

# Central South Dakota **Retired Senior Volunteer Program**

*is committed to improving lives, strengthening communities  
and fostering civic engagement through service and volunteering.*



**River Cities Public Transit (RCPT)** is in need of people who can be an escort for a person with a disability or an elderly individual. Frequently someone needs assistance carrying groceries, going to a medical appointment, perhaps they are unsteady or have issues with balance or their gait. An escort will ride the bus for FREE and will assist the individual as needed. The need is sporadic and arranging schedules can be done in advance so volunteer escorts can plan around the need for service.

Bus drivers have been providing assistance but there is increasing demands to stay on schedules, and buses cannot be left unattended if other passengers are on board. Also, some of the drivers have physical conditions that preclude them from lifting heavy objects, carrying objects long distance, or doing steps.

RCPT hopes that an escort will help the individuals in need stay in their homes longer, maintain the individual's quality of life, and perhaps give the individuals a bit more socialization by meeting a new person from the community. Perhaps this may even lead to a new friendship. If interested in talking, learning more, or to schedule your time to become an escort contact Chuck at River Cities Public Transit at 945-2360.

After their first year of service, volunteers report improvements in their health, physical capacity, anxiety, loneliness and social isolation, and life satisfaction. Please take a moment, review the newsletter, and contact the person noted to begin engaging in the volunteer opportunities offered in our area.

Volunteers receive the newsletter via email and some volunteers receive a time sheet and newsletter in the mail. Please enter your hours monthly online at [www.rsvpsd.org](http://www.rsvpsd.org) by the 10th or complete your time sheet, sign it, and mail it to Avera St. Mary's Hospital, 801 E Dakota, or place it in the drop box at the entrance at 809 E Dakota or the Auxiliary Gift Shop. Your time is sincerely appreciated and is making a difference. *Thank you, Teri*

**SHIINE** is now located at 2520 E Franklin, above PARS. SHIINE is under new management, call director, Roger at 1-800-536-8197 to volunteer. SHIINE provides free, confidential, unbiased counseling to SD Medicare beneficiaries.



|                 |                  |
|-----------------|------------------|
| Della Andre     | Margaret Pier    |
| Sue Burgard     | Sharon Roseland  |
| Lois Byrum      | Vicki Schoenfeld |
| Jan Deis        | Charlie Sizer    |
| Shirley Eisnach | Brenda Vetter    |
| Dale Hartmann   | Gloria Welk      |
| Carmen Heyd     | Rita Wendt       |
| Mansour Karim   | Rolayne Wiest    |
| Arliss Moreland | Linda Zeller     |

**United Blood Services** seeks volunteers to make phone calls to schedule appointments (in the computer) from a list of donors, to help donors sign in and register, and to bake snacks for donors after they have donated at the following scheduled blood drives at United Methodist Church on Aug, 9:15 am to 6:30 pm, Aug 8, 8 am to 2 pm, call Abbie, 996-3688.

Retirement centers—visit, have coffee, play board games, checkers, cards, puzzles, take walks, provide companionship and entertainment. Just call.

**Avera Mary House**  
call Jaccinda 280-1049

**Avera Parkwood**  
call Lance 224-3183

**Kelly's Retirement Homes**  
call Karmyn 224-5261

**Lincoln Apartments**  
call Gary 224-7330

**Pierre Care & Rehabilitation Center**  
call Faith 224-8628

## Reading Buddies

resumes the week of September 18th. If interested, please call Teri at 224-3337 or email [teri.royer@avera.org](mailto:teri.royer@avera.org). Volunteers read weekly with 1st graders in area schools for 30 minutes. We want 100 plus volunteers, so invite your friends to join you and read with a buddy!



Mondays, Buchanan, 12:45 pm  
Tuesdays, Kennedy, 1:45 pm  
Wednesdays, Stanley Co, 12:30 pm  
Thursdays, PILC, 10:00 am  
1st Mondays monthly, ABO, 2:30 pm

**CSD RSVP Advisory Council** Chair Sandy Sheppard, Elton Blemaster, Sue Burgard, Marrietta Catlin, Loni Draper, Mary Giddings, Vonnie Shields, Tony Jockcheck, Capital Area United Way and Kellie Yackley, Avera St. Mary's Hospital Foundation



Teri Royer, Project Director, 605-224-3337, 801 E Dakota, [teri.royer@avera.org](mailto:teri.royer@avera.org), [www.rsvpsd.org](http://www.rsvpsd.org)  
Liz Farley, Winner Program Coordinator, 605-842-2759, [frenchie@gwtc.net](mailto:frenchie@gwtc.net)

August 2017 Edition



**Avera St. Mary’s Hospital**

- \* OR waiting room, 7 am to noon, weekdays, provide information, greet patients, family, call Rachel, 224-3399.
- \* Child Assessment Center, provide support to children and families as they wait in the center, call Angela, 224-3339.
- \* Hospital Greeter, greet all hospital visitors and provide information, training provided, call Arlene, 224-3233.
- \* Heritage Room, help Sister Francis track Avera’s history, enjoy sorting photos, office work, call 222-8543.
- \* Assist with mailings, office work at Avera St. Mary’s Hospital Foundation, call Teri, 224-3337.
- \* **Auxiliary**, \$3 annual membership, \$2 monthly luncheon, 1 pm, Hospital Cafeteria, Sep-May. Call Marjorie, 280-2990 about the Auxiliary and to volunteer to knit baby caps, which are provided to all newborns, or call Myrna, 224-7039 to assist at the Hospital Auxiliary Gift Shop, .

**Casey Tibbs Rodeo Center** seeks volunteers interested in greeting visitors or staffing booths for sale items during special events, call Cindy, 494-1094.

Assist one hour per day on weekdays delivering meals, **Community Youth Involved Center**. Call Pat, 223-2701.

At **Countryside Hospice** assist with merchandise, cashier, or Hospice care, call Liz, 945-0827.

**Feeding SD**, needs 20-30 volunteers the first Tuesday from 5:30-7:30 pm to pack senior boxes. Also sort donated food, call Russ, 494-3663 or visit <http://feedingsouthdakota.org>.

**Oahe Child Development Center (OCDC)** has 7 classrooms and needs volunteers to come in to read, interact and have lunch with the children. Free lunch is provided. Call Jodi, 224-6603.

If you are willing to learn area and statewide tourism information and share it with visitors at the **Oahe Dam Visitor Center**, call Jenna, 224-4617.

You don’t need to have lots of carpentry knowledge and experience to help at **Oahe Habitat for Humanity**. If you can use a tape to measure lumber, cut a straight line, hammer a nail, or paint walls, then your skills are needed. Call Don, 224-1366.

Receive endless benefits at **Oahe Inc.** assisting residents with laundry, meal preparation, call 224-4501.

Visit [www.pierreareareferral.org](http://www.pierreareareferral.org) and register for volunteer opportunities at **PARS**; Food Pantry, holiday meals, Back Pack Program, call 224-8731.



**Riggs High School Health Screenings**, two days only, call Jerri 222-5657 or email [jeri.wiebe@k12.sd.us](mailto:jeri.wiebe@k12.sd.us)  
 August 10<sup>th</sup> and 11<sup>th</sup>  
 8:00 am – 1:00 pm  
 Registration – 1 or 2 people  
 Height and Weight – 2 people

Be a tour guide, archives assistant, gift shop attendant, or desk attendant at the **SD Cultural Heritage Center**, or gift shop attendant at the **State Capitol** call Dorinda, 773-6006.

Volunteer as a tour guide at the **SD State Capitol**. Duties include providing guided tours, restocking the brochure racks, and provide general info. Call Tammi, 773-3688.

Volunteer with the **SD State Library**, Braille and Talking Book Library Program for an interesting, rewarding experience that produces materials that benefit South Dakotans who are unable to read standard print. Volunteers with the Braille and Talking Book Library work in our recording studios. Make an invaluable contribution to many South Dakotans, call Josh, 773-5082.

Volunteer to help **SD State Parks** with special events in the park and assist in the office, call Emilie, 773-7048.

Provide assistance during the banquet at the **SE Community Center**; wash dishes, serve drinks, assist guests, and host servers, call Barb, 224-7244.

**SD Women’s Prison Parent And Children Together**, program meets monthly, book club, W-2 program, friendly visits, call Warden Brent, 773-5368.

Call Bev, 258-2348 to assist with providing meals in Onida at the **Sully Co. Nutrition Center**.

Be vigilant for safety violations on the City of Pierre trails doing **trail patrol**. Provide assistance. Observe, record and report any bike trail hazards, violations of law, city ordinance or unsafe conditions. Visit with pet owners when they violate animal ordinances, call Tom 773-2527.



**Volunteer for Special Projects**

|                                      |           |          |
|--------------------------------------|-----------|----------|
| AARP                                 | Lindsey   | 362-3044 |
| Blunt Area Senior Center             | Karen     | 280-7205 |
| Capital Area United Way              | Christina | 224-9229 |
| Chamber Commerce                     | Mallory   | 224-7361 |
| City of Pierre                       | Steve     | 773-7341 |
| Pierre Area Retired School Personnel | Jean      | 224-4930 |
| Pierre Area Senior Center            | Jeannie   | 224-7730 |
| Pierre School District               | Jeri      | 773-7300 |
| Rural Health Care, Inc.              | Diana     | 223-2200 |
| SD Discovery Center                  | Kristie   | 224-8295 |

**B I N G O** is available on Thursdays at the Pierre Area Senior Center. Call Jeannie 224-7730 if you are interested in calling **B I N G O**