



Happy Fall Everyone!

I would like to let everyone know that I am now holding a new role as interim director for RSVP, FGP and One-2-One Programs. I am still also holding my previous role as program coordinator. If you have any volunteer needs or are looking to volunteer, please reach out to me to see what we can do to help.

I hope everyone had a nice summer. I know that it has still been hard for many while still facing the current pandemic. Many organizations are welcoming volunteers back with COVID-19 in our community and some still are not. Hopefully things will be back to normal soon. Keep thinking positive! We are all in this together. If your volunteer site hasn't opened back up yet and you are looking to volunteer please reach out to me at 802-775-8220 x103 or by email .

These past few months have been very busy for many programs. RSVP Operation Dolls and More volunteers have been working very hard on making packages and putting items together for this year's holiday & crisis program. It is with a heavy heart that we let everyone know that we will not be holding our big open house like we have done in the past. With COVID-19 still very high in our community we will be doing a dive-up event for organizations that are participating in RSVP Operation Dolls & More Holiday Program. Please be on the lookout for more information. Thank you to all of our RSVP Operation Dolls & More volunteers for all their hard work and dedication to the program. They have had to work around many challenges with COVID-19. Our mask making volunteers have been very busy making masks for essential organizations and children in schools. This is now the second year that we have been making masks for the community. Our volunteers have made approximately 600 masks so far this year.

Thank you to all of our volunteers that have continuously volunteered through the pandemic and still continue to help our community. I would also like to thank all of our community partners/stations that have welcomed volunteers back with open arms. Thank you to the volunteers that are patiently waiting to return to their volunteer position. Hopefully soon you will be able to return to your volunteer team. Lastly, welcome to all our new volunteers. You will soon see how rewarding it is to volunteer your time to help your community. Volunteers are the true heart to our community. Thank you again for all you do!

As always if you are looking to volunteer or if you are an organization that would like help searching for volunteers please let me know.

Phone: 802-775-8220 x103

Email: maryesarsvp@gmail.com

Have A Wonderful Fall and Holiday Season Everyone!

Maryesa White



RSVP & The Volunteer Center Staff

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Bone Builders News

Successful aging. That is a goal each and everyone of us should have on the top of our list as we navigate the years of older adulthood. I think we all recognize that people seem to age differently and some seem to be more “successful” than others. That brings to the forefront the question of why do some people continue to function independently well into their 90’s while other people do not. What factors are at play that put one octogenarian in a wheelchair and another on skis? It’s a question that interested two people enough that they spent ten years researching the reasons and then wrote a book on their findings.

That book is called **Successful Aging** and it is the most comprehensive study on aging in America. It was written by John W. Rowe, M.D., President, Mount Sinai Hospital and School of Medicine and Robert L. Kahn, Ph.D., Professor of Psychology and Public Health, University of Michigan. They found that while genetics do play a factor in how we age, **the way we live** can determine to a large extent, how we age.

The prescription for successful aging according to their research can be boiled down to three basic pillars. The first of course is to do whatever we can to **avoid disease**. Some of that is out of our control but some of it well within our control. Maintaining a healthy weight, making sure we are eating a well balanced diet including healthy choices from all the food groups, not smoking and not consuming excessive amounts of alcohol are among the most important things we can do to avoid disease. The second pillar is to stay **physically active— EXERCISE** ! Exercise dramatically increases physical fitness, muscle size and strength in older adults. It rejuvenates muscle, increases bone strength and reduces the risk of osteoporosis related bone fractures. It also improves balance and reduces the chance of falling. The third pillar of successful aging is **staying connected and staying socially engaged**. We can do this by staying involved in our communities, volunteering and visiting with family and friends.

I am pointing out these three pillars of successful aging because the RSVP Bone Builders program touches the bases on all three of these pillars. It helps to avoid disease, osteoporosis being the most obvious. It provides exercise which helps keep our bones strong, our muscles toned and our balance sharp. And last but not at all least, it helps us to stay connected. Each year I conduct a survey of Bone Builders participants and the social aspect of the classes always comes up as a very important reason that people continue attending Bone Builders classes. They use words like “team”, “family” and “friends” to describe their Bone Builders group. I think it’s safe to say that RSVP Bone Builders will help you on your way to aging successfully.

The Bone Builders classes in both Rutland and Addison counties are open at about half strength. That means roughly 50 percent of our classes are back in session and meeting on a twice weekly basis. As time goes on we hope to have all of our classes open and ready to go. We do have waiting lists for many classes at this time so opening more classes will help alleviate that problem.

We are currently scheduled to have workshops to train and certify new volunteer instructors in Addison on October 5 and in Rutland on October 27. Anyone who is interested in becoming a certified Bone Builders instructor, please give me a call at **(802) 775-8220 EXT 102**. We are also planning Refresher Classes for existing Bone Builders instructors in Addison County on October 13 and in Rutland County on November 17. I will be sending out more information about the Refresher Class in Rutland to instructors shortly.

Christ the King Church has given us the green light to start a second Bone Builders class on Wednesday mornings from 9 to 10 AM. If anyone is interested in becoming certified to lead this new class, please give me a call. It would also work perfectly for two or three friends to teach together.

Pat

From Maryesa White

RSVP Program Coordinator



RSVP Operation Dolls and More

RSVP Operation Dolls & More Important Notes:

21st RSVP Operation Dolls & More Drive-up Only...No Open House

Attention Stations (RSVP Operation Dolls & More Holiday Program) Please note:

- Drive-up and pick-up only
- Please wear a mask Pick up day: **Thursday November 18th, 2021**
- You will have a specific pick-up time slot to pick up your items once you have responded to the invitation.
- Invitations will be sent out the first week of October 2021 with specific instructions on participation.
- Deadline to RSVP for participation in this year's holiday program is October 31st, 2021.
- Any questions please contact Maryesa White.
- Phone: 802-775-8220 x103
- Email: maryesarsvp@gmail.com

**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, most 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



 **RSVP**
OPERATION DOLLS

Recognizing Years of Service

Each year we take a day to thank and honor all of our volunteers and to recognize volunteers who have achieved milestone years of service. This year we held an outdoor event on September 14 to thank the following volunteers for their commitment to sharing their time and talents to better our community.

25 Years of Service: Betty Adamsen

20 Years of Service : MaryAnn Jakubowski, Mitsuko (Sue) Jedlicka ,Ann Perry ,John Reczek ,Beverly Sabatini , Suzanne Wetmore

15 Years of Service :Catherine Ayer-Dufner ,Ruth Drachman ,Ellie Kruszewski ,Natalie Brown ,Evelyn Frazier, Violet Lanthier, Catherine Butto ,Geraldine Hamel ,Lucille McLellen ,Darlene Clark ,Betty Jackson, Marianne Stephan ,Emogene Deering ,Beverly King ,Joan Donaghy

10 Years of Service: Marcia Anderson ,Barbara Campbell, Ann Frankiewicz ,Marion Austin ,Kelle Capron ,Peggy Jagodzinski ,Thomas Baptie ,Wanda Courcelle ,Joanne Liebhaber ,Carol Bohlin ,Ann DeBonis, Gary Malkin, Dorothy Brace ,Ardith Fenton ,Kathryn Parker ,Joan Burgess ,Phyllis Reed

5 Years of Service: Mary Baptie, Dorida Gearwar ,Loretta Kentfield, Carl Scott ,Marie Birkenhead ,Phillip Goss ,Sandra Kuehn ,Elizabeth Secord ,Madeleine Bochner ,Jeninne Hagar ,Linda Kulas ,Gail Smith, Margaret Browe ,Dorothy Hart ,Mary Loomis ,Nancy Smith ,Constance Bryan, Margaret Harvey, Mary Mazzariello, Jacki Stack ,Linda Burnett, Diane Hibbert ,Donald Moyer ,Patty Stannard, Sheila Condelli ,Cecelia Hunt, Margaret Nadeau ,Richard Westfall Jim Cullen ,Gretiena Johnson ,Geri Patton ,Ruth Westfall, Charlene Eaton ,Ida Mae Johnson ,Leona Razanouski ,Gale Finlayson, Katherine Kahn, Beverly Ripley

Active 90+ Volunteers : Mitsuko (Sue) Jedlicka, Marilyn Duke, Patricia Fernen, Geraldine Hamel, Virginia Joy, Mary Loomis, Phyllis Reed, Grace Staples, Marie Ward, Freda Wood, Shirley Brown, Una Jean Capman, Celia Kulig, Carolyn Brown, Evelyn Fraier, Dolores Guarino, Alta Johnston, Beverly King, Ann Perry, Edward Sweet, Maridon Gibson, Robert Perkins, Teresa Smith, Dorothy Brace

THANK YOU TO ALL OF OUR VOLUNTEERS!!



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

Loretto Home: Activities Dept. volunteers (Flexible)

ARC Rutland: Community Room volunteers to help with games & activities (Flexible)

Please Note: There are other volunteer opportunities. If you don't see one that you are interested in, please call and we can help find the perfect fit for you!

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!

RSVP Veterans Connection Program

We are hoping to restart our veterans program in Spring 2022. We will keep everyone posted on the start date. Please be on the lookout for more information.



Do you have a talent to share?

RSVP and The Volunteer Center are always searching for volunteers who have a hobby or talent they would like to share. Individuals don't realize that sharing these interests can be a real value to many community members and very rewarding to the individuals willing to share. If you are interested in sharing a talent with the community or would like more information please contact Maryesa. Phone: 802-775-8220 x103 Email: maryesarsvp@gmail.com

Volunteers Wanted To Spread Winter Cheer Through Our Postcard/Card Program!

RSVP and The Volunteer Center is searching for volunteers that would like to write a postcard/card or a few postcards/cards from the comfort of their own home. These postcards/cards 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 or cards from the pick up tote on the front porch of RSVP and The Volunteer Center to write your winter cheer notes. Please note if you have extra cards you would like to donate please let us know. ● 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 winter cheer throughout the community or would like more information please contact Maryesa. Phone - 802-775-8220 x103 or Email - maryesrsvp@gmail.com

Do you enjoy reading to children? Virtual & On Site Reading Volunteers Wanted!

- Read and record a children's story from the comfort of your own home. Then send the recorded video to RSVP.
- On Site— reading one on one with students, to a class or small group of children.

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

Email: 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 the Spring of 2022. RSVP and The Volunteer Center will provide all the training needed to run or help run the walking group. Training is virtual. Please note that all leaders need to be trained in CPR. CPR training is in person. 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

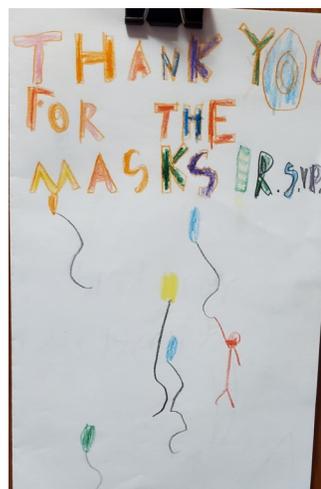
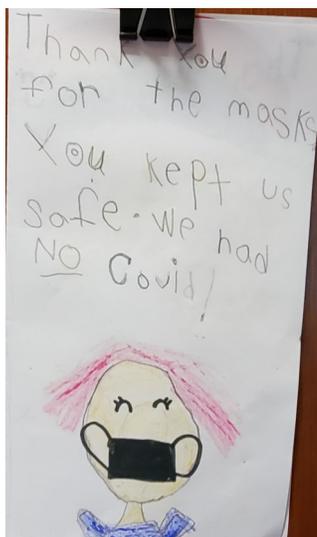


Thank You to the Mask Makers!

When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

This is a quote from Mr. Rogers and it seems appropriate to repeat it at this point with the challenges we have all faced during this difficult time with the pandemic. Our children have suffered emotionally and academically but they are not always as able to express their feelings as an adult would. How wonderful that when they looked for the helpers, there were many to be found !

Here are a few of the thank you notes from the children who received masks made for them by RSVP volunteers. 



RSVP of Addison County



Thank you to all our volunteers who have been serving RSVP and our sites and to those who have recently joined RSVP of Addison County. If you are looking for a meaningful way to support the community and find social connection, consider one of the following volunteer positions below or contact us at **388-7044 / lynnrsvpfgp@gmail.com** to learn about other opportunities.

Addison County Home Health & Hospice Volunteers Needed

Help make a difference by becoming a volunteer for Addison County Home Health & Hospice. ACHHH is currently seeking volunteers to provide support for their patients in their homes. Volunteers would provide companionship to a patient or a short respite time for the primary caregivers and family members so they can run errands, take a walk or just sit and read. Online training is available and scheduling is flexible.

Volunteer Drivers Needed

Our community has members who are in need of transportation to access medical care, food or other daily necessities. You can make a meaningful difference and meet some great new people by signing up as a Volunteer Driver for Tri-Valley Transit. TVT provides training, scheduling, cleaning/personal protective supplies, mileage reimbursement and supplemental car insurance. Mileage reimbursement does not interfere with social security or disability benefits. Drive only as often as you like.

HomeShare Vermont Volunteers Needed

Consider volunteering your time by matching people who have a home to share with others seeking affordable housing through HomeShare Vermont. With the support of HomeShare VT staff, volunteers conduct interviews with people looking for housing and with others who want to share their homes. Volunteers assist with introduction meetings, homesharing agreements, and provide ongoing support to homeshare matches. HomeShare VT is looking for volunteers with listening and interviewing skills, basic computer skills and organizational abilities who can assist approximately 5 hours per month. Ongoing support, supervision, and training will be provided. Some of this work can be done remotely.

The Residence at Otter Creek is looking for volunteers to spend one on one time with residents in their Reflections Memory Care Community. Activities may include sitting with a resident, visiting, walking together or helping them participate in groups. Masks are required at all times and volunteers should be fully vaccinated. Scheduling is flexible.

RSVP of Addison County is seeking volunteers to knit and sew handmade items for the community. Knitted or fleece hats and mittens for children, walker bags and therapeutic heat packs are most needed. Free materials and patterns are available through our office. *Many thanks to Addison County Home Health and Hospice for their donation of beautiful fabric and rice for making walker bags and therapeutic heat packs!*

Have you considered volunteering with Age Well? There are many ways people can donate their time serving older Vermonters including delivering meals, minor home repairs, yardwork, technology help, transportation assistance, friendly visiting, grocery shopping, running errands and more. Age Well is in critical need of Meals on Wheels deliveries in Addison County, especially in Middlebury.

Volunteers are assigned a weekly or bi-weekly route in their community. Meals are delivered between 9:00 -11:00 a.m.



This fall, we will be providing New Instructor and Refresher Training sessions to our Bone Builders instructors. We're so happy to resume offering these sessions, and have had an excellent response from our instructors. Many thanks to the Residences at Otter Creek for hosting these events.

We also want to share some of the great feedback from Bone Builders participants about their classes.

It's a pleasure to be part of this great program.

It's a wonderful program and has been very helpful with making me enjoy exercise.

I enjoy social contact with my BB classmates.

I am stronger and able to move and I have better balance.

It is wonderful to have this program for seniors. Thank you! :)

The leaders and accommodations are excellent! I missed it so much during COVID.

It is a pleasure to be a part of this great program!

I'm more than satisfied, it is a consistent buildable program and is very helpful.

The program is critical as we age, both physically and for the social aspect.

I really value this class and the support it gives me.

My strength deteriorated when we couldn't meet during the pandemic. It's great to be back.

Very welcoming and helpful.

Love it! Thank you!

I really enjoy this class and the teachers are excellent.

I am very glad I found Bone Builders!

Addison County offers in-person and remote class options. For more information,

please contact us at 388-7044 or lynnrsvpfgp@gmail.com

Virginia B. Wolf Service Award

This spring, the Virginia B. Wolf Service Award was established in honor of Virginia Wolf for her longtime service to the community. Virginia was one of the first RSVP members in Addison County and served for over 45 years. RSVP member Alice Munson was selected as recipient of the Virginia B. Wolf Service Award.

Alice's thoughtful, compassionate nature and her deep commitment to helping others are an inspiration to all who know her. Alice became an RSVP member in 2001. Since that time, she has provided thousands of hours of service to local nonprofits. She has coordinated mailings for many organizations, helping them to share their mission and to achieve their fundraising goals. These include the Addison County Parent Child Center, the Middlebury Studio School, the Middlebury Area Land Trust, Homeward Bound, Elderly Services/Project Independence, the United Way of Addison County, Hospice Volunteer Services, WomenSafe and the Vermont Folklife Center.

Alice has served as a 4-H judge and volunteer for the Addison County Fair and Field Days, chaperoned the ACSD Spring into the Arts events, and assisted with the Days of Caring events. She has provided handmade items for many organizations including Addison County Home Health & Hospice and the American Cancer Society. Alice led Bone Builders, an osteoporosis prevention class for seniors for 18 years, and has served on the RSVP Advisory Council Board for 12 years.

Alice has been a recruiter, trainer and organizer of volunteers for the American Red Cross Blood Drives for the past 15 years. This year, Alice volunteered on the front lines for the Red Cross Blood Drives and provided hundreds of hand sewn masks to healthcare organizations and schools. In addition, Alice has volunteered in many capacities to support her church community. She has assisted as a Sunday school teacher and with annual events, served as a Deacon and a longtime member of the Pastoral Care Board.

Alice received the Governor's Community Service Award in 2007 and reached her milestone of 20 years of service with RSVP this Spring. Congratulations, Alice!!



Alice Munson, Recipient of The Virginia B. Wolf Service Award

Volunteer Spotlight

RSVP would like to thank the following volunteers for supporting our schools and organizations throughout Addison County. These volunteers made handmade items for Warm Hearts Warm Hands, fleece blankets for Peaceful Packs and hand sewn masks for the COVID-19 outreach program. We greatly appreciate your support!

- | | | | |
|-----------------|-----------------|----------------|----------------|
| Joy Minns | Alice Munson | Wilma Dykema | Lois Higbee |
| Joan Hoxie | Karen Taylor | Suzanne Boyle | Judy Cole |
| Pam Taylor | Rachel Coddling | Vijaya Wunnava | Dina Siple |
| Shirley Parfitt | Sheila Bothwell | Amy Douglas | Gaziena Boorda |
| Jill Wilkens | Laura Curler | Jenn Nixon | Garreth Parizo |
| Kathy Duclos | Jean Bateson | | |



Rutland Community Programs

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.

Changing Addresses ?

Please remember to keep us posted about any address changes you may be making. This newsletter does not get forwarded so please let us know of any changes so we can get your newsletter to you.

Call the Rutland office at (802) 775-8220 or the Addison office at (802) 388-7044

