



# The Volunteer Voice

## Greetings!

Warm wishes for a healthy and active winter. My first few months as Director of RSVP & The Volunteer Center have been wonderful, largely because of all the great people that are involved with RSVP/VC. From our staff and volunteers to our non-profit partners, I am continually inspired by the work you all do to support our communities.

As the year begins to unfold before you, I hope you continue to find meaning and joy in your volunteer service. If you are looking for a new volunteer opportunity please get in touch with us and we can help you find something that fits with your interests and schedule.

You may notice a few changes to the format of this newsletter and some of our print materials, however, I can assure you that our mission remains the same and we are always here to support you.

All the best,

Alix

## RSVP & The Volunteer Center Staff

Alix O'Meara  
Director  
rsvpfgp@gmail.com

Tammy Brown  
Office & Community Coordinator  
One-2-One Coordinator  
one2one@gmail.com

Patricia Facey  
Bone Builders Coordinator  
pfacey@gmail.com

Maryesa White  
Program Coordinator  
maryesarsvp@gmail.com

Lynn Bosworth  
Addison County Program Coordinator  
lynnrsvpfgp@gmail.com

**Rutland County** 802-775-8220  
6 Court Street  
Rutland, VT 05753

**Addison County** 802-388-7044  
79 Court Street, Suite 7  
Middlebury, VT 05753



## Bone Builders News

In the midst of this very cold snap we are experiencing and during some of the shortest daylight hours we will have, the topic of **Vitamin D** comes to mind. Vitamin D is appearing to be much more critical than we first thought. Besides being important to our bone health it also seems to play a role in a number of Seasonal Affective Disorder symptoms like feeling tired, depression, not sleeping properly and not thinking clearly.

The Department of Medicine, Division of Geriatrics and Nutritional Science at Washington University School of Medicine in St. Louis released a study showing that depressed patients were 11 times more likely to have low levels of vitamin D. Other research being done on Vitamin D is showing that a deficiency in this vitamin may also play a role in *17 kinds of cancer*, including breast, colon and prostate cancer, heart disease, hypertension, autoimmune diseases, diabetes, osteoarthritis, and of course osteoporosis.

Vitamin D may also keep people more mobile as they age, according to a new study. Older adults who had higher blood levels of Vitamin D had better physical functioning. Those with better Vitamin D levels started out better and ended up scoring higher on physical performance tests. Vitamin D, important for promoting calcium absorption, maintaining muscle strength, promoting bone growth and repair, is produced when ultraviolet rays from the sun strike the skin and spark its synthesis.

It is found naturally in very few foods and is added to others. Deficiency is common, especially as we age because the ability to synthesize vitamin D declines. How do you know if you are deficient? Your doctor can measure your vitamin D levels by ordering a 25-OH Vitamin D3 level blood test. The Vitamin D Council now recommends that healthy adults get **between 800 and 2000 IU** of Vitamin D each day. People who live north of Columbia, South Carolina do not have enough sun exposure to get adequate Vitamin D. So Vermonters, please talk to your doctors and get their blessing to take a Vitamin D3 supplement.

I have read a new book by Dr. Miriam Nelson called "***Strong Women and Men Beat Arthritis***". Our Bone Builders program is based on research also done by Dr. Nelson. Her newest research on arthritis shows that strength training, like we do in Bone Builders, is very important in controlling and reducing pain in arthritic joints. One of the reasons is that stronger muscles help protect the joints and relieve stiffness and soreness. Moving and exercising keeps the joints lubricated and more flexible. Dr. Nelson believes that exercise is the ***Fountain of Youth!***

Please don't hesitate to give me a call at **775-8220** if you would like me to come and visit your Bone Builders class. I know sometimes questions arise about the exercises and I am more than happy to schedule a visit to your class and answer any questions or concerns you have. We will be doing our refresher classes for all instructors in the Spring. Refresher classes for current instructors and workshops to certify new instructors for both Rutland County and Addison County will be scheduled during April and May, so I will be in touch with those dates.

*Pat*

RSVP Bone Builders Coordinator



*The Operation Dolls & More Open House was held on November 29, 2018.*

## RSVP Operation Dolls & More

### Greetings from Maryesa

#### RSVP Program Coordinator

Happy New Year to all our volunteers & stations! I would like to thank everyone for being patient and understanding while learning my role. I look forward to working and getting to know everyone.

First, I would like to highlight our amazing RSVP Operation Dolls & More Program. I would like to take a moment and thank all of the volunteers that participate in this program. Your hard work, dedication, teamwork and loyalty to this program are what keep it alive.

This year was our 18<sup>th</sup> annual open house which was held at Trinity Church. We had over 90 volunteers working throughout the year to help successfully display this project. As a team we were able to serve **44 different organizations**. We estimated that we supplied a total of **20,000 items** that were distributed to their clients per request forms that were sent in by the organization looking for help. With all of the items that were supplied our program approximately **served 1,110 kids in Rutland County**.

Everyone who helped with this program whether it was through hard work or donations did an amazing job. I am so excited to see what the future holds for this program and growing it with the help from all of you. Keep a lookout for exciting news on ways we will be expanding our wonderful program to help serve our community.

Please don't forget if you stop by Trinity Church, to thank the wonderful staff for not only housing our program but for putting up with our requests to make our program what it is today. Thank you to the folks at Trinity Church for everything you do for us!

## One—2— One News



During the last fiscal year, 31 volunteer drivers provided 5,655 round trips to 280 seniors to medical appointments throughout Rutland County. Thank You !!



**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 of **58 cents** per mile. 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**.

## It's Tax Time!

Tax counseling and preparation help is available.

Details here →

### **Tax Counseling Available In Rutland County**

Free tax counseling and preparation is available for taxpayers with middle and low income, with special attention to those 60 and older, is available from AARP Tax-Aide from February through April 15. You do not have to be a member of AARP or a retiree to use this service.

AARP Tax-Aide volunteers, trained in cooperation with the Internal Revenue Service, will offer help with personal income tax returns at various locations around Rutland County.

If interested, please call **775-8220** . You can leave your name and phone number and you will receive a call back to set up an appointment.

### **Thank You Town Clerks, Volunteers, Station Coordinators and Local Businesses**

For those communities that still require non-profit agencies like RSVP to obtain a certain percentage of registered voter signatures in order to be permitted to be on the ballot to obtain funding (even after decades of successfully getting on to the ballot each year), the cooperation of the Town Clerks can be very helpful. This is a difficult and daunting process, especially during the winter months. We thank all of the clerks for their guidance and patience; and we are grateful to all of the communities who vote in support of the work we do here at RSVP, Foster Grandparents, and One-2-One.

We would like to thank the many RSVP Station staff, and volunteer coordinators who allow us to leave petitions out in public view, for voters to sign, and who help monitor their safe return to RSVP. Our thanks, also, to all of the many volunteers who assisted in obtaining the needed signatures. We appreciate all of your time, efforts, and support.

# Rutland County Volunteer Opportunities



## Opportunity List

We have many volunteer opportunities in Rutland County that could really use your help. Below is a list of organizations we have partnered with to help find volunteers: (note – below are only a few volunteer opportunities that we have to offer)

1. **Meals on Wheels**- picking up and delivering food.
2. **One-2-One Drivers**- taking area seniors free of charge to doctor appointments both in town and out of town. You choose what appointments you want to take. It is up to you!
3. **Bulk Mailers** – helping various nonprofit agencies with bulk mailings. We call you when we get a request to see if you are available to help.
4. **RSVP TeleCare** – provide check in calls, telephone reassurance and friendly phone calls to area seniors from your home.
5. **Come Alive Outside**- elementary school cooking program.
6. **Gabriel's Children of the Green Mountains**- cooking soup for the homeless.
7. There are many volunteer opportunities in many of the **Rutland County Schools**. Some volunteer positions they are looking to fill are conferencing with students on their writing assignments, library help and guest speakers.
8. **Vermont Association for the Blind** - is looking for drivers to pick up clients and bring them to their support groups.
9. **Rutland Community Cupboard**- Cashiers & Shelf Stockers
10. **Rutland County Assisted Living & Nursing Homes**- activities help & one to one visits with residents.
11. **RSVP Operation Dolls & More**-needs knitters, sewers, wood workers, sorters, card makers, cleaners – anyone who loves toys, the holidays and children.
12. **RSVP Bone Builders**- Come solo or team up with a friend or two and take the workshop to become a certified Bone Builders instructor. Have fun, get healthy and meet new friends all at the same time!

We have a place for everyone at RSVP & the Volunteer Center . If none of these volunteer opportunities interest you please give Maryesa a call at the Rutland Office at **775-8220 Ext 103** to talk about some of the many other opportunities for volunteering. She will help fill your volunteer needs!

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*Changing the world always requires volunteers.*

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## The Foster Grandparent Program needs volunteers!

If you or someone you know are interested in helping children in school or daycare settings, **The Green Mountain Foster Grandparent Program** might be for you! The Foster Grandparent Program provides opportunities for volunteers 55 & older to lend their time, skills, and life experiences to support children of all ages.

This unique program has brought together thousands of children and caring retired adults to help set children on the path to a successful future. Foster Grandparent Volunteers serve regular consistent hours at the same site, so they become highly valued members of the school/daycare team. Due to their consistency volunteers have a remarkable impact on the children they serve resulting in considerable gains towards academic growth and emotional development.

Volunteers also gain significant health benefits by staying active both physically and mentally. Foster Grandparents give anywhere from 10 to 40 hours a week and income eligible volunteers receive a stipend, travel reimbursement, and 50 paid leave days per year. For more information, please contact Deb Roy at the **Green Mountain Foster Grandparent Program at 773-4719 or [debfgp@gmail.com](mailto:debfgp@gmail.com)**.

### Winter Purge or Spring Cleaning?

Reminder to all RSVP volunteers, community partners and anyone who is cleaning out their closets : We are always in need of craft items that will allow us to expand our work. If you have fabric, poly fill, yarn, ribbons, tissue papers, sewing notions, children's books, toys (boys & girls), school supplies, dolls, dolls accessories, toiletries, costume jewelry, infant toys, blocks, legos and step stools please consider donating them to RSVP Operation Dolls & More.

If you are interested in donating items to this program you may drop them off at **Trinity Church** on West Street between the hours of 10am to 12p m or call the office for assistance at **802-775-8220 X103**.



## Volunteer Spotlight

### Eldon and Jeanette Sherwin of Bristol



Eldon and Jeanette Sherwin, of Bristol, have been volunteering with the Have-a-Heart Food Shelf at St. Ambrose Church for the past 20 years. In the early days the food shelf primarily served an older population, providing staples and welcoming guests to enjoy homemade soup on ‘Soup Night’. “Often volunteers would grab their guitars and play a night of music while visiting together,” recalls Eldon.

Now the food shelf is open to residents of all ages in the 5-town area, serving between 60-80 households each month. On distribution day, volunteers are hard at work preparing bags of groceries for families. Community members come by to pick up a bag, and some delicious soup, now in to-go containers.

Eldon and Jeanette work alongside other dedicated individuals and groups such as 4 H clubs, Boy Scouts, Girl Scouts, and local schools. They help to organize food, make soup, provide special holiday meals and coordinate needed food drives. Although Eldon and Jeanette are

stepping back some, they greatly enjoy their work. “It’s rewarding. We have learned the community is very caring,” says Eldon. “And we like doing things for someone else,” Jeanette adds. Thank you for your many contributions, Eldon and Jeanette!

## 2019 Spring Volunteer Recognition Luncheon for Addison County

Save the date for our upcoming Volunteer Luncheon! The luncheon will take place on **Tuesday, June 4<sup>th</sup>** from 12 – 2 at the **Middlebury Inn** and will feature service awards and a silent auction. Invitations will be sent in May. We hope you can join us for this special celebration!



### Spring Tea

Tuesday, March 26th

1:00 - 2:30

Middlebury Recreation Center

RSVP members are invited to attend a **Spring Tea** on Tuesday, **March 26th** from 1:00 – 2:30 at the Middlebury Recreation Center on Creek Road. Enjoy tea, treats and great conversation. Baked goods welcome! Space will be limited. Please call **388-7044** by Monday, March 18th to reserve your seat.

# Addison County Volunteer Opportunities



## **Volunteer Opportunities – We need your help!**

Please contact RSVP at **388-7044** or if you or someone you know are interested in any of these volunteer positions.

### **Living Well Activity Leaders, Friendly Visitors & Drivers**

Living Well is looking for volunteers who are interested in running an activity or program at Living Well in Bristol. Do you have a skill or interest that you'd like to share with residents? They have many activities that are easy to facilitate. Living Well is also seeking volunteers to drive residents to places they may want or need to go (i.e. to a doctor's appointment, to the store, or downtown for a cup of coffee). These opportunities are rewarding and flexible and full training will be provided!

### **RSVP Advisory Council**

RSVP has an opening on its Advisory Council and is looking for an interested RSVP member to fill this position. The Advisory Council is comprised of a small group of RSVP members who provide support and represent the organization. The Council meets twice a year and members also assist with the Recognition Luncheon.

### **RSVP Mailing Team Volunteers**

RSVP is seeking volunteers who would like to participate in mailing projects for area nonprofit organizations. Projects take place several times per year and are fun, social and productive!

### **Seeking Classroom Aides for Addison County Schools**

The Foster Grandparent Program is seeking classroom aides to assist in educational settings throughout Addison County. The Foster Grandparent Program (FGP) is a federally funded program that has successfully placed thousands of volunteers in schools nationwide. Individuals must be at least 55 and willing to work a minimum of 10 hours/week. Participants receive travel reimbursement, fifty paid vacation/sick days and a tax free hourly stipend if they are income-eligible.

### **Boys & Girls Club Volunteers**

Volunteers at the Club can make a tremendous impact on local youth. The Boys & Girls Club is now located in a beautiful, newly renovated building on Armory Lane in Vergennes. There are many ways to take part at the Club. Here are a few ways:

*Hang Out for Fun* – Come for “drop in” time to play games and hang out with the kids. It will always be fun!

*Mentoring* – Interact and build relationships with Club members as individuals or in small groups. Play pool, cards, games, and more. You will find Club members looking forward to your next visit. In particular, the Club is hoping to find some more men mentors to serve as role models.

*Share Skills* – Do you have a skill or interest you would like to share? Art, fitness, music, woodworking, cooking... they will help make the most of your time and expertise! Activities run from 3:30 – 5:00 Monday through Friday.

*Meals Program* – The club serves dinner to approximately 25 kids each day. They can always use extra help prepping fruits and veggies and serving up meals.



# Addison County Volunteer Opportunities

## **ACTR Volunteer Drivers**

ACTR is seeking Dial-A-Ride Drivers to safely transport residents of Addison County to necessary services. Volunteers will be helping vulnerable populations such as the elderly and the disabled, as well as disadvantaged families who require medical transports. ACTR also transports critical care patients for dialysis, radiation and chemotherapy. ACTR Volunteer Drivers are provided with an orientation and ongoing training and supervision. Volunteers must have at least five years driving experience and have clean background checks. Volunteers will receive an orientation, ongoing training and mileage reimbursement.

## **Dinners with Love**

Dinner with Love is a network of hospice agencies, restaurants, and volunteers who work together to bring free meals to hospice patients and their families. The organization is looking for volunteers to help deliver meals to hospice patients and their families in Addison County. Drivers pick up meals from local restaurants on Thursday afternoons/evenings and deliver to clients' homes. Must have own transportation, a valid driver's license, registration, and auto insurance. Full training will be provided.

## **Henry Sheldon Museum Shop Volunteers**

Beginning this spring, the Henry Sheldon Museum Shop will need volunteers for two open shifts - Tuesday afternoon and Thursday afternoon, each from 1-5 pm.

## **Hannaford's Help Fight Hunger Food Boxes**



Addison County offered support to those in need during the holidays by purchasing food boxes offered by Hannaford Food and Pharmacy. Help Fight Hunger boxes provided food essentials including soup, grains, vegetables and fruit. These boxes could be purchased by community members and were distributed to area food shelves.

Jan Beayon-Phelps, of Hannaford Food & Pharmacy, organized the project. Stuart McAninch, of RSVP, coordinated and delivered 414 food box donations throughout the holiday season. Jan and Stuart have worked together for the past 5 years, helping to make the program possible. Many thanks to Jan and Stuart for their dedicated service to the Addison County community.

## Warm Hearts Warm Hands Program

Thank you to all our Warm Hearts Warm Hands volunteers! Throughout the year, these volunteers made and donated hundreds of hats, mittens, blankets, quilts, heat packs, walker bags, chemotherapy hats and other invaluable items for community members. RSVP receives many kind notes from individuals and community member who expressing their gratitude to WHWH Volunteers. Here are a few recent thank you notes-



*Dear Friends at RSVP,*

*I don't know who you are, and wouldn't recognize you if I passed you on the street ~ and yet your kindness and your skill have made a great difference in my days these last weeks. I write to thank you so much for what you do and the gifts you give! I had hip surgery 2 ½ weeks ago, and have found the lovely bag one of you made, with its wonderful, useful pockets, that's attached to my walker to be absolutely indispensable! Thank you for your time, care and generosity. With warmth, Deborah Lubar*

*Dear RSVP of Addison County,*

*We received your colorful, beautiful, handcrafted hats and mittens from you for our students. Thank you for thinking of us each year! These items truly make a difference for our kids – to be able to stay warm, and participate in outdoor play!! Sincerely, Shoreham Elementary School*

*Dear RSVP,*

*Just a note to all those volunteers that take the time and energy to create the hats and mittens you generously donate to our school. We at Addison Central School look forward to receiving them every year. The kids love them, and we appreciate your organization and your gifts! With sincere thanks from faculty and staff at ACS.*



**SPRING CLASSES!**  
CALL 388-7044 TO SIGN UP FOR SPRING  
BONE BUILDERS CLASSES

## Free AARP Tax Assistance in Addison County

RSVP and the AARP Foundation will partner to provide free tax assistance to Addison County residents. AARP-trained/IRS-certified volunteers will be available to help low- and middle-income residents prepare state and federal income tax returns and answer tax questions. Tax preparation will be provided at three convenient locations: the Bixby Memorial Library in Vergennes, the Bristol Rescue Squad and the Middlebury Regional EMS. **RSVP will begin scheduling on January 23<sup>rd</sup>, 2019. Appointments will start on February 11, 2019.** To schedule an appointment, please call **388-7044**.



## Experience the benefits of sharing your home with HomeShare Vermont

Do you want to remain in your home, but have some difficulty keeping up with household chores? Would a little extra rental income help pay the bills? Or would it be nice to just have some added companionship? HomeShare Vermont, a local non-profit, has over 35 years of experience matching people who want to share their homes with others who are interested in helping out in exchange for a place to live.

Let HomeShare Vermont do the interviews, background checks, and reference checks for you. Our screening process focuses on your safety, privacy, and compatibility. HomeShare Vermont will introduce you to pre-screened candidates and you decide who to live with. Each compatible match is unique and based upon the interests, needs, and lifestyles of the individuals involved. Our program is open to all ages and income levels, and the HomeShare staff is with you every step of the way.

HomeShare Vermont serves Addison, Chittenden, Franklin, and Grand Isle counties. If you live outside these areas and you're interested in sharing your home, HomeShare Vermont has a do-it-yourself guide that will walk you through our process so you too can find a compatible match. The guide can be found on the Resources page of our website.

If you would like more information about HomeShare Vermont's services or a free application, head to our website at [www.homesharevermont.org](http://www.homesharevermont.org) or feel free to call **(802) 863-5625** and speak to a staff member. HomeShare Vermont is a funded agency of the United Way of Northwest Vermont.

## New Volunteers in Addison County

A warm welcome to our newest RSVP members!

Libby Berry  
Norman Bloom

Hannah Clark  
Valerie Cooper  
Judy Dunning

Caroline McLaughlin  
David Rosen

RSVP & The Volunteer Center

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6 Court Street  
Rutland, VT 05701  
802-775-8220  
www.volunteersinvt.org

Non-Profit Organization

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Rutland, VT.

Permit No. 9

CHANGE SERVICE REQUESTED



### **Our Mission**

RSVP & The Volunteer Center is an “invitation to serve” program for people who want to make a difference, get involved, and enjoy the experience of volunteering. We serve individuals and organizations in Rutland and Addison Counties.

Save the Date!

### **Addison County Volunteers**

Our Addison County Spring Recognition Luncheon date has been set! Please mark your calendars for **Tuesday, June 4<sup>th</sup>** from 12 - 2 at the Middlebury Inn. More information will follow in May. We hope you will be able to join us for our celebration.