

LOCALNEWS

ElderCircle RSVP to host ‘Healthy Volunteering’ recognition

RSVP REPORT

Older adults who volunteer a minimum of 50 hours per year can derive significant health benefits—including lower mortality rates, greater functional ability, and lower rates of depression—as a result of their volunteer involvement, according to The Health Benefits of Volunteering: A Review of Recent Research from the Corporation for National and Community Service.

Koochiching County RSVP members who met the “healthy volunteering threshold” of serving a minimum of 50 hours during fiscal year 2013 (July 1, 2012 – June 30, 2013) recently received an invitation to the 32nd Annual Volunteer Recognition Event hosted by ElderCircle RSVP. The event is at Lenard’s Restaurant in International Falls from 1-2:30 p.m. Oct. 23 with registration beginning at 12:30 p.m. New RSVP members who enrolled in FY2013 may also attend free of charge.

“The annual recognition event is a way to honor, recognize, celebrate and thank the RSVP volunteers for their valuable work in our local communities while demonstrating the impact they make through their volunteer efforts,” stated RSVP Director Valerie Cromell. “It’s also an opportunity to share stories, reconnect with other members, and meet new



CONTRIBUTED PHOTO

Volunteer Annette Vollrath speaks at the 2012 volunteer recognition event.

volunteers.”

RSVP members who served at RSVP partner sites but did not meet the 50 hour service requirement, and volunteers who serve at RSVP sites but are not enrolled with RSVP, are encouraged and welcome to attend for \$8 per person, payable at the door. Guests are also welcome for an \$8 fee. Call ElderCircle RSVP at 218-999-5441 by Friday to make a reservation.

This year’s event will feature a light buffet luncheon and refreshments; socializing with fellow volunteers, guests and RSVP staff; presentation of the service awards; RSVP program information and updates; prize drawings; and a special gift for each attendee.

ElderCircle RSVP is

a national Senior Corps program for adults 55 and over who wish to make a difference in their community through volunteer service. RSVP has served the communities of Itasca and Koochiching Counties since 1981, and for the past 32 years has offered one stop shopping for volunteer opportunities, activities and placements with a diverse range of local nonprofits, public agencies and faith-based groups. The mission of ElderCircle RSVP is “to engage adults 55+ in volunteer service to support the independence and well-being of the senior population while also experiencing the health benefits of volunteering.”

In FY2013, 190 Koochiching County RSVP members served 24,419 volun-

teer hours for 29 RSVP nonprofit partner organizations to help them build capacity, deliver services and further their missions. Of these, 122 (64.2 percent) members met the healthy volunteering threshold by serving more than 50 hours during the year.

“This is a significant number,” Cromell commented, “When more than half of our RSVP volunteer pool is engaged in meaningful community service and also meets the healthy volunteering standard — it’s a win-win for all.”

This year’s RSVP recognition event is funded in part by the United Way of Northeastern Minnesota, and by a special grant through the Blandin Foundation.

Congressional bid

JOURNAL STAFF REPORT

Surrounded by dozens of supporters, Stewart Mills last week announced his candidacy for Minnesota’s 8th District.

“I have seen first-hand how overreaching government policies affect Minnesota families,” said Mills in a statement last week. “I’m running for Congress because I want to roll up my sleeves and make sure that our government is working for us, not stifling our local job creators and the American dream.”

Mills said the current government shutdown and impasse in Congress is the perfect example of why Washington needs fresh voices and perspectives to move the country forward. “Our government needs to work harder to make sure that no matter what the disagreement, our social contracts are being met, like those to our seniors and veterans.

This partisan squabbling is unacceptable,” he said.

Mills, 41, is a married father of five that lives in the Brainerd lakes area with his family. He has worked in his family’s business, Mills Fleet Farm, since age 14. He previously served as the director of personnel for Fleet Farm, overseeing the administration and management of more than 6,000 employees as well as benefit plans. He now is the vice president of Mills Fleet Farm, headquartered in Brainerd.

Mills is involved in his local community, working on law enforcement and agriculture causes, as well as the Brainerd YMCA, the Salvation Army, Minnesota Adult and Teen Challenge and the Women Center of Mid-Minnesota.



Stewart Mills

Midcontinent customers alerted to phishing scam

JOURNAL STAFF REPORT

Midcontinent Communications is alerting customers of a phishing scam.

The company says some customers’ web browsers are being redirected when they attempt to log onto the Internet. The redirect appears to be a message from Midcontinent Communications asking the customer to click and view their credit score.

“The redirect is a fraudulent scam,” the company says in a message to its

customers. “If you see this message do not click on anything.”

Midcontinent Communications does not send messages of this kind to its customers. The company advises customers to close the Internet and turn off their computer.

“The redirect is being caused by a malware virus that has infected your computer,” according to the company.

“We advise customers who have seen this type of message to clean the virus from your computer,” the company states. “If you are not comfortable doing this yourself, we encourage you to seek help from a professional, reputable service to clean the virus and update your virus-protection software.”

For customers who have clicked on the fraudulent link, and have financial information stored on your computer, “we encourage you to contact your banking and credit card institutions and confirm that your financial information is protected.”

The company says that it takes seriously the security of its network and privacy of customers.

Questions should be directed to Midcontinent Communications customer service at 1-800-888-1300.

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(Spring Rolls)

Backus Community Center is offering a class led by Hoa and her friends.

Class is limited to 10 participants

Wednesday, October 30, 2013
9:00 am – 4:00 pm

Cost: \$25.00 per person (includes 1 dozen egg rolls)

Call the Backus office to register – **218-285-7225**

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