other area volunteer programs include one at Olympic Medical Center, with opportunities in Port Angeles and Sequim. During 2016, the program's volunteer base remained at over 100; they volunteered 12,398 hours. For further information, contact coordinator Kathy Coombes at kcoombes@olympicmedical.org or phone 360-565-9110.

Fire protection districts need volunteers – districts west of Port Angeles only have volunteers. For example, Clallam County Fire District 3, which surrounds Port Angeles, offers on-the-job training as emergency medical technicians through Peninsula College and firefighter training through the fire academy; those are paid positions.

City and county residents can apply on advisory boards and committees.

Interested Port Angeles residents can contact city clerk Jennifer Veneklasen at 360-417-4634 or jvenekla@cityofpa.us for suggested vacancies. "For us, getting people interested now is good because we have a renewal process in February," she said. The Clallam County website has links to "Boards,

Committees and Groups" and "Volunteer/Citizen Participation." Jefferson County, Sequim and Forks have similar information on their websites.

Parents can volunteer at school parent-teacher groups, on sports teams as coaches or umpires/referees or with Cub Scouts, Boy Scouts, Campfire Girls or Girl Scouts.

Sports and other events held throughout the Peninsula, especially in the summer, always need volunteers, as do police, fire and sheriff's departments. Cities and counties need volunteers for their visitor information sites.

Historical and genealogical groups are always looking for help, as are churches, service organizations and animal shelters.

"As someone once said, 'Those who can, do. Those who do more, volunteer,'" said Covella.

October, 2017

Port Angeles, WA OlyCAP's- RSVP of Clallam/Jefferson Counties

"Reading is a message-getting, problem-solving activity, which increases in power and flexibility the more it is practiced. Teaching...can be likened to a conversation in which you listen to the speaker carefully before you reply." Marie Clay (excerpt from a New Zealand researcher and clinical psychologist)

Volunteer tutors from the Retired and Senior Volunteer Program (RSVP) work in Port Angeles schools in Clallam County and take Marie's approach to listen carefully to each child as they read aloud. The technique of focusing on and listening to each child, showing interest in the books they read, reviewing words a student has trouble with, encouraging reading several times weekly, and working one-on-one to give undivided attention to each student is bringing very successful results.

Last year two dedicated tutors donated nearly 100 hours of time to assist sixteen elementary students. These tutors worked consistently throughout the year with students from kindergarten, first and third grades to teach specific letters and sounds. At the end of the school year seven students advanced to join peers in reaching grade level literacy. Five other students exceeded grade level requirements for improved language skills and literacy skills, and four additional students showed marked improvement and became more involved and interested in reading curriculum. Volunteer mentoring and tutoring support helps teachers to advance lagging students to join classmates more quickly because extra time has been spent individually with an RSVP tutor.

In this school year additional student assessments and attendance logs will be kept by teachers and tutors to assess student learning. Pre, mid-year, and post skill tests will be given to students as part of their regular school day to record whether tutoring in reading, language, and other critical skills will continue to boost students ahead- students who have trouble learning at the same pace as their classmates or do not have books at home to help them succeed. Our RSVP program will once again recruit volunteers who will be energetic and motivated to inspire children to learn the value and fun of reading.

September 2017

Clallam/Jefferson RSVP

"No one is more cherished in this world than someone who lightens the burden of another." - Author Unknown

A dynamic duo husband and wife team have been "lightening burdens" for over a decade with work in the Retired & Senior Volunteer Program (RSVP) serving up food for senior meals and handing out food supplies to clients. Every month Eloise and Mike Langenbach manage the Brinnon Food Bank, to organize a large team of volunteers, head up the collection of 12,000 pounds of food typically distributed to more than 450 households. They do not receive pay for this work. Their reward is grateful appreciation and acknowledgement from individuals and families who collect emergency food once a week.

In the past 12 years- they've been retired from 'official' jobs but they have put in over 5,300 hours of dedicated work to their community. Two thousand four hundred individuals have benefitted from Eloise and Mike's dedicated and unselfish efforts, as they see what it is like to stride into their mid- 70's still working as hard or harder than when they were paid to make a living. Teens they supervise and who wish to contribute to this ongoing food supply effort (with 50 hours of volunteer community service hours to earn) express satisfaction about learning something good about themselves in the process. The combined group efforts of these "young and old volunteers" demonstrate the spirit of this tiny community to fight back against rural isolation and life's hardships to cherish others.

The Clallam/Jefferson RSVP program is operated by OlyCAP a non-profit community action program with a mission to "lead and engage the community to promote self-reliance on behalf of those we serve while embracing innovation and collaboration with the determination and commitment to build a healthier community- helping people and changing lives."

August 2017

Clallam/Jefferson RSVP

"We make a living by what we get, but we make a life by what we give."

Winston Churchill

With all of the talk in the news about senior citizens living on fixed incomes and trying to make ends meet on a month-to-month basis you might be interested to know that Quilcene Food Bank served 429 households this spring from May 1 to June 30. People 55 and older comprised 1,251 visits during that time to receive emergency food provisions so that they had food to last the month. This program operates with support from OlyCAP's RSVP program which is funded by federal funding from the Corporation of National and Community Service and with state funding from the Department of Commerce.

The food bank site operates out of the Quilcene Community Center with a support base of thirteen volunteers who during this time period generously donated nearly 300 hours of volunteer time to keep the program operating.

Two very important volunteers are a dedicated husband and wife team David and Margot Hamilton. They have volunteered with the Retired and Senior Volunteer Program supporting their rural community for over two years.

This is what the Food Bank Director, Leslie had to say about their efforts, "These two volunteers are amazing- without their help I don't know if we could make it! Margot handles the produce area getting it ready for clients, and David is very flexible at doing different job tasks and has a great sense of humor. We are very fortunate to have all of our volunteers!"

Margot said that they do this work because it is so very fulfilling to get to know the people who receive the services, to offer kind words of support and to provide information for growing and using the available produce.

July 2017

Clallam/Jefferson RSVP

["Only a life lived for others is worth living."](#) — Albert Einstein



On June 5th the Vet Connect Program lost a very important volunteer. He passed away after providing companionship support to five veterans in their homes on a regular basis. These veterans did not have close family for weekly check-ins to make sure they had groceries, medical care, and were still cognizant and able to live independently.

DAN COLLINS was a Retired Navy Veteran, he worked tirelessly in his years of volunteer service with the RSVP program a Senior Corps program for National Service and Vet Connect. He accumulated 452 hours of work to meet with military veterans, greet and welcome veterans at Stand Down events, answer referral questions about the CHOICE program and VA benefits, offer dental referrals for emergency care, and worked at VFW Post 7498 in Port Hadlock to meet with drop-in veterans to answer questions about access to the services they usually don't know about. Dan was always the first one at an event and the last to leave.

The Vet Connect program of Jefferson County collaborates with the following agencies in these efforts: Veterans VA, OMC, VIMA, CHOICE, DAV, Camp Beausite, NW School of Wooden Boat Building, WDVA, VASH, Jefferson Health Care, VOICES for Veterans, the non-profit group OlyCAP, and many other service support organizations.

June 2017

Clallam/Jefferson RSVP



In just seven short months- Floyd Watry transitioned from a Retired & Senior Volunteer Program volunteer to a part-time employee with OlyCAP, a non-profit organization in Port Angeles, Washington. He agreed to volunteer in the Senior Nutrition program helping prep food and clean kitchen work areas. His work supports the OlyCAP Senior Nutrition congregate meal program, benefiting disabled and senior community members. Participants may no longer have family or friends nearby and the congregate program provides companionship as well as a nutritious meal. In the past year, OlyCAPs Senior Nutrition program at the Port Angeles Senior/Community Center has supported 164 clients- totaling 1,087 meals served.

Floyd sought out the RSVP program to see if he still had it in him (physically) to work as a cook. His volunteer work is meaningful, as those he serves stop by the kitchen to say thank-you and show gratitude. His volunteer position has been rewarding. He learned many little things that help him work faster and more efficiently. He also renewed his food handler's permit.

For new volunteers, his words of wisdom are: "Do it! Don't get discouraged or feel that you don't have applicable skills to offer. Stick with your volunteer position for a while- give yourself time to understand the job and time to realize the benefits you will gain. Everything worked out very well for me! I am grateful for the people who facilitated entering me into the RSVP program and who hired me with the experience I gained."

May 2017

Clallam/Jefferson RSVP

On April 4, 2017- Mayor's Day of Recognition, Clallam County RSVP member Abraham Ringel, joined forces with a crew of Port Angeles-based AmeriCorps members to clean-up Francis Street Park above the waterfront in Port Angeles, Washington. The group spent the morning working alongside several city employees pulling weeds, raking leaves, picking up trash and sweeping sidewalks to beautify the park.

Abe could help with this national service project for just a few hours because he did not want to miss his regular RSVP volunteer service at the Port Angeles Senior Nutrition program located at the Senior Center.

Since January 1, 2017, eighty-eight seniors have received healthy meal support and companionship from seventeen volunteers in the Retired & Senior Volunteer Program (RSVP) which is a Senior Corp program.



February 2017

Clallam/Jefferson RSVP

The Tri-Area Food Bank in Jefferson County has been very fortunate to have Retired & Senior Volunteer program (RSVP) Coni Johnson serving with the Senior Corps program and with the non-profit organization OlyCAP.

Coni has been managing operations and procuring food for this food bank for 14 years and another three years at the Poulsbo Food Bank. Coni worked a total of 1,879 hours dedicated to the food bank in Chimacum.

What makes her volunteer service of up to 40 hours per week even more remarkable is that Coni has dialysis appointments several times a week and is 68 years old.

She is retiring next month but she will miss what she liked best volunteering with RSVP- the camaraderie of working with people of all ages caring from the heart for their community, and the people they support in this close-knit area.

January 2017

Clallam/Jefferson RSVP

Volunteer Engagement Is a Win-Win Experience

The Retired and Senior Volunteer Program of Clallam/Jefferson Counties (RSVP) are extremely lucky to have senior adults engaged in volunteerism with programs supporting our community.

Mark Lewis, one of our many dedicated volunteers, works as a 'Meals on Wheels' driver in Sequim.

Mark began his volunteer position over 16 years ago. He was approached at his church by a former driver who was aging out of his volunteer position at Sequim Senior Nutrition. The driver took Mark with him on his delivery route providing meals to seniors who do not have the ability to shop and cook meals for themselves. Mark enjoyed it so much that he continues to help to this day.

He delivers pre-packaged meals and socializes with the folks who depend on this lifeline to eat regular and healthy food. The people he delivers meals to on a weekly basis depend on him for this service he provides.

Mark was provided training through RSVP and the Olympic Community Action Program (OlyCAP) when he earned a food handlers' card. He enjoys meeting people and visiting new places around the peninsula while on his delivery route.

Thirty-two other senior volunteers also support three Senior Nutrition programs in this area. Together, they have provided more than 3,900 hours of support to homebound, disabled, and elderly seniors who have needed companionship and meal support over this past year.
