



Greetings!

I hope you have all had a healthy summer. As we head into cold and flu season, I would like to remind you to please get your flu shot. While a flu shot will not protect you against COVID-19, it will protect you against the seasonal flu. The seasonal flu and COVID-19 have similar symptoms, so is especially important to protect yourself against the flu this year.

We appreciate that so many of you are continuing to serve your communities during these difficult times. You have made countless masks for the community and our partner agencies thank you for your hard work. If you are looking for a safe way to volunteer this fall, please give the office a call and we will find an opportunity that is a good match for you.

Our fiscal year closed June 30th and our numbers were impressive despite the pandemic. 711 RSVP/VC volunteers gave 124,606 hours of service in our two-county service area. Based on the Independent Sector National Value of a Volunteer Hour, this equates to \$3,389,276 in service to Rutland and Addison Counties. Thank you for donating your time and energy to your communities. While we will not be able to celebrate you in person this year, we look forward to a time when we can gather again and celebrate your contributions to making this corner of Vermont a better place.

All the best,
Alix

RSVP & The Volunteer Center Staff

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Bone Builders News

In some ways it feels like a lot has happened since I last checked in with everyone by this newsletter page. Then in other ways it really seems like we have been at a standstill since March. I'm sure I'm not the only one who has this dichotomy of feelings about life in 2020. But I will take the "glass half full" approach as I reflect on where we are now versus where we were in March and April.

In July we were given the go ahead from the Vermont Department of Health to resume activities that included people over age 55, including Bone Builders. We were given a very definite list of protocols to follow as we re-started our classes. Those protocols were to wear masks, take and record temperatures at each meeting, have dedicated weights for each participant, maintain social distancing, use hand sanitizer and also disinfect all surfaces touched and keep a sign in list of all people attending in case that information is needed for contact tracing.

At this time we have 18 classes in Rutland County and 4 Classes in Addison County who are back in session in person. Not everyone is ready to start back for many different reasons but everyone is doing what is right for them, their personal situation and comfort level.

There are other options for those who want to keep up with their exercises remotely. We also have four classes meeting online in Google Hangout between the two counties and they are very successful and enjoying the experience. There is also a video of myself going through the exercises on our website. To find that, go to **volunteersinvtt.org** and scroll down to the orange bar. Then click "**View Online Class**".

There is also a third option. We now have a video of a class that is meeting in person on PEGTV. That video will run on **PEGTV Channel 1075**. This is the public access channel that used to be Channel 15. The Bone Builders class will air on **Tuesday mornings at 8:30 AM** and **Saturday mornings at 10 AM**. You can also watch it anytime 24/7 streaming on the PEGTV website. Go to **PEGTV.com**, click on **Watch Live Stream**. In the *Search Box* type in **Bone Builders** and hit search and the video will come up. It's a good opportunity to exercise along with other people and also vicariously share in the camaraderie of the group. One of the most important and appreciated aspects of Bone Builders is the social connection that it offers and the benefit of the support and enjoyment of friends to exercise with. I know it is something all of us have missed.

I look forward to the time when our lives will return to a more relaxed and normal feel. I am very proud of the Bone Builders and the way everyone has adapted and supported one another. More than ever we now know the greatest wealth is good health

Pat

Greetings from Maryesa

RSVP Program Coordinator

I hope everyone has been enjoying their summer and looking forward to fall. I know that this past year has been challenging for many volunteers with all the guidelines, regulations and changes that have been made to keep everyone safe. With that being said I want to thank all of our volunteers who have been continuously volunteering for essential organizations throughout this pandemic. By choosing to volunteer your time and hard work you have contributed to providing a positive impact on our community. Thank you!

Our mask making volunteers have been very busy with making masks for essential organizations, essential workers and schools (teachers & students). Our mask making volunteers have approximately made 3,947 masks that have been provided to our community throughout the pandemic. Thank you for all your hard work, time and dedication.

I would like to take a moment to thank all of our stations who have stayed connected with their volunteers by checking in with them and providing them with updates along the way. Thank you to all the amazing volunteers by staying connected with each other and helping each other out when needed.

I would like to welcome all of our new volunteers that have decided to join **RSVP and The Volunteer Center**. Soon you will see the positive impact volunteering will have on your life and the impact your volunteering has on our community.

This year will be our **20th year of RSVP Operation Dolls More**. It is with heavy heart that I let everyone know that we will not be having our open house this year because of COVID19. This doesn't mean that we won't be helping organizations around the holidays. It just means that our program will be run a little different this year. All organizations that have been part of our program in the past please be on the lookout for more information coming your way.

I would like to thank all of the **RSVP Operation Dolls and More volunteers** for all their support, hard work and dedication. Thank you to all of our volunteers that have been making items for our program and to volunteers that have taken items home to work on projects for this year's holiday program. You are all amazing and thank you again!

As always if you are looking for volunteer opportunities or ways that you can volunteer please contact **Maryesa** at **802-775-8220 x103** or email at maryesarsvp@gmail.com.

RSVP Operation Dolls & More



Important Notes :

20th RSVP Operation Dolls and More

Open House Cancelled

Attention Stations (Op Dolls

Holiday Program)-

PLEASE NOTE:

Drive-up and pick-up only

Please wear your mask

Pick-up week : **November 16th -20th**

Deadline for participating response : **October 26th**

Maryesa will be contacting you with more information

Any questions please feel free to contact Maryesa White

Phone: 802-775-8220 X103 Email: maryesarsvp@gmail.com

Important!!



RSVP Operation Dolls and More

Volunteers Always Wanted:

Volunteer Opportunity: Help produce projects for our next open house and distribution of items to help make the holidays brighter for families in need. There are many different volunteer positions with this program and there are even some that can be done at home. Some volunteer positions are knitters, sewers, woodworkers, sorters, card makers, cleaners—anyone who loves toys, the holidays and children.

Days/hours: Flexible



Rutland County Volunteer Opportunities



Rutland County Volunteer Opportunities:

Meals on Wheels:

Driver - pick up and deliver food (Monday-Friday 10:30a-12p)

Mileage reimbursement \$0.50 cents per mile"

Meal Box Packers - (Monday - Friday 8:30a-3p)

Meal Site Volunteer(Godnick) - Mondays & Thursdays 11a-1:30p

Meal Site Volunteer(The Maples) - 3 days per week lunch starts at 12p day TBD

Rutland Regional Medical Center: Information Desk Volunteer (Monday-Friday 8a-12p or 12p-4p)

Bulk Mailers: helping nonprofit agencies with bulk mailings. We call you when we receive a request to see if you are available to help.

Guardian ad Litem: volunteer advocates for children in court who have been victims of abuse and neglect.

Pittsford Food Shelf: Commodities Volunteer(s) - 1st Wednesday of each month at St. Alphonsus Parish 8:30a-11a

Chaffee Art Center: Gallery Sitting, Art Class Assistant, Office Assistant, Volunteer Outreach, Volunteer Handyman/ Women and Art in the Park Volunteer

Vermont Association for the Blind: Drivers wanted for local support groups and Burlington appointments.

AARP Tax Assistant Program: AARP Tax Preparers to help prepare taxes and AARP Client Facilitator who helps fill out intake forms.

Brandon Community Center: Board Member(s) - Flexible 1 meeting per month

ARC: Volunteer opportunities - Office assistant, Outreach/Marketing, Grant writers, Support volunteers, In house programs/activities SABE-Self Advocates Club and AKtion Club

Southern Vermont Council on Aging:

Volunteer Shopper for Essential Items

Matter of Balance Master Trainer - to help address the fear of falling and teach fall prevention.

Friendly Visitor

Memory Cafe Volunteer

Money Management Program Volunteer

Office Volunteer

State Health Insurance Program Volunteer

Tai Chi Volunteer Instructor

Salvation Army: Volunteer opportunities - Greeter/Receptionist, Food Shelf Volunteer, Food Bank Driver and Children's Group Volunteer

Senior Chorus: Singers who would like to sing at local Nursing Home and Assisted Living Facilities

With the COVID-19 Virus many opportunities have been modified or on temporary hold until the organization goes back to normal hours. Please note that any volunteer opportunity that is still happening during the virus outbreak is following the appropriate precautions with COVID-19. If you are interested in any of these volunteer opportunities or would like more information about volunteering, please call **Maryesa at 802-775-8220 x103**. We have a place for everyone at RSVP and The Volunteer Center so give us a call and start the rewarding journey with us!

Need a ride?

Or want to give a ride?

Tammy W. Brown, One-2-One Coordinator



Seniors need affordable transportation options. Affordable transportation is essential for maintaining independence. Without a reliable way to get to doctor's appointments or buy food and household supplies, seniors can't realistically remain in their homes as they age.

Social isolation is another big problem for seniors who don't drive. It causes poorer quality of life and contributes to earlier death. Having access to affordable transportation keeps older adults connected with family, friends, and their community.

One-2-One provides transportation for "essential needs," free of charge. The program is supported partially, by federal grant money that falls under the umbrella of the "Elderly and Persons with Disabilities" program. This is supplemented by donations from individuals, as well as small grants from other non-profit agencies, such as ITNAmerica, which covers rides for eye care.

"Essential needs" consists primarily of rides to doctor's appointments, but may also include some grocery shopping trips, physical therapy appointments, and exercise classes, as well as personal trips to visit family members.

While public transportation is available in many areas, One-2-One provides more personal, individualized rides right from door to door. One-2-One drivers are all volunteers, and transport in their own vehicles.

Eligible candidates for transportation by One-2-One drivers must be residents of Rutland County, and be at least 60 years of age. They must be able to get into and out of the car without assistance from the volunteer. Walkers can be accommodated, but not wheelchairs.

We can also always use more *volunteer drivers*! Drivers receive mileage reimbursement, at the current rate of **.575 cents per mile**.

For more information, to register as a client or as a volunteer driver, please call **775-4318**.

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**.

Recognizing Years of Service

September is typically the month that we hold our annual Recognition Event in Rutland to thank and honor all of our volunteers and to recognize volunteers who have achieved milestone years of service. We want to recognize and thank the following volunteers for their commitment to sharing their time and talents to better our community.

5 Years of Service : James Bannister, Robert Bernritter, Debbi Bethel, Barbara Boucher, Nancy Burgess, Marianne Buswell, Sally Cleveland, Betty Daly, Ivy Dixon, Andy Donaghy, Lyn Drigert, Barbara Duprey-Paradis, Thelma Ellerin, Judy Fuller, Mary Gladski, Dominic Gorruso, Joe Hammond, Jane Hilaire, Jean Hults, Lois Jackson, Josie Johnson, Lester Johnson, Michelle Kaufman, Ruth Kent, Debbie Kirby, Nancy Lahue, Claire Notte, Claire Park, Bruce Parker, Bill Powers, Mary Preseau, Cheryl Raymond, Mary Ann Richards, Cynthia Roberts, Jack Roberts, Joan Rowe, Elaine Ryan, Jeanne Tobin, Susan Wallin

10 Years of Service: Vanessa Anderson, Peg Andrews, Karen Barber, Mary Bishop, Romona Boice, Susan Cobleigh, Sandra Coyle, Kathleen Diehl, Janet Dosrda, Elizabeth Dulli, Rosita Dumas, Marsha Fonteyn, Veralyn Fryzell, Janet Galusha, Maridon Gibson, Peggy King, Janet Ladd, Allen Mills, Jo Ann Rhodes, Mary Rizk, Leaona Roberts, Jeanette Ross, Andrea Ryan, Donna Swartz, Renee Traverse, Dianne Wilson, Sue Wilson

15 Years of Service: Anita Duch, Andrea Gorman, Edith Kellogg, Rebecca Kerns, Ernest Martin, Ada Pezzetti, Carole Ryan, Marilyn Sheldon

20 Years of Service: David Dress, Roberta Dress, Sr. Martha St. Onge, Betty Tatro, Gary Thompson

30 Years of Service : Carolyn Brown

Do you enjoy reading?

If so, RSVP and The Volunteer Center has the perfect volunteer opportunity for you by becoming a Rutland County Reads Volunteer. RSVP and The Volunteer Center has teamed up with many of the Rutland County Schools to help them find virtual volunteer readers for the school year 2020-2021.

If you are interested in becoming a **virtual volunteer reader**, please call Maryesa at **802-775-8220**.



Do you like to sew?

Join our team of volunteers who are helping make masks for essential organization throughout Rutland County.

This volunteer opportunity can be done in the comfort of your own home in your free time. Drop off finished masks to the organization or to the drop box at the RSVP Office. There is no in person contact. The drop boxes are outside the buildings.

If you are interested in helping serve our amazing community by making masks please call

Maryesa at 802-775-8220 x103.



There Are Many Ways You Can Help in Addison County

The community is in need of volunteers right now. There are opportunities to volunteer at home, to donate items to help local organizations, or to give time in the community, most especially to address food needs in Addison County. *The Addison County RSVP Office is open. Please contact us 388-7044 or send an email to lynnsrsvpfgp@gmail.com to offer help.*

Make a Friend

Our new Wellness Call Program matches volunteers with seniors in the community who would benefit from social calls. Volunteers call their client one-time per week to provide companionship and support.

Hand-Tie Fleece Blankets

RSVP needs volunteers to make snuggly blankets for Peaceful Packs. Volunteers will receive two pre-cut pieces of fleece and directions for hand-tying a blanket. Making a blanket takes about an hour and is very rewarding. It's also a great project to do with family members.

Make Handmade Masks

We continue to need hand sewn cotton, 2-ply masks in all sizes. Donations are very appreciated and can be dropped off in the blue donation box outside the RSVP office at 79 Court Street in Middlebury.

Dear RSVP,

We want to extend our sincere thanks for your contributions to our ACSD community mask drive. Your donation will allow us to keep our families safe and healthy!

~Eva McDonough, Kelly Landwehr, Gina Ciancia Jackson on behalf of ACSD School Nurses

Donate Material for Handmade Masks and Reusable Cloth Bags

We are seeking donations of material to make handmade masks and reusable cloth bags. If you have cotton material for masks or heavier weight material such as canvas for reusable bags, please contact us! Masks will go to area organizations and reusable bags will be distributed with food/goods. Items may be placed in the blue donation box outside the RSVP office at 79 Court Street in Middlebury or give us a call us to arrange curbside assistance.

Donate Pet Food & Supplies to Homeward Bound

Homeward Bound has a convenient drop off box located in front of their building at 236 Boardman Street in Middlebury. Here are some items on their wish list:

Food: Canned Friskies cat food, canned chicken or tuna, dry dog food, cat treats, soft dog treats, rabbit pellets, blocks of cheese or hotdogs (for dog training!).

Supplies: Ziplock bags (quart, gallon), cat carriers, dog crates, dog & cat toys, kitchen garbage bags (13 gallon) trash bags (33 gallon), paper towels, dish soap, bath and hand towels, wash cloths, sheets and small & medium blankets.

Support H.O.P.E.'s Holiday Shop

This year HOPE's Holiday Shop has a new format, similar to that of their food shelf, where families may preorder toys, games and books from an inventory list and pick up them up at a specified time. There are several ways you can support the shop:

Help cut holiday wrapping paper (donate paper or use paper provided by H.O.P.E.)

Help cut gift tags (provided by H.O.P.E.)

Help sew large reusable cloth bags

Please contact us if you can assist with any of these requests. We can arrange a time for you to pick up paper and/or tags and may be able to provide cotton or canvas material and a pattern for making cloth bags.

Become a Food Shelf Volunteer at H.O.P.E.

Help is needed on Wednesdays from 12:30 p.m. - 3:30 p.m. on a long-term basis. Responsibilities include assisting with packing food shelf orders for clients and maintaining the food shelf throughout the shift.

Transport Food from Hannaford's to H.O.P.E.'s Food Shelf

Help is needed on Thursdays mornings. Pickups are at 9 a.m. at Hannaford Food & Pharmacy. Responsibilities include picking up donations of produce, baked goods, and deli items and bringing them just up the road to H.O.P.E.'s food shelf.

Help Deliver Meals on Wheels for Age Well

Meals on Wheels provides so much more than a nutritious meal. It might be a quick hello, but the impact lasts a lifetime. Age Well is currently in need of volunteers in the Middlebury area (Middlebury, Cornwall, Weybridge, Salisbury, Ripton, Whiting, Lake Dunmore). The time commitment is based on your availability - deliver once a week or once a month - whatever works best for your schedule (weekdays only).

Thank You

Thank you for your contributions this past year! We are very grateful for your time, skills and generosity. Congratulations to all our Addison County RSVP volunteers who reached a service milestone this year!

5 Years of Service

Sandi Bauer, Janet Bogdan, Judith Clark, Jane Demers, Judy English, Kathleen Harriman, Barbara Herrington, Stan Huber, Maxine Kimball, Wallace Kimball, Loretta Lee, Shirley McClay, Scott Myrick, Ralph Noyes, Elizabeth Oettinger, K.O. Onufry, David Quesnel, Vera Ryersbach, Gisele Sabourin, Barb Saunders, Nancy Skidmore

10 Years of Service

Alice Berninghausen, Suzanne Boyle, Mary Conlon, Mary-Ruth Crawford, Glenna M. Densman, Barbara Fleming, Toby Goldsmith, Carol King, Elizabeth Lowry, Chip Mayer, Linda Punderson, George Ramsayer, Lois Randall, Doug Shivers, Pat Vallaincourt, Connie Wagner

15 Years of Service

Margaret Barnes, Anita Bilodeau, Pauline Cloutier, Cecilia Elwert, Beverley Freeguard, Marvel Herriman

Welcome to our newest RSVP volunteers in Addison County!

David Bishop – ACTR Dial-A-Ride Volunteer
Janet Bishop – ACTR Dial-A-Ride Volunteer
Sharon Strassner – Wellness Call Program



Staff from Hannafords with their donation to Peaceful Packs.



RSVP volunteer Joy Minns .



Through a generous grant from a foundation, RSVP has been able to start a new program to serve children in crisis. Modeled after similar programs in Vermont and other states, Peaceful Packs provides necessities to children/families with immediate needs. This year items included a new backpack, basic personal care items, a comfort blanket, activity books and art materials. Hannaford's Food & Pharmacy and individual donors generously donated full-size children's shampoo, toothbrushes, toothpaste and soap. In November and February, RSVP volunteers and Middlebury College students from MiddVolunteers and Tavern House service organizations helped make blankets. Our first backpacks were completed this summer and we will begin preparing more this fall.



Volunteers from the MiddVolunteers service organization



Volunteers from the Tavern House service organization

Our Accomplishments

Although the delivery of services was impacted by COVID-19, with your help, we were still able to provide **40,000** hours to local social service agencies, health care organizations, schools and other non-profits this past year. This equates to **\$1,088,000** in donated labor to our community. Over 300 Addison County residents benefited from attending Bone Builders classes and approximately 400 community members received income tax services. Peaceful Packs provided essential items to 50 children/families in need through area agencies. Over 1,400 blankets and warm clothing items were given out and 400 hand-made masks were distributed to the Addison County community.

Rutland Community Programs

RSVP & The Volunteer Center

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802-775-8220
www.volunteersinvt.org

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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.

Recognition Events Cancelled

We could not gather for our annual Recognition Luncheon this Spring in Addison County or for our Recognition Event in Rutland this Fall, due to so much uncertainty surrounding the pandemic. We want to thank all of our volunteers for your caring commitment to serve our communities this year. We are deeply grateful for your dedication, compassion and generosity. You are inspiring to work with and we look forward to the time when we can see you again.

Thank you to all our volunteers who are sewing homemade masks for our healthcare and eldercare organizations and safely supporting community members in need with all your volunteer endeavors during this time of crisis.