

North Platte Area Ready to Serve Volunteer Program

★ Serve Your Neighbor

★ Serve Your Community

★ Serve Your Country

901 East 10th Street, North Platte NE 69101

(308) 535-6777 (evening & weekend 535-8432) rsvp@northplattene.gov

Office hours are Monday-Friday 8:00 a.m.-4:00 p.m.

Dana Songster, Director; DiAnn Nichelson, Amanda Odell & Cecilia Wonch, Secretaries, Helen Keslar, Office Volunteer
www.facebook.com/nprsvp www.volunteermatch.org www.ci.north-platte.ne.us/volunteer/rsvp www.allforgood.org

April 2024

Welcome!

RSVP is so happy to have five new RSVP Volunteer joining us! Please help us welcome Alexa Beltran, Leroy Bogacki, Warren Hillyer, Lance Miesbauer & Ben Salyer. Welcome! We look forward to serving with you!

In Memory of Current & Past RSVP Members:

Arleen Jepsen

22 years, 9 months
4,540 hours

Sherman Hirsch

13 years, 8 months
123 hours

Sympathy to the following RSVP Members on the loss of a loved one:

Isabel Kinney

Irene Miller

Lisa Willard

If you have lost a loved one & he/she is not mentioned in the newsletter, please accept our apologies. We were not aware.

Lunch Drawing

Congratulations Sandra Lindsey for turning in your February hours by March 5th! Sandra has been a member of RSVP since May 2000. In her 24 years, she has volunteered for North Platte Senior Center, American Red Cross blood donation, Christian Women's Club, etc. Thank you for turning in your hours! Enjoy lunch at the Pop Corner.

Hamburger Bash

All RSVP Volunteers & their spouses are invited to the Hamburger Bash on Thursday, April 25th from 5:00-7:00 p.m. at the Eagles Club, 620 North Chestnut. The Eagles Club will be serving hamburgers, baked beans, french fries & a cookie. This year's theme is "Go Big Red". Please wear your favorite Nebraska shirt, cap, scarf, face paint, etc.

Reservations are required! Call the RSVP Office at 535-6777 to make your reservation by April 17th.

Available parking is in the Telegraph parking lot (except first row in front of the building since they will be open for business), Ace Hardware parking lot, & the parking lot between the railroad tracks & the Eagles Club.

The Eagles Club will be providing us with a great meal at the Hamburger Bash. We would like to thank the Fraternal Order of Eagles #2839 for their on-going support of the RSVP Program. They have sponsored the Hamburger Bash for RSVP for the past 16 years. Please be sure & thank them for all they do for RSVP & the community.

Please consider supporting the Fraternal Order of Eagles Club by becoming a member. There is 1,260 Aerie members & over 700 Auxiliary members. The North Platte Fraternal Order of Eagles Aeries & Auxiliary are the largest clubs in the state. The Eagle's Club is a charitable fraternal non-profit organization. The Aeries was started in 1948 & the Auxiliary was started in 1954. You must be 18 years or older to become a member. Veteran's, active military, law enforcement, & firemen receive free membership the first year.

In the past 10 years over \$300,000 has been donated to various organizations & clubs in North Platte. The Eagles Club has three main fundraisers a year. They are the Pork Chop Breakfast at NEBRASKALand Days, a Golf Tournament & the Super Bowl Party. They also have raffles & other club related events. All meals are prepared by volunteers. The Eagles Club would not exist without volunteers. Thanks to all the volunteers for the hours they put in at the club.

Centerpiece Winners

The following volunteers can pick up a candy bar bouquet at the Hamburger Bash: Kirsten Arensdorf, Pamela Ames, Terry Azure, Linda Bailey, Vernetta Baldwin, Leroy Bogacki, Jean Brandl, Robin Brown, Justin Carr, Lynn Clodfelder, Monica Cooper, Michael Douty, Sue Eggleston, Carol Fleshman, Kristine Forden, Cindy Gardner, Warren Hillyer, Paul Howlett, Brent Leeper, Kay Lucas, Nathan Lukas, Jonathan McClain, Sue McConnell, Jane McCrone, Evan McCuskey, Mary McKain-Dymond, Lance Miesbauer, Madison Musolf, Jeanne Navarrete, Caleb Odell, Matt Phagan, Barb Prottzman, Lea Reece, Tyson Risse, Ben Salyer, Johnny Schledewitz, Charlene Schneider, Richard Schroeder, Dell Shepherd, Gary Sierks, Duane Skiles, Marlene Smeltzer, Kathy Stoddard, Ben Swedberg, Connie Taylor, Bonnie VanCura & Julie Wiezorek. Candy bar bouquets can be picked up at the office from April 26th-May 17th.

A Note about Memorials

Please consider making a charitable contribution to the North Platte Area Ready to Serve Volunteer Program. Contributions & memorials allow RSVP to use your donations where it is needed most. Unrestricted gifts allow us to continually enhance our program.

RSVP has a fund set up at Mid-Nebraska Community Foundation. They can help you set up a monthly or a one-time contribution to the RSVP Program. Contributions are tax deductible. Please contact Eric at 534-3315.

Please remember when planning your estate, or in the event you have lost a loved one & would like to leave a memorial in their honor, please be specific about the recipient. Please know that the North Platte Senior Center & the North Platte Area RSVP are separate non-profit organizations. We want to make sure RSVP receives the gifts intended for us & the Senior Center receives the gifts that were intended for them. We both appreciate your consideration.

North Platte Giving Day...May 8th

Mark your calendar for May 8th, one of the best days to make a charitable contribution to a non-profit in North Platte.

The North Platte Area Ready to Serve Volunteer Program is gearing up for the 8th annual North Platte Giving Day! Giving Day is a 24-hour fundraising event on Wednesday, May 8th (from midnight to midnight, Central Time) during which people can help their favorite community causes in North Platte & Lincoln County. It is a day for charitable people to help provide needed funding for local nonprofits. **We are excited to announce an anonymous donor will match gifts, dollar for dollar, up to \$2,000!**

There are 3 ways to give a gift to RSVP:

1. Mail a check to Mid-Nebraska Community Foundation, 121 North Dewey Street, Suite 112, North Platte NE 69101, with RSVP in your check memo. Please mail it early so it arrives before May 8th.
2. Stop by Mid-Nebraska Community Foundation or RSVP on or before May 8th & hand deliver your gift.
3. On a smartphone, tablet, or computer, go to www.northplattegivingday.org & complete the Giving Form. It will ask for your name, the organization you wish to give a gift to (North Platte Area RSVP), your credit card/debit card number, the amount you wish to give & your e-mail address. You can schedule a gift from April 25th-May 8th or you can log on & give on May 8th.

All gifts given to RSVP will be used to purchase books for the book distribution program, with renovations to RSVP building & to sustain the RSVP Program.

Our Family Labels

Do you shop at Gary's? If so, please save the Our Family UPC bar codes & bring/send them to the RSVP Office often. When we collect 500 UPC's, we will redeem them for \$25! So far RSVP has received \$1,000!

Through this program, we can raise money by simply doing something we all do each week - grocery shopping. In every Gary's ad there will be a 5¢ designation by every product that is label saving eligible. With your support & more than 2,000 Our Family brand products available to purchase, there's no limit to the number of labels we can collect & redeem. If you have any questions, please call RSVP at 535-6777.

RSVP Quilt Raffle

We are gearing up for the 2024 Raffle. Please call us & let us know if you DO NOT want raffle tickets. We will be sending out tickets to all volunteers in April. We will also be looking for volunteers to staff raffle booths in April-July. Please call RSVP to sign up for a few shifts!

What is countable for volunteer hours?

You can write down anything you do for free on your hours sheet, except for stuff you get paid for & stuff you do for your family. Everything else can be written down. Please call us at 535-6777 if you have questions.

Some volunteers receive two hour sheets. One is for the Ready to Serve Volunteer Program, the other for the Retired & Senior Volunteer Program. The Retired & Senior Volunteer Program is a federal grant funded program & has different requirements. You have to be 55 years, or older & you have to serve at one of the sites listed in the grant. So, if you volunteer for the Red Cross, donate blood, are a Literacy Volunteer, serve at a food pantry, drive Veterans to medical appointments, or help at the monthly drug collection you are probably a member of the Retired & Senior Volunteer Program.

The Ready to Serve Volunteer Program is open to all ages. We are partnered with 140 non-profit organizations in North Platte. We are the volunteer hub in North Platte & currently have around 505 volunteers.

Volunteer Apparel

New volunteers get one free T-shirt! If you want additional shirts, t-shirts = \$5, long sleeve shirts = \$10 & caps = \$5.

Facebook

We are asking all volunteers who have Facebook to **Like, Follow, Review & Post** on the North Platte Area Ready to Serve Volunteer Program Facebook page. You can also **Share** RSVP's posts & **Tag** us in your posts. Find us at NPRSVP or North Platte Area RSVP.

Wish List!

Head Start - Colored construction paper, crayons (white included), glue sticks & liquid, clear tape, unscented baby wipes, bubbles, colorful printer paper, Kleenex, toilet paper, children's scissors, & paper towels.

Hope Esperanza - hygiene products, household items, canned & non-perishable food items, & clothing.

McDonald Elementary School - shoe boxes, plastic lids, straws, pipe cleaners, plastic pop bottles with lids, popsicle sticks, rubber bands, large googly eyes, wooden skewers, etc. Please bring items by April 5th.

RSVP - notepads, to/from labels, stickers for teachers, Our Family labels,

Re-store - upholstery, furniture polish/cleaner, stuff to repair chairs, furniture, etc., light bulbs, etc.

North Platte Recreation Center

Become a Lifeguard & Join Our Team! Are you interested in becoming a Certified Lifeguard for the City of North Platte? The North Platte Recreation Center will be holding 2 Lifeguarding class sessions in May 2024! Get certified through the American Red Cross for: Lifeguarding with CPR/AED or the Professional Rescuer & First Aid. If interested contact John G. at 535-6772 or e-mail guethleinjg@northplattene.gov. Lifeguards are needed at Cody Pool & the Rec Center.

Swim Lessons start in June! Sign up for Cody Pool or the Rec Center. Lots of dates & times to choose from. Registration is required. Fees must be paid at the time of registration. Call 535-6772 for more information.

♥ Thank You ♥

♥ A big **THANKS** to all of the RSVP Volunteers who helped at the Eagles State Pool Tournament on March 22nd, 23rd & 24th. Wow! 960 players stretching from Nebraska City to Alliance. The tournament was a big success & your support was truly appreciated. Thanks again! Fraternal Order of Eagles Aerie & Auxiliary 2839.

♥ Paws-itive Partners would like to thank Pat Dannatt for her many years as a volunteer in our organization. Pat has carried our cell phone, checked emails for us daily, & delivered hundreds of event posters to area businesses. Pat has served on our Board of Directors & more. Sometimes, we don't take time to say thank you to volunteers who help so much. Today, we would like Pat to know how very much Paws-itive Partners appreciates her as a volunteer & friend.

Volunteer Opportunities



Give the RSVP Office a call at 535-6777 if you are interested in volunteering at any of the following:

<p>Our Redeemer Lutheran School Help in the kitchen. Monday & Friday</p>	<p>Thrift Center Help sort, hang & display items or run the cash register.</p>	<p>Mid-Plains Community College Assist ESL class-1 on 1 with student Wednesday & Friday 6:30-8:30 p.m.</p>
<p>NP Alzheimer's Support Group Offer help to caregivers & help at support group meetings.</p>	<p>North Platte Genealogical Society Help with filing, sorting, & shelving books.</p>	<p>Keep North Platte Beautiful Help with litter & cleanup event at various locations around North Platte & Lincoln County</p>
<p>North Platte Children's Museum * Front Desk-2 hr shift - Wed, Thru, & Fri. * Museum Up-keep * Programming & Special events</p>	<p>Bargain Bin Sort, display or help at the cash register. sort donations on Thursday & help at the cashier desk on Fridays & Saturdays from 10:00 a.m.-3:00 p.m.</p>	<p>North Platte Senior Center * Help in the kitchen. * Bingo - Saturday evenings. * Home Delivered Meals weekdays, 10:30 a.m.-12:00 p.m.</p>
<p>Community Connections Mentoring Spend time with children K-8th grade in the community, at group or service activities, & reading. 4-8 hours a month.</p>	<p>Lincoln County Veteran Service URGENT!!! Drivers needed! Transport Veterans to Grand Island VA hospital or go to local towns & bring Veterans to medical appointments in North Platte. A van is provided.</p>	<p>Banisters Leadership Academy *Kitchen volunteers* Twice a month to assist with set up, serving & cleaning up after dinner. During a youth leadership event on the 2nd & 4th Saturday of the month Will reimburse for travel.</p>

Community for Kids Lincoln County (C4KLC)

"Kids on the Bricks," April 13th 11:45 a.m.-3:15 p.m.

Event Check-In ~ Help organize lines, hand our event materials to kids, & check scavenger hunt cards.

Serving Food ~ assist NebraskaLand Bank handling food, organizing waiting lines, & serving food.

Games & Fun Jumps ~ Monitor lines & safety on games & fun jumps.

Monitor Equipment ~ Organize lines & make sure kids are following the rules for the equipment.

North Platte 80's baseball – Pro team!

Games Start May 28th!

Jobs: *Game Day Staff* – help in a variety of positions to make game day a success.

Team Sales – Handle group sales, season tickets, sponsorships, tickets & team related sales.

Concession Manager & Staff – help with all aspects – from ordering, preparing food, cleaning, serving, etc.

Internship: *Statistician* -Score all games via Pointstreak software & serve as teams' official scorer.

Volunteer Opportunities: *Tickets* - digital & at the gate (Call RSVP to sign up for a shift). *Host families* - provide a bedroom, & access to a bathroom & kitchen. No financial obligation. *Sing the National Anthem*.

Sponsors: Looking for sponsors for the 2024 season. Different levels are available & start at \$100 to \$5,000.

For more information, call 308-337-3864. See all the exciting news & updates – "Like" their Facebook page & visit their website www.northplatte80s.com.

Habitat for Humanity

Habitat Office ~ New volunteer opportunity! Help a few hours per week in the office. Looking for someone with phone skills, some computer skills & a positive attitude. Call Dalene at 534-6251.

ReStore – **is Open!** Restore is looking for volunteers to help with a variety of opportunities – from sorting, displaying, cleaning, fixing (woodworking, painting, upholstery, etc.) & selling items; at the cash register & assisting customers; doing data entry of donations; etc. Restore is open Tuesdays-Saturdays from 10:00 a.m.-6:00 p.m. Volunteers are also needed on Wednesday mornings to do pickup's from 9:00 a.m.-12:00 p.m. Volunteers will ride along & help pick up donated items. Monday afternoon volunteers are needed to help move items from the warehouse to the store between 2:00-5:00 p.m. Volunteer once a month, on-call, or once a week – it is up to you! Stop by Restore & sign up for shifts on the calendar in the office. Looking for a volunteer who could help coordinate the volunteer schedule. Please call 534-6251 for more information. Have stuff you would like to donate - call 534-6251.

Construction Volunteers – Volunteers are needed at the Job Site to help will all aspects of construction. A Women's Build site is being organized & more volunteers are needed! Also need help organizing this special project.

Triple Bee Craft Fair – April 6th. Salvation Army 9:00 a.m.-4:00 p.m.

The Connection Homeless Shelter

Meal Prep & Service - Monday-Saturday 6:30 a.m. & 6:30 p.m. Sunday 10:30 a.m. & 6:30 p.m.

Front Office Assistant - Answer phones, greet visitors, complete room checks & help meet resident's needs.

Building Maintenance & Cleaning - Help with small maintenance, bailing clothing & cleaning duties.

Great Plains Health

Great Plains Health offers a variety of meaningful volunteer roles. Did you know we have fifteen different volunteer opportunities within various roles? Each of these roles aid in improving the patient's experience & plays a vital role in making Great Plains Health great. If you, your friends, or family members are seeking meaningful volunteer opportunities, call Crystal at 568-7475. Training is provided. Benefits include a free meal & gift shop discount.

Here are just a few of the opportunities available: Cancer Center, Gift Shop, Oak Street Medical Building, Patient Care Ambassador, Same Day Services & Wound Care.

Community Connections Drug Collection

What medications do you have at home? Would you know if some were missing? Limit access to these drugs & keep your home safe by properly disposing of unused & outdated medicines at the free monthly collection.

Community Connections is offering a drug disposal program at Bomgaar's on Saturday, April 20th (3rd Saturday of every month) from 11:00 a.m.-1:00 p.m. Dispose of prescriptions & over the counter medications that are expired or no longer needed. Medications are turned over to the Nebraska State Patrol who destroy them in an environmentally friendly manner. In partnership with Keep North Platte & Lincoln County Beautiful, the bottles & other packaging are recycled. Lockboxes are available at no cost. For more information, please call 696-3358.

Volunteers needed to help with drug class identification.

International Bazaar

September 29th - Volunteers needed to help with set up/tear down, entrance tables, hospitality area, kids' area, booth stand-ins, & help with trash.

Lincoln County Historical Museum

The Lincoln County Historical Museum's mission is to collect, preserve, & exhibit the history of our region. One way to support the museum is through membership; individual is \$25 dollars, families or couples is \$45 dollars. Membership now includes the Heritage Festival (the festival costs \$5 per person for a two-day pass). We are also seeking corporate memberships to help maintain our museum. The museum is not supported by any tax dollars. Fundraising through membership drives & activities supports our museum's mission. If you'd like to become a member there are forms in the hallway at the North Platte Senior Center or you can contact the museum at 534-5640.

The Lincoln County Historical Museum opens May 1st for the summer. Summer hours are 9:00 a.m.-5:00 p.m. Monday-Saturday & 1:00-5:00 p.m. Sunday. The museum stays open until September 30th. Also, admission prices have changed. They are as follows: 5 & under- Free, 6-12 years old- \$5, 13 years old & above- \$10.

Watch for information about Pancake Fee & Corn Feed.

Volunteers are needed to staff the Front Desk. Please call the museum at 534-5640 to help. Volunteer Orientation will be held Tuesday, April 23rd at 10:00 a.m. at the museum.

Hope Esperanza, 1013 South Cottonwood, 660-5935

Hope Esperanza hosts a community food share. Take what you need...leave what you don't. How it works...If you have food, you do not want...drop it off to share with another family. If you need food...come & get some. Four locations: HOPE Hub-1013 South Cottonwood, Episcopal Church-203 West 4th Street, Rape & Domestic Abuse Program-316 E Front Street or RSVP-901 East 10th Street. Outside pickup/drop off 24/7.

They also give out a Food Box every Monday from 5:30-6:30 p.m. at 1013 S Cottonwood. IF you need it delivered, please call 660-5935.

They have a free community closet to those in need. They have clothing & household items & much more. Contact Hope Esperanza for questions or an appointment.

Cinco de Mayo event

Volunteers are needed to run children's games, hand out brochures & activity cards. The event will be on May 5th from 1:00-6:00 p.m. in the Canteen District. Call RSVP to help with this fun event.

Golf Enthusiasts

Volunteers are needed for several positions for the Nebraska School Activities Association (NSAA) Boys Class D State Golf Championship that will be held at Lake Maloney Golf Club on May 21st & 22nd. Volunteering involves a 5-8 hour shift where you may be assisting the participants with recording their strokes, watching tee shots, looking for lost balls, communicating scores, & more... Lunch will be provided along with a complimentary NSAA jacket. For more information, or to volunteer, please contact Visit North Platte at 532-4729.

Poppy Day

American Legion Auxiliary will be distributing poppies in May (date to be determined). Volunteers are needed for a 1 hour shift. Go to the American Legion Hall located at 2020 East 4th Street, 20 minutes before your assigned shift to pick up poppies & donation canister. A "volunteer" pin will also be given to wear. Then you will go to one of the following stores: Ace Hardware, Gary's Super Foods, Perkins, Pop Corner, Bomgaar's & Do It Best. Shifts are from 10:00 a.m.-1:00 p.m. At the end of your shift, return donations, pin & poppies. A light snack will be served after your shift. Call RSVP at 535-6777 to volunteer. Monetary Donations are appreciated. Funds raised support Veteran Programs.

Lincoln County CASA

Lincoln County CASA is actively seeking passionate, dedicated individuals, to advocate for the well-being of children in foster care. If you or someone you know has a heart for making a difference in the lives of vulnerable children, we invite you to consider becoming a CASA advocate. We offer a comprehensive 30-hour training program, as well as ongoing training opportunities, to ensure our advocates are well-prepared & equipped to advocate effectively for the children they serve.

Lincoln County CASA & Lincoln County Child Abuse Prevention Council are working together to host the Mayoral Proclamation for Child Abuse Prevention Month. The event is April 5th at 7:00 a.m. with the CASA free-will donation breakfast at the Prairie Arts Center. At 9:00 a.m., Mayor Brandon Kelliher will read the Proclamation to kick off the start of Child Abuse Prevention Month. We will also have a silent auction with several items available to bid on.

Lincoln County CASA - Kevin Kennedy Hero Run & Mile is April 13th at Iron Horse Park. The action-packed event kicks off at 5:00 p.m. with the kid's fun run (mile), followed by the 5K race at 5:45 p.m. Don't forget to unleash your inner superhero & dress up in your best superhero costume – prizes will be awarded for the most creative & heroic outfits! Registration is now open online at Platteriverfitness.com or in person at the Rec Center. Don't miss your chance to be a hero for children in need while enjoying a fantastic day of outdoor activities & camaraderie. We're also on the lookout for sponsors to support this incredible event. If you would like to sponsor the race & help make a difference in the lives of children, please reach out to Janet Vath, at the CASA office, by calling 520-0577.

Whether you're interested in becoming an advocate, making a donation, or sponsoring the Superhero run, we welcome your support & involvement. For more information, please contact Lincoln County CASA at 520-0577.

North Platte Community Playhouse Events

Something Rotten - April 19th, 20th, 21st, 26th, 27th, & 28th. Tickets go on sale April 15th at noon. Two brothers set out to write the world's first musical in this hilarious mash-up of sixteenth-century Shakespeare & twenty-first century Broadway. London, 1595. "Welcome to the Renaissance," when William Shakespeare is at the top of a list of famous playwrights, while the two brothers, Nice & Nigel Bottom are definitely, well, bottom. The brothers are rehearsing their latest hope for a hit play, when their patron turns up with the news that the Bard has written the very same idea.

Join Kevin Kennedy III on an incredible journey from North Platte to the ends of the Earth as he writes 7 songs on 7 continents in 7 weeks. Explore the world in this amazing 7 part documentary travel series as Kevin travels through the USA, Argentina, Antarctica, Laos, Ethiopia, Serbia, & Australia. It will be an unforgettable night of live music, film, & storytelling." April 12th 7:00 p.m.

Movie - Kung Fu Panda 4 April 5th at 7:00 p.m., April 6th at 3:00 p.m. & April 7th at 3:00p .m. \$5 at the door. For more information, visit www.northplattecommunityplayhouse.com.

Prairie Arts Center

Gallery – Free Admission. North Platte Community College, April 6th-27th. Reception on 27th at 5:00 p.m.

South Gallery - Book signing by Alan Bartels – NE Author & Photographer - "100 things to do in the Sandhills before you die" - April 6th at noon.

Impact Gallery - Art Guild April 6th-27th

Concert ~ Job, Chuck & Peter, April 13th at 7:00 p.m. Tickets \$15 each & sold online at prairieartscenter.org.

North Platte Library

Open Monday-Saturdays, 9:00 a.m.-6:00 p.m. & closed on Sundays & major holidays. 24-hour drive-thru book drop is available for your convenience.

Events:

- Book Babies, a 20-minute program for Ages 0-3: Wednesdays at 10:00-10:30 a.m.
- Story Time, a 30-minute program for Ages 3–5: Tuesdays at 10:30 a.m. & 4:00 p.m.
- Teens Explore, an hour program for Ages 12-18: Thursdays at 4:00-5:00 p.m.
- Tween Time, an hour program for Ages 9-12: Mondays at 4:00-5:00 p.m.
- Reading Pawtners, an hour program where kids can read to therapy dogs: April 13th from 9:30-10:30 a.m.

Creation Station: Registration Required for all workshops. Register online at <https://north-platte.libcal.com> or by calling 535-8036 ext. 3320.

Stay Active & Independent for Life (SAIL)

A strength, balance & fitness class for adults 65+.

It Works! You'll be stronger, have better balance, feel better & this will help you stay independent active & prevent fall.

It's Safe! Brenda Aufdenkamp, Nebraska Extension Educator, is a trained fitness instructor.

It's Fun! You'll meet other seniors & make new friends each week.

NE Extension will be offering a 1-hour physical fitness class every Friday. The class will be held from 9:00-10:00 a.m. every Friday each month for \$10.00 per adult participant at the Extension Office, 348 West State Farm Road.

Research has shown that you will be stronger, have better balance, feel better, & allow you to stay independent, active & prevent falls. All exercises are done standing with the support of a chair or sitting. Participants choose their individual comfort level. Each participant will be evaluated with a questionnaire, please talk with your doctor ahead of time if you are interested. For more information, call Brenda Aufdenkamp 532-2683 or e-mail baufdenkamp1@unl.edu.

Cinco De Mayo Celebrations

Music * Food * Games * Raffles May 5th 1:00-6:00 p.m. Canteen District

Thanks to Hope Esperanza, Community Connections Mentoring, West Central District Health & many others for organizing this event. Contact Tine Maria for more information or to be a vendor at 660-5935.

Nourish Your Joints

Provided by Brenda Aufdenkamp (baufdenkamp1@unl.edu) FNH Extension Educator in North Platte.

Most of us experience some joint stiffness during seasonal changes. However, degenerative diseases such as arthritis can inhibit daily activities. Help keep your joints mobile with these tips:

Stay Fit - Be good to your joints by staying faithful to a physical activity routine. Benefits of fitness routines include: weight loss, reduced risk of osteoarthritis & improved flexibility.

Try these joint-friendly fitness ideas - water aerobics, swimming, dancing, biking, or pickleball.

Exercise Tips - Begin a new exercise slowly. Keep joints warm. Stretch & warm up. Keep to low-impact exercises, not bouncing movements that stress joints. Don't do anything that causes more pain.

Stay Hydrated - Drinking plenty of water is important to prevent dehydration & for keeping joints lubricated. Often as we age, our thirst mechanism stops working as well, so drink water even when you might not feel very thirsty.

Eat Smart - Eating a balanced diet with plenty of fruits & vegetables, & food rich in omega-3 fatty acids is important for joint health. Get 2 to 3 cups of fruit & 2 to 3 cups of vegetables each day to maintain adequate nutrition & provide your body with vital antioxidants.

Consider Some Extras - If your doctor has recommended adding a supplement, be careful to follow the instructions on the label. Common supplements taken to relieve joint pain include: Glucosamine/Chondroitin, Omega-3/ Fish oil, Tart cherry, Turmeric, or Hydrolyzed collagen.



Kids on the Bricks

"Kids on the Bricks," April 13th 11:45 a.m.-3:15 p.m. Canteen District

Kids on the Bricks is an annual event organized by Communities for Kids Lincoln County, that celebrates the culmination of the "Week of the Young Child". It is a multi-faceted project that combines celebration, education, community engagement, & entertainment to create a positive & impactful experience for young children, families, & the community at large. The project revolves around organizing a vibrant & engaging event designed to bring the community together while raising awareness of important issues related to early childhood education.

At its heart, the project signifies more than just a festive event; it serves as a catalyst for community cohesion & creates an environment where families & children can share in the joy of the festivities & learning.

Activities will include: Free food, Music, Scavenger Hunt, Prizes, Face Painting, Community Partner Booths, Sensory station, Fun Jumpz & much more!

Bridge of Hope Child Advocacy Center

Celebrate Hope with Comedian Andy Woodhill

April 18th at 7:00 p.m. Doors open at 6:30 p.m. at Venue 304.

Presented by Equitable Bank. For more information go to www.brisgeofhopecac.org Tickets can be purchased at <https://www.eventbrite.com/e/853128338827?aff=oddtcreator>. For more information call 534-4064.

Banisters Leadership Academy announces implementation of the Healthy Communities (of Nebraska) initiative.

COVID taxed everyone's physical, mental, & emotional health. Fast forward 4 years. We all have access to implementing & achieving physical health into our lifestyle regardless of abilities, whether it is within our home, outside activities, a walk, a run, a bike ride, a swim, or a workout at the gym. Not everyone, however, has access to mental or emotional health services. In many cases, because of the post pandemic spike, it can be difficult, or simply not possible to see a provider in person.

Banisters Leadership Academy

"Strengthening Youth and Families Through Leadership"



HEALTHY COMMUNITIES MOVEMENT (OF NEBRASKA)

The H.C.M. program provides children, families, and individuals easy access to mental and behavioral tele-health services.

- Serving All Nebraska Counties
- NO COST to Those Receiving Services
- Virtual Appointments
- Everyone is Welcome to Apply



To request an Interest Form email: hcm@banisters.org or capture the QR Code to complete the Interest Form



Banisters is the bridge between you and the provider and will not have access to any confidential information such as treatment plans or what is discussed in sessions.

This project is supported by the American Rescue Plan Act (ARPA) of 2021 funding for State and Local Fiscal Recovery Fund (SLFRF) and is being administered by the Behavioral Health Education Center of Nebraska (BHECN) at the University of Nebraska Medical Center (UNMC) by way of an award. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, BHECN, UNMC, or the U.S. Government. For more information, please visit BHECN'S ARPA website.

Banisters Leadership Academy, a leader in the non-profit sector, is bridging the gap between the need & the qualified professionals in Nebraska, to provide these services via telehealth from the comfort & privacy of your home, at no cost to you. Everyone who is a resident of Nebraska is welcome to apply regardless of age, gender, sexual orientation, financial status, religion, or relationship status.

Maybe you or someone you know would benefit from mental & emotional health services via telehealth, with the privacy of being at home. Perhaps there is a need or desire however, you do not have insurance, or your insurance is limited to the number of services you are allowed per calendar year, or perhaps your insurance doesn't cover mental health services. Maybe you are unable to afford the copay. Maybe you would like to receive services & you don't want anyone to know. Maybe you don't have health insurance coverage & you do not have the financial means to seek services. Maybe you live in an area where there are no providers! Whatever the situation is, the Healthy Communities (of Nebraska) initiative can bridge the gap between the need & those who can provide services for your need. For more information email hcm@banisters.org.

North Platte Senior Center 901 East 10th Street, North Platte 532-6544

Lunch is served 11:30 a.m.-1:00 p.m. Monday-Friday. Office is open Monday-Friday, 8:00 a.m.-4:00 p.m. They offer home delivered meals to qualified individuals. They also offer to-go meals. Please call the day before to reserve a meal (call Friday to reserve for Monday). You can pick up a reserved to-go meal between 11:15 a.m.-12:30 p.m. A client intake form will need to be completed. Follow them on Facebook at @northplatteseniorcenter. Meals are \$5.50 - 60 & over, or \$7.50 - 59 & under. The center is open to card groups, dances, bingo, activities & is available to rent.

April 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken & Noodles, Mashed Potatoes, Beets, Pineapple, & Cottage Cheese	Pulled Pork Sandwich, Tator Tots, Beaked Beans, & Fruit Cocktail	Meatloaf, Baked Potato, Cauliflower with Cheese Sauce, & Peaches	Sweet & Sour Pork Chop, Rice, Broccoli, Quartered Fruit, 3 Bean Salad, & Egg Roll	Scrod Cod, Macaroni & Cheese, Peas & Carrots, Cole Slaw, & Pears
8	9	10	11	12
Salisbury Steak, Mashed Potatoes, Gravy, Mixed Vegetables, & Peaches	Baked Chicken, Au Gratin Potatoes, Spinach, & Apricots	Ham & Beans, Tomato Juice, Rotini Salad, Pineapple, & Corn Bread	Chili Dog, Steak Fries, Carrot Raisin Salad, & Pears	Breaded Chicken Breast, Mashed Potatoes, Country Gravy, California Blend Vegetables, & Mandarin Oranges
15	16	17	18	19
Chicken Strips, Parsley Bittered Potatoes, Wax Beans, Pears, & Vanilla Pudding	Sausage Gracy, Biscuit, Mashed Potatoes, Carrots, Mandaring Oranges, & Cheese Cubes	Supreme Chicken Breast, Rice with Cheese Sauce, Asparagus, Pickled Beets, & Peaches	Spaghetti with Meat Sauce, Corn, Lettuce Salad, Pineapple, & Garlic Bread	<u>Birthday Dinner</u> Turkey Roast, Mashed Potatoes, Gravy, Scandinavian Blend Vegetables, Tropical Fruit, Cake, & Ice Cream
22	23	24	25	26
Smothered Pork Chop, Mashed Potatoes, Gravy, Peas with Onions, & Applesauce	Grilled Chicken Breast, Hashbrown Casserole, Hominy, & Peaches	Runza Casserole, Creamed Potatoes, Green Beans, & Pineapple	BQ Chicken, Chunky Potatoes, Succotash, & Pears	<u>Volunteer Dinner</u> Pot Roast, Mashed Potatoes, Gravy, Baby Carrots, Banana Split, & Dinner Roll
29	30			
Beef Tips Over Rice, Brussel Sprouts, Stewed Tomatoes, & Peaches	Ham, Sweet Potatoes, Sugar Snap Peas, & Pear			The North Platte Senior Center also provides meals for the Hershey Senior Center

Available at the North Platte Senior Center...

Balance Class ~ Jon Wieseler will teach the class on Wednesdays at 1:00 p.m.

Bingo ~ Saturday evenings. Open to the public. Must be 18 & over to play. 3 TV screens! Early bird game at 6:30 p.m. Bingo begins at 7:00 p.m. Cash cow. Special games. Flash bingo cards. Proceeds benefit the senior center.

Blood Pressure Clinic ~ 2nd Wednesday of the month from 11:30 a.m.-12:30 p.m. Provided by Azria Health.

Card Party ~ Fridays at 6:00 p.m.

Dances ~ Wednesdays - 7:00-10:00 p.m. \$10/person. Also on Sunday, April 14th & 21st 2:00-5:00 p.m.

Farmer's Market Coupons ~ Coming in June. Dates will be announced in May.

Lending Library ~ We have lots of books available to borrow.

LifeLine Screening ~ May 13th. Call 1-800-640-6307 to schedule a screening. 4 screening for only \$149.

Medical Equipment ~ The following items are available to borrow power wheelchairs, wheelchairs, walkers, canes, toilet seat risers, bathtub handles, hospital bed, bed rails, transfer board, CPAP machine, & much more. They also have Depends, under pads, etc. They do accept these items as donations also. Call 532-6544 & let us know your needs.

Puzzles ~ We have 350 to-1,000-piece puzzles available to borrow!

Tia- Chi ~ Tuesday & Thursday at 9:00-10:00 a.m. in the Senior Center Gymnasium. No cost for class. Start at the beginning of the session

Community Action Partnership of Mid Nebraska 901 East 10th Street 532-3250

If you are interested in any of the following programs, call to make an appointment.

- **Weatherization** provides long lasting energy saving upgrades to homeowners who qualify. These services are offered at no cost. Please tell your friends & family, as they really need applications for Lincoln County.
- **Emergency Utility Assistance** helps with eviction notices & disconnected utilities...when funding allows.
- **The Commodities Supplemental Food Program** provides free, nutritious, supplemental food to income eligible individuals 60 years & older. Income eligibility goes by Net Income...\$1,632 for a 1-person household or \$2,215 for a 2-person household. If you are interested & eligible, please call for an appointment. Must have proof of age, income & address. The next distribution will be held on **May 16th**. You can pick up at the Presbyterian Church, 1901 West Leota Street from 8:00-10:00 a.m. Residents of Buffalo Bill Manor, South Oak Manor, Taborwood Townhomes & Autumn Park will also get them delivered.

**RSVP Hours Sheet
April 2024**

RSVP-901 East 10th
Street, North Platte NE

Name (please print): _____

Please keep track of your volunteer hours. The general rule of thumb is - count everything , except services you get paid for &/or services you do for your family. If you have questions, please call RSVP at 535-6777.			Please help us keep your contact information current. Please let us know if you have changed your address, phone number or e-mail address . Notes... _____ _____ _____ _____
Date	Site & Duties	# of Hours	
			<p>By signing below, I certify that this statement & the hour reported are true, correct & complete to the best of my knowledge.</p> <p>Volunteer Insurance: I certify that I possess a valid driver's license & liability insurance in the minimum amount required by law was in force at the time of this travel.</p> <p>_____ Your Signature</p> <p>Please remember to record your hours each day. Also, please report your hours monthly. You can...</p> <p>*Hand deliver (drop off box) or mail (901 East 10th Street, North Platte NE 69101), *Call (535-6777), *e-mail rsvp@northplattene.gov, *Submit them on our website www.ci.northplatte.ne.us/volunteer/rsvp/rsvp-hours.</p> <p>If you drop them by, we have a gift for you! This month we are handing out hand sanitizer.</p> <p>If you turn in your hours by the 5th of the month, you will be placed in a drawing for a free lunch.</p> <p>The newsletter can be found on-line at www.ci.northplatte.ne.us/volunteer/rsvp/rsvp-newsletter to print the newsletter.</p>
<i>Bereavement (Funeral) - If you help with a funeral dinner at church put it under the church. This is for the support of the family, like taking them food, for example.</i>			
<i>Friendly Visitation - When you go & visit someone in their home, nursing home, hospital, etc.</i>			
<i>In-Home Care - If you help someone in their home with laundry, snow removal, lawn care, cooking, paying bills, etc.</i>			
<i>Telephone Reassurance - When you call someone to visit or check up on them.</i>			
<i>Transportation - When you drive someone to the store, doctor, to an event, or just a Sunday drive.</i>			
Total Hours:			

We, at RSVP Office, are so thankful for your efforts!