



## Notes from Maryesa White, Director

Fall is here and that means winter is around the corner. It is highly recommended by doctors to get a flu shot and if you are able to get your COVID booster they recommend that as well. They say we may be in for a long haul this winter. I wish everyone good health and a happy holiday season if I don't see you! Have a wonderful holiday season!

As many of you have heard we have to move our offices and we will no longer be located at 6 Court Street anymore as of the beginning of December. We will let everyone know our official new location as soon as it is finalized. We will be transitioning to cell phones in the Rutland Office: **Maryesa White (Director): 802-468-7056**

**Tammy Brown (RSVP Office Coordinator/One-2-One Coordinator): 802-774-8179**

**Pat Facey (RSVP Bone Builders Coordinator): 802-774-8680**

**Deb Roy (Green Mountain Foster Grandparent Program Coordinator): 802-774-8711**

Our new **walking program** will be starting in October 2022. If you are interested in being a participant to one of the walking groups that meet every other week, please call **Maryesa at 802-468-7056**. If you are interested in leading a walking group, please let us know.

I also wanted to let everyone know that with our Op Doll Drive we will no longer be accepting donations as of October 11th, 2022. We will start taking donations again starting in February 2023. Just a reminder: We do not accept any donations at the office for RSVP Operation Dolls. We ask that you bring them to Trinity Church on Tuesdays between 10:15a-11:30a. Please don't hesitate to reach out to us with any questions.

I would also like to take a moment to welcome all of our new volunteers. Before you know it, you will see how rewarding your volunteer work that you provide to the community is. Thank you to all of our amazing volunteers for your hard work and dedication to the community. 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: 802-468-7056 Email: maryesarsvp@gmail.com

Happy Holidays & Happy New Year!



## RSVP & The Volunteer Center Staff

Maryesa White  
Director  
maryesarsvp@gmail.com

Tammy Brown  
Office & Community Coordinator  
One-2-One Coordinator  
one2onersvp@gmail.com

Patricia Facey  
Bone Builders Coordinator  
pfaceysvp@gmail.com

Lynn Bosworth  
Addison County Program Coordinator  
lynnrsvpfpg@gmail.com

**Rutland County** 802-468-7056  
6 Court Street  
Rutland, VT 05753

**Addison County** 802-388-7044  
79 Court Street, Suite 7  
Middlebury, VT 05753



## RSVP Bone Builders News

Patricia Facey, RSVP Bone Builders Coordinator

We had a very busy August and September in Rutland and Addison Counties with training workshops for new Bone Builders instructors taking place in both counties. We welcome all of our new instructors to the RSVP Bone Builders family! We also had Refresher Classes for existing instructors. Thank you to everyone who came to those Refresher Classes. It was really wonderful to see everyone again! When we all get together we not only share some laughter but we also share ideas and inspire one another as team members to help make our classes even better.

I would like to share with everyone some of the ***amazing benefits of strength training***. Those who are doing the Bone Builders classes are already aware of most of these benefits but it's always good to review them. As each decade goes on, we lose a percentage of muscle. This affects your ability to brace yourself in the event of an injury, it affects your balance and your metabolism. By strength training with weights you **build more muscle**, therefor protecting yourself from injury.

As you build more muscle, you will **burn more calories**. Muscle tissue burns 7 to 10 calories per pound daily, while fat burns only 2 to 3 calories per pound daily. Strength training combined with a low calorie diet will help **preserve lean muscle**.

As we age, our bones become more brittle and weaker but lifting weights can help you build bone density. Strength training involves muscles contracting against the bones they're surrounding and this force helps improve bone density over time. Our RSVP Bone Builders program is based on research that shows that strength training exercises will **improve bone mineral density and help prevent fractures**.

Like many other forms of exercise, strength training can enhance your mood by releasing endorphins, the feel good hormones. Research also suggests that exercise, including strength training may help **protect against Alzheimer's and dementia** by releasing the hormone irisin. This can help promote growth in the hippocampus, the part of the brain dedicated to learning and memory.

If you spend any time sitting at a computer or at a desk, you may be compromising your posture with rounded shoulders and a hunched back. This sitting position can put pressure on your lower back and also limit your range of motion in your shoulders. Working with weights and strength training can help reverse this by opening up the chest, strengthening the back muscles and improving range of motion. It will also **help strengthen your core**, which helps **protect your back**.

Our muscles work in a kinetic chain, so if there's a weak link in the chain, it can manifest as a bigger problem in a different part of the body. As an example, if you have weak hip flexors, it also means you have weak glutes. The reason for this is that they are opposing muscles. That in turn can affect your gait, how you walk. When weak and tight muscles tug and pull they cause imbalances which in turn result in pain. Pain is your body's way of telling you that something is wrong.

Strength training also will help to **prevent or delay cognitive decline** in people over the age of 50. When you're moving your body pumps oxygen rich blood to your brain. This in turn boosts neuroplasticity – your brain's ability to create new neural connections, **helping you stay mentally sharp**. Strength training also takes some brain power to execute the move correctly.

Less than an hour of strength training per week may **reduce risk of heart attack and stroke** by 40-70%. That means you can spend just 20 minutes lifting weights for two days per week and put your heart in a much better health position. Furthermore, high cholesterol risk drops by 32%, and risk of developing a form of metabolic syndrome decreases by 29%.

If our goal is to age successfully, stay strong and remain independent as we grow older, these are several good reasons to join up or continue with an **RSVP Bone Builders class!**

If you want to give me a call, my new phone number as of November 2022 is **(802) 774-8680**.

## **New Program.....RSVP Walking Club Program**

**We are excited to announce that we are starting a walking club program October 2022. These groups will meet twice a month with other groups forming as we go.**

### **Current walking groups:**

- Pine Hill Park Group: Meets every other Saturday starting at 8:30am. This group will start October 15th and they will meet in the main parking lot before their walk.
- Northwood Park Group: Meets every other Wednesday starting at 1pm. This group will start on October 19th and will meet in the basketball court parking lot before their walk.
- RHS Track Group: Meets every other Friday starting at 3:30pm. This group will start on October 14th and will meet at the track before their walk.

If you are interested in joining a group, please call Maryesa and let her know which group you want to join.

**802-468-7056**

We are currently looking for volunteer leaders that would like to hold a walking group.

Volunteer leader duties include:

- Choosing a location to walk twice a month (every other week)
- Have new participants fill out a consent form
- Lead a walk for 30-60 minutes
- Have participants sign in each time they walk

**If you are interested in becoming a leader or just participating with the group, please contact us for more information.**

**Phone: 802-468-7056 or Email: [maryesarsvp@gmail.com](mailto:maryesarsvp@gmail.com)**



## **Tammy Brown, Coordinator**

### **One-2-One Needs More Volunteer Drivers:**

One-2-One provides essential transportation to area seniors, FREE OF CHARGE. This service helps individuals maintain their independence, and age in place. The number of ride requests we receive has grown exponentially. As the driver, you can choose which rides to accept or decline; you can do only local rides, or transport to appointments in Burlington, Dartmouth, etc. You can drive certain days and not others – it is up to you! ***Drivers receive mileage reimbursement.*** Please consider volunteering with us, and help enable us to continue to provide this very valuable service! For more information, call One-2-One, at **802-774-8711**



## RSVP Operation Dolls & More

### **\*\* Important Information About This Year's Pick Up \*\***

#### ***22nd 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**

**Pick up day: Thursday November 17th, 2022**

- \* You will have a specific pick-up time slot to pick up your items once you have responded to the invitation.
- \* Invitations have been sent out with specific instructions. If you did not receive one, please call Maryesa at **802-468-7056**
- \* **Deadline** to RSVP for participation in this year's holiday program is **November 1st, 2022**.

Any questions please contact Maryesa White.

Phone: **802-468-7056**

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: **802-468-7056** → Email: **maryesarsvp@gmail.com**

### **RSVP AARP Tax Preparation Program**

We have a new phone number. If you are interested in a tax preparation appointment, we ask that you do not call until **January 2023**.

For an appointment or to inquire about getting an appointment, please call the following number (**802-772-0530**). Please listen to the message entirely. You will be provided with instructions on what information to leave for us to get you set up for your appointment.

We look forward to hearing from you and are excited for tax season 2023!



## RSVP Operation Dolls & More

**No Donations from October 10th , 2022 - February 2023 , Please.**

We welcome and are grateful for donations to this wonderful program , however:

- We are only taking donations on Tuesdays at Trinity Church on West Street in Rutland between the times of 10:15am-11:30am , unless otherwise approved.

We are asking everyone to **please call** and let us know that you will be coming. Please contact Maryesa at **802-468-7056**.

**Items that RSVP Operations Dolls & More are looking for:**



### RSVP Operation Dolls & More Wish List of Needs:



Action Figures: Batman, Superman, Marvel Heroes, and Spiderman etc.  
Bell Caps – Plain & Tuca (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, Bams, 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

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



**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](http://www.volunteersinvt.org)** or call **802-774-8711**

**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 802-468-7056**

**Email: [maryesarsvp@gmail.com](mailto: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: 802-468-7056**

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

**RSVP Veterans Connection Program:**

**Attention Veterans:**

We are planning to start our veteran's connection meetings backup starting in Spring 2023. These will be COVID friendly meetings. We will offer coffee and hope to have guest speakers. We also plan to have an individual there at each meeting, if possible, to answer military/veteran related questions. Once we start back up again, the plan will be to hold this program in the Spring and 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: **802-468-7056** or 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.

**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](mailto:maryesarsvp@gmail.com).

## **RSVP of Addison County**

### **Neat Repeats Resale Shop Awards Grant Funds**

We would like to thank Neat Repeats Resale Shop for their generous \$500.00 grant to support our Green Mountain Foster Grandparent Program. Foster Grandparents serve as mentors to children in various educational settings throughout Rutland, Bennington and Addison Counties. These funds will provide educational materials for Foster Grandparents and children's books to enhance literacy for the classrooms they serve. We sincerely appreciate Neat Repeat's support.

#### **Neat Repeats Resale Shop**

Neat Repeats is a not for profit resale store run exclusively by a volunteer staff. The store was established in 1990 to help Addison County residents and support organizations with a 'hand up'. In that first year, Neat Repeats delivered \$31,249 in grants to Addison County recipients, including individuals and organizations that provide food, clothing, housing and other services to low-income residents.

The shop helps stretch the family budget by offering quality, gently used or new items at affordable prices. It provides a place to recycle no longer needed, but perfectly good clothing and household items.

All proceeds are returned to Addison County residents and organizations. They offer several ways for people to give back to others in need:

#### **Volunteer**

Neat Repeats is looking for volunteers who enjoy people and have an eye for quality merchandise!

#### **Shop**

Neat Repeats is located next door to Paris Farmer's Supply on Route 7 South in Middlebury. The store is handicap and wheelchair accessible, and has lots of parking. They offer a large, varied inventory at very affordable prices.

#### **Donate**

Neat Repeats accepts clothing, shoes, jewelry, linens, small household and kitchen items in saleable condition. Donations may be dropped off during their hours of :

**Noon to 4 PM Monday through Saturday.**



# RSVP of Addison County Volunteer Opportunities

---

**RSVP of Addison County has many volunteer positions that need support!  
If you have a few hours to give to these organizations, please contact us at 802-388-7044.**

Homeward Bound



## **Homeward Bound**

Come volunteer with Homeward Bound, Addison County's Humane Society! We are looking for rabbit socialization volunteers, dog walking volunteers during the week, and dog fosters! Homeward Bound volunteers are asked to make a commitment of 6 months to their volunteer service.

## **Green Mountain Foster Grandparent Program**

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.



## **HomeShare Vermont**

HomeShare Vermont is looking for new folks to join them as Staff Volunteers. Many of their 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. Ongoing support and training by staff will be provided.

## **Peaceful Packs Blanket Project**

Do you have a few hours to tie fleece blankets at home? These blankets will be given to families through RSVP's Peaceful Pack Program. Materials will be provided. This is a great group project.



## **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 caregivers and family so they can take a break. Scheduling is flexible.

## **RSVP Walking Group Leaders**

RSVP is looking for volunteers to lead a "group walk" twice a month in a location of their choice. Locations spring - fall will be outside, and there will be indoor locations available during the winter. Enjoy making new friends and staying active throughout the year.



## **Addison County Readers**

Do you value books and the importance of early childhood literacy?

Are you an avid reader and an active member of your community?

Addison County Readers wants to talk to you! As the local Dolly Parton's Imagination Library partner, Addison County Readers sends free, high-quality books to county preschool children (birth to age 5) each month. ACR is looking for volunteers to help publicize the program, recruit children, and assist with fundraising. Board positions are also available.

## **Nonprofit Mailings**

If you have time for an occasional project, consider helping agencies with their larger mailings. RSVP will call you when there is a request and you can choose if you are able to help.



### **The Boys & Girls Club of Greater Vergennes Adult Volunteers**

With over 115 members currently on the roster, the club is involved in the lives of youths, ranging from grades 4-12. With both teen and youth programs, the focus of the Boys & Girls Club is to provide a safe, inclusive and nurturing place to enable all young people to reach their full potential as productive, caring, and responsible citizens.

The Boys & Girls Club provides each young person who enters the doors a way to learn and demonstrate good character and citizenship while developing their passions and helping them excel in school and in healthy lifestyle choices. The staff takes great pride in building relationships, opening doors for opportunities, and making long-term investments in each and every club member.

**What they do:** Work with youth in 4th-12th grades with homework, team building, arts and crafts, music, sports, cooking and leadership development and so much more.

Specific activities coming soon:

- Walking Classroom
- Computer Programming
- Life Skills
- Financial Literacy
- STEM (science, technology, engineering, and math)
- Volunteering in the community
- Art/Drama



Boys & Girls Club members making ice cream, playing hoop and ping pong and enjoying a hike!

## THANK YOU

Many thanks to these **Warm Hearts Warm Hands Volunteers** for their contributions to our program. Your talent and hard work are greatly appreciated!

Judy Cole Lois Higbee  
Joy Minns Garreth Parizo  
Amy Douglas Charlotte Chase  
Dina Siple Gazienna Roorda  
Karen Taylor Jenn Nixon

Special thanks to RSVP volunteer, *Ann Folger*, for her contributions to the **Peaceful Packs Program**. *Ann has been helping support this program since it began in 2019. She keeps a pulse on the needs and helps ensure the program stays strong. Thank you for your dedication and generosity, Ann!*

Thank you to all our volunteers who have been assisting RSVP and our sites throughout Addison County. We are very grateful to you for your service.



### Volunteering is Good for your Health

Being socially isolated may be just as dangerous as obesity or smoking, based on research done by Julianne Holt-Lunstad PhD at Brigham Young University.

This was among the findings of researchers who reviewed 148 studies that compared participants frequency of social interaction with their health over an average of 7.5 years. Strong relationships with family, friends and co-workers increased likelihood of survival by 50 %.

To live longer: **Do volunteer work**, host a weekly event at home, join a club, stay connected!!

Rutland Community Programs

RSVP & The Volunteer Center

6 Court Street

Rutland, VT 05701

802-775-8220

[www.volunteersinvt.org](http://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.

### Rutland County RSVP and The Volunteer Center Recognition Event

Due to the impending move of our office space, the Rutland RSVP Recognition Event is on hold.

We are hoping to be settled into a new space and able to hold an event in the Spring 2023.

As soon as we know more, we will be in touch. Please be on the lookout for more information to come.