Letter From Our Director...

SEASON OF GIVING

Talk about preaching to the choir! Senior Corps RSVP volunteers know the meaning of this season and that is GIVING – giving of your time, resources, and passion!

Mary and I are so delighted to work with, and for you, to accomplish the many ways RSVP volunteers are impacting our communities. And it is a privilege to work with the forty-six (46) agencies in Garfield County that are helping those in need.

Our efforts, however, would not be possible without our sponsor, Colorado Mountain College, and our funders, listed here:

- Corporation for National and Community Service
- Colorado Mountain College
- Garfield County Human Services
- Area Agency on Aging of Northwest Colorado
- State Department of Regulatory Agencies
- Anschutz Family Foundation
- Rifle Community Foundation
- City of Glenwood Springs
  - Town of New Castle
  - Town of Parachute
  - Town of Carbondale
- Western Colorado Community Foundation
  - (Mary Catherine Gallarnau Blue Fund)

Anonymous Donors

Thank you – we are so appreciative of your generous funding!

If you, a friend, neighbor, or family member are looking for an organization for an end of the year donation please consider donating to High Country RSVP.

High Country RSVP

A sponsored program of CMC since 1978.

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Medicare Counseling 384-8744
Senior Navigator 384-8746
Continuing Ed. Classes 945-7486
Year Round Tax Issues 384-8740

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www.highcountryrsvp.org
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Upcoming Continuing Education Adult/Senior Classes

Jan. 23—AARP Driver Safety Class: We will be hosting an AARP Driver Safety Class at Colorado Mountain College on Wednesday, January 23 from 9am—1pm. The Driver Safety Class is directed towards drivers age 50+. Most Colorado auto insurance companies offer discounts to those who complete the course. There is a $15 fee for AARP members and a $20 fee for non-members for the workbook and handouts payable during class.

February 6—Tax Preparation for the Layman: Join us on Wednesday, February 6 from 9am—12pm and learn about the new tax laws for tax year 2018 in this Basic Tax Course. In this course, you will learn to prepare tax returns and research tax issues for most Form 1040 individual, non-business taxpayers, and small business taxpayers (self-employed/Schedule C). This class will also teach the basic fundamentals of the new federal tax laws based on real-life scenarios and enable you to internalize the knowledge that gives you a solid foundation you can continue to build on. By preparing practice tax returns manually instead of having tax software do it for you, you will learn tax law and preparation to correctly prepare basic tax returns. The class is free but there is a $5.00 requested donation for program costs. This information will be presented by a High Country RSVP (Retired Senior Volunteer Program) Volunteer.

March 9—AARP Driver Safety Class: We will be hosting an AARP Driver Safety Class at Colorado Mountain College on Saturday, March 9 from 9am—1pm. The Driver Safety Class is directed towards drivers age 50+. Most Colorado auto insurance companies offer discounts to those who complete the course. There is a $15 fee for AARP members and a $20 fee for non-members for the workbook and handouts payable during class.

April 23—Understanding Medicare and Social Security: Do you have questions about Medicare? How do you enroll; when can you sign up; what if you are still working; what does Medicare cost; do you need additional coverage; what is a Medicare Savings Program and do you qualify; when can you sign up for Medicare D (prescription drug coverage); what is the 2019 Standard Drug Benefit; what is the 2019 Gap Benefit; and how do you get Extra Help (LIS)? Do you have questions about Social Security? How to understand your social security statement; how to estimate your retirement, disability, and survivor’s benefits; how to create an online account; the fastest way to verify Social Security and Supplemental Security Income benefits; understanding your benefit verification letter; how to check your benefit and payment information and your earnings record; and more. Get the answers you need! This information will be presented by High Country RSVP (Retired Senior Volunteer Program) Volunteer Medicare Counselors and will not be represented by any insurance brokers. The class is free but there is a $5.00 requested donation for copied materials. Join us Tuesday, April 23 from 9am—12pm.

February 20—Senior Housing Workshop: Join us Wednesday, February 20 from 9am—12pm and learn about Senior Housing options in Garfield County and Colorado. Topics that will be discussed include: Staying Put Versus Downsizing; Strategies for Aging Place; Housing Options in Garfield County; HUD Vouchers; Finance; and Long Term Care. This class is being presented by Bo Blodgett, Garfield County Housing Authority Program Coordinator in collaboration with High Country RSVP. The class is free but there is a $5.00 requested donation for program costs.

All classes are being taught at the CMC Glenwood Center, 1402 Blake Avenue.
To register call 970-945-7486 or register online at www.coloradomtn.edu/classes.
Happy Winter Birthday RSVP Volunteers!

December
Carol Abbott
Bobbie Barker
Gini Christensen
Jo Ann Dufy
Parvin Erlandsen
Eva Fitzwater
John Gracey
Ronald Jensen
Victoria Kesler
Mary Kopf
Betty Mosby
Judy Oakes
Aliacia Remmick
Marilyn Wiggins

January
Mildred Alsdorf
Michelle Ballinger
Richard Buchan
Debra Callies
Patty Daniels
Steven Deliyianis
Debbie Delk
Joseph Hawkins
Paulette Johnston
Cheri Ketchum
Ron Kokish
Margaret Malik
Lois Scripter
Rober Spuhler
Mable Yeatts

February
Helen Brezina
Mary Collen
Regina Cross
William Daniells
Karen Duncan
Bobbie Dungan
Judith Hayward
Connie Henke
Jan Kaufman
Bruce Knuth
Valentina Meyer
Sharon Petersen
Marcia Provost
Helen Smith
Sharon Taylor
Roger Yost

March
Karen Conrad
Carol Crum
Penny Donelan
Charles Hall
Marge Taylor

Please welcome our newest High Country RSVP volunteers!

Mary Collen
Karen Duncan
John Gracey
Kathryn Gracey
Kathleen Molitor
Cheri Ketchum
Roza Gallicchio
Debbie Delk
Karma Kriz
Judy Gordon
Ann Jordan
Leonard Allen
Cora Pipkins

CMC RSVP Office Closure:
CMC will be closed December 24th — January 1st for Winter Break. All messages will not be returned until January 2nd. Safe and Happy Holidays!

Upcoming Events

Grand Holiday—Join Glenwood’s Downtown Market Dec. 14 at 5pm and welcome in Santa and his (live) reindeer. Have some hot chocolates and cookies. Roast marshmallows around the fire pits. Alpine Echo will entertain everyone with Christmas carols. This event is entirely FREE courtesy of Garfield County.

Carbondale Arts Pop-Up Holiday Bakery and Trunk Show—A new addition to this year’s Deck the Walls Artisan Market, Carbondale Arts presents their first annual Pop-Up Holiday Bakery and Trunk Show at The Launchpad on Saturday, December 22, from 10am to 5pm and Sunday, December 23, from 12-5pm. Come by to gather those holiday pies and cakes, jams and jellies, and other fun and funky goods for you and your loved ones!

Empty Bowls – Grand River Health fundraiser collaborating with CMC pottery students and CMC culinary students along with Grand River Health Chefs for Meals on Wheels clients serving our homebound from New Castle to Parachute. Event will be held March 6 at Grand River Health Conference rooms, 11:30 a.m. – 1:30 p.m.

Volunteer Opportunities in Garfield County

RSVP’s Helping Hands Handyman Program — We’re looking for volunteers to assist seniors and people with disabilities with simple home repairs enabling them to live more independently. Volunteers have helped with everything from installing grab bars, to changing light bulbs and smoke detector batteries, to building accessibility ramps and simple plumbing and appliance repairs.

American Red Cross — We are currently looking for a Community Volunteer Leader in the Roaring Fork Valley to help with volunteer recruitment. Interested volunteers will help us grow our organization here in Garfield County. Additionally, ARC is also looking for Response On Call volunteers (like our dispatch), Sheltering volunteers and Disaster Action Team members.

River Center — We are looking for mentors for our Prosper and Grow program to help female participants reach their employment goals. We’re looking for people who are good listeners who are able to commit 1-2 hours a week to mentoring a participant in the program.

Salvation Army — It’s kettle time! Volunteer one hour during the 5 week fundraiser or one hour each week—whatever fits your schedule. All funds raised during the annual kettle drive support locals with rent, utilities, transportation, and prescriptions during a time of financial stress. Over 2,200 people are benefiting from the assistance each year. You can help at any red kettle between Aspen and Rifle.

Mountain Valley Developmental Services — We are seeking volunteers that can play board games, read books, do art, play music, knit. Anyone is welcome to join our programs to do an activity with individuals with intellectual and developmental disabilities.

Mesa Vista Assisted Living — We are seeking a volunteer to conduct our art workshop – once a week or twice a month, it’s flexible and can include any kind of art including drawing, painting, etc.

WindWalkers — WindWalkers relies heavily on volunteers and we are currently looking for help with fundraising, office projects, therapeutic riding classes and light barn chores. We have staff here Monday - Saturday so any of those days are available for volunteers to donate their time. The majority of our volunteers are retired and you are never too old to volunteer as we have one volunteer who is 90!

RSVP’s Tax Assistance Program — We are looking for a volunteer to help schedule our tax appointments for us. We see over 400 clients so this position involves a lot of time on the phone. We are also looking for volunteers to be trained to help prepare taxes.
RSVP Stations Looking for More Volunteers

**Children’s Mini College** — We are looking for volunteers to help in the classroom at our preschool located at CMC’s Glenwood Center.

**Glenwood Historical Society & Frontier Museum**— We are looking for volunteers to staff the front desk for a few hours a day. You will greet museum visitors. This is a low-key job and volunteers frequently bring books or knitting projects to pass the time.

**Medicare/SHIP Assistance Program**—RSVP is looking for people willing to be trained to be Medicare/SHIP volunteers. You will counsel Medicare beneficiaries, who may be confused or lacking information and resources, about all aspects of Medicare.

**Garfield County Senior Programs**— We need volunteers at four of our Senior Lunches for serving the lunches and possible front desk duty. We need folks in Glenwood Springs on Tuesday and Fridays, Sunnyside Retirement Center on Monday and Thursdays, Carbondale Senior Housing on Wednesdays and New Castle Senior Housing on Mondays. To assist with set up for the meal we would need folks from 11 to 12, Service from 11:30 – 12:30 and clean up from 12:30 to 1:30 at the latest. It could be the same person for all shifts. They could work weekly or choose days that work for them. We will train you in service as well as food safety.

If you are interested in one of these volunteer opportunities, or would like information on another partner station, please contact Mary Moon, RSVP Volunteer Manager at 970-947-8462 or mpmoon@coloradomtn.edu.

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**RSVP is on Facebook!**

We keep our Facebook page updated with upcoming classes and volunteer opportunities! We’d also love to post pictures of our amazing volunteers! If you have a picture of you or another RSVP volunteer serving at one of our partner stations, please send it to mpmoon@coloradomtn.edu. And don’t forget to like us! You can find us at:

https://www.facebook.com/highcountryrsvp

or RSVP’s website:

www.highcountryrssvp.org

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**Register you City Market Value Card with RSVP today!**

Did you know you can register your City Market Value Card online to give a portion back to High Country RSVP? Simply go to https://www.citymarket.com/topic/city-market-community-rewards. Create an account and select High Country RSVP as your community partner. If you’d like, stop in the RSVP office and Patty or Mary can help you set it up! Then, each quarter City Market will send us a check! It’s an easy way to help!
More Americans than ever are volunteering, according to a new federal study released today by the Corporation for National and Community Service (CNCS), the federal agency that oversees AmeriCorps and Senior Corps.

The 2018 Volunteering in America report found that 77.34 million adults (30.3 percent) volunteered through an organization last year. Altogether, Americans volunteered nearly 6.9 billion hours, worth an estimated $167 billion in economic value, based on the Independent Sector’s estimate of the average value of a volunteer hour for 2017. Millions more are supporting friends and family (43.1 percent) and doing favors for their neighbors (51.4 percent), suggesting that many are engaged in acts of “informal volunteering.”

“The fabric of our nation is strengthened by the service of its volunteers. When we stand side-by-side to help others, our differences fade away and we learn that Americans have more in common than we realize,” said Barbara Stewart, CEO of the Corporation for National and Community Service. “Each and every day, ordinary Americans are stepping up to support their fellow citizens to help with needs both great and small because they understand the power service has to change communities and lives for the better.”

The research also found that Americans are generous with more than just their time. Volunteers donate to charity at twice the rate as non-volunteers. Nearly 80 percent of volunteers donated to charity, compared to 40 percent of non-volunteers. Overall, half of all citizens (52.2 percent) donated to charity last year.

Across all categories in the study, volunteers engage in their communities at higher rates than non-volunteers. They more frequently talk to neighbors, participate in civic organizations, fix things in the community, attend public meetings, discuss local issues with family and friends, do favors for neighbors, and vote in local elections.

The Volunteering in America research is produced by CNCS as part of its efforts to expand the reach and impact of America’s volunteers. Collected for the past 15 years, the research is the most comprehensive data on American volunteering ever assembled, and it includes a volunteer data profile for all states and major metropolitan areas. The complete report can be accessed at VolunteeringInAmerica.gov, and below are the top-line findings.
Key Findings:

- Americans in Utah report the highest rate of volunteering (51 percent), holding the top spot among states, followed by Minnesota (45.1 percent). Oregon (43.2 percent) climbed from the 13th-ranked state to the third, and is joined by Iowa (41.5 percent) and Alaska (40.6 percent), also new to the top five.
- Among cities, Minneapolis-St. Paul (46.3 percent) once again ranks first, with Rochester, N.Y. (45.6 percent), Salt Lake City (45 percent), Milwaukee, Wisc. (44.6 percent), and Portland, Ore., (44.3 percent) trailing just behind.
- Parents volunteer at rates nearly 48 percent higher than non-parents and working mothers give more time than any other demographic, with a volunteer rate of 46.7 percent.
- Generation X has the highest rate (36.4 percent) of volunteering, while Baby Boomers are giving more hours of service (2.2 billion). Millennials are stepping up to do more in Utah and the District of Columbia.
- Veterans are among the most neighborly Americans. They do something positive for the neighborhood, spend time with and do favors for their neighbors, and donate to charity at higher rates than their civilian counterparts. Veterans in New Hampshire and Virginia are volunteering more than in other states.
- Americans most frequently gave their time to religious groups (32 percent), a quarter volunteered most often with sports or arts groups (25.7 percent); with another nearly 20 percent supporting support education or youth service groups.
- One in three volunteers raises funds for nonprofits (36 percent). Additional volunteer activities include: food donation and meal preparation (34.2 percent); transportation and labor support (23 percent); tutoring young people (23 percent); serving as a mentor (26.2 percent); and lending professional and management expertise (20.5 percent).

Individuals interested in the full report or in finding local volunteer opportunities can visit www.serve.gov.

Colorado Highlights:

- 1,432,025 volunteers contribute 121.8 million hours of service
- 32.4% of residents volunteer, ranking them 26th among states
- Volunteer service worth an estimated $2.9 billion
- 98.4% of residents regularly talk or spend time with friends and family
- 61.3% of residents do favors for neighbors
- 21.3% of residents do something positive for the neighborhood
- 25.6% of residents participate in local groups or organizations
- 55.5% of residents donate $25 or more to charity

https://content.govdelivery.com/accounts/USCNCS/bulletins/21b2aaa
Open Enrollment Busy Time for Volunteers

Medicare Open Enrollment began October 15 and just wrapped up on December 7th and we were busy! If you see one of our Medicare volunteers, please make sure and thank them for their time! Current Medicare volunteers include: Ron Kokish, Penny Donelan, Mary Kopf, Barb Larime, Sue Ludtke, Cindy Ryman, Bob Spuhler, and Elisabeth Worrell.

RSVP Medicare volunteers meet with clients year-round to help them with their Medicare questions and enrollment. RSVP SHIP (State Health Insurance Assistance Program) trained Medicare counselors offer free personalized health insurance counseling to people in Garfield County on all aspects of Medicare. (See below).

Call High Country RSVP at 970-384-8744 and a RSVP Medicare counselor will call you to schedule an appointment. You will be glad that you did!

If you are interested in volunteering, please contact Mary at 970-947-8462.

It’s Almost That Time of Year Again...Tax Time!

If you are a senior, veteran, have a disability, or your household income is less than $50,000 per year, High Country RSVP (Retired Senior Volunteer Program) volunteers can prepare and electronically file your Federal and State Income Taxes FREE of charge!

RSVP volunteers can prepare returns that include: Form 1040; Schedules A, B, EIC (Earned Income Credit) and R; Child and Dependent Care Credits; and Education Credits. If you are a small business owner we can file Schedule C-EZ. (We cannot file Schedule C Profit or Loss from Business; Schedule E for rental properties; and advanced Schedule D for capital gains and losses.)

Walk-ins are not allowed—you must make an appointment. Please call 970-384-8740 to schedule an appointment. Appointments will begin in February.

Garfield County Senior Programs News

Well & Wise Exercise Programs: If you are interested in an exercise program, Matter of Balance, Tai Chi, N’ Balance, or Cooking Matters, please call Debby Sutherland, Senior Program Coordinator, at 970-945-9191, ext. 3084.

If you are interested in becoming a volunteer at one of their 7 meal sites let Mary know and she will help connect you.

For information related to Senior Programs call:
The Traveler (970) 945-9117 or (970) 625-1366
Nutrition Program (970) 665-0041