

RSVP Action Update

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MAS Holiday Office Closures:

Thurs., Nov. 28,
Thanksgiving and
Fri., Nov. 29

RSVP is a program of
Missoula Aging
Services (**MAS**)
337 Stephens Ave.
Missoula MT 59801

RSVP is funded by the
Corporation for National and
Community Service

For information or to
volunteer, email or
call Judy at 728-7682



“Don’t ask yourself what the world *needs*. Ask yourself what makes you come *alive* and then go do that. Because what the world *needs* is people who have come *alive*.”

~Howard Thurman

What makes you come alive? This issue contains many opportunities for growth and exploration. Whether it be a class or a volunteer opportunity, try it, and find what brings more aliveness into your life.

Short-term Projects

Join 285 of your fellow RSVP members in signing up for short-term volunteer opportunities. This is very popular with RSVP members. They remark that it is fast and convenient to sign up and it allows them to stay connected to our community, make new friends, and give back in a meaningful way. It is an efficient and easy way to be notified via email of a diverse array of episodic volunteer opportunities with over 50 different agencies in Missoula County. There is no obligation, just sign up for opportunities that interest you. Contact Judy to be put on the short term list!

Email: rsvp@missoulaagingservices.org

Making a Difference

Senior Corps RSVP volunteered **8,099 hours** to feed home bound individuals in Missoula County in 2018. That represents just one of the many ways RSVP volunteers give back to their community!

**Long-term Projects****MAS Announcements**

Missoula Aging Services offers a variety of educational opportunities year round. To view and/or register online for workshops like the Marsha Goetting Estate Planning Workshops (Oct. 29), Kitchen Table Conversations (Nov. 5 & 7), the Annual Open Enrollment for Medicare Event (Dec. 4) go to this link:

missoulaagingservices.eventbrite.com

Or call MAS at 728-7682. Pre-registration is required.

Keep up with Missoula Senior Corps at:

**facebook.com/
MissoulaAgingServices/
AND
facebook.com/
MTSeniorCorps/**

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call Judy at 728-7682**

RSVP Tutors-It's back to school time! Helping a child be successful in school leaves a lifelong impact. Here are some specific needs for younger students:

- Early Head Start: Help children ages 0-3 with pre-literacy, counting and social emotional learning. Rock a baby and get lots of hugs without having to deal with diapers!
- Preschool Head Start is looking for more volunteers in its main building on Worden. Students are ages 3-5 and have lots of love to give!
- Help 5-8 year olds at DeSmet public school with reading and/or math.

Thank you to all of the RSVP Tutors who helped out last year! Please get in touch with Adrienne, RSVP tutor coordinator, about your plans for tutoring this school year by calling 728-7682.

Substitute MOW Dispatcher-Would you like to help the Meals on Wheels (MOW) program but don't want to drive? Join the friendly MOW team at dispatch. Dispatch Assistants provide support to drivers and kitchen staff to ensure a smooth and coordinated effort of routing meals to homebound individuals. Shifts are from 10-2 p.m. on all weekdays. Training is provided. Substitute Dispatch Assistants are called when the assigned dispatch volunteers are sick or on vacation.

Medicare Workshop Aide-Meet new people, have fun instructing others and learn all about the ins and outs of Medicare. This volunteer opportunity involves assisting the instructor of Missoula Aging Services' *New To Medicare* class in a hands-on computer session on Medicare options. This class offers unbiased information to Medicare beneficiaries and their families or caregivers. It empowers people to make informed decisions about their health care benefits. Training will be provided but volunteers must be fluent at navigating a website on the computer. Time commitment is 6 workshops per year, held every other month on a Saturday from 12:45-3:15 p.m. in the James E. Todd Building on the UM campus.

Email: rsvp@missoulaagingservices.org

Holiday U.S. Troops Appreciation Drive

Help us bring smiles to our service members by donating any of the items listed below. Your contributions help lift morale and show that we appreciate the service of our troops. All donations can be dropped off at Missoula Aging Services by **Oct. 31. Please note: all items must have an expiration date no earlier than Jan. 1, 2020.**

- ◆ Good quality coffee
- ◆ Cards and letters of support
- ◆ Trail mix
- ◆ Individually wrapped sweets
- ◆ Jerky
- ◆ Foot powder (no spray cans, please)
- ◆ Chapstick
- ◆ Tuna and chicken pouches
- ◆ Moisturizing lotion (travel size)
- ◆ Shampoo (travel size)
- ◆ Wipes, hand sanitizer
- ◆ Protein bars
- ◆ Hand and toe warmers
- ◆ iTunes gift cards
- ◆ Portable games
- ◆ Hot chocolate mix in envelopes
- ◆ Fleece blankets
- ◆ Glove liners

Donations for postage—write checks to “Montana Supporting Military”.

For information or to volunteer, email or call Judy at 728-7682



Long-term Projects Cont.

Join the Winter Ready Team—Make a difference in our community by volunteering at home at your convenience! Join the RSVP Winter Ready team and make winter hats and mittens for children in the Head Start program.

Head Start is a federally funded program that promotes school readiness for children between the ages of three to five from low-income families. This program serves over 300 children in Missoula County and Winter Ready helps them stay warm during the winter months. Items can be knitted, crocheted, or sewn and you can make one item or many over the course of a year.

Once a year, usually in November, we invite the children in the program to a gathering where they can choose their own hats. As you can see in the picture above, it is a joyful time! For those of you who love to knit, crochet, or sew, this is a great way to share your craft with those in need.

YWCA Pathways Program—If your passion lies in moving women and children out of crisis and empowering them to achieve lasting independence, volunteer with the YWCA as a women’s or children’s advocate. These opportunities come with a 40-hour professional-caliber advocacy training. The fall training starts Oct. 12.



Red Cross Transportation Specialist

—If you have a little free time, love driving, and enjoy meeting new people, this is a great position for you! Drivers deliver blood products from the blood drives (late afternoon/early evening pickup) in Missoula to the Great Falls laboratory using a Red Cross-owned vehicle. If couples want to take a road trip together, one can drive and the other can be a navigator. You are asked to commit to a minimum of one shift per month and each shift you take is another opportunity to save a life.

Email: rsvp@missoulaagingservices.org

Senior Corps News

RSVP can help you find the perfect volunteer opportunity!

There are over 160 Senior Corps volunteer opportunities in our community with more being added all the time. If you are looking for the perfect volunteer opportunity that matches your availability and interests, contact Judy at 728-7682 to discuss options.

Random Acts of gift carding.

Senior Corps RSVP has over 500 members that do astounding work in our community. To honor you, we will be doing monthly drawings with all active Senior Corps RSVP members and the winners will receive a gift card! Don't be surprised if you get a call from Judy at RSVP to inform you that you have won a gift card. Gift cards will be mailed to the lucky winner after the drawing.

EST. 1982

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Medicare Open Enrollment Changes

Medicare Open Enrollment is October 15 to December 7.

Centers for Medicare and Medicaid Services (CMS) no longer require Medicare Prescription Drug Plans (Part D) and Medicare Advantage plans to mail out the plan's benefit and formulary changes for the coming year. **It is important to check your plan; it could save you hundreds of dollars.** Be aware of any changes so that you can ensure that you are in the best plan for you, and that your plan covers what you need for the coming year. Certified SHIP (State Health Insurance Program) Counselors in the Resource Center at MAS are available to help you check your plan during Open Enrollment. Call 728-7682 for an appointment or register online for the Annual Open Enrollment Event at <https://openenrollmentmas.eventbrite.com>. *Appointments fill up fast so make yours soon.*

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