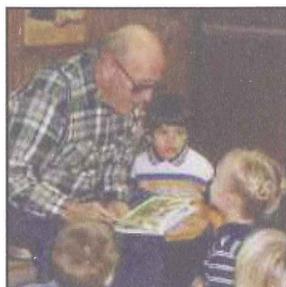
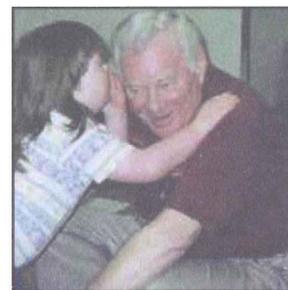




# THE SENIOR CORPS IN MINNESOTA: A GENERATION OF INSPIRATION



## REPORT ON 2003 ACTIVITIES

# SENIOR CORPS VOLUNTEERS: MINNESOTA'S TREASURE

Across the state of Minnesota, thousands of senior citizens are volunteering their time and talent to improving the lives of community members — young and old — through the Senior Corps. In our Report on 2003 Activities, we will illustrate through their own stories how Foster Grandparents, Retired and Senior Volunteers, and Senior Companions significantly impact the lives of countless children and adults across the state. Through these same stories, we will also demonstrate the substantial return on investment these programs yield.

## Foster Grandparents

The Foster Grandparent Program offers seniors 60 and older opportunities to serve as mentors, tutors, and caregivers for children and youth with exceptional needs. During 2003, more than 870 Minnesota Foster Grandparents served a total of 579,000 hours of service helping others. On average, Foster Grandparents each interact with five children and contribute 15 hours of service per week.

For example, Tracy Ketterling, a 1st-grade teacher at Phillips Community School in Minneapolis, is thrilled to have Maria, a Foster Grandparent, volunteering in her classroom. Maria patiently helps students develop their reading skills. Or if a student fares poorly on a particular test, Maria tutors the student one-on-one. "Maria makes such a great difference in so many ways," says Ketterling. "I am thankful that we are able to work together."

## Retired and Senior Volunteers

Serving in organizations ranging from hospitals and youth recreational centers to local police and education facilities, Retired and Senior Volunteer Program (RSVP) participants put their skills, talents, and life experiences to work in their communities. RSVP engages people 55 and over in a diverse range of volunteer activities. In 2003, 18,850 RSVP volunteers delivered more than 3 million hours of service in Minnesota.

RSVP volunteers played a key role in training Community Emergency Response Volunteers (CERT) in Stearns, Benton, and Sherburne counties. CERT is a Federal Emergency Management Agency-sponsored program to improve homeland security in communities. The Greater St. Cloud Area RSVP trained 93 CERT members, 49 of whom were RSVP volunteers themselves.

RSVP trained CERT members in disaster preparedness, fire suppression, and medical operations. As CERT members, RSVP volunteers assisted with the Pointe West Apartment fire, the Little Rock Lake flood emergency, a 14-county small pox immunization clinic, and a bioterrorism disaster drill at St. Cloud State University.

## Senior Companions

Senior Companions serve as friends and companions to frail, older persons who need help to remain living independently. In 2003, Minnesota's 480 Senior Companions age 60 and older provided more than 290,000 hours serving individuals who have difficulty with daily living tasks.

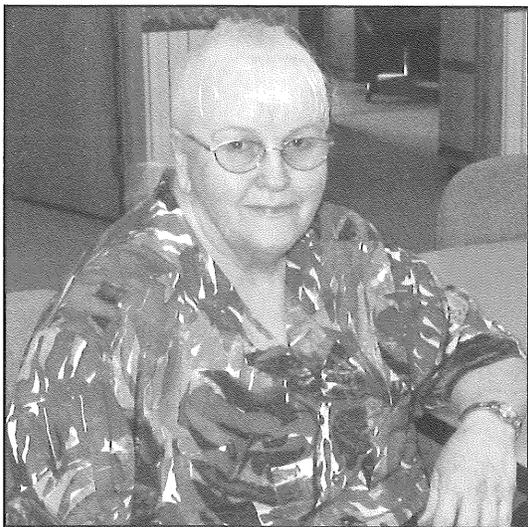
Senior Companion Zinovy Ugorets has been volunteering at the Fairview Home Care Program for more than six years. Zinovy offers his clients a variety of activities in an effort to enhance their quality of life. Such activities range from grocery shopping and visiting relatives to visiting the cemetery and discussing current events. "I feel this interaction brings joy and variety into their lives," Zinovy says. "It makes them happier and contributes to their overall health and quality of life."

*If you are interested in joining the ranks of the local volunteers and financial supporters who make our programs possible, please contact one of the local projects listed on pp. 8-9.*

**FUNDING** : The federal and state governments support Senior Corps. However, local support (not profiled here) is critical to engaging the growing number of eligible seniors.

	FEDERAL	STATE
Senior Companion Program	\$600,821	\$504,050
Foster Grandparent Program	\$2,344,459	\$788,800
Retired and Senior Volunteer Program	\$1,376,499	\$486,200
<b>Total (as of 2/1/04)</b>	<b>\$4,321,779</b>	<b>\$1,779,050</b>
<b>GRAND TOTAL (federal and state)</b> .....	<b>\$6,100,829</b>	

# SENIOR COMPANIONS...



## BRINGING HOPE TO CLIENTS WITH ALZHEIMER'S DISEASE

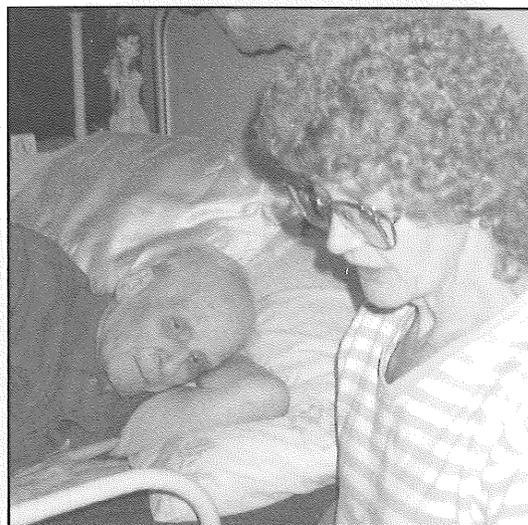
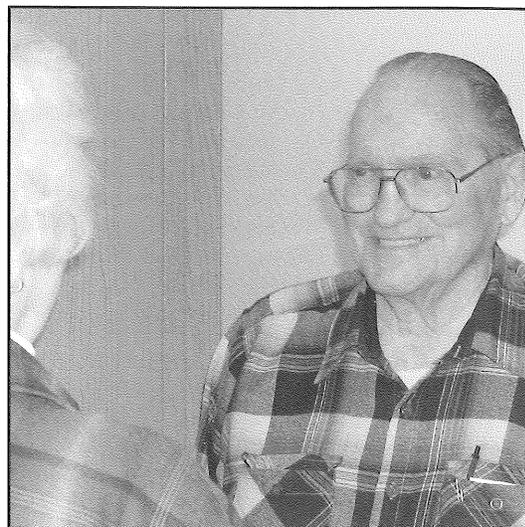
As a 20-year-old woman, Evelyn Forbrook worked as a telephone operator and lived, as she describes it, "on the old ladies' block." Every neighbor was either widowed or never married and "they spoiled me to pieces," she admits. That experience and close relationships with her older relatives led to a genuine love for older people. As a Senior Companion in Willmar, Evelyn relishes the opportunities she has to reminisce with her clients about their lives.

Such interest is especially valuable in Evelyn's interaction with a client who has Alzheimer's disease. Though her client may not remember her from one visit to the next, Evelyn provides the woman with one of the only remaining opportunities she has to relive long-ago memories that remain so fresh while recent events slip away. Evelyn's presence three days a week — and that of a nurse one day a week — enables the woman to remain independent. In addition to checking that her client takes her prescriptions, Evelyn brings her special holiday dinners and treats that they share. "I see such a bright future for her," says Evelyn, "because she has someone to come in and check on her."

## SUPPORTING SENIOR RECOVERY EFFORTS

"Either gentle persuasion or you bulldog them." Senior Companion Everett "Hap" Raduechel does whatever it takes to guide his clients toward sobriety. As one of three SCs at the Senior Recovery Program of Ramsey County, Hap spends more than 20 hours per week visiting with clients to get them to understand the benefits of sobriety vs. the misuse of alcohol. Three days a week Hap meets with clients at the program and one day a week he goes to the homes of those who are physically disabled or "who are hoping to get sober but haven't made up their minds yet."

Hap says it is gratifying to keep pushing until his clients grasp the power alcohol has over them. As a recovering alcoholic, Hap knows the agonies of alcoholism and that people often form their own friendships with alcohol. "You can sit there all you want as long as you have a drink in your hand," Hap explains. With the tools he's gained through personal experience and as a Senior Companion, Hap befriends his clients and becomes, "their steering wheel to sobriety."



## OFFERING CAREGIVERS A MUCH-NEEDED BREAK

*"Resolve to be tender with the young, compassionate with the aged, sympathetic with the surviving, and tolerant with the weak and wrong. Because sometime in your life you will have been all of these."* Guided by those words of wisdom, Senior Companion Marie Schueller provides respite services to caregivers who are caring for ill family members in their homes. By allowing informal caregivers to take a break from their responsibilities, Marie strengthens the ability of family caregivers to keep loved ones at home. Other benefits include delaying or preventing costly out-of-home placements; reducing the risk of abuse or neglect; and enhancing the coping skills of family caregivers thus decreasing depression and chronic illness.

Barb Koenig, the volunteer coordinator at DARTS in Dakota County, says Marie has a special gift for meeting clients just where they are, and sensing what they need, whether it's laughing over humorous stories or reading a book to a bedridden client. On her behalf, Marie says her service has expanded her own horizons. "It's so surprising how positive my senior clients are in spite of their health problems," says Marie. "I have even found something inside myself that I didn't know was there."

"A Senior Companion is a friend. They do not ask anything from you; they simply have a lot to give."

## BUILDING BRIDGES BETWEEN CULTURES

When Albert and Irena Fine arrived in the United States from St. Petersburg, Russia in 1993, they found many aspects of their surroundings new and unusual. Employed as an English interpreter in Russia, Irena served as the family's translator, while Albert's driver's license helped the family (which included their daughter and her family) navigate the Twin Cities. Thankful for all that the United States was offering, Albert and Irena felt as if they "should do something to thank this country for all it did for us," Albert says, adding, "We wanted to see American life on the inside — not only to look at it but to be a part of it."

Today, Albert, a former geologist, has seven years of experience as a Senior Companion — an opportunity he says, "fits me like a glove." With American and Russian clients through Minneapolis' Jewish Family & Children's Services, Albert — often with Irena — spends up to 20 hours per week helping clients navigate the challenges of daily life. For his American clients, that may mean providing companionship and taking the clients on errands. For his Russian clients, Albert's responsibilities include preparing for U.S. citizenship and dealing with documentation. "It's a very rewarding and important experience," Albert explains.



## REDUCING ISOLATION AND PROVIDING ESSENTIAL TRANSPORTATION

Many Senior Companions in Minnesota visit clients who live in rural areas. By providing necessary transportation between the client's home and clinics, hospitals, pharmacies, and grocery stores, the Senior Companion's presence provides a vital link between the client and his or her community. In turn, a client doesn't feel isolated and has an opportunity to socialize.

Vivian Hiebert became a Senior Companion in 2002 because she wanted to help people in Red Lake Falls. One of Vivian's clients, Patsy, is physically disabled, diabetic, and unable to drive. According to Vivian's supervisor, Patsy was very lonely until she was paired with a Senior Companion. Though there is public transportation in Patsy's area, it is only door-to-door service. Due to her physical limitations, Patsy would require help on and off a bus as well as with carrying her groceries and other packages. In such situations, some people may turn to family members for assistance — but Patsy has no children and limited family involvement. "Vivian is a godsend," explains Patsy.

## PROVIDING GUIDANCE AND SUPPORT

Senior Companions do "what friends do for friends" to help adults with special needs remain as independent as possible. Senior Companion Carol Steffl has become a close friend and advocate for her client, Denise. Denise is a 35-year-old woman who is borderline developmentally disabled. Denise's husband is also developmentally disabled and together they are parents to two teenage sons with normal cognitive abilities. When Carol and Denise met through SMILES Center for Independent Living in New Ulm, Denise was struggling with how to parent her 15-year-old son, who was taking advantage of the situation. Carol has helped Denise develop her parenting skills, enabling Denise to be more assertive with her children and create consequences for their behavior.

In addition to the challenges presented by parenting teenagers, Denise has made financial and buying decisions that have resulted in significant credit card debt. As a former county financial worker, Carol helped Denise organize her bills and manage her debt. After 18 months with Carol, Denise has established a monthly budget and is better able to manage her family's expenses.



# FOSTER GRANDPARENTS...



## SUPPORTING BATTERED WOMEN AND THEIR CHILDREN

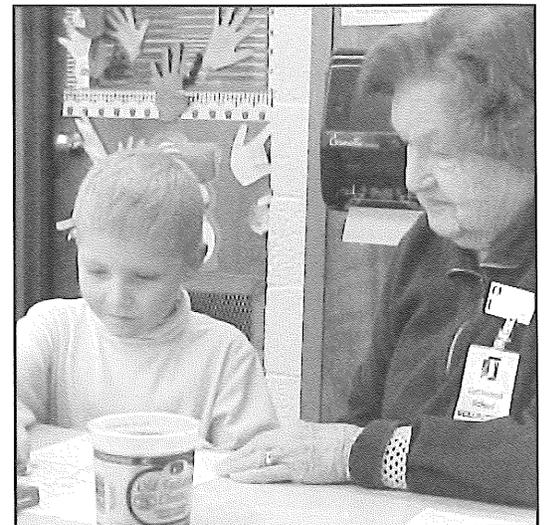
Brainerd-based Women's Center of Mid-Minnesota is an emergency shelter that provides support and advocacy for battered women and their children. It serves as a temporary home for the women until they can get their lives back on track after they've left abusive situations. While the women are at the center, they can go to court, get counseling, find housing, and seek employment. During 2003, the center served 118 residents and 167 children.

Three Foster Grandparents — Bernice Raskinski, Gudrun Johnson, and Margaret Balog — work in the center's playroom/nursery where they interact with the children by making crafts, playing games, and helping the children develop non-violent social skills. Each FG volunteers for 20 hours during the week, covering different shifts so the children always have someone to whom they may turn. According to staff members, the Foster Grandparents have a calming effect, not just on the children but the mothers and the staff as well. Their presence allows for wonderful intergenerational interaction and enables the mothers to feel a sense of security in leaving their children while they take steps to take control of their lives.

## TUTORING AND ENCOURAGING YOUNG LEARNERS

Bernice "Grandma Bea" Cieslicki, a 16-year Foster Grandparent Program veteran with the Northeast Minnesota and Northwest Wisconsin FGP, serves students with special needs at Cathedral School, an elementary school in Superior, Wisc. A significant percentage of the preschool and kindergarten students have documented deficiencies in core academic skills, including the ability to identify sounds of the letters of the alphabet and counting from 1 to 31.

Following the instruction and guidance of staff, Grandma Bea spends five hours each day tutoring students in phonics by: reading to them to reinforce sight words and increase reading fluency; listening to students read sight words from flash cards; playing letter and sound recognition games; and assisting students with pre-math skills using age-appropriate games and puzzles. At the conclusion of the 2002-2003 school year, 100% of preschool students assisted by Grandma Bea were able to verbally identify all of the letters of the alphabet as well as to pronounce the sounds the letters make. These students also mastered the reading readiness skills needed for kindergarten and were assessed as being "at grade level."



## GUIDING TROUBLED YOUTH

Mae Lundberg is one of five Foster Grandparents who volunteer at the Minnesota Correctional Facility in Red Wing. Mae interacts with 13- to 18-year-old boys who have been sent to the facility by the courts for a variety of offenses ranging from assault to auto theft to drug use. The boys are in a rigorous program in which they are assigned levels based upon their progress in learning new behaviors — with more privileges allowed at each level.

Mae and the other FGs (including Florence Fellenz, pictured at left) are assigned to cottages where the boys live. They eat meals with the boys, bake cookies, talk about problems, and assist with learning table manners at a communal table. The FGs have unique roles in the boys' lives as they have no disciplinary authority — which, in turn, softens and humanizes the facility and allows the boys to experience the growth of their self-esteem through unconditional acceptance. "I like to feel that the time I spend here at the Minnesota Correctional Facility will help them gain the confidence to meet the many challenges they will be facing as they leave the facility and go into the real world," Mae says.

"Our job is to listen to the children when they want to talk. We're their grandparents — a soft place to fall."

## EDUCATING THE CHILDREN OF NEW IMMIGRANTS

Lorraine "Grandma Lori" Swedzinski says she is "in a different world" when she helps the children enrolled in the Head Start Program through the Family Literacy Program in Ghent. The program's goal is to prepare the children — some of whom are Somali, Hispanic, Nepali, and Oromo (from Ethiopia) — for kindergarten. In addition to basic academic skills, staff and Foster Grandparents help the students develop their English skills. At its core, the program believes a child's parents are his or her most important teachers; therefore, the program's teachers and Foster Grandparents reinforce concepts in the classroom that can be carried into a child's home environment.

Grandma Lori joined the Foster Grandparent Program two years ago because she admired other FGs who were involved in the program. Today, she spends three mornings a week interacting with three- to five-year-old children, doing everything from reading and counting to making crafts and playing games — all with the goal of educating in mind. "The children are so sweet and loving," Grandma Lori says. "Some of them can't speak English but they know Grandma!"



## CREATING INTERGENERATIONAL TIES

Adeline Woinarowicz volunteers as a Foster Grandparent in the Teen Nursery at the Crookston Teen Parent Childcare Center. While Adeline watches their children, the teen parents must attend school full-time as well as a parenting class that meets once per week. Because the children's parents are quite young, the center seeks to guide the teens as they develop their parenting skills. According to staff, the teen parents have a hard time telling their children "no" when they are unable to tell themselves "no." They also do not comprehend the need for children to be on schedules or that it is not necessary for the children to be dressed in the latest fashions or name brands.

Adeline provides a secure environment and extra loving hands for the infants or toddlers of parents under the age of 19. She consoles the children by rocking or reading books to them. In her role, Adeline is providing stability and building intergenerational bridges as changes in the family structure and increased mobility have resulted in less interaction between grandparents and their grandchildren.

## NURTURING YOUNG LEARNERS

According to Robert Doyle, principal of St. Mary's Elementary School in Melrose, Lou Bushman is a versatile Foster Grandparent. "I can put Lou with just about any teacher or child and she will do well and so will the children," he says. As a five-year veteran of the Foster Grandparent Program, Grandma Lou volunteers with kindergarten through 2nd grade students on math, geography, spelling, and art projects. Dedicating 5 1/2 hours each day of the week is "the best thing I've ever done," she exclaims. "Where else can you go and get that many hugs in one day? It's a good reason to get up in the morning!"

According to Doyle, Grandma Lou's strong point is working with the students on the computer. After a student finishes reading a book, he or she takes a computer-based reading comprehension test. Passing the test enables a student to move on to another book. Over the past five years, Grandma Lou has tested children on thousands of books. Most satisfying for Grandma Lou? "Just seeing how these kids grow and mature," she says.



# RETIRED AND SENIOR VOLUNTEER PROGRAM...



## GROCERY SHOPPING FOR FRAIL ELDERLY AND DISABLED PERSONS

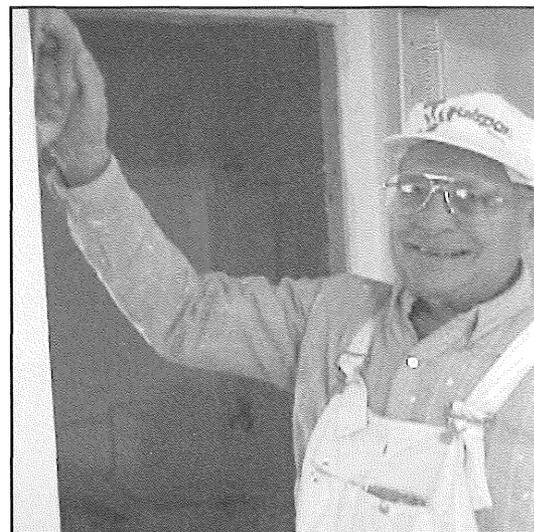
Helen and Pete Peterson, along with 31 other RSVPs, volunteer for Store To Door, a non-profit grocery shopping and delivery service for frail elderly and disabled persons living in the Twin Cities metro area. By receiving such services, people who are unable to shop for themselves are able to live in their own homes and maintain independence. As part of the service, volunteer order-takers call customers on a regular schedule to obtain their grocery lists. The orders are delivered to Store To Door's headquarters and, on designated shopping days, each order is filled by volunteer shoppers at five metro area grocery stores. After all groceries are purchased, they are delivered by volunteers and Store To Door staff to the customers' homes.

Honored as part of a local television station's *Eleven Who Care* feature, the Petersons each volunteer about 100 hours per month grocery shopping and fundraising. In addition to the satisfaction of providing a useful service, the Petersons enjoy the camaraderie of volunteering. When asked how long they'll continue, there's no hesitation in Helen's reply, "As long as we can walk!"

## CONSTRUCTING AND REHABILITATING AFFORDABLE HOUSING

Bernie Kunkel, a retired electrician, has been an active RSVP volunteer with the Seniors for Habitat project in Mankato since 1999. Bernie uses his expertise and skills at each building site and is willing to do any task — from foundation to finish — required in the construction of the homes. Bernie and the other members of the core group of 18 RSVP volunteers ensure continuity and quality during the home construction process — which yielded 13 homes in 2003. "Bernie is a good teacher and leader and he gets along with everybody," explains Nadene Ruthenbeck, Bernie's RSVP supervisor. "He always has a smile on his face and a twinkle in his eye."

In Mankato, 500 families pay more than 50% of their income for rent and most live in substandard housing. Approximately 75 of these families do not qualify for a home owner's loan nor do they have the ability to save for a down payment. RSVP volunteers like Bernie provide a stable volunteer base that allows Habitat for Humanity to produce decent, affordable housing for qualifying families.



## MOBILIZING YOUTH AND SENIORS TO SUPPORT FAMILIES OF SOLDIERS

In 2003, 138 soldiers from central Minnesota's Camp Ripley were deployed overseas. So sudden was the deployment that people were not prepared and support systems were not in place. Soldiers were even making out their wills at camp before leaving. As a result of the deployment, 172 families were left behind as family members went off to war.

On Martin Luther King, Jr. Day in 2004, a collaborative effort led by East Central Minnesota RSVP brought youth and seniors together to help not only the families of these soldiers but the community at large. On that day, youth and senior volunteers gathered at RSVP nutrition sites in five different Minnesota counties to write letters of support to the families of soldiers from Camp Ripley. In addition, the participants collaborated with the Central Minnesota Chapter of the Red Cross to distribute educational materials on Actions for Emergency Preparedness. Topics included family disaster plans, supplies that should be on hand, opportunities for training, donating blood, and volunteerism.

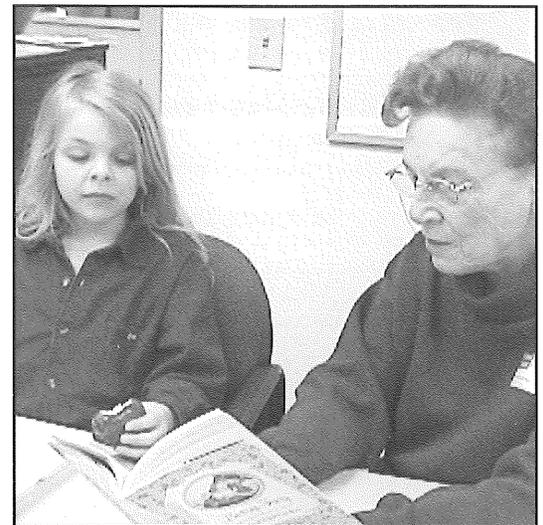


"There is no way to put a dollar amount on the value of volunteers who come in at the drop of a hat."

### PROMOTING POSITIVE INTERGENERATIONAL RELATIONSHIPS

Norma Bergquist, a retired high school English teacher, has been an RSVP volunteer in Mankato for several years. But recently, Norma started volunteering at Franklin Elementary School where every Friday morning she participates in the school's Breakfast Club. As a part of the club, each student who eats breakfast at the school is paired with an adult volunteer who reads to the student while he or she is eating. The goal of the program is to provide a positive mentoring relationship for children. Having read all of the books provided by the school's reading director, Norma and her 3rd grade partner are now reading books from Maud Hart Lovelace's *Betsy-Tacy* series.

"I get a feeling of satisfaction from the experience but I have also developed a relationship with this little girl. She is the sweetest, most precious thing," explains Norma. "I think I'm an adult role model for her in part due to her response to me!" Not only is Norma enthusiastic about her experience but, according to school staff, the attitude of the student has improved dramatically.



### MENTORING SENIOR CAREGIVERS

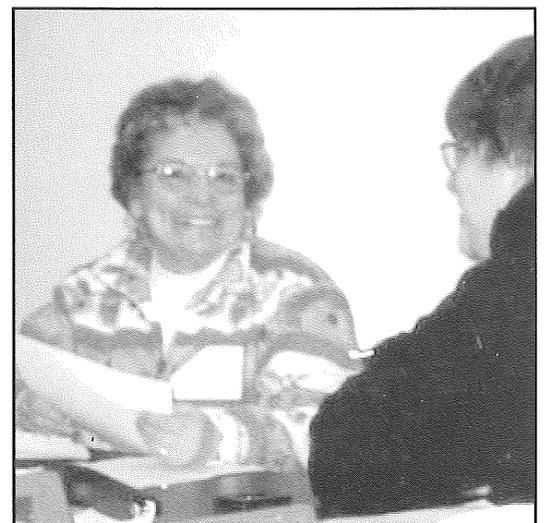
Recent studies indicate that up to 90 percent of care for older adults is provided by family members. To meet the often exhausting demands of caregiving, caregivers (many of whom are seniors) need time for themselves. DayBreak, directed by Volunteer Services of Carlton County, Inc. and staffed with RSVP volunteers, offers both in-home and group respite services so that program participants can receive a much-deserved break with the assurance that their loved ones are in a safe, comforting, and supportive environment.

Bernice Baker, a two-year RSVP volunteer, provides respite services both at the drop-in center and in clients' homes. As a caregiver for her husband who had Alzheimer's disease, Bernice understands the challenges that come with caring for loved ones. "Bernice develops a real relationship with caregivers," explains Jill Hatfield, Bernice's supervisor. "She is a mentor because she recommends services she thinks will be good for them." Bernice also has the ability to bring out the joy in her clients. For example, one woman, who had suffered a debilitating stroke, loved to dance but hadn't done so in years. Bernice now has her up and dancing!

### PREPARING TAX RETURNS FOR LOW- TO MODERATE-INCOME INDIVIDUALS

In 2003, 29 RSVP volunteers served 3,278 hours with AARP Tax-Aide Programs in St. Louis, Lake and Cook Counties. The programs provide free income tax counseling and preparation for low- and middle-income taxpayers, with special attention to those 60 and older.

Marian Chase, a former social worker, coordinates the program in northern St. Louis County. She attends yearly training by the Internal Revenue Service and Minnesota Department of Revenue and, in turn, trains a corps of up to 34 volunteers. In her role, she has negotiated free office space and regular service schedules in nine communities. She has also arranged for tax sites to serve special populations such as Native Americans on a nearby reservation, physically and developmentally disabled citizens in high rises and assisted-living facilities, and scheduled volunteers to visit homebound individuals as needed. The Minnesota Department of Revenue estimates the nine sites coordinated by Marian have generated almost \$1.6 million in tax refunds, \$216,000 in balance-due payments, and provided \$153,000 in free tax services.



# MINNESOTA SENIOR CORPS PROJECTS...

## RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

### AITKIN-CARLTON COUNTY RSVP

*Serving Aitkin and Carlton counties*  
Jill Hatfield  
1219 14th Street, Suite D  
Cloquet, MN 55720  
Phone: 218.879.9238  
Fax: 218.879.1196  
E-mail: jhatfield@vscci.com

### ANOKA COUNTY RSVP

*Serving Anoka County*  
Diane Pokorney  
2100 3rd Avenue, Fifth Floor  
Anoka, MN 55303-7090  
Phone: 763.422.7090  
Fax: 763-422-6987  
E-mail: diane.pokorney@co.anoka.mn.us

### ARROWHEAD RSVP

*Serving St. Louis, Cook, and Lake counties; includes Duluth*  
Bonnie Ebnert  
702 3rd Avenue South  
Virginia, MN 55792  
Phone: 218.748.7328  
Fax: 218.749.2944  
E-mail: bebnert@aeoa.org

### AUGUSTANA RSVP

*Serving Kandiyohi, McLeod, Renville, and Meeker counties*  
Judy Barka  
218 North Holcombe Avenue  
Litchfield, MN 55355  
Phone: 320.693.2430  
Fax: 320.693.2718  
E-mail: jbarka1@bsm1.org

### COMMON GOOD RSVP

*Serving Winona, Wabasha, Rice, Goodhue, and Olmsted counties*  
Maegan Zimmerman  
117 East Center Street, Suite B  
Rochester, MN 55904  
Phone: 507.287.2047  
Fax: 507.287.2050  
E-mail: mzimmerman@ccwinona.org

### EAST CENTRAL MINNESOTA RSVP

*Serving Chisago, Isanti, Kanabec, Pine, and Mille Lacs counties*  
Monique Mendyke  
105 S. Union Street  
Mora, MN 55051  
Phone: 320.679.1080  
fax: 320.679.9036  
E-mail: mmendyke@voamn.org

### GREATER ST. CLOUD RSVP

*Serving Benton, Stearns, and Sherburne counties*  
Lisa Braun  
400 2nd Street South  
St. Cloud, MN 56301  
Phone: 320.650.3122  
Fax: 320.650.3463  
E-mail: lbraun@ci.stcloud.mn.us

### HORIZON HEALTH RSVP

*Serving Beltrami, Cass, Lake of the Woods, and Morrison counties*  
Bridget Britz  
93 Edward Street South  
Pierz, MN 56364  
Phone: 320.468.6451  
Fax: 320.468.6452  
E-mail: bbritz@horizonhealthservices.com

### MAHUBE RSVP

*Serving Becker, Hubbard, Mahnomen, and Clearwater counties*  
John Haack  
P.O. Box 747  
Detroit Lakes, MN 56502  
Phone: 218.847.1385  
Fax: 218.847.1388  
E-mail: jhaack@mahube.org

### NORTH CENTRAL MINNESOTA RSVP

*Serving Koochiching and Itasca counties*  
Valerie Jensen  
10 NW 5th Street #001  
Grand Rapids, MN 55744  
Phone: 218.326.3175  
Fax: 218.326.7965  
E-mail: valeriej@kootasca.org

### RSVP GREATER TWIN CITIES

*Serving Carver, Dakota, Hennepin, Ramsey, Scott, and Washington counties*  
Terry Straub  
2021 East Hennepin Avenue, Suite 130  
Minneapolis, MN 55413  
Phone: 612.617.7830  
Fax: 612.331.6772  
E-mail: tstraub@voamn.org

### RSVP OF RED RIVER VALLEY

*Serving Pennington, Red Lake, Polk, Norman, Marshall, Roseau and Kittson counties*  
Deanne Patenaude  
University of Minnesota  
2900 University Avenue  
Crookston, MN 56716  
Phone: 218.281.8288  
Fax: 218.281.8250  
E-mail: dpatenau@crk.umn.edu

### RSVP OF SOUTHWEST MINNESOTA

*Serving Lincoln, Lyon, Murray, Nobles, Rock, Cottonwood, Jackson, and Redwood counties*  
Mary McLaughlin  
321 11th Street  
Worthington, MN 56187  
Phone: 507.372.7374  
Fax: 507.372.7918  
E-mail: mmclaugh@rconnect.com

### RSVP OF TODD/WADENA/ OTTERTAIL/WILKIN

*Serving Otter Tail, Todd, Wadena, and Wilkin counties*  
Kathryn Quittschreiber  
P.O. Box L  
New York Mills, MN 56567  
Phone: 218.385.2900  
Fax: 218.385.4544  
E-mail: katieq@otwcac.org

### RSVP VOLUNTEER SERVICES

*Serving Crow Wing County*  
Mike Koecheler  
312 Front Street  
Brainerd, MN 56401  
Phone: 218.824.1345  
Fax: 218.824.1346  
E-mail: rsvp@co.crow-wing.mn.us

### RSVP VOLUNTEERS UNITED

*Serving Big Stone, Swift, Chippewa, Yellow Medicine and Lac qui Parle counties*  
Karin Mack  
127 Northwest Second Street  
Ortonville, MN 56278  
Phone: 320.839.2111  
Fax: 320.839.2373  
E-mail: rsvpvu@maxminn.com

### SEMCAC RSVP

*Serving Fillmore, Houston, Dodge, Steele, and Mower counties*  
Sharon Rustad  
P.O. Box 549  
Rushford, MN 55971  
Phone: 507.864.7615  
Fax: 507.864.2440  
E-mail: sharon.rustad@semcac.org

"We must not forget our seniors — they helped build our nation strong."

**SOUTH CENTRAL MINNESOTA RSVP**

*Serving Brown, Nicollet, Blue Earth, Waseca, LeSueur, and Watonwan counties*  
Nadene Ruthenbeck  
518 South 5th Street  
Mankato, MN 56001  
Phone: 507.345.7787  
Fax: 507.345.3668  
E-mail: [rsvp@hickorytech.net](mailto:rsvp@hickorytech.net)

**SOUTHERN TRI-COUNTY RSVP**

*Serving Freeborn, Martin, and Faribault counties*  
Beth Spande  
1659 1/2 Main Street  
Albert Lea, MN 56007  
Phone: 507.377.7433  
Fax: 507.377.2879  
E-mail: [bspande.volunteer@charterinternet.net](mailto:bspande.volunteer@charterinternet.net)

**WEST CENTRAL MINNESOTA RSVP**

*Serving Douglas, Pope, Traverse, Grant, and Stevens counties*  
Karen Alvstad  
411 Industrial Park Boulevard  
Elbow Lake, MN 56531  
Phone: 218.685.6176  
Fax: 218.685.6741  
E-mail: [rsvp@co.grant.mn.us](mailto:rsvp@co.grant.mn.us)

**FOSTER GRANDPARENT PROGRAM**

**FGP OF LUTHERAN SOCIAL SERVICE**

*Serving Hennepin, Ramsey, Dakota, Scott, and Carver counties, and counties not covered by other Foster Grandparent Programs*  
John Pribyl  
2414 Park Avenue  
Minneapolis, MN 55404  
Phone: 612.872.1719  
Fax: 612.879.5220  
E-mail: [jpribyl@lssmn.org](mailto:jpribyl@lssmn.org)

**FGP OF NORTHWEST MINNESOTA**

*Serving Roseau, Kittson, Lake of the Woods, Clay, Marshall, Pennington, Red Lake, Norman, Becker, Mahnommen, and Polk counties*  
Heidi Simmons  
P.O. Box 607  
Crookston, MN 56716  
Phone: 218.281.5832  
Fax: 218.281.6681  
E-mail: [heidi@tvoc.org](mailto:heidi@tvoc.org)

**CENTRAL MINNESOTA FGP**

*Serving Stearns, Sherburne, Wilkins, Traverse, Otter Tail, Grant, Douglas, Stevens, Pope, Wadena, Todd, Morrison, Kanebec, Isanti, and Mille Lacs counties*  
Jackie Johnson  
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Phone: 320.229.4587  
Fax: 320.253.7464  
E-mail: [jjohnso1@gw.stcdio.org](mailto:jjohnso1@gw.stcdio.org)

**NORTHEAST MINNESOTA AND NORTHWEST WISCONSIN FGP**

*Serving St. Louis, Cook, Lake, Carlton and Pine counties in Minnesota*  
Margaret Hogg  
1509 Tower Avenue  
Superior, WI 54880  
Phone: 715.394.5384  
Fax: 715.394.9724  
E-mail: [mhogg@charterinternet.net](mailto:mhogg@charterinternet.net)

**SENIOR COMPANION PROGRAM**

**SCP OF LUTHERAN SOCIAL SERVICE**

*Serving all of Minnesota not covered by other Senior Companion Programs*  
John Pribyl  
2414 Park Avenue  
Minneapolis, MN 55404  
Phone: 612.872.1719  
Toll-free: 888.205.3770  
Fax: 612.879.5220  
E-mail: [jpribyl@lssmn.org](mailto:jpribyl@lssmn.org)

**SCP OF NORTHWEST MINNESOTA**

*Serving Roseau, Kittson, Lake of the Woods, Clay, Marshall, Pennington, Red Lake, Norman, Becker, Mahnommen, and Polk counties*  
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**FOR MORE INFORMATION, ON THE WEB:**

Corporation for National and Community Service (Senior Corps):  
[www.nationalservice.org](http://www.nationalservice.org)

Minnesota Board on Aging:  
[www.mnaging.org](http://www.mnaging.org)

