

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

February 2017
Volume 17, Issue 1

Rockwell Collins Retiree Volunteers

If you can dream it,
we can do it.

Mission

Rockwell Collins retirees connecting to identify and support volunteer needs in our community and beyond, while enriching the lives of the volunteers.

Officers

Dave Knuth - President
Phil White - Vice
President
Chuck Wehage - Secretary /
Treasurer

Committee Chairs

TBD - Community Projects Team
Kayla Paulson - Membership
Keith Sutherland - Communications
Jim Klein - Data Base

Contact RCRV

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Rockwell Collins, Inc.
400 Collins Road NE M/S 193-105
Cedar Rapids, Iowa 52498

RCRV Receives Award

By Keith Sutherland

Award Winner

Kathleen Kinderfather Award

Rockwell Collins Retiree Volunteers

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Rockwell Collins Retirees Volunteers is a unique and talented group who have made it their mission to better their community and open the world of activity and sports to students and adults with special abilities needs.

A partnership between Rockwell Collins retirees, Community Corrections Services and local adapted physical educators has led to the invention and production of numerous assistive devices that help students with disabilities. The group has developed hi-tech and low-tech equipment innovations, inventions or modifications that allow students to participate in a wide variety of physical education activities. This project has facilitated inclusion and innovative instruction for 32 school districts serving 73,000 students, 8,200 of whom have disabilities.

RCRV has made a significant improvement in the lives of students with disabilities and their physical education teachers by making life changing physical activities available to ALL! This is truly a WIN WIN WIN community program.



The award description on the previous page was copied from the program booklet for the District Scholar and Recognitions Awards Ceremony of the SHAPE America Central District Convention. The award was received at the Convention by RCRV member Jack Murphy.

SHAPE America is the Society of Health and Physical Educators, a nationwide organization. The Central District comprises nine states in the upper Midwest. The purpose of the Kathleen Kinderfather award is to recognize a group or organization – not an individual – which has contributed significantly to HPERD (Health, Physical Education, Recreation and Dance) or Sport Education.

RCRV is appreciative and proud to have received this award.

A Plea from Your Widow

By Terry Lamb

The Senior Health Insurance Information Program (SHIIP) was very busy last fall, counseling clients on various Medicare issues. This is because the fall period is the time defined by Medicare to start or change enrollments for Medicare Part D drug plans and Medicare Advantage plans. The Rockwell Collins Retiree Volunteers (RCRV) and Rockwell Collins have held several information sessions this fall to help clients understand their medical insurance coverages so they can make sound insurance decisions.

One of the observations from the SHIIP counselors is that they are seeing many widows who have concerns or questions about their insurance. It has become clear that in many households, one spouse handles the business side of the marriage including not only insurance, but also investments and other critical retirement areas. This can

create very serious financial and retirement problems if the surviving spouse has no idea what the situation is.

The SHIIP volunteers and RCRV urge couples to pro-actively discuss the family’s finances, insurance coverage, investment, property ownership, wills, trusts, retirement planning and other similar issues so that both partners know what the facts are and who the various contacts are when one person gets disabled or passes away. PLEASE DON’T KEEP YOUR SPOUSE IN THE DARK – TALK AND DISCUSS YOUR PLANS FOR THE FUTURE.

Adult Swing

By Dave Knuth

On July 19 of last year, RCRV received a request from Systems Unlimited, Inc. to build an adult swing. This swing had to be able to hold a 300 pound individual. RCRV accepted the challenge and Dave Knuth came up with a design that was presented to Systems Unlimited for their approval.



They reviewed and approved the design and subsequent funding estimate. Dave finalized the design and he and Jim Vacherlon procured the necessary materials and hardware. Jim and Dave spent Monday, August 15, cutting the lumber to size and drilling

the necessary holes for the fastening bolts. On Friday, August 19, Jim and Dave delivered the material to the Systems Unlimited site, and along with Wil Mickelson and Jim Young, assembled the swing.

After the swing was assembled and tested, it was observed to have unacceptable lateral sway. Dave designed a fix and on Monday August 19, he installed Service Bulletin #1. The swing was now much more stable, and the folks at Systems Unlimited are very happy with the swing.



Chalk up another win for RCRV.

Another Award – And We’re on TV

By Dave Knuth

Cindy Hutcheson, Special Ed Gym teacher at Harding Middle School, won an award in a national competition for an Inclusive Video which featured the Big Ball Launcher developed by Jack Murphy and RCRV. KGAN/KFXA wanted to do an interview with Cindy, Ann Griffin of the Grant Wood Area Education Association who promoted the development of the launcher, some students that use the equipment, and one of the designers of the equipment. Neither Jack Murphy nor Dick Lenth were able to attend, so I had the honor of representing RCRV at this interview.



The interview was held January 30 at Harding. Kelly D'Ambrosio of KGAN/KFXA conducted the interviews. There were two disabled (different-abled, as Cindy liked to call them) children in wheel chairs demonstrating the use of the Big Ball Launcher. Clearly, they were having great fun; their broad smiles showed their joy.

KGAN/KFXA presented to RCRV a certificate to Applebees for 6 adults (Jack and Dick, here's your chance to take your wives out to dinner). In addition, KGAN/KFXA gave a \$300 contribution to the charity of our choice. At the Community Projects meeting on February 2, we agreed to designate the Grant Wood Adaptive Physical Education program as the recipient of the award, provided we could meet all the requirements of the donor.

Depending on how quickly this newsletter is published, KFXA will or did air this episode of Pay It Forward on February 19, 2017 during the 9:00 p.m. news broadcast.

RCRV Meetings

The RCRV Community Projects Team meets to discuss current and future projects every Thursday at 10AM in room 406 of Kirkwood's Linn County Regional Center on Boyson Road in Hiawatha.

The RCRV Board of Directors normally meets at 1:30 PM on the third Wednesday of every month except July and December at Horizons, 819 5th Street SE, Cedar Rapids. EXCEPT ON FEBRUARY 15, the meeting will be at Hills Bank, 3204 7th Ave., Marion

You are always welcome at any of these meetings.

New Members

Please welcome Al Boyden and Joe Knight to active membership in RCRV.

Volunteer with RCRV for RCRV

By Keith Sutherland

You may have noticed (in the left column of the cover page of this newsletter) that there is no name listed as chairperson of the RCRV Community Projects Team. Here is a great opportunity for some young whippersnapper of a retiree to make his mark on a well-esteemed service organization. RCRV needs someone to assume the leadership of RCRV's community service volunteering.

In the past, the Community Service meetings were where new projects were brought to RCRV, discussed, and volunteered for. Many worthwhile projects were initiated this way, including major efforts on Science Station displays, the St. Luke's Festival of Lights, all of the adapted-physical education devices invented over the years, and many adaptive devices to support the clients of Options of Linn County.

In addition, many of the volunteers at the Senior Health Insurance Information Program learned of that program and became interested in it at the Community Project Team meetings. And the Wheelchair Ramp Accessibility Program grew out of the RCRV Community Project Team as interest and the number of volunteers expanded.

The Community Projects Team meetings have spawned many good deeds in Cedar Rapids. But, as RCRV's members aged, many of them committed their volunteering to one or two projects – especially WRAP and SHIIP, and are no longer picking up projects at the team meetings. And, sadly, too many long-term members have experienced the unfortunate natural result of living a long and fulfilling life.

So, we need some new vigor, ideas, and leadership to restore RCRV's Community Service efforts to their former glory. YOU could be the

person to supply them. You wouldn't have to lead in the ways that were used in the past – new ideas would gladly be accepted. Here is a chance to leverage your leadership skills to create volunteer impact far greater than you can by delivering or building things. Volunteer for RCRV! Just get in touch with Dave Knuth or Phil White.

Volunteer Hours Reporting

By Kayla Paulson

Based on reports that have come in thus far, 119 of the 178 active RCRV members gave 22,370 hours of support to local non-profits in our community in 2016.

RCRV tracks the volunteer hours of our members to show the non-profits that are supported by RCRV, provide a collective way to demonstrate the programs impact on our community, and to help support funding for United Way's 55+ Initiative. The 55+ Initiative takes care of tracking and placing our volunteers at non-profits throughout the community, provides an annual volunteer recognition, and pays for an accident and liability insurance policy that covers volunteers while they are serving.

There are four easy ways that you can choose to report your hours.

1. Online: www.rcrv.org
2. Email: kpaulson@uweci.org
3. US Mail:
United Way's 55+ Initiative
Kayla Paulson
317 7th Ave SE, Ste 401
Cedar Rapids, IA 52401
4. Call: Kayla at 398.5372 x837

If you have any questions or want a report of your hours that are currently recorded contact Kayla via one of the methods above.

RCRV's 2016 Review & Moving Into 2017

By Kayla Paulson

2016 was another impactful year for RCRV Volunteers and the numerous agencies that the volunteers support. Based on Iowa's Independent Sector Value of Volunteer Time (\$22.25/hour) extrapolates your hours into **in-kind support of \$497,732.50** for local non-profits in our community. When you break it down to full-time equivalents it is **over 13 FTE's** to provide much needed support to help our local non-profits deliver their social mission. Thank you for being part of an organization that does so much for our community.

Beyond the Hours: Looking at What Volunteers Really Did

RCRV Volunteers serve in a variety of roles. **Each RCRV Volunteer selects opportunities that match his/her time availability, talents, abilities and interests.** Below there is a wide variety in the types of opportunities and the impact that each results in; these are just the most common ones (based on hours reports).

- Assistive Technology Adaptation
- Board Members
- Clerical Assistant
- Delivering Meals on Wheels
- Disaster Prep. & Recovery
- EVC Disaster Volunteer Training
- Food Pantry Assistants
- Guild Volunteers
- Habitat Construction
- Helping Adults Attain their GED
- IT & Computer Consultant
- Medical Transportation Drivers
- Museum/Library Volunteers
- Pen Pal
- Ramp Designer and Laborers
- Rockwell Collins Historical Museum
- SCORE Counselors
- SHIP Counselors
- Supporting Veterans
- Theater Ushers
- English as a Second Language Tutors
- Tutoring Students
- Volunteer Tax Preparers
- Volunteer Coordinators
- and Much More

In addition, this year **RCRV Volunteers helped lead over 200 Rockwell Collins employees** in a massive Food Packaging Event during the Business Development Conf. in Coralville. Together RCRV and RCI packaged **22,222 meals that were donated** by RCI to HACAP for distribution in our local food pantries.

Who is the "Average" RCRV Volunteer in 2016?

Age: 74 (Range 58 – 96)
Linn Co. Resident (Benton, Jones, & Johnson also)
Employer: Rockwell (spouses/partners of RC Retirees too)
Employment Status: Retired (though some are semi-retired)
of Jobs Recorded: 3 (Range 1 – 21)
Hours Served: 188/yr that's just over 3.5/wk (Range 4 – 818/yr)

What's in Store for 2017

RCRV needs help from you. Our most valuable resource is great volunteers. Please let other retirees know about RCRV and encourage them to take advantage on the 1-on-1 volunteer placement services. Let's make 2017 a year of growth end the year in a net-gain of volunteers and more impact than 2016.

Immediate Needs for Volunteers!

Contact Kayla Paulson (398.5372 x837 or KPaulson@uweci.org) to connect with one of these opportunities...

Provide Medical Transportation

Help seniors who are no longer able to drive get to necessary medical appts. Mileage reimbursement available.

Deliver Meals on Wheels

Deliver meals to homebound seniors. Select a day M-F between 11 & 1.

Help a Food Pantry

Volunteer to stock shelves, pick-up donations, or assist clients. Pantries located throughout the area.

Prepare Taxes

Help families and low-income seniors complete their taxes and access earned tax credits or refunds.

Support Veterans

Multiple agencies and opportunities to support local veterans and families.

Support Mailings & Special Projects

Be invited to occasional opportunities to provide short-term assistance.

Consult or Be a Pro-Bono Volunteer

Share your professional skills/talents with an agency that needs it.

Write a Letter. Inspire a Child.

Be a Pen Pal to an elementary student and help them love to read & write.

Design and Build a Ramp

Free a client from their home. Give them independence.

Loan Out Medical Equipment

Help medical lending closets get equipment to clients so that they can safely return home.

Lead from a Committee or Board

Use your experience to help lead an agency from the board or at a Committee level.

