

Volunteer Voice

Summer 2022

Newsletter for Triton College's Retired and Senior Volunteer Program (RSVP)



Volunteer Recognition Event

Usually RSVP hosts an annual recognition luncheon to honor volunteers and volunteer stations for their contributions to the community. Due to the pandemic, RSVP hasn't had a recognition event for the past two years. However, since there are fewer cases of COVID-19 being reported, RSVP has decided to host an abbreviated version of this annual event.

In the month of July, RSVP will have a drop-off recognition celebration. RSVP staff will go to volunteer work stations to drop off "goodie bags" for volunteers that have put in hours since the start of the pandemic, March 2020. Bags will include RSVP/AmeriCorps gifts and a gift certificate to a restaurant of their choice. Olive Garden, iHop, Texas Roadhouse, Red Lobster, Golden Corral, Chili's, and On the Border are just a few of the places volunteers can choose from.

Look for RSVP staff in mid-July at your volunteer work station. If you are not present at time of drop off, RSVP staff will leave your bag at the volunteer coordinator office OR you can come to our offices at Triton College to pick it up.



Tax Season 2022

Another tax season has passed and it was a busy one for RSVP.

Every year RSVP partners with the IRS to sponsor the Tax Counseling for the Elderly (TCE) program. This program helps senior adults aged 60+, from low- to moderate-income households, prepare their tax returns. RSVP has sponsored this program for over 29 years



for residents in the surrounding communities of Triton College.

Minerva McLaren, RSVP Volunteer Coordinator, spearheads this program. She recruits and sets up training for volunteers to become certified to prepare taxes. She finds partnering sites around the area to host the program. And she provides leadership for the volunteers by keeping them motivated and answering their questions.

This year there were seven sites around the district that hosted the TCE program. Those locations were Melrose Park- Elmwood Park- and Eisenhower Public Libraries, Proviso Township Office, Leyden Township Westdale Park, Norridge Seniors Assistance Center, and Triton College.

This year there were 30 RSVP volunteers that contributed to the TCE program. 19 of them were certified to prepare taxes and the remaining were phone operators that made appointments.

If anyone is interested in becoming a volunteer for next year's tax season, please contact Minerva McLaren or Mario Porras (contact information listed on the back of this newsletter).

2022 RSVP TCE Tax Data



Over 900 people helped



890 Tax Returns Filed



Approx. \$167,320
Saved for citizens in
Triton College District
(based on average cost of tax fees from
for-profit organizations)



30 RSVP/TCE Volunteers

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Stay Cool!



This year, the warm weather arrived in Chicago all of a sudden and RSVP wants to remind you all to stay safe and cool this summer.

Beat the Heat: Summer Tips for Seniors

By Allen Riggs from *Today's Caregiver* magazine (www.caregiver.com)

Every summer, thousands of Americans suffer from heat stroke, heat exhaustion and dehydration. And each year, an average of 300 people in the United States dies from heat-related illnesses, according to reports from the Center for Disease Control.

Seniors are more susceptible to heat-related illnesses as their bodies do not effectively cool down and it takes longer to recover when they get overheated. As the temperature starts to rise, it is important to take a moment to think about ways to beat the heat and avoid unnecessary illness.



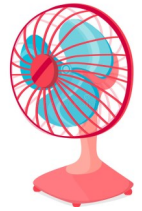
Beware of medications and/or senior diets that can increase risk. Hot weather can accelerate

dehydration, especially in people who are taking medications that have the side effects of fluid and electrolyte loss. Many medications, particularly antibiotics and diuretics, can block the body's natural ability to cope with the sun and heat. You should always check with a pharmacist or doctor to ensure that medications will not cause you or your loved ones to be more susceptible to heat-related problems.

Also, if seniors are on a low carbohydrate diet, be sure they drink plenty of fluids, as the additional proteins in this diet can cause the body to heat up more quickly.

Always be on guard for symptoms of heat exhaustion, which include pale, cold or clammy skin, extreme thirst, light-headedness, fainting, mild nausea, vomiting, and excessive sweating. Signs of heat stroke include

hot, dry skin, a fast, strong pulse, confusion, and a body temperature of 104 degrees or higher. If a person exhibits signs of heat stroke, this is a serious medical emergency and 911 or your local emergency medical team should be contacted.



The good news is heat-related illnesses and injuries are preventable. If you understand the signs and watch out for the symptoms, you too can beat the heat this summer season.

Below are four tips that can help you or someone you love battle the heat, sun and humidity, which are unavoidable throughout the summer months:

1. Check homes for proper ventilation

Excessive heat, when temperatures and humidity reach 90 degrees Fahrenheit or above, can be dangerous, especially to those who are home without air conditioners or fans. Many seniors will sacrifice a cool breeze from an open window due to security concerns. Inexpensive safety latches are available for windows that allow the air to circulate, but also prevent the window from being completely opened from the outside. Check with your local hardware store for options. Also consider blackout curtains to keep rooms cool.



2. Seek relief from the heat in public buildings that are air-conditioned

Not every senior has air conditioning in their home and there is a point at which fans can't combat the summer heat. When this occurs, visit public places such as local shopping malls, libraries, restaurants, or visit with friends or family for a welcome break from the heat.



3. Plan ahead for outdoor activities

During hot weather, everyone, especially seniors, should wear loose fitting, cool, light-colored clothing, and a hat or cap. Whenever possible, try to stay in the shade and be sure to use a high SPF sun block (30+) in order to protect a senior's sensitive skin.



4. Drink plenty of replenishing fluids

Alcoholic beverages and caffeine should be avoided since they can cause dehydration. Water is a great option, but does not effectively replace the potassium and sodium (electrolytes) that we lose when perspiring. Popular "sports drinks" such as Gatorade, Powerade and/or inexpensive homemade substitutes are great choices for rehydrating the body.



Volunteer Opportunities

Cook County Sherriff's Academy STARS Program (Aug 11 & 18)

Calling all thespians! If you have the desire to act, here's the chance you've been waiting for. RSVP volunteers role play as victims for the Cook county sheriff's police academy cadets. Following an hour of training, RSVP volunteers are interviewed by several cadets who ask about the crime scenario you will be assigned. At the end of the three or four-hour event, you will receive a certificate.

RSVP Troopons

Volunteers clip manufacturers' coupons from the Sunday newspapers or magazines to be used by military personnel and their families in commissaries in other countries. Once or twice a month in the morning we hold coupon clipping parties where volunteers can cut coupons at the office. Volunteers can also clip coupons in their own homes and just drop them off at our office. We also need someone to help tally all of the coupons that are cut (in the RSVP office).

Solutions for Care (Clerical)

Assist seniors or clients with disabilities. This assignment will assist the agency with administrative duties such as gathering documents and providing general office work to better service community members. Training provided by the agency.

Skills required: customer service

Days: Tuesdays & Fridays; Hours: 9am-1pm and/or 1pm-4:30pm

Solutions for Care (Outreach Associate)

Promote Aging and Disability Resource Network (ADRN) programs and assist clients on learning the agency resources. Training provided by the agency.

Skills required: customer service skills, bilingual (Spanish)

Days: Mondays & Thursdays; Hours: 9am-1pm

Solutions for Care (Caregiver Resource Center Assistant)

Assist the Caregiver Specialist with outreach/promotion of the CRC within the community. Also will assist with monthly follow-up calls and mass mailings. Training provided by the agency.

Skills required: customer service and must be bilingual (English/Spanish)

Days: Thursdays & Fridays; Hours: 9am-1pm and/or 1pm-4:30pm

Housing Forward

Serves people transitioning from homelessness to housing stability. Looking for someone to staff the welcome desk, answer questions, distribute meals, and possible light cleaning. Training provided by the agency.

Skills required: friendliness

Days: Sunday-Saturday; Hours: 30+

Literacy DuPage (Tutor)

Bridge the language gap by tutoring an adult in English. As a volunteer tutor, you will teach an adult to communicate so that they can do what most of us take for granted: make doctor appointments, speak with their children's teachers, and so many other essential everyday tasks. As a Literacy DuPage tutor, you will join a family of over 300 volunteers, who create lesson plans, share ideas, and forge friendships while strengthening our community's ability to reach those who are motivated to enhance their English language skills. You will find yourself in a rewarding place: empowering adults with the life-changing benefits of literacy.

RSVP Office (Office Helpers)

Help the RSVP staff with summer projects like shredding old documents, reorganizing cabinets, cleaning the kitchen, make decorations for upcoming holidays, make copies, sort papers, stuff envelopes, and more.

If you are interested in any of these volunteer opportunities, call the RSVP Office, (708) 456-0300, Ext. 3835

Travel Reimbursements –UPDATE–



RSVP is grateful to all of the volunteers that put in their time and energy for their communities. One of the benefits that RSVP provides is travel reimbursement to and from their volunteer site.

Last fall (Nov. 2021) it was announced that there would be no more limits to reimbursements until December 2022. Unfortunately, due to budget constraints, a cap will be reinstated earlier than anticipated, starting May 2022. The cap for reimbursements is now \$30 (an increase from last year’s \$25 cap).

The RSVP staff appreciates your continued support and cooperation on this matter. If you have questions or concerns about this, please don’t hesitate to contact the RSVP Director, Mario Porras (phone number on back of this newsletter).

Find something to do this summer!

Did you know?

Did you know adults aged 60+ that live in Triton College’s district, #504, can take a Continuing Education class for **a reduced rate**? There are 25 towns and villages in the district. For a full list, click here: <https://www.triton.edu/about/campus/> then click on the “Our District” link, on the left.

Call (708) 456-0300, ext. 3500 for details.

Some topics include:

- Understanding Microsoft Word and Excel
- Become a real estate broker
- Creating podcasts
- Beginning ballroom dancing or line dancing
- Exercising in Triton’s gym or taking an aerobics class
- Yoga
- BBQ cooking
- Cooking with food from your garden
- CPR certification
- Painting or drawing
- Skincare
- Photography
- Gardening
- Learn Spanish
- Understanding retirement
- Learn to play an instrument
- Watch great films
- Learn to swim

Summer Class Guide: <https://www.flipsnack.com/tritoncollege/ce-summer-guide-2022.html>

Follow RSVP on Facebook

Like our Facebook page to get the latest updates on volunteer opportunities and events happening at Triton College & the community.



Search for: Triton College RSVP *or* click on the Facebook logo above



Volunteers Wanted!

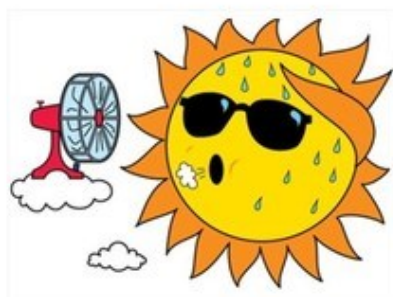
RSVP Volunteer Expo

Thurs. July 21 @ 10am-12pm

Location: R building, R-221



RSVP is hosting a volunteer expo for current or potential volunteers to sign-up for service. Various organizations will be present to promote their available volunteer opportunities. Participants will have the ability to view volunteer openings and ask questions of the organization. On-the-spot registration/matching will also be available.



Cool Down with RSVP

Friday, August 5 @ 1:30pm-2:30pm,
R Building, Rm: R221



Join the RSVP staff for a cool treat to get away from the hot summer. Popsicles and ice cream will be available for current and potential RSVP volunteers.

\$ PAID JOB ANNOUNCEMENT \$



The Athletics Department at Triton College is looking for part-time workers to help out at their events on campus. This is a paid position (\$15/hr) for just a few hours a week (approximately 10-15hrs). If interested, contact AJ Blahut @ andrewblahut@triton.edu or (708) 456-0300, ext. 3755.

Visit the website for more information, go to jobopenings.triton.edu or click on this link → <https://jobopenings.triton.edu/applicants/jsp/shared/frameset/Frameset.jsp?time=1649256640831> *

*On the website, click on "Hourly" and then click on "Page 2" and the job is titled, "Athletic Event Worker"



**Triton
College**



**AmeriCorps
Seniors**

Contact Us

Retired & Senior Volunteer Program (RSVP) @ Triton College

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DuPage Counties*

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Visit us on Facebook:
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Staff

Mario Porras, Director (ext. 3955)

Minerva McLaren, Volunteer Coordinator (ext. 3835)

Geraldine Lustro, Program Assistant (ext. 3896)



HAPPY PRIDE MONTH

June is LGBT pride month



7 Summer Solstice Facts

1. On the summer solstice, the Sun's path across the sky is curved—NOT a straight line. It appears to rise and keeps veering to the right as it passes high overhead. This is quite different from the laser-straight path the Sun moves along in late March and late September, near the equinoxes.

2. The solstice Sun stands directly over the Tropic of Cancer. In fact, that's how the Tropic of Cancer got its name. It's the northernmost line connecting all places on Earth where the Sun is ever straight overhead. That's because a few thousand years ago, the solstice happened when the Sun was in the constellation of Cancer the Crab.

3. At the solstice, the midday Sun is highest up in the sky (or, lowest if you live in the Southern Hemisphere). But did you know that the Sun's highest point is getting lower and lower over time? That's because Earth's tilt is slowly decreasing.

4. The word "solstice" comes from the Latin words *sol* "Sun" and *stitium* "standing." On the summer solstice, the Sun's path stops advancing northward each day and appears to "stand" still in the sky before going back the other way.



5. It may be the "longest day," but it's not the latest sunset. Nor the earliest sunrise! The earliest sunrises happen before the summer solstice and the latest sunset after the summer solstice.

6. In India, the summer solstice ends the six-month period when spiritual growth is supposedly easiest. Better hurry, you only have a few days left!

7. On this day, the Sun rises farthest left on the horizon, and sets at its rightmost possible spot. Sunlight strikes places in your home that get illuminated at no other time.