

4th Annual Move the Mall Walk for Volunteerism Benefitting RSVP and FGP Held at Crossroads Center

The Crossroads Center (St. Cloud, MN) food court was filled with energy Saturday, March 30th, 2019 as the Greater St. Cloud Area Retired and Senior Volunteer Program (RSVP) and the Catholic Charities Central Minnesota Foster Grandparent Program (FGP) co-hosted the 4th Annual “**Move the Mall Walk for Volunteerism**”. The fundraiser promoted health and volunteerism amongst all ages while raising dollars for the two programs.

167 individuals were present at the event raising **\$11,822.54** through walker registration, sponsorships and vendor booth fees. The funds raised will support both RSVP and FGP, both programs are proud members of the National Senior Corps; a division of the Corporation of National and Community Service.

For the past 46 years, The Greater St. Cloud Area RSVP (Lisa J. Braun, Director) has been matching volunteers, age 55 or better, with volunteer opportunities to address local community needs in Benton, Sherburne and Stearns Counties. In 2018, 1,135 volunteers served 132,561.50 hours at 176 local non-profits, government agencies and licensed health care facilities. Using the Independent Sector value of volunteer time, those hours amount to \$3,371,039 in value given back to the community. ([Click here](#) to learn more about RSVP in their 2018 Annual Report.)

Catholic Charities Central Minnesota Foster Grandparent Program (Stacy Lund, Director) has proudly served the 16 counties of the Diocese of St. Cloud for 54 years. Foster Grandparents are 55 and older, living on limited incomes, and commit to a minimum of 260 hours or a maximum of 2,080 annually. They provide one-on-one attention to children most at risk in schools, shelters, correctional facilities and early childhood centers. Volunteers help improve reading and math skills, behavior, and the well-being of children in their care. In 2018, 203 Foster Grandparents provided 134,973 hours of service at 89 stations assisting 10,493 children with academic, behavioral and emotional growth.

Stacy Lund has been the Director of the Foster Grandparent Program for 9 years. Lund thought the walk was a great success saying, “Move the Mall Walk for Volunteerism is a fun way for us to support the service of our volunteers and the impact that both RSVP and the Foster Grandparent Program have on the community. It highlights the importance of engaging older adults and what healthy aging can look like. We know that older adults who volunteer are healthier as a result. The Walk is a great time to remember that important role that volunteerism plays in our community.”

The event opened with RSVP Director, Lisa J. Braun, and FGP Director, Stacy Lund, boasting of the volunteers in their programs and thanking attendees for supporting the two programs through this fundraiser. The City of Waite Park Mayor, Rick Miller, also shared a few words of thanks to the volunteers from both programs and the tremendous impact they make every day. The Directors and the Mayor echoed the importance and value of senior volunteers throughout our local communities.

Present again at the event this year were fun activities throughout the walking course in the mall. The activities included: the St. Cloud Rox Baseball Club bounce house for children, yoga and a fun game called “Make the Shake of the Day” hosted by Falcon National Bank. There was also a fun photo booth and trivia with LITE 99.9 FM’s Cyn Bolsta in the food court! The activities engaged participants to be even more active and involved throughout the walk.

New this year to the event was the team challenge. There were 6 teams present at the walk. Each registered team was eligible to win one of the two grand prizes! Grand prizes were awarded to the two teams with the most walkers present. The grand prizes included one courtesy movie ticket to any Marcus Theatre for each member of the team (donated by Marcus Theaters) and the other prize was a \$150 gift card to Crooked Pint Ale House for the team to share. The winning team, *The Cribbage Movers* captained by Randy Kolb, had 24 walkers present for the event. The second-place team, *Advantage Chiropractic* captained by Dr. Mark Roerick, had 14 walkers at the mall that morning.

Participants also enjoyed donated food and coffee from Caribou Coffee, bottled water from Traut Companies, a free sandwich coupon from Chick-fil-A and donuts and baked goods in the food court throughout the morning. The event ended with a closing ceremony where over **120** donated door prizes were awarded to walkers!

RSVP and FGP would like to thank all participants and contributors for your generosity at this event. If you are interested in learning about the various volunteer opportunities through RSVP please visit their website at www.ci.stcloud.mn.us/RSVP. If you are interested in getting involved and volunteering with children through FGP please visit their website at: www.ccstcloud.org/fgp.

If you would like to view the photo booth photos from the event; [CLICK HERE](#) to be directed to the online photo album.

([CLICK HERE](#) to view the event's sponsors and vendors.)