

I am excited to announce that since our last newsletter I have accepted the position of director for RSVP, FGP and One-2-One Programs. We are still searching for a part-time program coordinator. If you have any volunteer needs or are looking to volunteer, please reach out to our office to see what we can do to help. We are here to serve the community so please don't hesitate to contact us.

I would also like to announce that we will be starting a new walking program. We will be looking for volunteer leaders and participants. If you are interested in becoming a volunteer leader for the walking program there is more information in the newsletter about the program and if you would like to be a participant all you have to do is fill out a very simple consent form to join the program. We are planning to start this program in June 2022 so please contact us today if you are interested.

I hope that everyone had a nice winter . I know that I am looking forward to spring and getting outside with my family. Almost all of the organizations that we work with are welcoming volunteers back. With COVID still lingering in our community they have made a few changes to welcome volunteers back and adjustments to place them on hold if there is a COVID outbreak. I think this may be our new normal but I am happy to see many smiling faces. Please keep thinking positively that we are on the mend when it comes to COVID!

This year we are planning another outside recognition event. Please be on the lookout for more information.

This year RSVP Operation Dolls and More had a very successful Holiday Drive-Up Event. They were able to serve approximately 1,700 children in need throughout Rutland County through 38 different nonprofit social service agencies. With serving these children they provided approximately 4,300 packages that were made up of approximately 30,552 items. The volunteers that participate in this group are back working hard for their 22nd year of operation.

I would like to thank all of our volunteers for continuously being flexible with all the different regulations that have changed numerous times over the past two years when it comes to COVID. Thank you for standing by our side while continuing to serve your community in many different volunteer positions. I would also like to thank our partners/stations for your hard work when it comes to keeping volunteers safe and for welcoming them back. I do know that there are still a few volunteer stations that have not yet welcomed volunteers back. If you are one of those volunteers that haven't started back yet because your station isn't open yet but would like to volunteer let us know. We can help you find a new placement or a temporary placement until your regular volunteer site reopens.

Lastly, I would like to welcome 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 x101**

Email: maryesarsvp@gmail.com



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Bone Builders News

I am almost positive that each and everyone of us is anxiously waiting for some warm and beautiful spring weather to arrive. It's been a very long winter but I think that being able to return to a pretty normal Bone Builders routine for many of us has helped to get us through. We are at about two thirds strength for the number of classes now open and active. There are still waiting lists for some classes and locations. If there are any instructors who have not yet re-opened their class but are thinking about doing so, please give me a call and we can make a plan to get re-started.

Just as a reminder, It is no longer necessary to have daily sign-in sheets for contact tracing. As for masks, they are also not necessary unless the site where you are located requires them. So mask wearing is optional at most locations. We are still requiring that all participants be vaccinated.

I will be out of the office for a few weeks to have my other hip replaced. I am planning on waiting until August or September to do our next refresher class and also to hold a training workshop for new instructors. If you need anything at all or have any questions you can still contact me at the office, **775-8220 Ext 102** or email me at **rsvpbonebuilders@yahoo.com**.

I am including some excerpts from a recent AARP article that helps reinforce the importance of maintaining our strength and balance as we age. : *Maybe you used to love walking in the park, but now that you're getting older, you're moving a little slower or worried about falling. These are among the signs that you may have a gait problem.. You are not alone. At least 30 percent of people ages 65 and older report difficulty walking three city blocks or climbing one flight of stairs, and about 20 percent require the use of a mobility aid — like a walker or cane— to walk, one study reported. Gait disorders have been detected in approximately 25 percent of people ages 70 to 74, and in nearly 60 percent of those ages 80 to 84.*

In the absence of an injury or medical condition causing difficulties, gait changes typically appear during our late 60s to 70s, says Kevin Vincent, M.D., chair of the Department of Physical Medicine and Rehabilitation at the University of Florida College of Medicine in Gainesville. In most people who develop them, it's part of the natural process of aging and a slow decline of the nerves and muscles, along with a degeneration in the sharpness of vision. Conditions like diabetes or obesity can cause more rapid declines, especially if they cause neuropathy, or pain and numbness, in the feet. If you notice you're shuffling along, your friends are waiting for you to catch up, or you're starting to trip or catch your feet on the carpet or other surfaces it may be time for you to get evaluated, Vincent says.

Balance offers another clue. If you've had two falls in a year, or one fall with a trauma, that's a sign. So is walking with a cane or walker. "If you think — or better yet, if your spouse, friends or family think — you have trouble with balance, that means you have trouble with balance."

If you're not observing gait issues yet, or you're in your 50s, now is the time to try to slow the decline, says Dr. Vincent. Maintain a good weight and level of fitness, keep your blood sugar in check if you have diabetes, and have your eyes checked yearly. Improve lighting in your house and remove things you could trip over. Wear shoes with good traction and support. Have your hearing checked if you are noticing issues, and take care of medical concerns promptly.

*The good news, Vincent says, is that it's never too late to make improvements. In fact, **a study of frail nursing home residents up to age 96 found that a program of high-resistance weight training helped improve average gait speed by 48 percent in just eight weeks.***

In a recent community talk, Vincent said, "Grandma needs a treadmill, not a rocking chair. We need her to keep moving, so that she doesn't decline."

"The body is a wonderfully resilient and adaptive mechanism that responds to the activity and the stress," he says. "Yes, it might be a little bit achy at first if you're moving and you hadn't been, and yes, it will take time to adapt. ... But it will adapt. You're never too old."

Stay well, *Pat*

New Program.....RSVP Walking Club Program

We are excited to announce that we are starting a walking club program that will meet twice a week. We plan to start in June 2022.

We are currently looking for volunteer leaders and individuals that would like to participate.

Volunteer leader duties include:

1. Having everyone when starting with the program fill out a simple consent form.
 2. Lead a walking group twice a week 30-60 minutes and take attendance .
 3. Choose a location to walk with the group
- Individuals looking to participate just as a participant just needs to fill out a simple informed consent before participating.

If you are interested or would like more information please contact Maryesa.
Phone: 802-775-8220 x101 or Email: maryesarsvp@gmail.com



RSVP Veterans Connection Program: Attention Veterans:

We are planning to start our veterans connection meetings backup starting in June 2022. These will be COVID friendly meetings with the plan to hold these meetings outside undercover. We will offer coffee and hope to have guest speakers. We also plan on having an individual there at each meeting if possible to answer military/veteran related questions. It has been a long two years and we are excited to be able to offer this program again. The plan is to hold this program Spring-Fall each year. We are always looking for volunteers to help with the meetings. These meetings last about 1 hour.

If you have any questions or would like to help with this program please contact **Maryesa.**

Phone: 802-775-8220 x101 or Email: maryesarsvp@gmail.com



RSVP Operation Dolls & More

Volunteer Opportunity



Help produce projects for our next holiday event/distribution and crisis program. This program helps families in crisis and helps make the holidays brighter for families in need. There are many different volunteer positions to choose from with this program. There are both in-person and at-home positions.

Days/Hours: Flexible

Contact Maryesa today to join this amazing program!

Phone: 802-775-8220 x101 → Email: maryesarsvp@gmail.com

We are once again taking donations. We are only taking donations on **Tuesdays** at Trinity Church on West Street in Rutland between the times of **10:15a-11:30a ONLY** unless otherwise approved. We are asking everyone to please call and let us know that you will be coming. **Please contact Maryesa at 802-775-8220 x101.** Items that RSVP Operations Dolls & More are looking for:



RSVP OP DOLLS AND MORE WISH LIST 2022 For Ages Infant to 12 Years



Action Figures: Batman, Superman, Marvel Heroes, and Spiderman etc.
Ball Caps – Plain & Tuks (Teen to Adult Size)
Blankets: Dolls & Youth



Books: All Ages – Like New; Not Written or Stamped In
Coloring Books, Crayons, Markers, Pens, Pencils & Sharpeners, Erasers,
Small Notes Books, Child Scissors, Paper Glue & Paper (School Supplies)
Cradles, Doll Beds, Carriages & Strollers
Crafts and Art Sets



Doll Size Tables and Chairs
Dollhouses, Small & Doll House Furniture
Dolls – Mid to Large Size (Disney & Cartoon); Barbie Clothes & Accessories

Dinosaurs, Space & Construction Sets or Pieces
Farm Machinery, Barns, Animals & Play Sets
Fleece – Rolled Throws



Games for all Ages: Playing Cards etc.
Infant and Toddler Toys
Jewelry and Jewelry Boxes

Lego Pieces and Sets; Duplo (Large Size Legos) Pieces and Sets
Little People Figures; Fisher Price People & Toys
Material: All Cottons, Fleece, Flannel – Child Prints & Solids
Yarn & Sewing Notions
Other: Batteries – AAA & AA

Shoe & Boot Boxes



Purses (Small) and Bill Folds
Sports Items
Stuffed Animals (other than Bears), & Beanie Babies



Sun Glasses
Toiletries: Kids Hairbrushes, Combs, Tooth Brushes & Wash Cloths
Trucks, Cars, Airplanes, Space Ships. Motor Cycles & Boats



Items can be dropped off at Trinity Church in Rutland on Tuesday between 10:15a and 11:30a. Questions: contact Maryesa at 802-775-8220 x103



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.

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.)

Loretto Home: Activities Department Volunteers (flexible)

Rutland Health & Rehab: Activities Department Volunteers (flexible)

Genesis: Activities Department Volunteers(flexible)

Fair Haven Concerned: Food Shelf & Thrift Store Volunteers- Monday through Friday 9a-12p or 12p-3p (flexible)

Benson Village School: Volunteer lunch time piano player - Monday-Friday 11a-1130a or 11:45a-12:15a

ARC Rutland: New Community Room Volunteers Wanted (help with different activities & games) - Flexible

Please note: we are always getting new volunteer opportunities and if there is an opportunity that you don't see we can help you find it.

With COVID still lingering in our community some volunteer opportunities are modified and some may be on a temporary hold. Please note that all organizations that we partner with are following the recommended guidelines and taking the appropriate precautions to keep everyone safe.

Join our volunteer team today. If you are interested in a volunteer opportunity or would like more information please contact **Maryesa** at 802-775-8220 x101 or by email maryesarsvp@gmail.com.

**Volunteer Foster Grandparents
Needed for September
Apply Now!**

Foster Grandparents support and mentor children in various educational settings. There are many benefits to becoming a *Foster Grandparent* including :

- ◆ A non-taxable hourly stipend
- ◆ Mileage to and from site
- ◆ Holiday and leave time stipend
- ◆ Monthly in-service trainings

To participate, you must be 55 or older, volunteer 10 hours per week or more, and meet income-eligibility requirements.

To learn more, please visit **www.volunteersinvt.org** or call **802-773-4719**

RSVP Rutland County Reads

Are you a retired teacher or someone who likes to read to children?
If so, RSVP has the perfect volunteer position for you by joining Rutland County Reads for the school year 2022-2023.

Duties Include:

Reading to a classroom

Read one on one with a child

Read to a small group of children

If you are interested please contact :

Maryesa at 802-775-8220 Ext 101

Email: maryesarsvp@gmail.com



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 x101

Email: 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!!

RSVP of Addison County



RSVP Addison County Volunteer Appreciation Event

RSVP is hosting a thank you event for Addison County volunteers!

Date: Tuesday, June 7th

Time: 12:00 noon – 1:30 p.m.

Location: The Middlebury Recreation Center, 154 Creek Road. Rain or shine!

Details: Drive through to pick up a thank you gift

R.S.V.P.: Please call 388-7044 or email lynnsrsvpfgp@gmail.com on or before Monday, May 23rd

WELLNESS



Bone Builders Training Opportunity

RSVP of Addison County will be hosting a New Instructor Training in late June or early July. If you or someone you know are interested in attending, please contact us. This will be a full day training, and materials and lunch will be provided.

Get Fit, Get Reimbursed!

Did you know that you may be eligible for reimbursement if you take part in health and wellness classes? If you take part in online or in-person classes such as health-education, wellness or fitness activity classes promote and maintain health and well-being or go to a gym, you may be eligible for funds from your insurance provider.

*For those of you that take part in our **Bone Builders** program, this may apply to you! For more information, reach out to your health insurance provider to see if they offer this great benefit.*

Volunteer Spotlights



2022 Remarkable Woman Nominee

In March, long-time RSVP and Advisory Council member Alice Munson was featured as a 2022 Remarkable Woman nominee on the Morning Show! Alice has been a dedicated volunteer in the Addison County community since retiring from Middlebury College. Alice received the Governor's Community Service Award in 2007, and the Virginia B. Wolf Service Award from RSVP in 2021. Congratulations, Alice!

"I keep saying I should stop, but I can't," said Munson. "I just think it's very important." Munson has been volunteering at blood drives in Middlebury, Vermont for more than 20 years.



In 2006, a devoted group of volunteers worked to get HomeShare Vermont services up and running in Addison County. Shortly thereafter, **Judy Sperry Gibbs** got involved as a Staff Volunteer with the program. She proved to have the perfect skill set for interviewing Homeshare Hosts interested in sharing their homes, as well as Guests hoping to find housing and provide help to a Host. As a Staff Volunteer, Judy enjoyed the team effort, working with other volunteers and HomeShare staff to make just the right homesharing matches. Judy says, "I think my combination of being a registered nurse and a realtor was helpful. I knew my way around the county well! I loved meeting the people and trying to help them." Judy's thoughtful and direct personality—combined with her dedication to fitting volunteering into her busy schedule—made her truly invaluable to HomeShare Vermont. Judy is now retiring from this role, but you'll still see her volunteering at Neat Repeats. Volunteers are a big reason HomeShare Vermont is a strong organization. Thank you, Judy, for the time and energy you have shared for so many years.



Mary Ruth Crawford, of Middlebury, is known to many as "The Book Lady"! Mary Ruth has been volunteering with HOPE since 1979. Her volunteer work involves sorting, pricing and shelving book donations for HOPE's Resale shop. Mary Ruth is passionate about what she does and describes, "I love being at HOPE and believe in their mission. I am happy that my accumulated years of book skills are useful to them." Penny Thompson manages the warehouse and is grateful for Mary Ruth's expertise, "Mary Ruth oversees the quality of the books coming in. She has the ability to handle hundreds of pieces a day due to her experience and love of books. We also appreciate her help making displays and visiting with folks about books." Thank you for your dedication to HOPE, Mary Ruth!

Volunteer Spotlights



Valerie Tilford, of Middlebury, has been a volunteer with HOPE for the past 5 years. Valerie assists with reception for the food shelf – she greets clients, checks clients in for the food shelf, and triages phone calls. Valerie enjoys helping, giving back, and being a part of a crucial and supportive organization. Kerry Conley, HOPE's Services Manager shares, "Val is very kind and patient with clients. She always has a smile on her face when she's here and is willing to help out where needed." Val has also volunteered with RSVP for the past 5 years. Thank you for all you give, Val !



Cindy Wemette, of Middlebury, began her work with Addison County Restorative Justice Services by serving as a member of the Court Diversion Panel and assisting with their accounting functions. Cindy has continued these roles and now serves as a Board Member for ACRJS. Cindy has appreciated the opportunity to broaden her knowledge of the restorative programs available to the residents of Addison County. She enjoys using her accounting background to assist the agency with internal controls, accounting, and audit needs and working with the dedicated staff. Jean Stone of ACRJS says, "Cindy has donated her time and efforts to support the agency and has a keen eye for detail that is so helpful. Her experience with accounting is invaluable, and she has been instrumental in helping the agency adjust its accounting practices during the pandemic to meet best practice". Cindy formerly served as Treasurer for Friends of Hockey and the Congregational Church and worked in partnership with RSVP as an AARP Tax-Aide Volunteer this year. Thank you for your generosity, Cindy!

THANK YOU !

Tax Aide Volunteers

Thank you to our truly amazing team of tax preparers and schedulers: Kathy Duclos, Kathy Starr, Stan Turner, Tom Spencer, Dinah Bain, Peggy Fischel, Joyce Stephens, Mary Conlon, Julie Parkinson, Cindy Wemette, Robert Merchant, Cherie Vachon and Francine Hamberlin.

Local Towns and Supporters

RSVP of Addison County wishes to thank the following towns for their support of our programs: Addison, Bridport, Bristol, Cornwall, Ferrisburgh, Granville, Leicester, Lincoln, Middlebury, Monkton, New Haven, Orwell, Panton, Ripton, Salisbury, Shoreham, Starksboro, Vergennes, Waltham, Weybridge. Thank you to the many volunteers, businesses and organizations that help us with our signature collection. Signature collection is a time consuming but vital part of applying for town funding. Special thanks to Judy Blake, Christine's Hairstyling Salon, and the National Bank of Orwell for their support.

Warm Hearts Warm Hands Volunteers

Many thanks to Jean Bateson, Judy Cole, Amy Douglas, Lynn Fittje, Lois Higbee, Lise Lathrop, Joy Minns, Jenn Nixon, Garreth Parizo, Gaziena Roorda, Dina Siple and Charlotte Chase for their contributions to our program.



VOLUNTEER OPPORTUNITIES

We have many volunteer positions that need your support. If you have a few hours each month and want to make a difference, please call us 802-388-7044 and we can provide more information and help you get connected to these great organizations.

TRI-VALLEY TRANSIT DIAL-A-RIDE PROGRAM DRIVERS

There are people in our community who are stuck at home with no way to self-transport to access medical care, food or other daily necessities. Maybe you could drive them in your car to the places they need to go and swap stories along the way. If you sign up as a Volunteer Driver for Tri-Valley Transit, you can make a meaningful difference in the community and meet some great new people. 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.

ADDISON COUNTY HOME HEALTH & HOSPICE VOLUNTEERS

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.

RED CROSS VOLUNTEERS

Help volunteer at blood drives in Middlebury, Bristol or Vergennes. Various roles are available. The Red Cross is also seeking individual volunteers or groups to assist with setting up or taking down tables and chairs for blood drives.

HOMESHARE VERMONT VOLUNTEERS

HomeShare Vermont is looking for new folks to join us in the role of Staff Volunteers. Many of our best volunteers have been retired social workers, nurses, teachers, and guidance counselors. 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 aspects may be done remotely.

Volunteer Opportunities

AGE WELL MEALS ON WHEELS DRIVERS

Shortage of volunteers in Middlebury!

Meals on Wheels provides more than a meal. The moment you knock on that door, you make a connection. The friendly visit, safety check and nutritious meal are a lifeline to many, and a quick hello or conversation truly has an impact. Your time commitment is based on your availability- deliver once a week or once a month (weekdays only), whatever works best for your schedule. Delivery is typically from 9:00 a.m. to 11:00 a.m. Drivers are needed throughout Addison County, especially in the Middlebury Area.

MIDDLEBURY COMMUNITY MUSIC CENTER HANDY PERSON

Middlebury Community Music Center (MCMC) is looking for a handy person to assist with projects in their historic building. MCMC is a nonprofit music school offering private lessons, group classes, camps and workshops to students of all ages.

GREEN MOUNTAIN FOSTER GRANDPARENTS

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 educational settings nationwide. Individuals must be at least 55 and willing to work a minimum of 10 hours per week. Participants receive travel reimbursement, fifty paid vacation/sick days and a tax-free hourly stipend if they are income-eligible.

“Nothing ever seems impossible in spring, you know.” – L.M. Montgomery

Welcome New Volunteers

A warm welcome to our newest RSVP members:

Marilyn Barbato, Anne Hornbeck, Mary Jerome, Nancy Lewis, Robert Merchant, Maryann Mullins, Kristin Phillips, Chris Prickett, Sean Roberts, Sarah Sodaro, Cindy Wemette and Sara Woodruff.



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.

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 7 from 12 Noon—1:30 PM**. See **page 7** 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 some 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 the difficult circumstances created by the pandemic.