



YOUR GUIDE TO THE NORTHWESTERN ILLINOIS' VOLUNTEER NETWORK

## Lifescape AmeriCorps Seniors Brings You Our Guide for All Things Volunteerism

Welcome to the first edition of the Lifescape AmeriCorps Seniors Guide to Giving Back. This publication is our effort to give you a glimpse into northwestern Illinois' volunteer network and our incredible partnering agencies that drive this volunteer work. Within this quarterly publication you will get an exclusive look into all things volunteerism happening in our region.

Lifescape's AmeriCorps Seniors (formerly Retired and Senior Volunteer Program) works with individuals 55 and older to find volunteer opportunities in Northwestern Illinois. This program is available in the 5 counties of Boone, Dekalb, Lee, Whiteside, and Winnebago. AmeriCorps Seniors is one of the largest volunteer networks in the nation for people 55 and older. Volunteers can use the skills and talents they have learned over the years or develop new ones while serving in a variety of volunteer activities within your community. AmeriCorps Seniors RSVP volunteers choose how, where, and how often they want to serve, with commitments ranging from



a few hours to 40 hours per week. Volunteers receive pre-service orientation, training from the organization where they will serve, and recognition awards and gifts while on duty.

Along with providing volunteer opportunities within Lifescape's many programs and services we partner with other service-oriented groups in Boone, Dekalb, Lee, Whiteside, and Winnebago Counties.

Lifescape is the sponsoring agency of AmeriCorps Seniors program of Boone, Dekalb, Lee, Whiteside, and Winnebago Counties. Lifescape Community Services is the largest agency in northwestern Illinois serving older adults, families, and caregivers. We serve 9 counties: Boone, Carroll, Dekalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago. The agency serves thousands of older adults each year through its Meals on Wheels program, Adult Protective Services, Adult Day Program, Health & Wellness Services, AmeriCorps Seniors Retired and Senior Volunteer Program, Comprehensive Care Coordination, and Advocacy & Assistance programs.

### TABLE OF CONTENTS

**3** Keep Northern Illinois Beautiful – Reducing Waste While Educating Community

**4** Habitat for Humanity – Building Homes, Communities, and Hope

**5** Home of Hope Cancer Wellness Center - More Than a Home

**7** The Sauk Valley Food Bank – From 2 Pallets to 2 Million Pounds of Food

**9** ProMedica Hospice – New Name, Same Incredible Service

**10** Meet Our AmeriCorps Seniors Team

**12** Volunteer Spotlight



LIVING  
COMMUNITY



# Simply The Best!

TLC AWARDED BEST OF SENIOR LIVING SECOND YEAR IN A ROW!



TLC Living Community in Machesney Park, IL has been awarded the **2022 Best of Senior Living Award** by senior living advocacy group A Place for Mom for exemplary assisted living care and support for area senior citizens. This marks the second consecutive year TLC has been named as one of the nation's top 3% of senior care providers based on reviews from assisted living residents and their families.

**Opened in March 2020**, TLC is home to independent and assisted living apartments located on a six-acre campus near the heart of Machesney Park.

Residents have access to **24/7** senior care and support along with **restaurant-style dining, fitness center, community gathering spaces, location transportation services, spiritual services** and **more**.

### Private Tours Available

CALL (815) 242-2852

- OR -

EMAIL [tcllydesdale@tlc-mp.com](mailto:tcllydesdale@tlc-mp.com)



508 ROOSEVELT ROAD, MACHESNEY PARK, IL 61115

(815) 242-2852 / [WWW.TLC-MP.COM](http://WWW.TLC-MP.COM)

FOLLOW US ON FACEBOOK



# Keep Northern Illinois Beautiful

## Reducing Waste While Educating the Community

**K**eepp Northern Illinois Beautiful (KNIB) has been proudly serving Northern Illinois as an environmental resource since 1988! An affiliate of Keep America Beautiful and Keep Illinois Beautiful, KNIB is engaged in educating, developing public awareness, and providing service to the residents of Winnebago and Boone Counties with regard to the abatement of litter, the preservation of our local resources, and the management of solid waste.

KNIB currently runs two recycle centers, the Rockford Recycle Center on Hydraulic Road off South Alpine and the Machesney Park Recycle Center on N. 2nd Street. The recycle centers help to keep tons of materials out of our landfills, including paper, plastics, glass, cardboard and metal. All these materials can be recycled into new products. They also collect a variety of electronics, which are then disassembled by hand to separate out the reusable materials. Their clothing drives keep about 40,000 lbs of clothing out of the landfills. KNIB also holds medication drives that save around 4,000 lbs of medicines which helps prevent addiction, accidental poisoning and water contamination. Their Christmas Tree recycling program takes real trees and turns them into free mulch, thus keeping them out of landfills while providing eco-friendly mulch to protect plants and reduce the need for watering. Executive Director Pam Osborne estimates that KNIB keeps about 478 tons of materials out of our local landfills every year!

Education is a big part of what KNIB does. With presentations to school classes, and the community

at large, KNIB seeks to raise awareness about the importance of caring for our Earth and keeping the environment clean and healthy while reducing our use of landfills. Education programs focus on Recycling, Reusing, Reducing and the safe disposal of household hazardous wastes and can be geared for pre-K through higher-ed students or the general public.

Keep Northern Illinois Beautiful works with businesses, schools, neighborhood groups, and local governments to enhance our neighborhoods, and to use, reuse, and recycle our world's resources for future generations. Neighborhood and business district clean-ups, such as the Great American Cleanup, as well as neighborhood beautification programs help reduce crime and increase economic vitality in our communities.

Volunteers are the lifeblood of Keep Northern Illinois Beautiful! KNIB encourages individuals, groups, and families to volunteer their time to give back to our community. This is an all-volunteer project. Whether helping with a special drive, or greeting vehicles as they enter the recycle center, or unloading and sorting recyclables or answering phones in the office, you can make a difference!

If you are aged 55 years or older, live in Winnebago County, and wish to become a volunteer through Lifescape's and AmeriCorps Seniors' Retired and Senior Volunteer Program (RSVP), contact Lisa Johnson, Volunteer Coordinator of Boone and Winnebago County, at (815) 490-1138 or [ejohnson@lifescapeservices.org](mailto:ejohnson@lifescapeservices.org).



*From office teams to collection day teams - Volunteers make a huge impact in our community.*



# Habitat for Humanity

## Building Homes, Communities, and Hope

Habitat for Humanity of Boone County is dedicated to eliminating substandard housing locally and working worldwide through constructing, rehabilitating, and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions. Habitat for Humanity was founded on the conviction that every man, woman, and child should have a simple, durable place to live in dignity and safety, and that decent shelter in decent communities should be available to all. At Habitat for Humanity, they build. They build because they believe that everyone, everywhere, should have a healthy, affordable place to call home. More than building homes, they build communities, they build hope and they build the opportunity for families to help themselves.



Henry Repay

“In Boone County, so far, all of our projects have been new construction. This is our 12th home that’s being constructed here, and then we have another property to build on, and another that it looks like we’ll be acquiring in the next few weeks,” says Habitat for Humanity of Boone County Board President Henry Repay, of Law Office of Henry Repay.

Each local Habitat’s family selection committee selects homeowners based on three criteria:

- ✓ The applicant’s level of need.
- ✓ Their willingness to partner with Habitat.
- ✓ Their ability to repay a mortgage through an affordable payment plan.

As part of their willingness to partner, Habitat’s homebuyers invest hundreds of hours of their own labor, called sweat equity, working alongside volunteers and other Habitat homeowners. Habitat for Humanity follows a nondiscriminatory policy of family selection. Neither race nor religion is a factor in choosing Habitat’s homeowners.



Latest Habitat Home in Belvidere.



Pictured left, RSVP volunteers Joe Labadie, Walter Stevens & Larry Lott. Pictured right, Art Hyland.

The latest house to be built in Belvidere by Habitat for Humanity, is nearing completion. Habitat is always looking for new volunteers to help create new homes for those in need. This is a chance to make a difference in your community and learn some new skills that may come in handy in your own home. No experience is necessary, current volunteers are happy to train new volunteers in basic carpentry skills, plumbing, electrical and drywalling as well as many other areas of household maintenance.

If you are aged 55 years or older, live in Boone County, and wish to become a volunteer through Lifescape’s and AmeriCorps Seniors’ Retired and Senior Volunteer Program (RSVP), contact Lisa Johnson, Volunteer Coordinator of Boone and Winnebago County, at (815) 490-1138 or [ejohnson@lifescapeservices.org](mailto:ejohnson@lifescapeservices.org).



# Home of Hope Cancer Wellness Center

## More Than a Home

Home of Hope Cancer Wellness Center is located in Lee County. Within the walls of this yellow house is a place that is more than a home, but a sanctuary for people with cancer. When an individual is facing a cancer diagnosis it can be an uncertain and confusing time for them and their family. The person can feel overwhelmed with information, decisions, and emotions, but they are not alone. Home of Hope Cancer Wellness Center in Dixon is there to help.

Joan Padilla is the Executive Director of Home of Hope Cancer Wellness Center. According to Joan "Home of Hope Cancer Wellness Center was established in 2003. This organization grew from a vision of a local family who benefitted from similar services in Chicago during their family member's journey. Through education, support and wellness therapies, cancer patients can find connections and strength from diagnosis, through treatments and to recovery. Home of Hope is dedicated to providing assistance for cancer patients, family members and caregivers providing complimentary supportive services and wellness programs."

Home of Hope Cancer Wellness Center operates on the mission to make life with cancer easier by providing a warm and inviting atmosphere where those affected by the disease can find support through education, one-on-one discussions, local support groups, and services to help reduce anxiety and stress through massage therapy, yoga, and Reiki.



Joan Padilla

Joan Padilla understands the crucial role that Home of Hope Cancer Wellness Center has in community. As the Executive Director, "I am passionate about keeping this organization strong in the Sauk Valley Area. Having psychosocial oncology services available to the cancer community improves the quality of life by helping decrease the anxieties and challenges that a cancer diagnosis presents, not just to the patient, but the family as well."

Home of Hope Cancer and Wellness Center offers a variety of volunteer opportunities for individuals who would like to be part of this great organization. Volunteers can assist in the role of receptionist greeting clients, answering phones, and assisting with office duties. Other opportunities include assisting with yard maintenance and being part of special events such as the Hammer of Hope a cancer charity bike ride.

If you are aged 55 years or older, live in Lee County, and wish to become a volunteer through Lifescape's and AmeriCorps Seniors' Retired and Senior Volunteer Program (RSVP), contact Amy Ortiz, Volunteer Coordinator of Lee and Whiteside County, at (815) 490-1124 or [aortiz@lifescapeservices.org](mailto:aortiz@lifescapeservices.org).



*HOHCWC offers many educational, and emotional support services to help you and your family through your journey.*

Book Your Event With Us Today! Call 815-316-9930

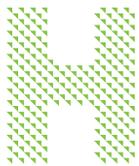
Banquet Halls Located in Roscoe and Rockford  
Pickup and Delivery Options Available

# Mary's Market Catering

Weddings  
Baby Showers  
Bridal Showers  
Birthdays  
And More!



Find Us Online at [www.MarysMarket.com](http://www.MarysMarket.com)  
Or on Facebook at Mary's Market Catering



ARE YOU TURNING 65 OR NEW TO MEDICARE?

When you need to choose  
a Medicare plan, Humana can help

## Find a plan that fits your goals and your life

It's time to choose a 2022 Medicare plan, and I'm here to help you understand your options. A Humana Medicare Advantage plan gives you everything you get with Original Medicare, and may include additional benefits and services to meet your needs. Humana offers plans with the coverage you might want at a cost that may work for your budget.



## Call a licensed Humana sales agent



**Michelle Hoffman**  
815-558-7750 (TTY: 711)  
Monday – Friday, 8 a.m. – 5 p.m.  
[mhofman9@humana.com](mailto:mhofman9@humana.com)

**Humana**® A more human way  
to healthcare™

Y0040\_GHHHXDDEN22\_AD\_M



# The Sauk Valley Food Bank

## From 2 Pallets to 2 Million Pounds of Food

In the early 2000s was a difficult time for the Sauk Valley area. Northwestern Steel and Wire Company closed its doors in 2001 leaving behind a long-lasting financial strain. This manufacturing company was one of the largest employers in Whiteside County, it left a devastating impact in the community. Northwestern Steel and Wire Company was a vital party of the Sauk Valley area for over 120 years. The impact of this closure caused 1,400 workers to lose their employment, 7,500 seniors to lose their retirement benefits, and created an increased demand in local food Pantries.

With most of the local food pantries relying heavily on the River Bend Food Bank for supplies The United Way of Whiteside County was determined to provide more assistance. A committee was formed, and the Sauk Valley Food Bank was created in 2001. What started with a card table, a desk lamp, and two pallets of donated food, developed into the food bank handling over 2 million pounds each year.

The vision for the Sauk Valley Food bank is simple: Provide supplies to local food pantries and other local agencies at a discounted rate. They did not provide food directly to those in need, but to other organizations to distribute throughout the community; Covid-19 changed that.

Similar to 2001, when the Sauk Valley Food Bank recognized that there was a greater need in the community, they looked for ways to provide more assistance. If you drive past the Sauk Valley Food Bank on a Saturday morning you will see a line of cars waiting to drive through the warehouse. Individuals are greeted with volunteers and staff filling their cars with boxes of fresh fruits, vegetables, and canned goods. Parking Lot Pantry Days was created to provide a little extra assistance during a difficult time.

The Sauk Valley Food Bank is always looking for extra hands to assist with their food distribution. If you are looking for a way to fight food insecurity and give back to the community, volunteer at the Sauk Valley Food Bank. They have a wide variety of volunteer opportunities from

assisting with unloading and packing trucks, assisting with Parking Lot Pantry Days, cleaning and organizing, and even assistance with clerical work. Sauk Valley Food Bank will help find the right fit for you!

If you are aged 55 years or older, live in Whiteside County, and wish to become a volunteer through Lifescape's and AmeriCorps Seniors' Retired and Senior Volunteer Program (RSVP), contact Amy Ortiz, Volunteer Coordinator of Lee and Whiteside County, at (815) 490-1124 or aortiz@lifescapeservices.org.



*A Banner of Hope*



**The Sauk Valley Food Bank is always looking for extra hands to assist with their food distribution.**





MEDICARE REIMAGINED



# Optimize Your Health

*And the health of your community*

**Zing Health is a physician-founded-and-led provider of Medicare Advantage health plans with a vital mission:** Providing comprehensive Medicare Advantage HMO plans that address social determinants of health to reduce healthcare disparities.

**1-866-946-4458 (TTY 711)**

8 a.m. to 8 p.m., 7 days a week, Oct. 1 - March 31  
8 a.m. to 8 p.m., Monday-Friday, April 1 - Sept. 30

[www.myzinghealth.com](http://www.myzinghealth.com)

## OUR MODEL OF CARE

Zing Health utilizes an innovative, personalized model of care that keeps the member and their primary care provider at the center, while supporting them with a holistic care team and connections to community organizations.

## OUR FOCUS

Zing Health offers only Medicare Advantage plans. This tight focus allows us to take the time to get to know our members; connect them with resources both within the plan and in their communities; and provide concierge-level customer service.

## HOW CAN WE HELP?

Are you interested in learning how Zing Health can help you, your organization, or your community? We are happy to appear at in-person or virtual events or speak one-on-one to interested people.

## 2022 SERVICE AREAS



### Illinois

Boone, Cook, DeKalb, Dupage, Kane, Kankakee, Lake, McHenry, Ogle, Will, and Winnebago Counties



### Michigan

Genesee, Oakland, and Wayne Counties



### Indiana

Allen, Lake, and Marion Counties

Zing Health is a Medicare Advantage HMO Plan with a Medicare contract. Enrollment in Zing Health depends on contract renewal. Zing Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Y0149\_GCO-F001\_C



# ProMedica Hospice

## New Name, Same Incredible Service

This past November, during National Hospice and Palliative Care Month, Heartland Hospice celebrated its name change to ProMedica Hospice, a national nonprofit organization that serves twelve counties in Northern Illinois and Southern Wisconsin.

ProMedica Hospice offers a wide variety of specialized programs that enhance their patients' well-being and quality of life. From the "Friendly Visitor" program that provides caregiver relief to the "Pet Peace of Mind" program, volunteers are an integral part of these services.

Volunteers offer companionship, compassion, and peace of mind to those involved in hospice care. With the friendly visitor and caregiver relief program, a volunteer spends quality time with the patient while the main caregiver can run errands or attend doctor's appointments. Volunteers can read to the patient, provide a comforting touch, or even play or sing soothing music. Many volunteers choose to run errands for the family or the patient, which alleviates stress and allows family members to stay with their loved ones for longer periods of time. In any way the volunteer assists, the mental and emotional stress of the caregiver is alleviated while also allowing the volunteer, caregiver, and patient to develop a meaningful connection and enriching experience for all.

ProMedica Hospice volunteers who are pet lovers also can participate in the "Pet Peace of Mind" program. Like the "Caregiver Relief Program," volunteers walk dogs, change cat's litter boxes, feed pets, and pet sit for small increments of time. "Pet Visitors" is another program where a volunteer with a good-natured dog can become trained and certified in companionship and bring their dogs to patient facilities or homes. Certified therapy dogs can provide a wealth of benefits, like stress-reduction and mood enhancement to name a few.

Lastly, ProMedica Hospice is happy to announce their "Veterans to Veterans" program. Veteran volunteers

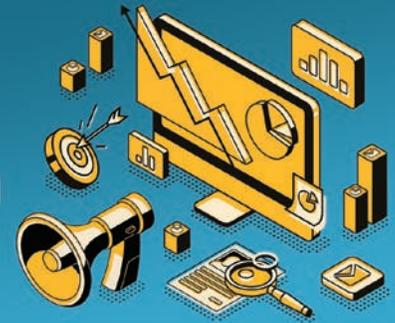
with similar backgrounds are paired with U.S. military veteran patients. Volunteers assist with these patients' care by listening to their life stories and even participate in pinning ceremonies and presenting recognition certificates. The camaraderie shared between veterans is incomparable.

All ProMedica Hospice volunteers receive training in the philosophy of hospice and the specific role volunteers will play in the lives of the patients and their loved ones.

If you are aged 55 years or older, live in DeKalb County, and wish to become a volunteer through Lifescape's and AmeriCorps Seniors' Retired and Senior Volunteer Program (RSVP), contact Megan Wheless, Volunteer Coordinator of DeKalb County, at (815) 490-1115 or [mwheless@lifescapeservices.org](mailto:mwheless@lifescapeservices.org)

**Many volunteers choose to run errands for the family or the patient, which alleviates stress ...**

### Digital Marketing Solutions for Locally-Owned Businesses



**Shaw Media Marketing offers the services and support of a full-service marketing agency.**

We provide smart marketing solutions to target your audience, reaching them where they **Read, Listen and Watch**. We've helped hundreds of local businesses grow and can help improve your local marketing efforts, too.

**Shaw Media Marketing**

[ShawMediaMarketing.com](http://ShawMediaMarketing.com)

Contact Gary Heller at 815.526.4572 for a FREE website analysis



# Meet Our AmeriCorps Seniors Team

## The Girls Who Get It Done



Hi, my name is

**Carli  
Jonet**

and I am the  
RSVP Director

My background

has given me the experience working with many populations from pregnant moms to seniors. I am so happy to be back with the senior population and becoming a part of helping this community thrive! I am excited to see the relationships, partnerships and community involvement with the RSVP program and how much great work we all can do for this community and our lovely seniors.

**Carli can be reached at (815) 490-1137 or by email at [cjonet@lifescapeservices.org](mailto:cjonet@lifescapeservices.org)**



Hi, my name is

**Lisa  
Johnson**

and I am the  
AmeriCorps  
Seniors

Volunteer Coordinator of Boone and Winnebago Counties.

I come from a background in Natural History after working many years at the Burpee Museum of Natural History and the Byron Forest Preserve. I always enjoyed working with volunteers in those positions and greatly appreciated

how much they added to those organizations. I look forward to meeting and working with Boone and Winnebago County's seniors to provide opportunities for them to use their skills.

**Lisa can be reached at (815) 490-1138 or by email at [ljohnson@lifescapeservices.org](mailto:ljohnson@lifescapeservices.org)**



Hi, my name is

**Ruth  
Morrison**

and I am the  
AmeriCorps  
Seniors Assistant  
of Boone and Winnebago Counties.

I am from the Rockford area. My husband was in the Air Force for 10 years, we spent the first 10 years of our marriage traveling. We returned to our hometown in 1996. After the passing of my father-in-law, my husband and I became the primary caregivers for my mother-in-law which introduced me to the next chapter in my life where I spent the next 4 years working for a home care agency. I decided to transition to a stay-at-home mom, at the time my family needed me more. I recently started working as the RSVP assistant and will be taking over the RSVP friendly caller program. I look forward to this role and meeting our RSVP volunteers!



Hi, my name is

**Amy  
Ortiz**

and I am the  
AmeriCorps  
Seniors

Volunteer Coordinator of Lee and Whiteside Counties.

I am excited to help expand this great program into the counties of Whiteside and Lee. I have held various roles within the community working with children, adults, and seniors. Community service has always been very important to me. I am excited to help connect fantastic volunteers with our great partners and leave a lasting impact in this community. **Amy can be reached at: (815) 490-1124 or by email at [aortiz@lifescapeservices.org](mailto:aortiz@lifescapeservices.org)**



Hi, my name is

**Megan  
Wheless**

and I am the  
AmeriCorps

Seniors Volunteer Coordinator of Dekalb County.

I am happy to be back in my home state after living in North Carolina for six years. My background is as an educator and writer. I received my bachelor's degree in English from Illinois State University and my Master's in Applied Linguistics from Southern Illinois University –

Edwardsville. I have taught a wide range of people from teenagers to adults and am a published author. I love my role as volunteer coordinator because I get to work with seniors who have a passion to better their community. Megan can be reached at (815) 490-1115 or by email at [mwheless@lifescapeservices.org](mailto:mwheless@lifescapeservices.org).



Hi, my name is  
**Stacie Miller**

and I am the AmeriCorps Seniors Assistant of Lee and Whiteside Counties.

I graduated from Northern Illinois University in 2016 and began my career as an early childhood teacher in DeKalb. I have always been an outgoing person, and teaching gave me the opportunity to create bonds with many people in the DeKalb community. In addition to education, community service and community engagement is something that I am passionate about. The RSVP team is the perfect combination of both, and it's very rewarding to be a part of it. I look forward to using my passion for community connections in my role with Lifescape AmeriCorps Seniors.

**OUR SERVICES**

- Assistance with activities of daily living: bathing, dressing, walking, personal grooming and hygiene
- Medication administration
- Three meals served daily plus snacks
- Weekly housekeeping and laundry services
- A range of interesting and varied programs and events
- Assistance with transportation
- 24-hour staffing
- On-site beauty/barber services

**Heritage Woods**  
AFFORDABLE ASSISTED LIFESTYLE  
COMMUNITIES FOR SENIORS 65 & OLDER  
**Belvidere · Rockford**  
Managed by Gardant Management Solutions

**Heritage Woods of Belvidere**  
4730 Squaw Prairie Road, Belvidere, IL 61008  
815-544-9525 | [hw-belvidere-slf.com](http://hw-belvidere-slf.com)

**Heritage Woods of Rockford**  
202 N. Show Place Drive Rockford, IL 61107  
815-332-3700 | [hw-rockford-slf.com](http://hw-rockford-slf.com)

Join the  
**pinnacleplusclub**  
and start enjoying more out of life!

**MAKE NEW FRIENDS**

**RECEIVE SPECIAL FINANCIAL BENEFITS**

**ENJOY GROUP TRAVEL**

Visit with one of our personal bankers to find out how to qualify.

**northwestbank**  
MEMBER FORESIGHT FINANCIAL

THE PINNACLE OF WHAT YOUR BANKING RELATIONSHIP SHOULD BE!

Member FDIC

LIFESCAPE

AmeriCorps  
Seniors

# GUIDE TO GIVING BACK

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
ROCKFORD, IL  
PERMIT NO. 858

705 KILBURN AVENUE • ROCKFORD, ILLINOIS 61101

## DON'T MISS THESE VOLUNTEER OPPORTUNITIES

- ♥ Keep Northern Illinois Beautiful
- ♥ Habitat for Humanity
- ♥ Home of Hope Cancer Wellness Center
- ♥ The Sauk Valley Food Bank
- ♥ ProMedica Hospice

### VOLUNTEER SPOTLIGHT

## Ken and Lorie Michaelis

Ken and Lorie were some of our first volunteers to join Lifescape's AmeriCorps Seniors RSVP Program. They joined in early April, 2020. At the time we were still getting organized and figuring out how this new program works, and they have stuck with us through all our growing pains. They were already delivering meals for the Meals on Wheels program, which they love doing. Except for a time during the height of the Pandemic and when Lorie was out with her knee surgery, they have driven steadily for many years, usually two to three days a week and they continue to drive to this day. Between them they have put in over six hundred and eighty volunteer hours. They are a very generous and caring couple who love to help others and we are lucky to have them!



#### Why did you join Lifescape AmeriCorps Seniors?

"We joined RSVP because we needed something to do and wanted to give back. We've been driving Meals on Wheels for 2 years now, minus the Covid shut-down time."

#### How did you hear about us?

"We heard about Lifescape because Ken was getting Meals for a while and his brother is at Lifescape Adult Day Program. We knew Lifescape was a good organization and wanted to help out."

#### What is your favorite part of the program?

"Our favorite part of AmeriCorps Seniors is meeting the people and their pets, also the staff here is so friendly and good to work with."

#### What advice do you have for people who want to volunteer in our community?

"Join AmeriCorps Seniors, also dress for the weather."