



## Happy Spring!

It was a long winter for all of us, and I am sure you are all looking forward to spending some more time outdoors in the sunshine. I know I am looking forward to longer, sunnier days!

Over the past few months, we have focused on the path forward. We are in talks with sites about resuming in-person activities and we are planning a new outdoor walking program. The program will meet 3 days a week for 6 weeks and we are looking for leaders who are interested in getting trained to lead the groups. Please contact me if you are interested in learning more about becoming a Walk with Ease leader.

As you may know, Vermont has expanded the COVID vaccine registration and individuals age 16+ will all be eligible by the end of April. This is exciting news for our communities, and we are cautiously optimistic about the future. Please continue to stay informed about the local COVID-19 situation. Visit the Vermont Department of Health website ([www.healthvermont.gov](http://www.healthvermont.gov)) for the latest information.

Thank you to all of you who have continued to volunteer throughout the pandemic and those that are considering returning to volunteering soon. We have a variety of in-person and remote volunteer opportunities, so give us a call if you are looking for ways to volunteer this summer!

All the best,  
Alix

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## Bone Builders News

It was just about a year ago that we began to realize that shutting everything down for two weeks to “flatten the curve” of the Covid 19 virus spread was turning into something much bigger and much longer. For a while it was a situation that was changing by the day and sometimes by the hour. All of the things that made life normal, enjoyable and familiar were closed down and replaced by new guidelines to live by. Those guidelines were not normal or familiar and made life seem very frightening at times. But we took it one day at a time and made it through a difficult year.

Now with the vaccine on the scene for more than two months, we are finally emerging from that difficult time when it was sometimes easy to lose hope and feel like it would never end. I know I felt absolutely elated when I walked out of my second vaccine appointment, knowing that there was finally a light at the end of this very long tunnel!

One of the best things to happen is the re-starting of Bone Builders classes as of April 1! Of course there are still some guidelines to follow to ensure our safety but I think many of us are willing to do whatever is necessary to get back to class. I think the process that we will follow will be sort of like taking baby steps until we are finally at the point that life feels normal again.

One guideline is that anyone who attends Bone Builders must be at least 14 days past their second vaccination if they received Pfizer or Moderna or 14 days past their one vaccination of Johnson & Johnson. For those who are unvaccinated and want to be exercising, there is still a **Zoom class** actively meeting, a class on **PEGTV** and our **website**. These are all options so give me a call at **775-8220 X 102** if you want to find out more.

I have put together a packet for each class that is ready to resume meeting and exercising. The packet includes a Covid 19 Vaccination Form to record each person's vaccination dates, a Sign In Sheet requiring date, name and telephone number, to be signed each class meeting. This one is for contact tracing in the unlikely case that we would need it. There is also a Waiver Form to sign just the first time you return to class. There are also disinfectant wipes and hand sanitizer included in the packet.

### **Here are the protocol we will need to follow to resume classes:**

- Sign the daily attendance sheet for contact tracing purposes.
- Sanitize or wash hands before entering the exercise space.
- Wear a mask.
- Have dedicated weights for each participant. Do not share weights.
- Wipe down pens between use.
- Wash your hands regularly.
- Avoid touching your face.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- If you feel sick or learn that you have had contact with someone who is sick, stop teaching/attending class immediately.
- Keep a list of anyone you come into close contact with should case contact tracing be required.

I anticipate that we will be able to eventually drop many of these protocols as time goes on. I will let you all know as soon as that happens. I also hope to be able to conduct Refresher and Training Workshops in the Fall, based on the guidelines we receive from the Vermont Department of Health.

Welcome back Bone Builders!!

**Pat**

## Greetings from Maryesa

## RSVP Program Coordinator

I hope everyone is enjoying the New Year so far. With continuing to deal with the current pandemic it has been a difficult year for many. The news of the COVID-19 vaccine has given many of us new hope that things will get back to normal soon.

As many of you know I am currently out on maternity leave and spending time with my family. On March 15th at 6:28am we welcomed a baby girl named *Mairin Noelle White* into our family. She weighed 6lbs 2.8oz and 19.5 inches long. I will share pictures ( **see front page**) with everyone when I return to work and hope to have people meet her as soon as it is safe. I will talk to everyone once I return and I hope everyone enjoys the warm weather.

This past year has been a successful year for many of our programs even with the pandemic. We had many volunteers participate in our mask making volunteer group that helped many essential organizations and schools stay safe during this pandemic. We still have many volunteers supporting the community by making masks for essential organizations. Thank you to all the mask making volunteers for your hard work and dedication to support your community in a time of need.

Our **RSVP Operation Dolls and More Program** had a successful year as well even though they had to change the way they normally run their program. This program changed to completely working remotely to support our community holiday and crisis needs. See more Operation Dolls news on the following page.

I would like to thank our virtual readers that have helped during this past year. Many of the stories were used in virtual classrooms and some teachers used them in their in person classroom as well. All the teachers and students have enjoyed the stories our volunteers have read. Thank you for all your hard work and hopefully next year we will be back in the classrooms.

I also wanted to let everyone know that we hope to restart our **Veterans Program** this year but it depends on the pandemic and the guidelines recommended by the state. Please be on the lookout for more information this year.

Thank you to all the organizations that we work with for keeping our volunteers safe who are currently running in-person operations. A thank you also goes out to the organizations that are staying in touch with our volunteers since they can't hold in-person operations at this time. Thank you to all of our volunteers that have stayed in touch with each other during these hard times. Please know whether you are volunteering in the community or from home you are still making a difference.

With hope of things getting back to normal and Spring just around the corner, please be on the lookout for new volunteer opportunities. We have some exciting in person social distance volunteer opportunities and opportunities that you can do from the comfort of your own home. As always if you are looking to volunteer in your community or would like more information please contact us at **802-775-8220 x103** or email at [marye-sarsvp@gmail.com](mailto:marye-sarsvp@gmail.com).

## RSVP Operation Dolls & More



In spite of the challenges the pandemic posed to our volunteers and this program, this year **RSVP Operation Dolls and More** was incredibly successful and accomplished the following :

The program supported **40 nonprofit organizations** throughout Rutland County.

We were able to provide approximately **15,000 items** that supported about **1200 children** throughout Rutland County.

Our program was made up of **97 volunteers** and as a group they provided approximately **25,406 volunteer hours**.

Thank you to everyone that participated in this year's RSVP Operation Dolls and More Program. Each and everyone of you made this year a success from start to finish with ending with our Op Doll drive-up event. We hope to see everyone again this year to help make the 2021 holidays another success.

**Please Note: Trinity is still closed and is hoping to reopen at the end of Spring or the beginning of Summer. Since Trinity is closed we are currently not taking in donations because of COVID 19. Please call our office in the Spring to find out about donations. I would also like to thank everyone for their cooperation with the ongoing changes because of the current pandemic.**

### Rsvp Operation Dolls & More Volunteer Opportunity:

Help produce projects for our next holiday event and distribution of items to make the holidays brighter for families in need. There are many different volunteer positions to choose from with this program. Currently until COVID 19 restrictions are lifted, all volunteer positions are done from the comfort of your own home.

Days/Hours: Flexible

Contact us today and join this amazing program.

Phone: **802-775-8220 x103**

Email: [maryesarsvp@gmail.com](mailto:maryesarsvp@gmail.com)



# 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) **Clean-up Help Volunteer** - (Monday - Friday 11a-3p) \* Please note this site will work with your schedule.

## **Rutland Regional Medical Center:**

**Information Desk Volunteer** Start date TBD because of COVID 19 mid to late 2021.

**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 Pittsford Food Shelf 8:30a-11a

**Food Shelf Volunteer (s)** - Mondays 9a-11a and Thursdays 4p-6p

**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.

## **Southern Vermont Council on Aging:**

Volunteer Shopper for Essential Items - they will work with your schedule

**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 Homes and Assisted Living Facilities (Planning for when they can perform again after covid.)

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 all the recommended guidelines and taking the appropriate precautions when it comes to 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!



## Volunteers Wanted To Spread Spring Cheer Through Our New Postcard Program!

RSVP and The Volunteer Center is searching for volunteers that would like to write a postcard or a few postcards from the comfort of their own home. These postcards should help spread a friendly greeting, inspiration, hope or even a picture. The completed cards will be given to organizations with clients that have not been able to leave their house because of the covid19 pandemic.

Duties include:

Picking up the blank postcards from the pick up tote on the front porch of RSVP and The Volunteer Center to write your spring cheer notes.

When cards are finished please drop them back off at RSVP and The Volunteer Center in the drop off tote on the front porch.

If you are interested in helping us spread spring cheer throughout the community or would like more information please contact Maryesa.

Phone - **802-775-8220 x103** or Email - [maryesarsvp@gmail.com](mailto:maryesarsvp@gmail.com)



### Do you enjoy reading to children?

If so, RSVP and The Volunteer Center has the perfect volunteer opportunity for you by becoming a Rutland County Reads Volunteer.

Read and record a children's story from the comfort of your own home. Then send the recorded video to RSVP.

If you are interested in becoming a volunteer reader, please call Maryesa at **802-775-8220 X 103**

Email: [maryesarsvp@gmail.com](mailto:maryesarsvp@gmail.com)



### Do You Enjoy Walking?

If the answer is yes we have the perfect volunteer opportunity for you!

RSVP and The Volunteer Center is searching for volunteers who would like to run a 6 week walking group or help run the walking group starting in late spring/early summer.

RSVP and The Volunteer Center will provide all the training needed to run or help run the walking group. If you are interested in the walking group or would like more information please contact Maryesa.

Phone: **802-775-8220 x103**

Or Email: [maryesarsvp@gmail.com](mailto:maryesarsvp@gmail.com)



Thank you to all the **AARP Tax-Aide volunteers** who have been providing free tax counseling and preparation for taxpayers with middle and low income, with special attention to those age 60 and older. These Tax-Aide volunteers have been trained by the IRS and the AARP Foundation, but many have accounting and tax related backgrounds. They have been working as a team to provide safe and efficient tax service in spite of all the challenges this COVID year has presented ! The volunteer tax team members are Jack Blount, Gerry Carbine, Phil Goss, Shirley Markland, Mike McCormack, Dave Naylor, Jim Reddy, Kathy Ross, Carl Scott, Don Spruit, Samantha St. Marie, Phil Stephan, Jean White, and John Wilson. Thank you, one and all!!



## Volunteer Spotlights

**The Seth Warner – Rhoda Farrand Chapter of the Daughters of the American Revolution (DAR)** is a group of 35 women who are passionate about community service, preserving history, educating children, as well as honoring and supporting those who serve.

They hold a lunch for area Vietnam Veterans each year and donate time and money to Fowler’s Ranch and the VA hospital in White River Junction. This past year they spent many hours cleaning and preserving gravestones in the East Pantown Hawley Cemetery.



This winter, the group read about Peaceful Packs, an RSVP program that provides backpacks filled with essential items to children and families in crisis. Since they were not able to gather, they thought it would be the perfect service project to take on. Group members worked at home, helping make 22 fleece blankets for the program. Many thanks for your service, and to **Joy Minns** for coordinating this effort!

**Volunteer Janet Weaver, a leader for the group.**



Cornwall’s **Pat Morrow** has found a way to direct her passion for gardening and experience in healthcare administration to support numerous Addison County organizations. Pat has served on the Porter Medical Center Auxiliary Board since 2011. A certified Master Gardener by the University of Vermont, Pat supports the Auxiliary’s work in many ways but is best known for her gorgeous floral pieces that have adorned the Auxiliary’s fundraising events for the past decade. “Auxiliary events are about bringing the community together to support Porter, and Pat’s beautiful creations have defined those gatherings for many years,” said

Auxiliary President Gretchen Ayer. “With in-person events on hold, Pat volunteered to create her amazing arrangements as ‘door prizes’ for our virtual events. It’s been a big draw for attendees and provided a stronger sense of normalcy and community for our online events.” Pat also leads the Auxiliary’s marketing efforts for Round Robin, reminding the community to donate clothing and promoting new sales items to help the “upscale resale” nonprofit retailer weather COVID-19. Similarly, she provided marketing leadership while on the board of Addison County Home Health and Hospice. Pat joined the Middlebury Garden Club in 2012, serving as president among other roles, and volunteers with gardens at Cornwall School and Bridport Town Green.



## Volunteer Spotlights



**Peggy Fischel**, of Lincoln, Vermont, has been a volunteer with Homeward Bound for two years. Peggy has been a fantastic addition to our Homeward Bound family! Peggy is one of our volunteers that contacts pet owners in the Pet CORE program to make appointments for food, flea and tick medication pick-ups and to schedule appointments for our wellness clinic services. Peggy volunteers her time every Friday morning to come into the shelter and run our Pet CORE Clinic. She greets clients and confirms with the vet as to what the animal needs and then relays the aftercare information back to the owners. Peggy has an awe-inspiring amount of compassion, a great sense of humor and revels in

hosting the ever busy clinic. Peggy has also volunteered at the Lincoln Library for ten years, and as an AARP volunteer for two years. When asked what she likes, Peggy expressed “I enjoy using some of the skills from my working days I wanted to give something back to the community. Plus, it personally provides a means to interact with and learn from the people in organizations I admire.” We cannot imagine our Pet CORE program running as smoothly as it does without her, thank you

### Spring Postcard Project: Brighter Days are Ahead



Brighter days and a long awaited Vermont summer are ahead! If you would like to share this encouraging message with area seniors, take part in our spring Postcard Project. Fill postcards with thoughtful notes, inspiration, stickers or drawings and bring cheer to community members. Call RSVP of Addison County at 388-7044 to let us know if you can help. RSVP will arrange for you to pick up your Postcard Making Kit and distribute your postcards.

## Notes of Thanks

Thank you to all our amazing volunteers who provided the Addison County community with hand sewn masks, hand tied blankets and hand knit and sewn items. We received many cards of appreciation like these :

Dear RSVP,

Thank you for the absolutely beautiful masks and hat and mitten sets that were created and donated to our Monkton Central School children. We love them! And every child that receives and wears them knows they are loved. ♥ What a special gift. Many thanks and good wishes to each of you. ~Carolyn Tatlock, Monkton Central School

Dear RSVP,

We received a donation of hand-sewn fabric masks from you today. What a lovely thing!! We have been through a good number already, and to be able to offer reusable masks is wonderful. We appreciate you including us in your distribution. THANK YOU!

~ Shoreham Elementary School

Dear Friends at RSVP,

Thank you so much for your generous donation of backpacks with blankets, mittens, hats, masks, toiletries, coloring books and pencils. These items will help survivors and their families stay warm and safe this winter. Your generosity is what makes the work we do possible. Thank you so much! ~From all of us at WomenSafe



**RSVP of Addison County is hosting a 'Drive Through'  
Appreciation Event for you!**

Tuesday, June 1<sup>st</sup>

12:00 noon – 1:30 p.m.

Middlebury Recreation Center

154 Creek Road (down the road from Key Bank on Court  
Street)

Rain or Shine!

Please call 388-7044 or email [lynrsvpfgpa@gmail.com](mailto:lynrsvpfgpa@gmail.com) on  
or before Friday, May 14<sup>th</sup> to R.S.V.P. for the event.

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## Rutland Community Programs

### RSVP & The Volunteer Center

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

### 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 Event Update

**Addison County :** We are planning a ‘**Drive Through**’ event to thank you for your caring commitment to serve our community this year. It will take place on **June 1 from 12 Noon—1:30 PM**. See page 12 for details. We are deeply grateful to all of our volunteers and we look forward to the time when we can get back to normal.

**Rutland County:** We have tentative plans for a **Recognition Event** in the **Fall** and are hopeful that we can gather in person. Because there is still so much uncertainty surrounding the pandemic we cannot know yet if this will take place . We will keep everyone well informed as we go forward.

***Thank you to all our volunteers*** for safely supporting community members in need with all your volunteer endeavors during this time of crisis.