



of Rock County

April 2025 Newsletter

Please note our new address:

1201 Big Hill Court

Beloit, WI 53511

(608) 362-9593



## Doing Good in the Neighborhood

**WE HAVE MOVED!**

Our beautiful new office is located near the entrance of Big Hill Park in Beloit, WI. We share this space with the Welty Environmental Center, Youth2Youth 4 Change and Rock Steady Boxing. Come visit us, Monday-Friday from 8am-4pm!



## Volunteer Recognition Dinner & Celebration Event

Save the Date: Wednesday, June 25th

4:00 p.m. - 6:30 p.m

We are excitedly planning our 52nd Volunteer Recognition & Celebration Event and are happy that Glen Erin Golf Course, 1417 West Airport Drive, Janesville, is our beautiful venue again this year. Attendees can look forward to a delicious dinner with entertainment, raffle, auction and recognition of years of service for volunteering 10, 15, 20 and 25 years.

No charge for RSVP volunteers who provided hours in 2024. All other volunteers & guests are welcome with a cost of \$24.00 per meal.

Please see page 7 of this newsletter to make reservations.

# Mark your Calendars

## RSVP Craft Supplies & Antiques Rummage Sale



Friday, June 6, 2025

9am-5pm (rain or shine)

1509 S. Ridge Road Beloit, WI

All proceeds benefit RSVP of Rock County!  
Several facebook portal tablets available!



## Senior Health Fair

Wednesday, May 28th 11AM – 1PM

at Janesville YMCA

221 Dodge St., Janesville, WI

## Cookie Decorating

with Kara of Sweet Peach Cookie Company

May 8th, Thursday

10:00 a.m

1201 Big Hill Court, Beloit, WI

Space is limited. Reservations are Required  
by calling Larisa at (608)362-9593



## DO YOU NEED YARN?

We have several bins of FREE yarn and encourage you to make items that are donated back to our community. If you are donating homemade items back to RSVP, stop in to see all our beautiful yarn and ask for Larisa. In-kind Donations of knitted, crocheted & sewn items will be delivered to local organizations by RSVP. Items needed are:

Mittens, Winter Hats, Lap Robes, Baby Blankets, Kid Blankets & more.

In 2024, RSVP volunteers made 1,721 handmade items that were donated by RSVP to local schools, senior care facilities, pantries, WIC, emergency disaster relief efforts and Beloit Cares.

# RSVP Volunteer Opportunities

RSVP of Rock County is a proud partner & funded agency of AmeriCorps Seniors & United Way! Contact us at (608)362-9593 if any of the programs below interest you.

## Foster Grandparent Program (FGP)

Would you like to be a Classroom Grandparent also known as a Foster Grandparent?

If you are 55 or over, make \$31,300 as a household of one or \$42,300 as a household of two or less per year and enjoy working with children, this is the volunteer opportunity for you.

You will be working with children grades K-3 on reading and math in the classroom. If eligible, you will be paid a \$4.00 an hour stipend for every hour you work as well as mileage reimbursement from your home to the school. We are asking for at least 10-15 hours a week of your time and training is provided. If you are interested in this rewarding and exciting volunteer opportunity, please ask for Laura.

## Seniors Volunteering for Seniors (SVS) Program

Do you enjoy driving?

Volunteer Drivers take seniors to medical appointments and the grocery store. We reimburse mileage and provide training. You choose the days and times you would like to volunteer.

Interested? Ask for Patty.

Are you a fix-it person?

RSVP's Handyperson Project was launched in early 2023. There are many of our neighbors requesting a Handyperson. Are you good with simple repairs, lawn care? We are looking for any one willing to help our seniors with small tasks around the house and yard. You pick and choose what you want to do. All tools and supplies are provided by the client.

Interested? Ask for Larisa.

## RSVP Volunteers

# WELCOME

Jennifer Axelson	Cindy Ferger	Danette McKearn	Laurie Schuman	Richard Rivera
Terry Butters	Jack Graham	Maria Mumbler	Susan Sheetz	Sharon Lange
Adam Chmielewski	Marion Graham	Gary Olson	Diane Vigdahl	
Mary Cuncell	Linda Heniadis	Patty Raethz	Duane Winchell	

*In  
Loving  
Memory*

Pearl Friedley  
Joyce Gray  
Karey Roehl  
Dorothy Spaeth



# Packaging Rage by Pam Lewis

contributor for RSVP of Dane County and their Spring 2025 Newsletter

Have you ever brought home a new purchase only to struggle with getting it out of its clamshell or other diabolical packaging? You're not alone. In fact, there's a name for it: wrap rage or packaging rage.

Not only frustrating, it's led to injuries, even emergency room visits. Injuries can come from sharp-bladed tools or from shards of plastic or other fragments that result from attempts to liberate the contents of the package. It turns out there are tools and strategies designed with safety and ergonomics in mind, which can help, for example, blades that retract when pressure is lifted and handles that can easily be gripped. Such features make things safer and more comfortable, and you actually can open the package without weeping & gnashing of teeth.

All of the items mentioned below to help you, are available online.

Some, like spoons and can-openers you probably already have!

## Vacuum-sealed jars

Use something to grip the lid like the "Norpro Nonslip Rubber Jar Opener". You can use a "Jar Key" to start by hooking the bottom part under the rim of the lid and press down on the upper, circular part. This will break the vacuum, and the lid will unscrew more easily.



## Clamshell Packaging

First check the sides for tabs that could be easily pulled apart.

Otherwise:

Manual can opener method - Place the packager face down, use a manual rotary can opener.

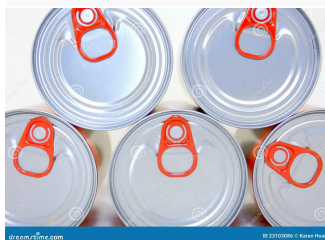
Scissors method -

Cut around the package.

<https://wikihow.com/open-rigid-plastic-clamshell-packages-safely>

## Cardboard Boxes

Try the "OpenX Dual Blade Package Opener" It is safer than a box-cutter, but just as effective. The blade is very small and sharp, and the handle is easy to hold. The blade is pushed out using a sliding button and it retracts automatically when you are not pushing the sliding button.



## Flip-Top Cans

Use an ordinary spoon, With it facing toward you and moving from the outer edge of can toward center, slip the spoon handle into the ring and use the handle to lift up the tab, then use the bowl of the spoon to lift up the lid. Check out the video, "Can Opening Hack with a Spoon" on Google.

# Celebrate Earth Care Month... all year long!

## Repurpose Food Packaging

### Plastic Bread Tags:

Reserve these sturdy plastic workhorses for scraping dried bits from dishes, sinks, oven doors, sneakers, walls, and other surfaces. Designate a place for them (perhaps a recycled butter tub) so they're ready to roll when needed. Much easier on your own fingernails.

### Produce Mesh bags

Help out the birds in building their nests by filling the net sacks with suitable natural items like twigs, stems, and pine needles. You can also add dried grasses and pet hair. Pull some of the plant bits through the openings or poke them in from the outside so they're easier for birds to pluck. Tie the bag to a tree branch or a shepherd's hook. You might just be rewarded with a front-row seat to a live show as birds go nest material shopping.



Information from the website [Earth911.com](http://Earth911.com)  
Their website is full of great articles. You can even sign up to receive their monthly newsletter.

## Keeping your Information Safe with Strong Passwords

Strong, secure passwords are crucial for protecting your online accounts and personal information. They act as a barrier against unauthorized access, reducing the risk of identity theft, financial fraud, and other cybercrimes. Weak or easily guessable passwords can be exploited by cybercriminals, leading to unauthorized access to your accounts, potential misuse of sensitive data, and even compromising your digital identity.

Here are a few key tips for having a strong password:

- Instead of using a word, use a phrase. This phrase should contain a mix of letters, numbers, and symbols to make it harder to break. Aim for something that's at least 12 to 15 characters long.
- Use multifactor authentication, which is a secondary verification sent to your email or in a phone text. Multifactor authentication can prevent hackers from accessing your accounts because they lack the second factor to log in.
- Use a password manager. A password manager is a program that takes on the job of handling your passwords. They make it easier to have strong and unique phrases across many applications, while you only have to remember your master password.

More information can be found at the [National Council on Aging](http://National Council on Aging).

# Our Community Needs You

See something that interests you?

Let Larisa know by calling 608-362-9593 or [lchmielewski@rsup-rock.org](mailto:lchmielewski@rsup-rock.org)



Help this organization that provides service to the homeless in Beloit by assisting with meals, laundry services or just visiting. Tuesdays or Thursdays 9:15-5:00



Be the bright spot in the day of a homebound senior by delivering meals on Wednesdays or Fridays. 10:30-12:30, one day per week in Janesville area. Package senior meals for home delivery 10-noon in Milton or assist serving meals at Grinnell Hall in Beloit



**Deliver meals once or twice a month.**  
**Routes leave 11:00-11:30 a.m. every day.**



**Administrative Worker to support volunteer scheduling, giving tours for new volunteers & assist with volunteer recognition activities.**



**Help walk neighbors through the pantry, assist at the drive thru, or greet neighbors at the door.**  
**Mon-Thurs 10-12 and Mon-Wed 12-2:15**



**Use your unique skills & talents.**  
**In-person and online opportunities available.**  
**[redcross.org/volunteer](https://redcross.org/volunteer)**



**Needs include: Gallery attendants, gift shop, First Friday Gallery Reception Staff, Committee Members, Maintenance/Handyperson, Housekeeping**



**July 12th 7 a.m. - 3 p.m.**  
**1650 Sun Valley Drive, Beloit**  
**Lots of opportunities sitting/standing**



**Assist with daily activities from 10am-4pm**



**Needs: A window washer, someone to raise the flags every day, Volunteers to assist with special events like plant sales**



# Annual Event RESERVATION FORM

Please fill out and mail your reservation by Friday June 13, 2025 to  
RSVP at 1201 Big Hill Court, Beloit, WI 53511  
Or email us at [Ichmielewski@rsvp-rock.org](mailto:Ichmielewski@rsvp-rock.org) Or call us at 608-362-9593

I / We will attend the RSVP Annual Volunteer Recognition  
& Celebration Event on Wednesday, June 25th at 4:00 p.m.

1. \_\_\_\_\_ 2. \_\_\_\_\_

Please let us know if you need a ride OR if you can give someone a ride.

RSVP Volunteers who provided hours in 2024 - No Charge  
Others—\$24.00 please make checks payable to RSVP and return with your reservation

\_\_\_\_\_ I am not able to attend but would like to make a donation of \$ \_\_\_\_\_

## Ways to Donate

Your donations are important to help RSVP of Rock County recruit & support the volunteers who serve Rock County and the state line area.

\$ In Person - Make a gift anytime with Cash or Check

\$ By Mail - Send check or money order to:

RSVP, 1201 Big Hill Ct., Beloit, WI 53511

\$ Online - [www.rsvp-rock.org](http://www.rsvp-rock.org)



# Donate today!

your donations make  
a huge impact.

**\$25** provides a senior with a ride to the grocery store

**\$50** provides a student with a steady classroom mentor

**\$100** provides a senior with rides to the doctor





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United Way  
Blackhawk Region  
Funded Partner

## OUR MISSION

The mission of RSVP of Rock County is to enrich the lives of volunteers, age 55 and older, through meaningful service opportunities that match their life skills and interests to community needs.

### Board of Directors

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John Solis, Vice President  
Susan Hirschfield, Treasurer  
Jeanne Smith-Corlett, Secretary  
Geri Heim, Director  
Tim Thieding, Director

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- Cindy Browning, Executive Director
- Patty Hansberry, SVS Program Director
- Laura Watson-Anastasi, Foster Grandparent Program Director
- Judy Wightman, Program Assistant
- Larisa Chmielewski, Program Coordinator