



# Family Service

RSVP of Champaign, Douglas & Piatt  
Counties/Helen Stevick Senior Center

## March-April, 2022 Senior Connction

### From the Director's Desk

Hello Friends, ✍️

Since the word went out about the need for items for Fidget Blankets or Volunteers who would like to create the blankets, our very creative and talented Volunteers have been very busy either donating items or making them. These blankets are for those who are affected with Dementia and Alzheimer's. When visiting the Helen Stevick Center take time out to look at some of the beautiful creations our Volunteers have made.

Our next big RSVP volunteering venture will be assisting Americorps who have partnered with Project Sunshine (*read article to the right*).

Recognition, Recognition, Recognition! It has been a while since we have been able to host our Annual Family Service RSVP Volunteer Recognition Luncheon and so we are pleased to announce that we shall be having this luncheon some time in June. The RSVP Advisory Council members and staff are working hard to find a venue. *More details to come soon.*

The Helen Stevick Center, the home of RSVP have opened their doors, and we could not be more happier! We shall be bringing back our monthly luncheons; our first one taking place on April 13th, sponsored by Amber Glen Assisted Living. Please call the Stevick Center for a reservation 217-359-5900. Don't forget that we have Bingo the 2nd and 4th Tuesday of the month at 11:00a.m at the Helen Stevick Senior Center. Come for the fun and you may go home with a prize. If you have any questions give Debbie a call at 217-359-6500!

Pam Jacobsen  
RSVP & Helen Stevick Senior Center Director



Like Us on Facebook and stay connected  
at [www.facebook.com/FamilyService  
ChampaignCounty](https://www.facebook.com/FamilyServiceChampaignCounty)

### Project Sunshine is an international nonprofit supporting children and families facing medical challenges by harnessing the healing power of play!

AmeriCorps RSVP has partnered with the Sunshine Project and is asking RSVP Volunteers to come together and make Sunshine bags for pediatric hospitals



around the country. The need is 100,000 bags, but with all of the RSVP volunteers throughout the country this is a goal that can be met. We will be setting up dates and times for putting bags together at the Helen Stevick Senior Center. We are waiting for the Sunshine Project to send the supplies we need to make the bags. Bags will be filled with games, crayons, pencils, puzzles etc. As soon as we have an ETA



of the supplies, we will be sending out an email blast. After receiving the e-mail, we are asking you to call the Stevick Center at 217-359-6500 or email Vicky [site.rsvp@gmail.com](mailto:site.rsvp@gmail.com) to sign up for a date and time to volunteer. We will be doing assembly lines. What a great opportunity to make new friends and connect with old ones.

Sending Sunshine' creates opportunities for volunteers to assemble interactive craft kits that are then distributed to hospitals nationwide. These supports entertain children during stressful and lonely times, provide needed distraction, and help hospital staff build trust with young patients.

*Helen Stevick Senior Center . . . the Home of Retired & Senior Volunteer Program (RSVP)*  
2102 Windsor Place, Champaign, IL 61820 • Phone: 217/359-6500 • Fax: 217/359-6550

# COMMUNITY INVOLVEMENT OPPORTUNITIES



Welcome back to  
*Ethel & Maud's in-person  
Luncheons! \$10 per person*

**March 16, 2022**

Location: Cityview 4th floor of The Illinois Terminal Building

Free parking in the West parking lot from 11am-1:30pm

Times for all luncheons is 11:30 am-1:00pm

(Registration and Seating starts at 11:00am)

**Entertainment:**

The Klezner Trio (right)

**Catering by:**

*Dish Passionate Cuisine*

- *A Very Irish Flare!!*

RSVP to

Robbie Edwards  
at 217-953-2847 /  
ethelandmaud@gmail.com



Reservations and payment need to be made by the Thursday before any luncheon. Checks should be made out to: Helen Stevick, Attn: Robbie Edwards, Helen Stevick, 2102 Windsor Place, Champaign, IL 61820



**Register to  
volunteer or walk  
for the race and  
Family Service**

**Call Terry Good  
at 217-352-0099 to  
learn how your race or  
volunteer hours  
help local seniors!**



## MARCH & APRIL HELEN MARY STEVICK SENIOR CITIZENS CENTER ACTIVITIES

### Knitting/Crocheting Group

- Monday and Thursday 10-12pm

### Gentlemen's Coffee Group

- Monday thru Friday 9-10am

### Low Impact Exercise Class

- Monday 9-10am

### Meditative Movement with Yoga

- Tuesday 9-10am

### Bingo

- Tuesday, March 8 & March 22 / 11-12pm
- April 12 & April 26 / 11-12pm

### Sponsored Lunches at Helen Stevick Senior Center

- April 11 Noon-1pm / Sponsored by Amber Glenn

### Bridge

- Thursday 1-3:30pm

### Euchre

- Friday 12-3pm

### Ethel & Maud Lunches

presented by Clark Lindsey & Helen Stevick Senior Center

- Wednesday, March 16 / 11:30pm-1pm
- Wednesday, April 20 / 11:30pm-1pm

These Lunches are on the 3rd Wednesday of the month & take place at the Illinois Terminal Building (See flyer left for more details)

Questions about Activities at Helen Stevick Contact Debbie at 217-359-6500 or stevickcenter@gmail.com for questions about Ethel & Maud Lunches contact Robbie at 217-953-2847 or ethelandmaud@gmail.com.

## MAY: RULES OF THE ROAD CLASS!

The next Secretary of State's

**Rules of the Road Class** will be held at Stevick Senior Center on Wednesday, May 4th 11:00am-1:00pm. Limited seating. Call Debbie at 217-359-6500 to reserve a spot.



## WELCOME NEW VOLUNTEERS

- David Carey • Pal Damski
- Denise Davinroy • Cynthia Lammert
- Trudy McDade • Carl Punkay
- Kevin Wilson





## RSVP VOLUNTEER OPPORTUNITIES & INFORMATION

For information about these and many more volunteer opportunities please call 217/359-6500 or [site.rsvp@gmail.com](mailto:site.rsvp@gmail.com).



### URBANA CHAMPAIGN BOOKS TO PRISONERS

**Books to Prisoners** are urgently in need of a volunteer with computer skills and basic data management skills to volunteer a couple of hours per week (day time).

Other volunteer positions available are sorting and shelving books, packing bundles for mailing. This program is located in the lower level of the Independent Media Center (IMC) which is north of Lincoln Square Mall. If you are interested please call Rachel at 217 898-3258.

### CHAMPAIGN PUBLIC LIBRARY- FRIENDSHIP SHOP

Who doesn't love a good book? Open to everyone, the **Friendship Shop** which is situated in the lower level of the **Champaign Public Library**, includes more than 20,000 used books, movies, and audiobooks, and is located on the lower level of the Main Library. Most items are \$2 or less. And the best part? All the money you spend goes right back to the library since the items sold are donations and the store is staffed by Volunteers. Joining the Library Friends is easy—annual memberships start at \$10.

You'll see savings every second week of the month at their Half-Price Sale for Members (March 9, 11, 12) and the Tag Bag Sale (April 27, 29, 30), when you can take home a bag of books for just \$1.



### SHELTER VOLUNTEERS NEEDED!

Cleaning cages (cats & small animals), doing laundry, washing bowls, and walking dogs can be physically demanding—but oh so rewarding!

If you'd like to learn more, please email our Volunteer Coordinator, Breanne, at: [Breanne@cuhumane.org](mailto:Breanne@cuhumane.org).



### FOREST PRESERVES/ CHAMPAIGN COUNTY

The Forest Preserve is looking for help as we have started an exciting new gardening project at the **Lake of the Woods Preserve!** This project allows for creative input, research, design and lots of hands on gardening! The next growing season they hope to have a new medicinal, sensory, and meditative garden space in the **Discovery Garden** area just behind the **Museum of the Grand Prairie**. Volunteers are needed to help design, plant, and maintain the space. Ideally this area will be educational for the community, as well as a space where visitors can find some relaxation and peace. Lots of help will be needed!

If you'd like to be part of this new undertaking or to know more about volunteering, please reach out to Katie Snyder ([ksnyder@ccfpd.org](mailto:ksnyder@ccfpd.org)) or Pat Cain ([pcain@ccfpd.org](mailto:pcain@ccfpd.org)) or phone (217) 586-2612.

Lastly our Golf Course is looking for help getting it ready for the season. **The 4th Annual Volunteer Lake of the Woods Golf Course Clean Up takes place on Thursday, March 10th and Friday, March 11th.** For more information contact David Sebestik at 217-586-2183. Completing this optional form will ensure you get notified if any change of plan occurs due to weather or such- <https://forms.gle/RBqk6KLNbTyBRJfz7>.



### PROJECT READ-NEEDS TUTORS

“Project READ ([parkland.edu/projectread](http://parkland.edu/projectread)) helps adults improve their skills in basic reading, basic math, or English as a second language. This program is made possible by volunteers who give their time to improve the quality of life for hundreds of people in our community.

We have the following Introduction sessions scheduled for March.

- Introduction to Tutoring - Monday, March 7th:  
9:30-11:00am - Urbana Free Library, room TBD
- Introduction to Tutoring - Thursday, March 24th:  
6:00-7:30pm - online
- Introduction to Tutoring - Friday, March 25th:  
9:30-11:00am - Champaign Library, Robeson C

Learn more on our Sign-up Genius site: <https://bit.ly/project-read-sign-up-genius>. This Program is made possible by funds designated for literacy at the Illinois State Library, a division of the Office of the Secretary of State.”

# RSVP Volunteerism & what it means to the RSVP Volunteer and to the recipient(s) of RSVP Volunteers!



We at RSVP Champaign have many wonderful Volunteers and many wonderful stations of which they can Volunteer. One station stands out (and I may be a little biased as it's a station of which I am the Coordinator) and it's called Helen Stevick Food for Seniors. It has been delivering sacks of groceries twice a month to low-income seniors in the Champaign-Urbana area for over 33 years. Between 35-40 RSVP Volunteers turn up at the church around 6:30am in the morning and sack and then deliver nearly 200 sacks of groceries!!

In the past two years these volunteers have ALL gone beyond their Volunteer responsibilities owing to COVID. We realised very quickly that it was not just about the delivery of the food (which was and shall ALWAYS be our main goal) but it was making our senior clients feel safe about receiving groceries; being able to chat with the Volunteers, and generally feeling that we cared.

We started by checking in with ALL clients the day before the delivery to see how they were and reminding them of the next delivery; this was done by the Food for Seniors Delivery Driver Volunteers (a couple of the Delivery Volunteers had 30+ clients on their route)! A few of our Sackers decided that masks were needed for both the clients and their fellow Volunteers. We sent out the word to other RSVP Volunteers and it was amazing the response!! Overnight (well it felt that way) we had our first batch of masks made which was around 600—enough to give the Food for Seniors Clients 2 each for two deliveries and also enough for RSVP Volunteers. I want to interject here and say that one of the Food for Seniors Sackers made over 200 masks “herself”! As months passed our Volunteers kept up with their dedication to the clients. No-one complained, well not to me!!?

As Christmas 2020 was approaching one Food for Seniors Volunteer who owing to health reasons had to take a stand back from going to the church came up with a BRILLIANT idea!! We use brown sacks to

deliver our groceries. This Volunteer picked up 200 brown sacks and painted on every one of them a cute Rudolph Reindeer face on the front of the sacks!!! That just didn't make the clients smile but it made the Volunteers smile too. One RSVP Volunteer who now resides in a nursing home called us and asked if she could get Christmas Cards and write in all of them for the clients? YES, absolutely was our reply. Another batch of masks were also provided for Clients and Volunteers and of course a FULL SACK OF GROCERIES and a lot of warm smiles. By the way the Christmas in 2021 Christmas Cards were given/written (by the same RSVP Volunteer) again, but instead of Reindeers on the sacks, 200 stockings were hand-made by RSVP Volunteers (some by the “Reindeer” Volunteer) and filled with candy, lip balm, hand sanitizer, night lights, and a calendar.

We are now 2 years into this COVID situation and there is a *light at the end of the tunnel* for both Food for Seniors Clients and Volunteers. My view of RSVP Volunteers whatever or wherever they volunteered in the past 2 years—they saw a need and dealt with it! With a Smile! Food for thought (sorry about that pun!) In the year 2020 45 RSVP Volunteers Volunteered 3,047 hours for the Food for Seniors Program and in 2021 RSVP Volunteers Volunteered 3,650 hours for the Food for Seniors Program!!

The Food for Seniors Volunteers are like a family and when a Volunteer says something like this “Oh, I'm sorry I cannot come to the church next week, I need to take my [family member] to the hospital”! I reply “You have two families. Your own and the Food for Seniors Family. You concentrate on Your Family needs and your Food for Seniors Family will jump and help you out”! This really came into play when sadly we lost one of our Food for Senior Family members. She was a Delivery Driver and had done her route for around 7 years—17 individual addresses!! In less than 4 days 2 Food for Seniors Volunteers who presently do a delivery jumped in and said “We'll look after those clients”!!

I could go on forever—but basically I wanted to share with you about RSVP VOLUNTEERS wherever they decide to Volunteer is a GREAT THING.

Robbie Edwardsto me

4-H of Champaign County	Community Based Volunteers	Hope Center	Sch: Carrie Busey Elementary School
AARP	Programs	Hope Meadows	Sch: Dr. Howard Elementary School
Allerton Park & Retreat Center	Community Education	Illinois Radio Reader	Sch: Franklin Middle
Alzheimer's Association	Courage Connection	Immigrant Services of C-U	Sch: Garden Hills Elementary School
Amber Glen Care Center	Crisis Nursery of Chmp County	Impact Life	Sch: Kenwood Elementary School
American Legion Auxiliary	Cunningham Children's Home	International Hospitality Committee	Sch: South Side Elementary School
Unit 24	Daily Bread Soup Kitchen	Jubilee Cafe	Sch: Stratton Elementary School
American Legion Post 24	Dog Training Club of C-U	Krannert Art Museum	Sch: Urbana Sch-District #116 (U)
American Red Cross Blood	Don Moyers Boys/Girls Club	Krannert Ctr/Performing Arts	Sch: Westview Elementary School
Services	Eastern Illinois Food Bank	Mahomet Helping Hands	St Peter's United Church
Bement Health Care Center	ESL Program at First Pres	Multicultural Community Ctr of Rantoul	The Land Connection
Books to Prisoners	Church of Chm	OSF Health Care	The Waterford at Bridle Brook
Boy Scouts/Prairieland Council	Family Service Meals on Wheels	PACE, Inc.	Tolono Food Pantry
C-U at Home	Family Service of Champaign	Parkland Com College	U of I Extension, Chmp. Co.
C-U Canteen	County	Peace Meals [Area Office]	Urbana City of Com. Dev.
C-U Optimist Club	Family Service Senior	Pen Pal Program	Urbana Free Library
Carle Hospice/Home Service	Resource Center	Piatt County Faith in Action*	Urbana Park District
Carle Hospital	Family Service Sr	Piatt County Museum	Urbana Senior Citizens
CASA of Champaign	Transportation Program	Project Read	VA Illiana Health Care
Chmp Co Circuit Clerk's Office	feedingourkids.org	Rantoul First United Methodist Church	Veterans Services Corps
Chmp Co Forest Preserve/Mu-	Fisher Food Pantry	Rantoul Public Library	Wesley Food Pantry
suem	Food for Seniors	RSVP	Wesley Foundation Student Center
Chmp Co Humane Society	Freedom Celebration Committee	SALT & LIGHT	Windsor of Savoy
Chmp Park District****	Friendly Visitors Bureau	Salvation Army	
Chmp Public Library	Grand Prairie Friends	SCH: Chmp Com Sch (Unit 4)	
Clark-Lindsey Village	Habitat for Humanity	Sch: Barkstall Elementary School	
Com Service Ctr of Northern	Helen M. Stevick Senior Center	SCH: Bement Elementary School	