

# Central South Dakota Retired Senior Volunteer Program

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

## RSVP Advisory Council, April 2020

Mary Baldrige, Janice Deal, Mary Giddings, Carmen Heyd, Jan Kroell, Loni Norman, Sharon Roseland, Linda Taylor, Capital Area United Way, Kellie Yackley, Avera St. Mary's Foundation, Liz Farley, Winner Coordinator, **Teri Royer, Project Director, 224-3337, 801 E Dakota, teri.royer@avera.org, www.rsvpsd.org**

<i>Choose how, where, how often you want to serve. To volunteer, when it is safe, call the staff noted.</i>		
AARP	Lindsey	362-3044
Avera	Michelle	224-3364
Avera's Child Assessment Center	Angela	224-3339
Capital Area United Way	Ashlee	224-9229
Chamber of Commerce	Mallory	224-7361
City of Pierre Trail Patrol	Tom	773-2527
Meals on Wheels	Pat	223-2701
Countryside Hospice/Thrift Store	Jane	945-0150
Feeding SD	Andrew	494-3663
Oahe Child Development Center	Colleen	224-6603
Oahe Habitat for Humanity	Don	224-1366
Pierre Area Referral Service	Corwin	224-8731
Pierre Area Senior Center	Jeannie	224-7730
Pierre Retired School Personnel	Jean	224-4930
Pierre School District	Jeri	773-7300
SD Discovery Center	Kristie	224-8295
SD Cultural Heritage Center	Dorinda	773-6006
SD State Capitol	Rick	773-3688
Braille and Talking Book Library	Josh	773-5082
SD Women's Prison	Renae	773-5368
Sully Co Nutrition Center	Bev	258-2348

Your health and safety is our number one priority. The COVID-19 situation changes daily. It is important that you follow the recommendations of the Center for Disease Control at CDC's website and the information provided at [covid.sd.gov](http://covid.sd.gov) regarding our state. Safe volunteering is important. Many are doing tele-volunteering which is awesome. I am sure those who are in retirement centers, homebound, socially isolating, appreciate your phone calls and cards. I am working remotely from home with phone and email access. If you have questions about your volunteering, or would like to report your volunteer hours, please email. I did order books for our reading buddies, and we will distribute them when school resumes. I will not be mailing a newsletter or birthday cards until I return to my office at Avera.

Please take a moment to enter your volunteer hours online. Go to [www.rsvpsd.org](http://www.rsvpsd.org), select "post hours", enter username, enter password, select OK, select the worksite, enter your hours, select OK

Deborah Cox Roush, Director, Senior Corps, (Corporation for National and Community Service) asked to share these ideas with our volunteers. **Play board games:** If you're at home you're with other family members, challenge them to a game that requires you to outwit your opponent like checkers, backgammon, mahjong, or chess. Show them who's clever! **Card games:** Play Solitaire if you're alone, or if you have partners try Gin Rummy, Bridge, Crazy Eights, Spades, Canasta, Go Fish, or Old Maid. **Cook:** Many people find cooking and baking therapeutic. Find some old recipes you love and create healthy versions of them, or create new healthy recipes. Share them over the

phone with your friends and neighbors. **Reminisce:** Go through all those old family photos that you have laying around. Think about those wonderful occasions and look at how you dressed then as opposed to the kind of clothing you now wear. **Exercise:** Keep moving! Get up and walk around your house or apartment every hour or so. Also remember that there are television and web versions of exercise classes for older adults. You can do Tai chi with Regis Philbin! Check your local television listings to find the dates and times, and don't forget to check YouTube for web-based fitness. **Brain Games:** Pick-up a crossword puzzle or play some online word and number games. There are many that can be downloaded for free. **Sing:** Even if, like me, you can't carry a tune, singing is known to have health benefits. It helps to stimulate your circulation and boosts your immune system. **Listen to music:** Again, research suggests that listening to music helps to elevate your mood, reduces stress and increases happiness. **Spring Clean:** Now is a great to clean out those closets that you've been meaning to get to, and rid yourself of those items that you no longer want or can no longer wear. **Play Video games:** Some of us may have an old game console around (Nintendo/Play Station/Xbox). If not, you can download video games to your smartphone and laptop or tablet, if you have one. I like the word game "Words with Friends" which you can play with anyone from around the world. Ruzzle is another good word game. AARP has several online games for older adults, many of them can also be downloaded for free. **Garden:** If you have a yard, now is a good time to fertilize your plants and flowers. If not, you might consider doing some inside planting in pots and keeping them on your window sill **Create a Journal:** You can start a gratitude journal by writing down all that you have in life that you are grateful for, or write down your feelings and how you are going to overcome the negative ones. **Host a virtual family dinner:** Gather family members on Face Time and have dinner together. **Laugh:** Remember that old saying, "Laughter is the best medicine?" Well, it turns out, that it's true. Research shows that in times of uncertainty, laughter helps to calm us and ease our tensions. It also increases our oxygen circulation and stimulates our lungs, muscles, and heart, providing yet another boost to our immune system. So, while we're reminiscing, cooking, and playing games, let's just remember to laugh!

Stay safe and stay healthy!

### Birthday Wishes

Rose Andersen  
Anne Anderson  
Gary Cutler  
Ruth Downs  
Jean Easland  
Deb Fahey  
Donna Gutenkauf  
Darlene Hallem  
Linda Hausvik  
Laurie Kelley  
Irma LeFaive  
Doreen Miller  
Len Sheppard  
Verna Spoonemore  
Carrel Vallery  
Penn Williams  
Jerre Willis

### Retirement Centers—Closed to Visitors

Avera Parkwood	Lance	224-3183
Avera Maryhouse	Michelle	224-3364
Avantara Pierre	Faith	224-8628
Kelly's	Karmyn	224-5261
Lincoln Apartments	Gary	224-7330