



Greetings!

I hope you all had a wonderful summer. Our fiscal year closed June 30th and our numbers show our volunteers were once again serving their communities in amazing ways. 799 RSVP/VC volunteers gave 153,287 hours of service in our two-county service area. Based on the Independent Sector National Value of a Volunteer Hour, this equates to \$3,898,096.55 in service to Rutland and Addison Counties. Thank you for donating your time and expertise to your local communities! We are busy planning our Rutland County Recognition Event to celebrate all your hard work. The event will take place at the Holiday Inn on September 18th.

We are excited to announce that we are launching a new program in September! RSVP's Veterans Connections Program will bring together veterans twice a month for conversation and learning experiences. The primary focus of the program is to help promote camaraderie among former service members. The RSVP Veterans Connections Program will be a place where vets can enjoy a cup of coffee, connect with one another and build fellowship, while discussing common issues and needs. It is open to veterans of all ages. You will find more information about the program in this newsletter. If you are interested in learning more about ways you can help, please contact our office.

All the best,
Alix

RSVP & The Volunteer Center Staff

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Bone Builders News

Eighteen years ago when Bone Builders was just one year into its growth, one of the biggest surprises to us was how important the social aspect of the program had become. We knew that people wanted to join an exercise class to be proactive about their health, prevent broken bones from osteoporosis, become stronger and more flexible but we didn't know how much the class participants would bond and connect as friends .

Parents encourage socialization for their children to instill a lifelong virtue of goodwill and connection. Socialization is even recommended for pets! Socialization is the activity of mixing socially with others. It's intended to foster relationships, establish good communication skills, and promote a sense of community. And, the importance of socialization never wears off, and it's particularly relevant for seniors. Here's why.

Socializing keeps people young at heart, emotionally vibrant, and mentally sharp. As you or loved ones age, have you taken time to consider the continued importance of socialization? When you were a baby, socialization helped you develop who you are. As older adults continue to enjoy life, it remains important that seniors have a social life to help maintain a healthy physical and emotional balance.

Socializing can provide a number of benefits to your physical and mental health. Did you know that connecting with friends may also boost your brain health and lower your risk of dementia? There is evidence that suggests memory loss is a strong risk factor for dementia, which currently impacts a portion of the US population over the age of 65. And social isolation is one of the leading causes of depression in seniors. Loneliness can easily take its toll on individuals of every age, but there's greater concern for older adults as routines and independence changes.

“Social Capital” refers to the types of personal connections that build trust and support participation for individuals. Research indicates that social capital offers health benefits that may be *especially* important for seniors. For retired people, social capital can decline due to reduced contact with former work colleagues, the deaths of friends and family members, and loved ones moving away. The loss of social contacts can have a direct impact on mental and physical well-being. Social capital can encourage healthy behaviors and being around other people, especially doing something fun or rewarding, helps individuals keep a positive outlook on life and a healthy mental state. Seniors who remain physically and intellectually active in social settings can also help fight off depression through interaction.

I think we can all agree that Bone Builders offers us a lot of “Social Capital” along with the benefits of getting stronger, preventing or reversing osteoporosis and improving our balance . Bone Builders really offers us several very important components to help us age successfully!

*We have a **Bone Builders Workshop** to train new volunteers scheduled in Middlebury on **Sept. 9**. Anyone who would to take the training , please give me a call to register and get additional information : **802-775-8220 Ext. 102**.*

PAT

Greetings from Maryesa RSVP Program Coordinator

I hope everyone has enjoyed their summer so far. I would like to welcome all the new volunteers to RSVP & the Volunteer Center. You will soon see that your choice to volunteer will have a huge impact on the community.

I know that we are only a little over halfway through the year, but the RSVP Operation Dolls & More Volunteers have been hard at work for our annual Open House. This year was the first year that we have expanded our program to crisis situations. It has been very successful! We have over 90 volunteers participating in our program who have been very supportive in helping children in need throughout the year. Our crisis program has served 10 organizations so far. We estimated that we supplied about 2,118 items to organizations to be distributed to clients in need.

With the items that were supplied our program approximately served about 2,000 kids in Rutland County. I would personally like to thank all of the volunteers that have helped with this program so far this year. You are all amazing! The hard work and dedication that you contribute to this program is truly appreciated throughout Rutland County. I would also, like to thank all the individuals in the community that have donated items to this program. It is individuals like you that help us keep the program running. If you are interested in getting involved with RSVP Operation Dolls & More whether it is through volunteering or donating, please give our office a call **802-775-8220**.



Exciting News:

I am very excited to announce that we are starting a new program called **RSVP Veterans Connection**. This program is geared primarily towards veterans, but soldiers and military families are always welcome to attend. The meetings will be held twice a month (2nd & 4th Wednesdays of the month) starting at 10:30am at the Calvary Bible Church's Conversation Café.

Each of the two meetings have a purpose. The meetings held on the 2nd Wednesday of the month will be run like a supportive social group. Meetings held on the 4th Wednesday of the month will include a presentation based on a relevant topic or concern. All of the individuals that attend the meetings will be able to enjoy a free cup of coffee and snack.

Please join us on Wednesday September 25th, 2019 for our first **RSVP Veterans Connection** meeting to learn more about the program and ways that you can help. Please feel free to bring a friend and enjoy a free cup of coffee.

Place: Calvary Bible Church (Conversation Café)

Time: 10:30am to 11:30am

If you would like to see how you can help with this program, please feel free to call Maryesa for more information **802-775-8220**.

-Maryesa

RSVP Operation Dolls & More



Save the Date :



19th Operation Dolls & More Open House

Date: Thursday December 5th, 2019

Time: 12 pm -4 pm

Place: Trinity Church (85 West Street Rutland, VT 05701)
Raffle starts at 3pm (Tickets: \$2 for 10 tickets or \$5 for 30 tickets)



**Cleaning Out?
Don't Throw Out**



Help RSVP Operation Dolls & More continue to serve and expand their work!

Items we are always looking for craft supplies, poly fil, yarn, wooden toys, cradles, chapter books, infant toys, doll accessories, legos, school supplies, costume jewelry, step stools, children's books, toys (boys & girls), dolls, blocks and wrapping paper.

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

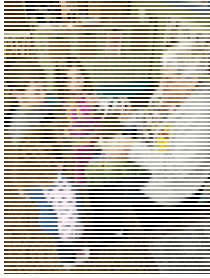
Rutland County Volunteer Opportunities



1. **Community Cupboard (Rutland):** Cashiers & Stockers
2. **Rutland Regional Medical Center:** Information Desk Volunteer – welcome greeting, positive first impression, excellent customer service, directing people to their destination and provide individuals with proper information. Times Monday through Friday 8a-12p or 12p-4p.
3. **The Meadows:** Manicure Volunteers (Thursday Mornings) & One to One Visitors (Flexible)
4. **Bulk Mailers:** helping nonprofit agencies with bulk mailings. We call you when we have a request to see if you are available to help.
5. **Genesis Nursing Home:** Knitting Volunteers (Flexible)
6. **ARC:** Office Volunteer – filing, answering the phone and petition work (Flexible)
7. **Meals on Wheels:** Driver – pick up and deliver food
8. **The Chaffee Art Center:** Volunteer Opportunities – Gallery Sitting, Art Class Assistant, Office Assistant, Volunteer Outreach, Volunteer Handyman/Woman and Art in the Park Volunteer
9. **Vermont Association for the Blind:** Drivers wanted for local support groups and Burlington appointments.
10. **The Pines:** Volunteer opportunities include reading to residents and assisting with activities.
11. **Rutland Health & Rehab:** Volunteer positions - bingo caller, one to one readers and activities assistant.
12. **AARP Tax Assistant Program:** We are looking for volunteers to fill the following roles including AARP Tax Preparers who help prepare taxes and AARP Client Facilitators who help fill out intake forms.
13. **Guardian ad Litem:** volunteer advocates for children in court who have been victims of abuse or neglect.
14. **Rutland County Humane Society:** many volunteer opportunities including working with the animals, maintenance, office help and promoting the organization.
15. **Young at Heart Senior Center:** the senior center is looking for volunteers to fill the following positions dining room servers, kitchen helpers, thrift store volunteers and meal delivery drivers.
16. **Loretto Home:** searching for volunteers to host Po-Ke-No and individuals who play the piano. (Flexible)
17. **St. Joseph Kervick Residence:** Activities assistant volunteer to help with activities.

Please note that these are just a few of our volunteer opportunities. If you are interested in any of these volunteer opportunities or would like more information on volunteering, please call Maryesa at **775-8220 X103**. We have a place for everyone at RSVP & the Volunteer Center so give us a call and start the rewarding journey with us!

“Volunteers do not necessarily have the time; they just have the heart.” ~Elizabeth Andrew



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 deb-fgp@gmail.com.**

RSVP Rutland County Reads

RSVP Rutland County Reads has partnered with many of the Rutland Country Schools to help them search for volunteer readers. It will only take about a half hour a week out of your schedule. Duties include reading aloud to a classroom, reading one-on-one or reading with a small group. If you are interested in becoming a volunteer reader, please call Maryesa at 802-775-8220.



Do you have a talent to share?

RSVP & the Volunteer Center is always searching for volunteers who have hobbies, skills and talents. Often times people do not realize that sharing those interests can be of real value and interest to many community members as well as rewarding for those that are willing to share.

If you are interested in sharing these talents with others in the community, please give Maryesa a call at **775-8220 x103.**

Addison County Volunteer Opportunities

Help Needed !!

Below are volunteer opportunities that need support. Please contact RSVP at 388-7044 or if you are interested in any of these positions.

Fowler's R & R Ranch Drivers : Fowler's R & R Ranch unites veterans with their community through marketable skills such as farming, mechanics, woodworking and cooking.

These skills can supplement those veterans have already acquired during service and also help them transition back to civilian life. In addition to training, Fowler's R & R Ranch provides transitional housing and daily meals in a supportive and therapeutic environment. The organization is seeking volunteer drivers to bring veterans to and from the ranch and to necessary appointments.

MALT Minute Taker : The Middlebury Area Land Trust (MALT) is looking for a volunteer to take minutes at their monthly board meetings and help transcribe them after the meetings. MALT conserves, promotes, and manages land as natural, open and working landscapes in Addison County. They also provide recreational, educational and cultural opportunities in the community. If you are interested in supporting MALT's mission by assisting them with their monthly meetings, please contact RSVP.

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 also assist with the Recognition Luncheon.

ACTR 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.

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! *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.

Dinners with Love : 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. 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.

Homeward Bound Hub Volunteers: Homeward Bound is looking for 3-5 volunteers willing to staff the “Homeward Bound Hub”, a program to support low income pet owners. Volunteers will help greet clients, process applications and distribute pet supplies as needed. This position requires 2-hour shifts 9-11 am on weekdays, a strong desire to help people, compassion, willingness to learn and do basic data entry and work in a sometimes hectic environment. If you are an animal lover, please contact RSVP at 388-7044 or rsvpaddison@volunteersinv.org.



Volunteer Spotlight

Kathleen Donovan, Georgia Hamilton, and Jan Walker represented RSVP and Bone Builders at the Middlebury Maple Run on Sunday, May 5th. They happily handed water and/or Gatorade to runners of all ages. Their water/aid station on the Middlebury College campus transformed from a quiet spot at 7:30AM to a lively location with tables filled with little paper cups and giant orange barrels to resupply the drinks. Live guitar music to inspire the runners added to the energy of the site. A first aid kit and two-way radio were also available but fortunately didn't get used. The RSVP Bone Builders group also enjoyed meeting other volunteers at the water/aid station from the Bristol Family Center and Addison County Home Health and Hospice. Everyone was very glad to be part of this special event that also provides grants to local organizations. Thank you for your time and support, Kathleen, Georgia and Jan!



Kathleen Donovan, Georgie Hamilton and Jan Walker help out and have fun at the Middlebury Maple Run.

Volunteer Appreciation Cookout

Addison County volunteers were recently celebrated at a Volunteer Appreciation Cookout hosted by the Residence at Otter Creek. The Residences partnered with RSVP and several other organizations to honor local volunteers. The event featured a lovely picnic lunch, music by the band Towne Meeting and perfect weather! Pictured are RSVP volunteers Scott Myrick, Nancy Merolle, and Vijaya Wunnava.



Scott Myrick's name is drawn for a gift basket



Nancy Merolle wins a special raffle prize



Vijaya Wunnava receives flowers

Senior Resource Fair

On Friday, June 14th The Residence at Otter Creek hosted its first Senior Resource Fair. This free event featured community partners from healthcare, financial and legal planning, nonprofits, and other senior support organizations. They shared information and resources ranging from navigating healthcare and maintaining a healthy lifestyle, to promoting the importance of social connections. Guests also enjoyed a picnic lunch, health screenings and giveaways. RSVP appreciated talking with guest and community partners such as Age Well, End of Life Services, and H.O.P.E. We hope the Senior Resource Fair will be the first of many!



RSVP Participates in Senior Resource Fair

***Looking for an enjoyable and meaningful opportunity to connect with others
& support the community?***

Become a trained RSVP Representative

Becoming an RSVP Rep is a great way to learn about who we are and what we do, our community impacts, and how you can be a part of it. We are looking for a few volunteers to spread the word about RSVP and help fill positions that the community needs the most.

RSVP Representatives:

- Represent RSVP of Addison County
 - Learn about local nonprofit needs and share them with community members
 - Can select which types of support and outreach they do and set their own schedules
 - Will receive ongoing training, materials, staff support and recognition
 - Will receive a complimentary Senior Corps/RSVP golf shirt, name tag, tote bag and business cards
- at 388-7044 or lynnrsvpfgp@gmail.com to learn more, or sign up to attend our Lunch & Learn in the fall.

Contact us



RSVP Representative Lunch & Learn

Thursday, September 5th

12:00 noon – 1:30 p.m.

Middlebury Recreation Center

154 Creek Road

Fowler's R & R Ranch

Located in Whiting, Fowler's R & R Ranch is a nonprofit organization which serves veterans from Addison, Rutland and Chittenden Counties. The mission of the ranch is to unite veterans with their community through marketable skills such as farming, mechanics, woodworking and cooking. These skills can supplement those veterans have already acquired during service and help them transition back to civilian life. In addition to training, Fowler's R & R Ranch provides transitional housing and free daily meals (lunch & dinner to all who come) in a supportive environment.

The organization has many projects underway for which they need volunteers. Examples include building a greenhouse, installing a walk-in freezer for their meats (which are sold both on-site and at Middlebury Natural Foods Co-op), and assisting with building projects in the main house and barn. In addition, they are seeking volunteers to assist with driving, cleaning, organizing, painting, electrical work, and other small projects. Volunteers will enjoy meeting the many farm animals and will also be treated to a meal. To learn more about Fowler's R & R Ranch and ways you can become involved, please contact RSVP at **388-7044**.



RSVP Recognition Luncheon Highlights

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RSVP of Addison County held its Recognition Luncheon on June 4th at the Middlebury Inn. Guests were welcomed with a lovely cello performance by Middlebury College student, Maddie Tango. They enjoyed a beautifully prepared lunch by the chefs at the Inn as well as the opportunity to bid on silent auction items and win gifts and certificates from local businesses.

Two volunteers were recognized for their inspiring work. Teresa Churchill was honored by the American Red Cross for her dedicated service to the organization. Teresa received an award for her 54 years of service to the Red Cross. Shirley McClay was recognized for 69 years of service to her community. Shirley recently received a letter from Senator Bernie Sanders commending her for her contributions.

RSVP also honored several volunteers for their contributions to the success of the organization. They included Val Tilford and Janice Whittemore and RSVP Advisory Council Members, Connie Bumbeck, Hannah Magoun, Alice Munson and Jan Walker. RSVP also celebrated volunteers who reached milestone years by presenting its 'Years of Service Awards'.



Alice Munson & Hannah Magoun help check in guests

5th Anniversary Award Recipients

Jeannette Armelle, Catherine Bissonette, David Breen, Nick Causton, Carol Chatfield, Eleanor Coeby, Anne Collins, Diane Cota, Corie DeMatties, John Freidin, Susan Gingras, Hazel Grant, Jane Halpin, Joan Hoxie, Sheila Huestis, Christine Ketcham, Robin Little-Lebeau, Joelle Logan, Hugh Marlow, Barry Meader, Thomas Noble, Mary O'Brien, Jill Rainville, Sheila Rheäume, Doris Rotax, Teja Tanner, Charlotte Tate, Sandra Tebbetts, Kenneth Terrien, Helen Turner, Barbara Walter, Carol Werner, Frances Warren



Jill Rainville, Hazel Grant, Jane Halpin and Sheila Huestis are congratulated for their 5 years of service.

RSVP Recognition Luncheon Highlights

10th Anniversary Award Recipients

Kathy Coakley, Barbara Darling, Marilyn Lefevre, Cindy Marshall, Meredith Rehbach, Evelyn Sprague, Vijaya Wunnava

15th Anniversary Award Recipients

Gretchen Adsit, Lois Kraus, Hannah Magoun

30th Anniversary Award Recipients

Eldon Sherwin, Jeannette Sherwin



Kathy Coakley and Marilyn Lefevre are honored for 10 years of service.



Gretchen Adsit and Hannah Magoun are honored for 15 years of service.

Thank you the many generous volunteers and local businesses who contributed to our silent auction, prizes, table favors & desserts!

Laura Begnoche, Joyce Billings, Broughton's Big Country Hardware, Champlain Valley Apiaries, Pauline Cloutier, Rachel Coddling, Cole's Flowers, Anne Collins, County Tire, Daily Chocolate, Danforth Pewter, Dorothy Douglas, Lyn DuMoulin, Lois Farnham, Fire & Ice Restaurant, Hazel Grant, Green Pepper's Restaurant, Hannaford Food & Pharmacy, Debbie Kirby, Loretta Lee, Maple Grove Farms, Maple Landmark, Middlebury Floral & Gifts, Joy and Jen Minns, Monument Farms Dairy, Alice Munson, Nino's Sicilian Pizza, Jean Panicucci, Garreth Parizo, Pratt's Store, David Preble, Gazena Roorda, Rosie's Restaurant, Sabai Sabai Restaurant, Sharon Saronson, Subway, Three Squares Restaurant, Jan Walker and Janice Whitemore.

A Warm Welcome to our Newest Addison County Members!

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Ted Davis

Debra Bessette

Matthew Cox

Gisela Palmer

Barbara Charlamb

Jane Shepard

Kevin Quiet

Jacqueline Degree

Marie Farnsworth

Carol Palmer

RSVP & The Volunteer Center

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

Non-Profit Organization U.S.

Postage Paid
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 and Plan to Attend!

Rutland County Volunteers

Our Rutland County Recognition Luncheon date has been set! Please mark your calendars for September 18 from 2-4 pm at the Holiday Inn. Watch for your invitation in the mail. We hope you will be able to join us for our celebration.