



RSVP & The Volunteer Center

Volunteer Voice

Summer 2018

A Newsletter for RSVP Volunteers
Sponsored by Rutland Community Programs



Bone Builders
Operation Dolls
& More
Telecare Program



One-2-One Program
Rutland County
Reads

In This Issue:
Farewells, Hello's,
Volunteer Opportunities
Operation Dolls & More
Bone Builders
Save the Date Rutland
One-2-One Program
And much more...



RSVP Signature Programs

The Volunteer Voice

Is published twice a year by
RSVP and the Volunteer Center of
Rutland and Addison Counties.

RSVP STAFF

Director: Nan Hart

Rutland Office

Volunteer Coordinator

Michele Dauphinais

email: dauph@aol.com

Office & Community

Coordinator:

Tammy Brown

email: one2onersvp@gmail.com

Bone Builders Coordinator:

Patricia Facey

email: pfaceyrsvp@gmail.com

After School Buddies, Rutland

County Reads, & Telecare

Program Coordinator:

Tammy Brown

Email: one2onersvp@gmail.com

Address:

6 Court Street

Rutland, VT 05701

775-8220 Fax: 775-8221

email: rsvpfgp@gmail.com

Addison Office

Program Coordinator:

Lynn Levy Bosworth

email: lynnrsvpfgp@gmail.com

Office & Community

Coordinator:

Alix O'Meara

email: alixrsvpfgp@gmail.com

Address:

79 Court Street

Middlebury, VT 05753

388-7044 Fax: 388-8996

**Please Note: All emails have
changed.**

Notes From the Director

Nan Hart

So, here we are, my last Director's Notes. Of course, I knew this day was coming but actually acknowledging it here has a real sense of finality to it. As most of you know, I will be retiring shortly and so I wanted to take the time here to express some thoughts.

I want to offer my deepest gratitude to each and every volunteer, site staff, community stakeholder and others who I have worked with professionally over these last 23 years. What a ride it has been! I started this, only directing one program, RSVP, with a budget of just under \$60,000. Today, as the director of RSVP, 1-2-1, and FGP, I oversee budgets that total just under a million dollars. That speaks volumes about the work that the teams of each of these organizations produces day after day. The services and programming have been the best part of what we do and knowing the difference these services/programs make in the lives of our community members is the reason we do it and the reason we are still here after so many years! It has been my honor to have played a role in developing, launching and maintaining the programs and services we provide. I take a measure of pride in that and will carry that with me forever.

I also want to thank the staff of the Community Care Network (our sponsor) and the CNCS staff (our federal sponsor). The support and guidance that the various professionals have provided to me is priceless. The list of names is long, (I will personally thank each of you later), but please know how invaluable you have been to the success of our three organizations. It truly "takes a village" and our village is filled with amazingly talented professionals and I consider myself fortunate to have had your support all these years.

I cannot even begin to adequately express my gratitude and appreciation for the truly remarkable staff I have been blessed with for these 23 years. Some have moved on, but many are still here, working hard to provide our communities with the services that RSVP, FGP and 1-2-1 are known for. Their commitment, dedication, work ethic, compassion, energy and knowledge are second to none. I can say, unequivocally, that the services our communities have come to know and expect from RSVP Bone Builders to the Operation Dolls and More program to the volunteer grandparents service through FGP to the essential services rides provided to our older adults through 1-2-1, would have long ago been halted, if not for the efforts of the staff of these programs. Of all that I will miss, this amazing team I have had the joy to know and work with, tops the list.

I must also thank my family for their unending support over all of these 23 years. They never complained when, on occasion, I had to work nights or weekends. They never complained when I had to take a call at some odd time or place because of an emergency at the office. They never complained when I had to adjust our vacation to accommodate demands at work. Their support was complete and unending and to my husband and my three sons, you are part of the reason for the success of these programs, so thank you!

Finally, it has been nothing short of the greatest honor in my life, to have served you and I hope that in some small way you will recall with a smile the work I offered to our communities.

Nan



**Powering Down and signing off.....From The Desk of Michele.....
RSVP Coordinator**

I don't know about you but I often can solve the world's problems while driving in my car....my most difficult, joyful, important work as well as personal decisions have been pondered and solidified while captive in my car. For some time now my GPS kept talking to me...telling me to get off at this unfamiliar exit.... **RETIREMENT**. Like many of you know, navigation systems can lead us astray, save the day, and even direct us to an unexpected gem or treasure on and along a journey. They indeed are very helpful. In the end, my heart spoke louder and although now a bit heavy, directed me to move on from the most amazing work of professional decades anyone could have ever known or experienced.

I can honestly say it has been nothing short of the greatest honor and privilege to have served and worked aside the many talented, selfless, kind, enthusiastic, generous...and overall phenomenal RSVP Volunteer's. You are all doing fantastic and beyond impressive work, your shared labors and efforts that truly do make a difference are shining bright. I was provided daily with new opportunities to learn, serve, meet, work in the trenches with distinctive and extraordinary folks, seeing first-hand the characteristics and spirit of the Volunteering Community in action. In truth, I am leaving bearing many invisible gifts, thanks to all of you. One of my most priceless bounties I have personally and quietly cherished is the on-going modeling...the endowment offered as the years slipped by...a lifetime recipe for aging with meaning, vibrancy, grace and courage. This will serve me better than any 401K...it has been a profound tutorial not to mention, another hidden bonus most jobs do not offer.

Because of you I will remember fondly all the years of Agency outreach, collective and collaborative side by side efforts, trying our best to answer the calls of the many requests and Non-Profit needs. Highlights of so many diverse and impactful involvements will forever surface and memories like the Katrina Relief Effort, ARC "Aktion Club", Bulk Mailings, Blood Drives, Op Dolls and More events, Godnick Adult collaborations, Extreme Home Make-over-Vermont Build, Tea Party and Fund Raising Efforts, Food Cupboard outreach, Town Monies Petition Work....just to name a few will forever bring a smile to my face. And to the many Agencies and staff I have come to know and revere you will always have my admiration and respect....you are trying your best, working with difficult challenges and coming through for so many in need. Hats off to all of the Organizations that work tirelessly and try hard to fulfill their goals.

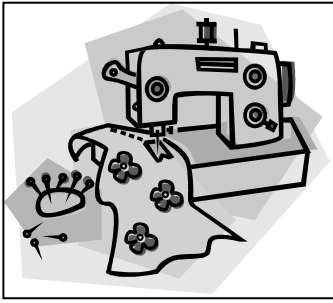
This is the perfect opportunity to acknowledge and thank my co-workers Nan, Pat, Tammy and Deb....they have shaped and challenged me, setting some pretty high standards along the way. Their many diverse interests, talents, strengths, and opinions have not only changed my way of thinking or left me smiling, they have earned my admiration. Not only did they come into my life, they stayed for a very long time. It is rare to have team confidants that span the time of decades, leaving indelible marks....demonstrating daily innovative approaches to our work, mission and most importantly, to our Volunteers. I am most grateful for their support over the decades, and for the integral role they played in achieving the successes we have all shared.

I especially want to send Retirement Congratulations and special good wishes out to our Director Nan Hart. She has juggled much for many yearswith a determined perfection and expertise only she could handle. I wish her all the well deserved happiness that she desires. You go girl, job well done!

As I make my way out the door, (end of August) please remember, I may be leaving my post as the RSVP Volunteer Coordinator but rest assured, never to leave you as your friend, supporter, accomplice and cheerleader. You and the amazing Organizations and their staff that I have come to know and respect have wiggled your way into the debts of my soul.

As I look now to my rear view mirror, preparing to exit, this has overall been a very happy journey, one with few regrets. Few people get to feel this way....what could be better. I know I will often reminisce, reflect and remember this awesome ride of a lifetime.....thanks to you I have certainly been given "enough", exiting on a full tank of gas! Taking this exit called RETIREMENT.

Michele



Operation Dolls and More News Summer 2018

Thanks to our Operation Dolls and More volunteers for their continued contributions. We have been back in “Santa Workshop” action since February, working hard in all areas of our project. Our group meets monthly on the last Tuesday of every month to network ,share ideas, deliver creations, introduce new volunteers, and pick up new supplies and projects to bring home to work on. If you are interested in finding out more information or considering joining our group, please call the RSVP office. If you have a friend or relative that knits, sews, paints, crochets, wood works, or just enjoys kids toys and dolls...this just might be the project for them. We are always looking for donations from clubs, community groups and families that will help make our job of providing holiday gifts to over 55 non-profit organizations easier and successful.. We happily take donations of warm items, (fleece blankets, socks, PJ’s, coats) cosmetics, hygiene products, crafty items, toys, games, stuffed animals, books, fabric, sewing notions or sewing machines, wrapping paper, gift bags, costume jewelry, and baby/infant clothing. Call RSVP @ 775-8220 with questions.

Items and Support needed for Operation Dolls and More

We are always in need of holiday involvements or donations from groups or clubs. Monetary donations are used to buy children’s bikes or specifically requested items. Recently we have had a few offices and work places choose our holiday effort as a source to do something specific for the community from their place of work in the spirit of giving to those less fortunate. This is an awesome support to us. These business and civic involvements allow us to help more families.



Cleaning out a closet??? We are in need of the following items:

Sewing and craft notions... such as.....thin elastic, velcro, ribbons, glue, small cans of paint, quilt batting, gift wrap, colored gift bags, tissue paper, cello basket wraps, and YARN.

We also love receiving children’s dress up attire, action figures, books, toys, socks, PJ’S, trucks, video games, movies, and arts and crafts items and school supplies. Please call (775-8220) the RSVP office if you have any inquiries.



Calling All Bakers!!

If anyone would like to share their expertise in baking and the delicious results, we would welcome any additions to our dessert selection for the Recognition Event on September 4th in Rutland.

Please call Michele if you would like to make something to share.

775-8220 EXT 103



Bone Builders News

Patricia Facey
Bone Builders Coordinator



So many of us who are attending a Bone Builders class first started because we understand the importance of keeping our bones strong, preventing or reversing osteoporosis and preventing a broken bone. The strength training that we do in the class is key to increasing our bone density and therefore making our bones stronger. But there are many other benefits too. Since I have just recently had hip replacement surgery because of arthritis, I want to talk a little bit about how strength training can help with arthritic joints too.

Even though it may seem contrary, strength training (such as what we do in Bone Builders) has been proven to decrease pain and increase strength and function for those with arthritis. In a review of 8 studies that included older adults with osteoarthritis, researchers found that strength training programs reduced participants' pain by 35% and increased their lower limb strength and function by 33%, compared to the control groups.¹ Strength training can also help you lose weight, which can greatly improve your symptoms if you have osteoarthritis in a weight-bearing joint like your hip, knee, or ankle.

And the benefits of strength training aren't just true for those with osteoarthritis. Strength training has also been shown to help those with systemic, inflammatory types of arthritis such as rheumatoid arthritis or ankylosing spondylitis. In fact, a 2-year study of recently diagnosed patients with rheumatoid arthritis found that strength training increased muscle strength by as much as 59% along with increasing physical function.

• These tips can help you strength train smartly and effectively: To get the most benefit from strength training, aim to do it 2 to 3 times a week for 30 minutes. You'll want to include stretches and exercises for all major muscle groups, not just the muscles surrounding your arthritis-affected joints. You don't need to join a gym with weight machines in order to strength train. You can do exercises using hand weights, resistance bands, or even gravity. Make sure to warm up for a few minutes and do some gentle stretching before diving into weight training. Also, stretch afterward and use ice therapy to ease muscle pain if needed.

If you're experiencing an arthritis flare-up, give weight training a rest until your inflammation subsides. A little muscle soreness after strength training is normal, but sharp pain is not. If an exercise or movement causes significant pain, stop doing it. **Don't rush.** Oftentimes arthritis patients start out with restrictions due to pain, stiffness, and joint abnormalities. Trying to do too much too quickly can result in more pain and damage to the joints. Gradually increasing the intensity and duration of the moves, with periods of rest in between, is the safest way to make progress. **Vary the routine.** Rapid, repetitive movements at affected joints increase the stress placed on the joint and can create more pain.

Varying the exercise routine and making *slow, purposeful movements* will help strengthen the muscles around the joint to provide greater stability and prevent further injury. Regular exercise keeps the muscles strong and flexible and helps control the pain and swelling that occur in a damaged joint. Since these are all the methods we follow in Bone Builders, the take away is that Bone Builders can also help ease arthritis.

May and June were busy months with lots of Refresher Classes for our existing trainers and Training Workshops for new instructors through out the state. Bone Builders continues to grow as more people join the classes and more classes are added in some areas. If you are an instructor and you missed a refresher, please let me know and I will make sure that you are brought up to date. And please call me if you have any other concerns or questions. You can

reach me at **775-8220 Ext. 102. Pat**



Our annual refresher classes have become a nice tradition and a chance to socialize and share lots of great ideas !

New Volunteer Opportunities

If interested in learning more about any of these organizations or how you might find some new and rewarding volunteer work or a new placement, kindly call our office at 775-8220.

Dismas House- Would you like to share time cooking a meal, mentoring individuals who are in need of a second chance, helping with mailings, doing some building maintaining tasks???

Libraries- Many local libraries are in need of volunteers to help with events, read to children, help with book sales, serve on boards. Give us a call!

Loretta Home/St. Joseph's Residence- Both senior residences are in need of activity helpers, friendly visitors, special event helpers, folks to present information or share talents, skills or hobbies with residents.

Interage Day Program- Interage is always in need of volunteers, if you have a skill to share or would enjoy helping out at meal time, this senior day program might be a great match.

Prevent Child Abuse Vt.- This national initiative offers a variety of support programs to young parents or grandparents raising children. If you would enjoy facilitating a nurturing fathers program or a parenting class, this might be a match for you.

Rutland County Parent Child Centers- Do you love small children? This agency is looking for volunteers to help out in our Rutland and Brandon sites. Support is needed during the lunch hour, nap time, and with daily activities.

Marble Valley Correctional Facility- Volunteers needed to facilitate movie hour, give presentations on informative topics, offer art music enrichments.

Area Food Shelves- Most communities have food shelves that require staffing and support around Rutland County. Community Cupboard, Pittsford Food Shelf, Fair Haven Concerned, BROCC Food Shelf and Commodities, Castleton, and the Poultney area all work hard to maintain their on-going service.

Essential Driving Programs- *One to One and Bridges and Beyond* are always looking for drivers. If you would like to transport an individual to the doctors or grocery store, this might be the job for you. Travel reimbursement is available.

RSVP Bone Builders- Come solo or team up with a friend and take a workshop to become a certified Bone Builders instructor. Have fun, get healthy and meet new friends all at the same time!

Tax Preparers- Do you like to do taxes?, tax software-literate?, and would like to serve your fellow Rutland County citizens as an AARP TaxAide volunteer, we would like to hear from you . All volunteers will be trained using IRS-provided training materials. You can call the RSVP office at **775-8220** or Phil Stephan at **773-8931**



Want to make a difference in the life of a child?

Share Today....
Shape Tomorrow

Then volunteer to be a **Foster Grandparent!** No, you do not take children into your home. Foster Grandparents volunteer at schools, day cares, Boys & Girls Clubs, or after school programs. You may work one-on-one, or in small groups with children acting as a mentor and role model and assisting the teacher with classroom activities. Your placement is based on your interests and skills.

If you're 55 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparent. And remember, you're not just helping others, you're also helping yourself. Getting involved leads to new discoveries and new friends. Studies show that getting involved and helping out in your community helps you live longer and promotes a positive outlook on life. So get involved and join Foster Grandparents today!

Benefits:

\$2.65 per hour stipend (which is non-taxable income---you do not have to report this as income on your taxes or for housing, food stamps or other services).

Travel reimbursement to and from the site.

Leave time and holiday pay.

Monthly in-service training with other grandparents.

Some schools even offer a free hot lunch!

Requirements:

Must be age 55 or older.

Must meet income eligibility (\$2010 per month for singles, \$2706 for two people)

Must complete application and have clear background checks done including fingerprinting.

Must like children and be able to give support, encouragement and hugs!

For more information or an application and background check forms:

Rutland and Bennington Counties: 802-773-4719 Addison County: 802-388-7044

Or email us at : debgp@gmail.com

Website: www.volunteersinvt.org

Tammy Brown, Coordinator; Jillian Ayres, Assistant Coordinator

One-2-One needs more volunteer drivers:

One-2-One provides essential transportation to area seniors, FREE OF CHARGE. This service helps individuals maintain their independence, and age in place. The number of ride requests we receive has grown exponentially. As the driver, you can choose which rides to accept or decline; you can do only local rides, or transport to appointments in Burlington, Dartmouth, etc. You can drive certain days and not others – it is up to you! Drivers receive mileage reimbursement. Please consider volunteering with us, and help enable us to continue to provide this very valuable service! For more information, call One-2-One, at **775-4318**.



Addison County



News from Lynn Bosworth
Program Coordinator for RSVP and Foster Grandparents in Addison County

New Volunteers in Addison County

We would like to extend a warm welcome to our new volunteers and stations:

Joyce Billings
Christy Bougor
Amy Douglas
Ann Duclos
Wilma Dykema
Joyce Freundlich
Martha Fulda

Roger Godin
Georgia Hamilton
Robert Holmes
Hartley MacFadden
Richard Makovec
Renee Marceau
Karrie Martell

Jean Panicucci
Dina Siple
Darlene Stark
Duracak Sunita
David Tennal
Pat Zeno-Roberts

New Stations
Dinners with Love
Shard Villa
The Horse's Touch, Inc.

SAVE
the
DATE

Warm Hearts Warm Hands Coffee Hour

Every fall we gather our Warm Hearts Warm Hands volunteers to say thank you with coffee, treats and great conversation. This year our coffee hour will take place on Friday October 26, 2018 at the Residences at Otter Creek.

If you are a WHWH volunteer or would like to become one, please join us! To RSVP, please call **388-7044**. Handmade items may be brought to the coffee hour, or delivered to our office at 79 Court Street in Middlebury for our fall distribution.



© Can Stock Photo - csp16264261

Addison County

VOLUNTEER OPPORTUNITIES:

If you are interested in any of these opportunities please call us at 388-7044

Dinners With Love is a network of hospice agencies, restaurants and volunteers who work together to bring free meals to hospice patients and their families. They are looking for volunteers to assist with the following:

Restaurant Outreach

A volunteer is needed to educate restaurants in Addison County about Dinners with Love and to ask for their involvement in donating meals through our program. Training and outreach materials provided. Must provide own transportation with valid driver's license, registration, and auto insurance.

Delivery Drivers

Dinners with Love is seeking volunteers to deliver meals to hospice patients and their families at home in Addison County. Drivers will pick up the meals from local restaurants on Thursday afternoons/evenings and deliver to patients' homes. Training provided. Must have own transportation, valid driver's license, registration, and auto insurance. There is a particular need for volunteers in the Vergennes and Bristol areas, but we will welcome volunteers from any area of the county.

Board Members

The Dinners with Love Board of Directors plays a valuable role for the organization. They serve as advisors, ambassadors, and advocates. They bring their knowledge, experience, and skills, they help represent the organization and they also identify and secure the financial resources and partnerships to advance their mission.

The Horse's Touch provides equine-assisted therapy for students with a wide range abilities to foster physical, emotional and social development through the healing benefits of riding and horsemanship activities. The organization is seeking volunteers to be a part of their Mobile Equine Therapy program. They will be bringing their horses to client sites in Addison and Chittenden Counties during the spring, summer and fall of 2018 and are seeking volunteers to assist them. Volunteers will learn how to assist in a variety of roles with mounting, dismounting and emergency procedures, maintaining a safe environment and supporting students and the instructor during lessons, as well as grooming activities. Horse experience is not required.

The Foster Grandparent Program is looking for classroom aides to assist with pre-school and school aged children. Individuals must be at least 55 and willing to work a minimum of 15 hours per week. Volunteers will receive travel reimbursement, fifty paid vacation/sick days and a small tax-free hourly stipend if they meet income guidelines. This position requires an interview, application and background check. FGP consistently receives positive reviews from principals, teachers, students, parents and Volunteer Grandparents alike!

The American Red Cross is seeking volunteers to assist with local blood drive events. Shifts are typically 4 – 6 hours long and take place on weekdays in Middlebury. Volunteers can assist in various capacities.

RSVP of Addison County

Drivers

In the fall, RSVP will be distributing Warm Hearts Warm Hands items to local schools, nursing homes and social service agencies. We are looking for drivers to help deliver items. This is a one-time volunteer opportunity that will take a few hours.

Sewers

RSVP is looking for volunteers who would like to make walker bags for Home Health and Hospice and other area agencies. If you would like to learn more or request the pattern, please contact us.

One-Time Volunteer Opportunities

RSVP is looking for volunteers who would like to help with one-time activities. Examples might include setting up for an event, posting flyers for a program or event, helping collate materials, etc. If you are interested in one-time opportunities, please contact us at **388-7044**.



Help Spread The Word!

Telling your friends, family and neighbors about the work you do as an RSVP member is one of the most significant ways you can support RSVP. It communicates the importance of volunteering in the community and gives others the chance to become more familiar with RSVP, an organization(s) where you serve, or a program that matters to you.

If you know someone who would benefit from getting involved in the community as a volunteer or taking advantage of our programs, please encourage them to call us at **388-7044**.

The Benefits of Volunteering

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others those in need and improve your health and happiness.

Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a big hike in happiness !

One of the better-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and animals has also been shown to improve mood and reduces stress.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

To find out more about volunteering and to get guidance on matching your interests and goals with volunteer opportunities, contact **RSVP** in Rutland County at **775-8220** and in Addison County at **388-7044**.

Addison County



2018 Years of Service Awards

The following RSVP members were honored on June 5th for their significant volunteer service to the Addison County community.

~ 5th Anniversary Award Recipients ~

Susan Berkenbush, Joan Bingham, Robert Bingham, Barbara Butler, Crispin Butler, Margaret Carothers, Mary Jo Champlin, Karen Clayman, Sandra Crossman, Tae DeGray, Mary Dodge, Dorothy Douglas, Naomi Drummond, Tai Hazard, Renee Hendricks, Karen James, Beverly Lenk, Amy McAninch, Stuart McAninch, Barbara Merz, Faith Parkins, Gazena Roorda, Suzy Roorda, Peter Schenck, Marita Schine, Earlene Smith, Johanna Tatro, Jill Vickers, David Williams

~ 10th Anniversary Award Recipients ~

Charlie Bain, Dinah Bain, Cindy Belanger, Judith Blake, Phyllis Bowdish, Malcom Chase, Patricia Chase, Hal Cohen, Linda Cohen, Caroline DeLisle, Karlene DeVine, Tom Frankovic, Clarence Hallock, Audrey Hathaway, Arlene Hunt, Karri Ingerson, Janet Kirby, Betty LaFoy, Reginald LaRose, Susie Leonard, Rachel Longaway, Bert McIntyre, Nancy Mooney, Virginia Moser, Lorrie Muller, Fran Nelson, June Olson, Ruth Penfield, Persis Rowe, Carol Short, Lois Ann Skillings, Kathleen Smith, Joyce Stephens, Conrad Waite

~ 15th Anniversary Award Recipients ~

Simon Barenbaum, Connie Bumbeck, Wilma Hallock, Rebecca Huestis, Nancy Orvis, Mary Rogers, Mona Rogers

~ 20th Anniversary Award Recipients ~

Dot Dunham, Ann Folger

~ 25th Anniversary Award Recipient ~

Marion Werner

~ 45th Anniversary Award Recipient ~

Virginia Wolf

~ 2018 Advisory Council Members ~

Connie Bumbeck, Tom Frankovic, Hannah Magoun, Alice Munson, Jan Walker

RSVP would like to thank the generous individuals and local businesses who contributed to its 2018 Volunteer Appreciation Event held on June 5th to honor volunteers in Addison County.

Many thanks to American Flatbread Middlebury Hearth, Anne Baldwin, Laura Begnoche, Joyce Billings, Champlain Valley Apiaries, Rachel Coddling, Judy Cole, Cole's Flowers, Costellos, County Tire Center, Danforth Pewter, Deborah Dickerson, Amy Douglas, Lois Farnham, Fire & Ice Restaurant, Green Pepper's Restaurant, Hannaford Food & Pharmacy, Sandra James, Kinney Drug, Norene Lattrell, Maple Grove Farms, Maple Landmark, Middlebury Agway Farm and Garden, Middlebury Floral & Gifts, Middlebury Sweets, Joy and Jen Minns, Myrdith Mckinley, Middlebury College, Monument Farms Dairy, Alice Munson, Marie Murphy, Bob Nixon, Nino's Pizza, Olivia's Croutons, Jean Panicucci, David Preble, Lois Randall, Rosie's Restaurant, Suzanne Sawyer, Janice Whittemore, Beachie Williams and Woodware for their support of our Addison County volunteers!



Addison County

45 Years of Volunteer Service with RSVP



Virginia Wolf, of Leicester, recently celebrated her 45th year with RSVP of Addison County. RSVP was established in October of 1973, and Virginia was one of the first volunteers with the organization. Since that time, she has provided continuous service to the Addison County community. Virginia has given support to Spring into the Arts, assisted at Addison County Fair & Field Days, served on the Board of Directors for Shard Villa, as Board President for Project Independence, and on the Advisory Council for RSVP. In 2013, Virginia was honored with the Ambassador of Service Award by the Vermont Commission on National and Community Service. Thank you, Virginia for your leadership and service to the community!



**Recipients of 15 Years of Service Awards:
Connie Bumbeck, Nancy Orvis, Mona Rogers**



Advisory Council members Alice Munson and Hannah Magoun.

A nice afternoon and luncheon was enjoyed by all, including these volunteers .

**Top Row :
David Preble,
Elizabeth Lowry.
Bottom Row:
Myrdith McKinley,
Jan Walker**



The Inspired Table: Recipes for Healthy Living

Citrus Berry Smoothie with Yogurt



Want a cool, fruity treat that helps build your bones as your sip? This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants.

- | | |
|----------------------------------------|----------------------------------|
| 1 1/4 cup berries, fresh | 1 tablespoon wheat germ, toasted |
| 3/4 cup yogurt, low-fat plain | 1 tablespoon honey |
| 1/2 cup orange juice | 1/2 teaspoon vanilla extract |
| 2 tablespoons milk, fat free, powdered | |

Place berries, yogurt, orange juice, dry milk, wheat germ, honey, and vanilla in a blender and blend until smooth.

Mandarin Pasta Spinach Salad

Ingredients

- 8 ounces bowtie pasta noodles
- 4 cups spinach leaves
- 1/2 cup raisins
- 1/3 cup cashews or Diamond of California Pine Nuts
- 1 4-ounce can mandarin oranges, drained
- 1/4 cup cilantro leaves, roughly chopped

A Healthy, Delicious,
Cool Salad for
Hot Summer Days !



Dressing

- 1/3 cup teriyaki sauce (the thicker, the better!)
- 1/3 cup rice wine vinegar (may sub apple cider vinegar)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder (if you have it)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon sugar
- 1/2 cup oil (such as vegetable oil, canola oil, olive oil)

Instructions

1. Cook pasta according to package instructions, drain and rinse with cold water. Set aside.
2. While pasta is boiling, prepare the dressing. In a jar combine all dressing ingredients. Cover and shake to combine. Chill until ready to use.
3. In a large bowl toss together pasta, spinach, raisins, nuts, mandarin oranges, and cilantro. Just before serving pour dressing over salad, toss, and serve.

Addison County

Did you know that Addison County offers various opportunities for healthy meals or produce at no cost? If you or someone you know may benefit, refer to the listing below for contact information.

Family to Family Coupons/CVOEO

Farmers Market Coupons distributed at our Community Action offices beginning in June. Coupons provide a \$30 benefit and can be used to purchase fresh, locally grown fruits and vegetables at participating farmer's markets around Vermont. Coupons distributed on a first-come, first-serve basis, and supplies are limited. Contact CVOEO at 802-388-2285 for more information or visit www.cvoeo.org

Senior Meals

This program operates in Bristol, Middlebury, Vergennes, Shoreham and is open to anyone 60+ and their spouse. 72 hour advance notice required for the restaurant sites and 48 hour advance notice is required for Armory Lane and Middlebury Recreation sites. Suggested \$5 donation. Call 802-377-1419 for monthly schedules and reservations.

Vergennes Table of Grace

Dinners take place once a month. Contact the Congregational Church of Vergennes at 802-877-2435 to find out about times and locations.

3SquaresVT

3SquaresVT is a federal USDA program administered in Vermont by the Department for Children and Families, Economic, Services Division. 3 Squares VT is for everyone who qualifies, including individuals, families, seniors, and people with disabilities. Call 802-477-4136 for more information and to apply. www.vtfoodbank.org

Charter House Coalition

The Charter House, located at 27 North Pleasant Street in Middlebury offers free lunches throughout the year.

September – May

St. Stephen's Church

Mon 11:30am-12:15pm

Charter House

Tues-Thurs 11:30-12:15pm

Summer Months

Charter House

Mon-Thurs 11:30-12:15



They also offer free Saturday Community Breakfasts from 8:30-9:15 and a free Grill Community Dinner on Sundays from 2-3pm.

**RSVP & THE VOLUNTEER CENTER
RUTLAND COMMUNITY PROGRAMS
6 COURT STREET
RUTLAND, VT 05701**

Non-Profit Organization
U.S. Postage Paid
Rutland, VT.
Permit No. 9

CHANGE SERVICE REQUESTED



Changing Addresses ?



Please remember to keep us posted about any address changes you may be making. This newsletter does not get forwarded so please let us know of any changes so we can get your newsletter to you. Call the Rutland office at 775-8220 or the Addison office at 388-7044.



Rutland Recognition Event

Tuesday September 4, 2018
The Holiday Inn in Rutland
Watch for your invitation in the mail!