

The Retired and Senior Volunteer Program of Montgomery County & Radford

RSVP Events

A Preventing Strokes Seminar will be held at 1 p.m. on Thursday, August 14 at the Blacksburg Community Center. Terri Shelor, MS, CCC-SLP, Speech/Pathologist from Rehabilitation Services of Montgomery Regional Hospital will present information on stroke statistics, prevention, signs of stroke, early detection, rehabilitation after strokes, care giving and the stroke support group. At 2 p.m. an ice cream social will follow. The event is free but registration is required. Bring a topping to share. Bingo will be played at 2:30 and a dollar donation is requested for prize money. Join us for this informational and fun afternoon. You may register with C'burg, B'burg or Montgomery Parks & Rec Centers or RSVP by August. RSVP will be taking a van to

the event for volunteers who need transportation.

The Annual Volunteer Picnic is scheduled for Tuesday, August 26 at Bisset Park, Shelter #1 at 11 a.m. Join us for good food, entertainment and fellowship in a beautiful setting. Fried chicken and drinks will be provided by RSVP. Please bring your favorite picnic dish to share. For those needing transportation, please call the office by Friday, August 22. In case of thunderstorms, the picnic will be held at St. Paul's United Methodist Church Annex.



RSVP Picnic 2007

Raffles: We are continuing to sell raffle tickets for the paintings, quilt, rocking chair and car care package which includes a \$50 gas card. Because we were rained out at the June 14 Cruisin' Christiansburg Festival, we were unable to draw for the car care package. This raffle will be held on August 23 at Cruisin' Christiansburg. The winning tickets for the quilt, paintings and rocking chair will be held in December. If you would like to buy or sell some tickets, please let us know how many you would like.



Active Adults Day scheduled on August 4 at Meadowbrook Community Center has been cancelled.

August 2008

Upcoming Events:

- ☺ August 14: Stroke Seminar at 1 p.m. and Ice Cream Social at 2 p.m. at Blacksburg Community Center
- ☺ August 17-23: SHARE Week
- ☺ August 23: Heritage Day from 10-3 and Cruisin' Christiansburg from 2-9
- ☺ August 26: RSVP Picnic at 11 a.m. at Bisset Park

Moose Bingo:

Bingo Date:

Monday, August 11

Registration

Deadline:

Monday, August 4

If you are unable to attend, please cancel by Friday prior to Monday bingo.

Volunteer Opportunities

Carilion Clinic Hospice is currently recruiting individuals interested in volunteering with Hospice patients and families or working in the Hospice office in Radford. Fall training will most likely be late October and will be held in the Radford office. Hospice volunteers must have 20 hours of training to meet Medicare regulations. Attending training obligates no one to serve. Patient volunteers are assigned one patient at a time and typically visits once a week for about an hour or two for socialization. The office volunteers work in four hour shifts answering phones, faxing, filing, etc. They are also starting a new library and are in need of volunteers to assist with the start up and maintenance. Please contact Patti Hall at 633-9359 for more information.

CHIP (Children's Health Improvement Partnership) is holding a training session on Wednesday, August 27 from 10-12 at NRCA, 633 West Main Street, Radford, for those who are interested in transporting families with young children to medical appointments. Call Sue Farrar for more information at 633-2518, ext. 19.

The Montgomery Museum is seeking volunteers to support the work of the museum. Call

Sue Farrar at 381-1830.

A Blood Drive is being held on Monday, August 4 from 10-3 at Trinity Baptist Church. If you would like to donate blood, call 1-800-GIVE-LIFE.

The Salvation Army is collecting school supplies for their annual "Book Bag" program. If you would like to help by donating supplies for school children of all ages please bring them by the RSVP office by August 8.

Good Samaritan Hospice is seeking a volunteer courier to transport medical records to and from doctor's offices. Mileage is reimbursed at 48¢ per mile. A driving record and criminal background check are required.

Auburn Elementary School is beginning a new program called Silver Links and is seeking individuals to work with 5th grade students by being pen pals and telephone friends during the school year. Call the RSVP office if you are interested in learning about this project.

Bakers are needed to make cookies and brownies for the Heritage Day Festival being held at the Montgomery Museum on Saturday, August 23 from 10-3.

Volunteers are also needed to help sell the food items at the Museum from 10-12:30 and 12:30-3.

Our annual **Holiday Tote Bag** project is getting under way. This year the tote bags will go to the 90 residents of Radford Nursing and Rehab Center. If you are interested in helping with this project, call RSVP.

CASA (Court Appointed Special Advocates) of the New River Valley will hold its next volunteer training beginning on September 6th, ending on October 11th. Training sessions total approximately 40 hours. After an application is received, and references and background checks are conducted, potential volunteers have a pre-training interview. Contact Henry Buckland at 381-8312 for more information. CASA volunteers make a commitment- and make a difference.

Community Events:

Heritage Day is being held on Saturday, August 23 from 10-3 on the lawn of the Montgomery County Museum. Admission is free and there will be food, entertainment, exhibitors, antique cars and many other items of interest.

Community Events

Cruisin' Christiansburg is also being held on Saturday, August 23 from 2-9 p.m. in downtown Christiansburg. This is the last event of the summer. RSVP volunteers will be selling raffle tickets. Classic Cars, vendors and music will be available for the evening's entertainment.

Cooling assistance applications will be accepted until August 15 at the Montgomery County Department of Social Services. This program can help with purchasing portable fans. Purchasing/installing and/or repairing a central air conditioning unit, or making an electric bill payment to operate the cooling equipment. If you have any questions concerning this program, or to obtain an application, please contact Dora Nelson at 382-6990, ext. 256.

Tailgating 101 will provide you with savory recipes for appetizers for your next tailgate party. Garland Linkous will teach tips

for making your event a success with cooking and food storage techniques. This workshop will be held at the Montgomery County Government Center on Thursday, August 21 at 6:30 p.m. The registration deadline is August 14 and the fee is \$7. You can register with either recreation department.

Join the Christiansburg Senior Center for their 2nd **Annual Mystery Trip** to an unknown destination. The date of the trip is Tuesday, August 12 and registration ends on August 3. The fee is \$55 and includes motor coach transportation and a continental breakfast. The departure time is 4 a.m. from the Recreation Center. Call 382-2349 for more information.

Horseshoe/Bocce Ball

Tournament:

Join Christiansburg Recreation Center on Tuesday, September 30 from 10-5 for a day of

friendly competition of horseshoes and bocce ball, fellowship and door prizes. Horseshoes begin at 10 a.m., lunch at noon and bocce ball at 1 p.m. Registration begins on September 2 and ends on September 23. There is a fee of \$5 which includes lunch. To register, call 382-2349.

The first annual **EastMont Tomato Festival** will be held on Saturday, August 9 at the Meadowbrook Center. Activities will include a Tomato Queen, tomato juggling, a tomato catapult, *The Tomato Opera* and some musical tomato jams. Call Michael Hemphill at 268-2879 for more information.

Upcoming Events in September:

- ◆ Sept. 16- AARP Health and Wellness Fair
- ◆ Sept. 20- Wilderness Trail Festival
- ◆ Sept. 27- Harvest Festival

August Birthdays:

02 Ruby Epperly	16 Betty Spence
08 Linda Akers	20 Opal Davis
09 Albert Bauerlin	20 Rubye Scott
10 Robert Jones	20 Pat Stallard
14 Cookie Davis	21 Jane Brown
14 Margaret DeHart	22 Susan Kraft
14 Elizabeth Doyle	24 Karen Corboy
14 Hedda Stewart	24 Nancy Hudson
15 Charles Saunders	24 Shirley Peterson

24 Eva Sutphin
25 Anna Jones
25 Anna Patty
25 Blanche Yates
28 Ame Anderson
28 Betty Wilson
30 Louise Horsman
30 Thurston Knapp

Puny & Condolences:

Puny List:

Gwen Ward, Lois Tuck, Thelma Shelor, James Flinchum and Nora Flinchum. *Get Well Soon!*

Condolences:

- To the family and friends of Leota Sachs, former RSVP volunteer
- To Lee Brown in the loss of his wife
- To Brenda Spangler in the loss of her brother-in-law
- To Anna Jones in the loss of her sister
- To the family and friends of James Sowers, RSVP volunteer



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Retired and Senior
Volunteer Program

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YMCA at VA Tech

We welcome the YMCA at Virginia Tech as our newest workstation. Some of their volunteer needs are:

- Thrift Shop- volunteers are needed in the book section to help sort, shelf and price books. There is a brief training on the first day. This can be done anytime during the regular Thrift Shop hours.
 - ♦ Thrift Shop- volunteers are needed to help sort and price clothes. This particular position would need a regular commitment.
 - ♦ Gardens- There are often vegetable gardening tasks in which assistance is needed, but as of now, it isn't on a regular schedule. Anyone interested can contact Ingrid at 961-9622.
 - ♦ Y Toss- August 19 & 20 (set-up) and August 21 & 22 (sale days). This would be helping the Y Toss sale of dorm and apartment items for students and community members. For contact information on these projects, call Sandy Wirt or Jen Pollard at 231-3734.
 - ♦ Upcoming Fall Events: October 14-17 (set-up) and October 17-19 (sale). This is to help set-up for the annual Book Fair. Contact Ingrid at 961-9622.
 - ♦ November 6 & 7 (set-up) and November 7-9 (event). This is to help with the Y's Annual Crafts Fair. Contact Ingrid at 961-9622.
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