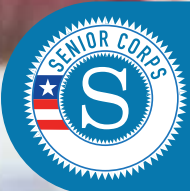


YOUR PLACE TO VOLUNTEER



COULEE REGION
RSVP

Summer/Fall Newsletter 2020

Thankful



This year has brought much challenge and required much change of us all. COVID-19 is in our community and people over 65 and those at high risk have been instructed to self-quarantine and be safe. We have all been isolated from our families, friends, and co-workers and long for connection. Connection is at the core of our mission and values and we realize how critical staying in touch with each other is.

We have been able to adapt operations and how we deliver programs so that no volunteer is put at risk. We have met this disruption and challenge head-on with creativity and a drive to stay connected with volunteers and the community members who depend on our services.

Our volunteers went to work immediately, whether it was making masks, writing letters, delivering meals and packages, & calling to check on each other. It is wonderful to see the amazing men and women through Coulee Region RSVP step up when the community needed them the most. The numbers and impact tell it all and we will continue through 2020 to need you-your expertise, skills, and wisdom. Our priority at Coulee Region RSVP is the health, safety and wellbeing of our volunteers and the recipients of our services. You all are the heart of our mission and we cannot thank you enough for working together during these exceptional times.

We miss our volunteers and cannot wait to see you again soon. We will get through this together. Stay safe and stay connected.

Heather Gilles
Executive Director



Amazing! I have been truly amazed by the numbers of volunteers who have stepped up to the challenge during the COVID crisis. For example, as of this writing we have been able to deliver 5,300 masks to 50 agencies in La Crosse and Monroe Counties. In addition to the masks we have also made 1500 ear savers for the various agencies who have requested them.

Many volunteers have started back at their various volunteer opportunities ready and willing to serve like before even if there are added restrictions and guidelines to follow. The Handyman program, for example, started back up June 1st and has been keeping themselves very busy with various requests. We are requesting that before you start back to any volunteer opportunity you complete a COVID-19 waiver and have it on file at the Coulee Region RSVP office. If you would like one emailed please reach out to me at rkinstler@rsvplax.org.

As volunteering has changed over the last several months I am both humbled and proud of how so many volunteers are embracing the changes and making a difference in our community. Recruiting continues to be priority as we go forward. -spread the word about the benefits of being an RSVP volunteer to your friends and family!

Just one final reminder, please submit your volunteer hours monthly so that we can keep your records up to date. Thanks to you my job is truly amazing to be able to work with all of YOU!!

Ruth Kinstler
Volunteer Coordinator



First, I want to thank all our volunteers for their time they have put into volunteering this last year. Working here at RSVP during the COVID pandemic has given me an interesting and unique perspective. I have been amazed at how our volunteers have come together in helping do what they can for the community.

As we reflect on what you have done for your community, I want you to take time to think about yourself. Your health, safety and well-being. As we navigate through the challenges of a new normal brought on by COVID. Here are just a few ideas of how you can stay busy while also remaining safe during this time ...

1. You can become a volunteer with our "Telephone Reassurance" Program.
2. Write a letter to residents in nursing homes. They would love to know someone is thinking of them with a kind letter.
3. Stay active by going for a walk. Walking is a great social distancing activity, invite a friend.
4. Keep your mind busy by playing games or reading a book.
5. Challenge yourself to something new. When you challenge yourself to a new activity you boost your memory over time.

I hope that everyone stays safe and healthy.

Rebecca Brueggeman
Office Manager/Program Specialist



**COULEE REGION
RSVP**

Introducing the NEW Coulee Region RSVP brand

- ✓ New Website
- ✓ New print materials
- ✓ New Logo
- and much more...

**New look, same RSVP
still committed to serving
you and our community**

Volunteer Spotlight **Meet Wayne**



DuWayne Gust (Wayne), 72 years young has been a Coulee Region RSVP volunteer since June 4, 2018, he is someone you will automatically connect with. He is the type of guy who you could sit down with and share stories with for hours – he has many stories to tell. Teaching for 5 years and then owning his own concrete business for 30 years he retired at the age of 56. It is this demonstrated passion for others that motivates Wayne to be an RSVP volunteer. He describes the joy of giving as being his drive to volunteer. Wayne's love for life and his commitment to the community comes through in every aspect of his life. When asked what his motivation for service was he responded with "As I get older, I realized real happiness comes from giving rather than receiving." Coupled with the boredom of looking at the 4 walls all day, I truly stumbled into RSVP. "I do believe everything happens for a reason, that's my story and I'm stickin' to it.

Wayne has demonstrated excellence as an RSVP volunteer through his willingness to go above and beyond expectations. Immediately after the COVID-19 pandemic started, the Transportation Coordinator reached out to the volunteers to see who would be willing to continue giving rides to those in need for essential medical appointments or grocery errands. Wayne quickly volunteered for this responsibility and eagerly inquired about additional ways he could assist during this health crisis. Recognized as an invaluable asset, Wayne was tagged to assist the RSVP staff in delivering the supplies to Handcrafters so that critically needed face masks could be made for the community. He made 15-27 deliveries a day three days a week throughout the critical months of the COVID pandemic crisis – approximately 15 hours a week.

Wayne has made a dramatic impact on RSVP and the larger community. Throughout his two years as a volunteer Wayne has put in 1, 162.75 hours of volunteer time and approximately 24,376 miles, helping individuals attend doctors' appointments or assisting them obtain other quality of life enhancing activities. Always a proud proponent for the organization, he proudly displays his RSVP Volunteer sign on the side of his car, identifying him as a RSVP volunteer. The clients of RSVP have identified Wayne as a highly dependable person and very friendly. He is a sought-after driver with clients requesting him. Wayne goes the extra mile which means a lot to the Seniors who use our Transportation service. Without this personal transportation service the clients would not be able to stay living in their own homes. masculine figure in their life since birth. I don't know why but they both stole my heart during their upbringing care. I guess I'm just a "softy" for those that are disadvantaged.

Thank you Wayne for all you do for the community and especially to Coulee Region RSVP!



From July 1, 2019 - June 30, 2020

Welcome New Volunteers!

Jane Alberts
Stephen Arndt
Rebecca Bacon
Jean Baker
Gordon Bakken
Dennis Beekman
Sue Bodenschatz
Dianne Bone
Dana Borrenson
Cheryl Brenengen
Leah Breu
Laurie Brindle
Pratricia Brown
Barbara Chaney
Ann Clark
Jeanne Coerper
Sandra Dennis
Amy Denson
Therese Dick
Ann Everson
Merri Jo Guggenbuehl
Carol Halvorson
Karen Hanson
Sherry Hildebrandt
Jolene Leshner
Pat Luethi

Robert Luethi
Mary Madison
Nancy Mahlum
Barbara McGreevy
Nancy Misch
Bonnie Naber
Cheri Niedzwiecki
Connie Norris
Lana Parker
Myrna Paulson-Simpson
Candace Pogatshnik
Diane Pottinger
Madonna Pralle
LuAnn Roth
Sandra Russell
Willis Russell
Bob Sewell
Diane Sewell
Lisa Seymour
Amanda Spielman
Terry Springer
Thor Sundberg
Patricia Turner
Kevin Van Buskirk
Joan Wolf
Elaine Zimmerman

If you don't have a volunteer badge, please stop in the office so we can take your picture.

Also, don't forget to report your hours!

Phone: 608-785-0500

Ways to submit your hours monthly

Online: rsvplax.org

**Volunteer Hours Sheet:
Email - rkinstler@rsvplax.org**

Please feel free to reach out to me Ruth Kinstler if you have any questions.

Remember to submit your hours at the end of each month. This is very important for us to receive our Federal Grant Award from the Corporation for National and Community Service. We report every 6 months on the amount of hours each of our volunteers submit.



Mark Kulig
Coulee Bank
Spence Elementary



Dr. Steven Manson
Gundersen Health System
North Woods International



Mal Meyer
WKBT News 8 NOW
Hintgen Elementary



Liz Popp
Marine Credit Union Foundation
Coulee Montessori



Donna Bossman
Trane Company/Ingersoll Rand
Eagle Bluff Elementary



Travis Carley
Government Credit Union
Summit Environmental



Steve Decker
Midwest Family Broadcasting
The Rock 95.7
Northside Elementary



Cheryl Gilbertson
RSVP Volunteer/
Retired La Crosse School Staff
Emerson Elementary



Brad Quarberg
UWL
Southern Bluffs Elementary



Jeremy Randall
West Salem Police Department
West Salem Middle School



Sara Taggart
City Brewery
St. Patrick



Gretchen Hennen
Gunderson Hotel & Suites
Hamilton Elementary



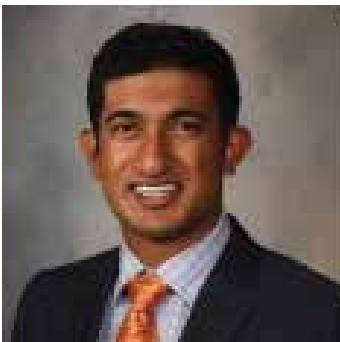
Tom Koster
Dairy Queen Onalaska
Irving Pertzsch Elementary



Cristina Kovacs
Gerrard-Hoeschler
State Road Elementary



Dale Krageschmidt
Viterbo University
Northern Hills Elementary



Dr. Vundan Verma
Mayo Clinic Health System
School of Technology & Art



Dennis Vogel
Citizens State Bank
Blessed Sacrament

Seventeen local celebrities were teaming up with La Crosse area elementary students to test their book smarts and raise money for Coulee Region RSVP.

The twelfth annual “Who Will Be Smarter Than a 5th Grader” competition and fundraiser was set for Saturday, April 18 from 10 a.m. until noon at Central High School. Unfortunately, due to COVID 19 in the Coulee Region, it was recommended that we cancel the event. This was a hard decision, however the health and safety of our volunteers, celebrities and kids continue to be a top priority for Coulee Region RSVP.

With the cancelation of the event, Coulee Region RSVP wanted to make sure each student received a gift. Thanks to sponsors and local businesses, we prepared a bag of goodies for each student with gift cards and games. We wanted them to know that they all were winners.

CLASS OF 2020 SPONSORS



FIELD TRIP SPONSORS



LINE LEADER SPONSORS



IN-KIND SPONSORS

- Courtyard La Crosse Downtown/Mississippi Riverfront

Fox 25/48

News 8 Now/WKBT

La Crosse Symphony
- UnitedHealthCare

Green Bay Packers

John and Linda Hamilton

“MILK BREAK” SPONSOR

- Altra Federal Credit Union
- Donna Bossman
- Central Animal Hospital
- Coulee Bank
- Family Medical Supply and CPAP Store
- Mark Glendenning & Margaret Webster
- Merchants Bank
- Pischke Motors of La Crosse
- Tostrud & Temp, S.C
- Xcel Energy

“ATTENDANCE” SPONSOR

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- Bosshard Parke Ltd.
- Dairyland Power Cooperative
- FSPA-Villa St. Joseph
- La Crosse Loggers Foundation
- Mooresmiles Dental
- Sara Taggart
- Toyota of La Crosse
- VCA Sand Lake Animal Hospital

“RECESS” SPONSOR

- Neil Duresky
- Harter’s Quick Cleanup
- Horizon Management Group Inc.
- Krisitin Lowell

5TH GRADE SPONSOR

- David Amborn
- Charlie Beitlich
- Courtney Cuta
- Diane Duresky-Wateski
- Mary Garves
- Leena Hansen
- Pat Heim
- Carol Lewis
- Amy Marcou
- Bill McMullin
- John & Jane McWilliams
- Jowanna Randall
- Jessica & Ted Skemp
- Nancy Skemp

3RD GRADE SPONSOR

- Brendon Conway
- Teresa DeLong
- Jay & An Duresky
- Patti Griffith
- Michael Lieurance
- Brad Quarberg
- Joann Skryzmowski
- Pamela & Richard Strause
- Andrea Van Sickle
- Josh Weber
- John Wrobelson

2ND GRADE SPONSOR

- Jason Allen
- Deb Bemis
- Bev Breidel
- Ruth Breidel
- Dianne Butterfield Egan
- Citizens State Bank
- Neil Duresky
- Sharon Fischer
- Roxanne Fox
- Cindy Halter
- Mary Isaacs
- Carol Jarvis
- Sandy Johnson
- Judy Kabat
- Karen Keil
- Robert Kremer
- Bruce & Deb Kubitz
- Jaime La Palm
- Tammy Larson
- Ben Lillie
- Carolyn McDonald
- Ana McGuire
- Josh Miner
- Pat Novosel
- Jean Puent
- Caitlin Ritchie
- Kurt Schuldes
- Heather Suby
- Eric Swan
- Charity Trussoni
- Stephen Whipple

1ST GRADE SPONSOR

- Karen Black
- Thane Boge
- JoAnne Cappuccio
- Christine Clair
- Kathy K Deml
- Martha Eaheart
- Cheryl Gilbertson
- Valerie Glotfelty
- Carla Green
- Karen Hansen
- Mary Happel
- Kate Hooper
- Leah Justin
- Sarah Kratt
- Sue Kratt
- Anthony Krueger
- Alan Lauermann
- Rita Lieurance
- Randy Mickelson
- Mindy Miner
- Kathy Moen
- Dave & Tiffany Nedland-Weber
- Roxi Nehring
- Rocky Rococo’s
- Danielle Root
- Susan Schultz
- Sharon Sebion
- Denise Shedivy
- Dough Shupe
- Mary Stellick
- Sarah Tackes



Our veterans are an important part of our community. We are honored to have them as our volunteers

What is a Veteran: The code of Federal Regulations defines a Veteran as “a person who served in the active military, naval, or air service and who was discharged or released under conditions other than dishonorable”

On November 11, 2019 we joined Spence Elementary in their “Annual Veteran Assembly”. It is always a joy to be a part of the school wide event once again. The children sang a variety of songs and a select few spoke about why Veterans are so important. Veteran’s are important to us because they fought for our country, protected other countries and helped others. During the assembly we recognized one of our Coulee Region RSVP veteran volunteers with a Certificate of Appreciation and a Senior Corp Veteran pin for their service to our country and community.

Dave Drewes, Lieutenant Commander, U.S. Navy, Weapons Officer served for 6 years of active duty and 8 years in the reserve. Dave has been an RSVP volunteer since 2015 at Gundersen Health System and La Crosse Symphony Orchestra.

Coulee Region RSVP extends a heartfelt “Thank You” to all of our veterans!



Coulee Region RSVP Annual “Handcraft Open House” took place on Thursday, November 21st, 2019. The office was full of items for various organizations to come and shop and then share with the various clients in need. We had 21 organizations come and shop our Handcraft items with giving over 1,400 items away. Many words of “thankfulness” were spoken and some even became very emotional as they knew the items were made with time and love to help those in need. We gave Headstart over 300 hats and mittens.

Thank you to all the Handcrafters who assisted the day of the Open House and a big “thank you” to all the RSVP Handcraft volunteers for all your hard work in making this program and the Open House a HUGE success!

Are you looking to join a group? The “Knotty Knitters” meet every Wednesday at the Coulee Region RSVP office in the board room from 8:00 am – 11:00 am. Any RSVP volunteer Handcrafter is welcome to attend. We are currently not meeting due to COVID-19, however call our office to be added to the list.

Handcraft Open House 2020 is scheduled for Thursday, November 19th from 9:00 am – 3:00 pm. Our open house will look a little different this year as we will have the various organizations sign up for a scheduled time slot.



Responding to the needs in our community

La Crosse and Monroe Counties



Mask Totals:
1393 (average masks distributed each month)

725 APRIL	2563 MAY
4203 JUNE	5381 JULY
6963 AUGUST	1004 Children Masks



Organizations that we have supplied with masks



Individuals that we have supplied with masks



Volunteers that are assisting with making masks/ear savers

CARDS and LETTERS

When asking for individuals to help us stay connected with our volunteers we got a GREAT response from the community

*Cheryl Brenengen sent over 250 cards out to our volunteers thanking them for their volunteering within the community

*Several other individuals also helped us reach out to our volunteers to say “thanks” for volunteering and to check in on them

*RSVP volunteers writing letters to nursing homes, assisted living facilities & Tomah VA

THANK YOU

United Healthcare reached out and offered to assist us by supplying us with bags for our deliveries to volunteers homes to drop off supplies for making masks.

*We were able to apply for a grant from the La Crosse Community Foundation for \$3,000 that helped us with purchasing the much needed supply of fabric, elastic and yarn for making the masks and ear savers.



Thank You from the Community

Masks were needed almost right away at various facilities in La Crosse and Monroe. Coulee Region RSVP volunteers answered that request and many facilities sent photos and words of “thanks” for all you did to help fill the need for masks.

Event Recap: 2019 Volunteer Recognition

On Thursday, September 19th, 2019 we held our Annual "RSVP Volunteer Luncheon" at Cedar Creek in Onalaska, WI.

"RSVP Volunteers are unbe'leaf'able" was our theme for the event. A great lunch, conversation and awards were enjoyed by all. Thrivent Financial had a table with a bunch of "goodies" for each of the volunteers as a "thank you" for all your amazing volunteer work.

**THANK YOU FOR BEING AN
ESSENTIAL PIECE**
2020 Volunteer Recognition

It has been another remarkable year for Coulee Region RSVP. As a result, there are so many that need to be thanked for helping us carry out our mission of making La Crosse a wonderful community. We want to start by thanking you!

The great impact that Coulee Region RSVP makes on the community would not be possible without our incredible volunteers. It is because of you and your support that we can bring service to over 125 community organizations and hundreds of our neighbors in the community. You put in thousands of hours of providing the community with millions of dollars of savings.

Each and every day we hear words of thanks and gratitude from those we serve and for the lives we have changed. You have supported us and the community, thank you for giving of your talent, and energy. You embrace the true meaning of giving from your heart.

On behalf of the Board of Directors and Staff of Coulee Region RSVP, thank you for all that you do and for your generosity throughout the year.

Sincere gratitude -

Dick Record, John Medinger, Amy Marcou, Sister Fran Browning, Joe Heim, John Hamilton
Sarah Havens, Kate Dunnum, Beth Curtis, Laura Bishop & Kathy Helgersen.

Heather Gilles, Ruth Kinstler and Rebecca Brueggeman

2020 Volunteer Awards

BRONZE

100-249hrs

Anna Alleman
Cecilia Berg
Vicki Delap
Sandra Dennis
Douglas Fischer
Cheryl Gilbertson
Audrey Kader
Susan Kronebusch
Lynne Leuthe
Frank Mauss
Susan Milde
Connie Mracek
Randy Paine
Alan Ross
Janice Schneider
Rob Schuette
Diane Schumacher
Diane Sewell
Jean Sutter
Suzette Winterfield
Joan Wolf
Ariene Young

SILVER

250-499hrs

Nancy Fischer
Theresa Koszarek
Sandra Laufle
David Nelson
Marlene Nolte
Larry Quillin
Alan Ross
Janice Schneider
Jean Sutter
Donald Thesing
Suzette Winterfield
Fred Zenz

GOLD

500-3,999hrs

Joyce Beekman
Mavis Bringe
Sandra Laufle
Muriel Martin
David Nelson
Marlene Nolte
Allan Rindahl
Janice Schneider
Suzanne Toce
Contance Walton
Evelyn Yungerberg
Ilene Zastrow



LIFETIME AWARD:
Rhonda Olafson - 4,000+hrs

Upcoming Events

September 7

Labor Day
(RSVP Office closed)

September 11

National Day of Service & Remembrance

September 17

Volunteer Recognition

October 22

New Volunteer Recruitment Social
*modified restrictions

November 19

Handcraft Open House
*modified restrictions

November 26-27

Thanksgiving
(RSVP Office closed)

Coulee Region RSVP Programs



Telephone Reassurance

The Telephone Reassurance Program provides adults with disabilities or those who live alone with a daily call from our volunteers.

The program offers support and peace of mind for individuals as well as their families and friends, knowing that someone is checking on their loved one. Our RSVP volunteers call participants Monday through Friday mornings to offer a daily safety check and socialization.



Handyman

The Handyman Program provides limited fix-it services for individuals in need in our community. The program is designed to help individuals with disabilities, those who are low income, veterans and seniors who are in need of minor home repair. Our volunteers donate their time and skills at no charge.

No job is too small!

All that is required is for the individuals requesting the service to provide/pay for the materials. Limited funds available for those unable to pay.



Driver Program

Volunteer drivers use their own vehicles to transport individuals to medical and personal appointments, Monday through Friday from 7:30 a.m. until 5:00 p.m.

Volunteer drivers receive mileage reimbursement and can volunteer on a daily, weekly, or on-call basis.



Study Buddy

Study Buddies volunteer in area schools sharing at least one hour of their time per week helping students academically and socially. Volunteer assistance includes reading and math tutoring, either in small groups or individually.

Board Member Spotlight

Kathy Helgerson



Kathy Helgerson joined the Coulee Region RSVP Board of Directors in September 2019. Kathy has a deep passion for older adults and so it makes her a great fit to be part of RSVP. She has been a volunteer with RSVP since November 2018. She volunteers her time helping the older adults with technology issues.

Hometown: Born and raised and still growing up in Lovely, Lively, La Crosse, WI

Family: Husband, Andy- Daughters, Jennifer Potterton and Lindsey Krueger; Son Austin Helgerson. Four amazing grandchildren; Aldren, Alexis, Tenley and Maddisyn.

Favorite part of the Coulee Region:

The breathtaking bluffs and the mighty Mississippi. I love living in a small-town community.

Accomplishments:

My biggest accomplishments professionally are starting and growing my own business (at the age of 55), SimpleSteps to Technology, LLC. SimpleSteps has a niche assisting our beloved seniors one-on-one to simplify technology including Smartphones, Tablets and Computers. I was professionally recognized in 2018 as a Success Story by UW-La Crosse's Small Business Development Center. I am also a Certified Wisconsin Dementia Friends Champion and advocate for a life well lived for those living with Dementia and their carepartners.

Other important facts about you or other things you would want our volunteers to know about you:

I am also a volunteer with our AARP La Crosse Community Planning Team. Thanks to this group La Crosse is now recognized as an Age-Friendly Community by AARP and the World Health Organization. 2020 is our first year as snowbirds. We discovered we are not snowbirds, but Winter Texans! We spent our first Winter at Victoria Palms RV Resort in Donna, TX and plan to return again in 2021! I enjoy volunteering once a week in the computer room within the resort. My husband and I are adjusting with ease to RV life.

Ways to donate

Your donations are important to help Coulee Region RSVP recruit and support the volunteers who serve their neighbors in communities throughout La Crosse and Monroe County.



In -Person:
Make a gift anytime with Cash, Check, Debit or Credit Card



By Mail:
Send check or money order to:
2920 East Avenue South, Suite 104
La Crosse, WI 54601



Online:
Make a one-time, monthly, quarterly or annual gift online
www.rsvplax.org
Click on “Donate Here” in the right corner



Gifts In-Kind:
In-kind gifts are contributions of goods, services & expertise
Some of our immediate needs are: Gift cards to home improvement, fabric or retail stores, sewing supplies and kids’ fabric. Please call 608-785-0500 to see our wish list.



Legacy Gift:
To support Coulee Region RSVP’s mission for the future, you may designate a gift to RSVP in your will or list Coulee Region RSVP as a beneficiary under a financial account, a retirement plan or a life insurance policy.



Memorials or Tributes:
You can dedicate your donation to recognize a volunteer, family member and friend with a tax-deductible gift to Coulee Region RSVP.

Donations & Contributions

Sharon Ash
Gloria Biesen
Rita Biesen
LaVerne Bjerke
Pat Blanchard
Laurie Brindle
Art & Linda Butterworth
Cheryl Byers
Robert Caplan
John Cartwright
Mark & Mindy Chamberlain
Sandra Cowen
Dave & Beth Curtis
Christopher Eickman
Milan Folkers
Lindsey Ford
Annette Friedewald
Sue Gilbert
Cheryl Gilbertson
Monty Gilbertson
Dennis Graves
Norman & Mary Greene
Christine Gruendeman
Jerry & Cheryl Halstad
Faith Halverson-Ramos
John & Linda Hamilton
James & Janice Hanesworth
Shawn Hauser
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Martin Kolar
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Betty Landowski
Deborah Lee
Lynne Leuthe
Theresa Mann
John and Dee Medinger
Dave Nelson
Ramon Niemeier
Alice Olson
Shirley A. Otto
Carol Peterson
Robert and Frances Pollard
Brook Prinsen
Mary Beth Rady
Gordon & Diane Stewart
Kathryn Ticknor
Carolyn Udell
Dr. Rodelino & Mrs Janet Virata
Edna Wells
Mary Zaky

Anonymous
Audrey & Donald Medinger Family Fund
Cleary-Kumm Foundation
FSPA-St.Rose Community
FSPA-Villa St.Joseph
Housing Authority-City of LaCrosse
Recreational Fund
Lorandale Farm-Sam and Jean Skemp
Mayo Clinic Health System
Treehouse Gift and Home

Without your gifts, Coulee Region RSVP would not be able to offer its many volunteer programs and services.
THANK YOU!

Please know that we make every attempt to include all donors on this list. If we inadvertently failed to include your name, please contact us and we will include your name in our next newsletter.

Thank you for being a friend of Coulee Region RSVP.

Coulee Region RSVP Staff



Heather Gilles
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hgilles@rsvplax.org



Ruth Kinstler
Volunteer Coordinator
rkinstler@rsvplax.org



Rebecca Brueggeman
Office Manager/Program Specialist
rbrueggeman@rsvplax.org

Board of Directors

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Region RSVP, Inc.

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Retired – Former Mayor of
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SimpleSteps to Technology Owner

Beth Curtis

Retired- Onalaska School District

Sarah Havens

Gundersen Health System

Kate Dunnum

Mayo Clinic Health System

Joseph Heim, PhD

University of Wisconsin - La Crosse

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