

Notes from Maryesa White, Director

I am so happy to say that Spring has arrived. I love the warm weather and I am sure that many of you agree with me. This year has been very busy for our office, finally being officially moved into our new space and having to deal with federal reports/grants all at the same time. I am happy to announce that our renewal grants have been submitted and we are just waiting for our results. I want to thank everyone for their help when it came to promoting our program on town meeting day and with petitions for the few towns that still require them.

I do have some sad news to share with everyone. As of March 28th, 2023, our Addison County Coordinator has given her notice and is no longer with our program. I will be filling in for the Addison Office until we find a new program coordinator. If you need anything, please feel free to call 802-468-7056 or email me at maryesarsvp@gmail.com. Our goal is to have someone hired by Fall.

All of you have been very busy so far, this past year. I want to thank each of you for your hard work and dedication to our program. Each of you help serve the community and so many different ways that you really are the true heart of our community. My hat goes off to you "Thank You"!

RSVP Operation Dolls and More have done amazing work with their holiday and crisis program this year. Please look at the statistics about this program in our Op Doll space in the newsletter. Please let me know if you would like to get involved with our program and be on the lookout for our fundraiser supply drive for late Spring-Early Summer.

I wanted to let you know that we are still looking for walking volunteers to lead walking groups in both counties and now that the weather is warm it is the perfect time to join. Duties include holding a walking group at least once a month, having participants sign a consent form, and having participants sign in for each walk. Extremely low key and simple. If you are interested, please let me know.

If you are looking for a very rewarding volunteer opportunity that you can do from the comfort of your own home, consider joining our postcard program. If you are interested in joining all you have to do is give us a call/email, we will get the postcard pack ready for you to pick up and when you are done drop it back off at the Addison drop off box or the Rutland office cupboard. Phone: 802-468-7056 or Email: maryesarsvp@gmail.com.

We are restarting our RSVP Veterans Connection Program with help from many different community partners. I would like to thank each of you for helping make this happen. This program is needed in our community. If you are interested in volunteering for this program or would like more information on how you can help, please contact me at 802-468-7056. If you know any veterans, military personnel, military families, or individuals that work with military personnel all are welcome to join the informational meetings that will be held once a month with a different speaker each time. Plus, they get to enjoy a snack while they are there. Please help us spread the word.

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 of 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. Please note that you can contact me for both Rutland and Addison County opportunities.

Phone: **802-468-7056**

Email: maryesarsvp@gmail.com

Maryesa White



RSVP & The Volunteer Center Staff

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802-468-7056

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802-774-8179

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Rutland, VT 05701

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



RSVP Bone Builders News

Patricia Facey, RSVP Bone Builders Coordinator

Happy Spring to everyone ! I think the most welcomed season change for many of us in Vermont is the end of winter and the first hopeful signs that Spring is finally arriving. Spring is also a time that we do a "tune up" for our Bone Builders instructors and also a training workshop for anyone who would like to become a Bone Builders instructor.

The schedule for our next Refresher classes for **Rutland County** are as follows:

Wednesday May 17 from 10:00 AM to Noon. A light lunch will follow the refresher class.

Tuesday May 23 from 1:00 to 3:00 PM. Refreshments will be served following this class also.

A workshop to train **new Bone Builders instructors** will be held on **Wednesday May 24** from 9:30 AM until 2:30 PM. Lunch will be included. Please give me a call at **(802) 774-8680** to sign up for any of these three classes.

The Refresher class and training Workshop dates for **Addison County** will be later this Spring and will be announced soon.

I am pleased to announce that **Bone Builders** has been the recipient of \$2,000 in the form of a grant from **The Alma Gibbs Donchian Foundation**. This foundation has been a longtime supporter of our program and our mission to help seniors stay healthy and we are so appreciative of their support.

During a typical Bone Builders class we have four distinct goals. First is to warm up the muscles we will be using, second, we do exercises to improve our **balance**, third is when we pick up the weights and do strength training and fourth we do cool down stretches to stretch all the muscles we strengthened. I want to focus a bit on the importance of why we want to **improve our balance**.

Most people take balance for granted. They navigate without thinking, effort, or fear. For millions of others, though, poor balance is a problem. Some struggle with long-term dizziness or imbalance. Others suffer balance-related falls and injuries. A new study concludes that exercise can reduce not only the odds of falling but the odds of sustaining fall-related injuries. When a toddler or child falls, he or she usually shakes it off and keeps moving. But when an older adult falls, there are often consequences. Broken bones limit mobility. They can also lead to a downward health spiral. Each year, thousands of older Americans die as a result of breaking a hip. Broken bones and head injuries can knock confidence, engender a fear of falling, and undermine independence.

Although balance training is the mainstay of fall prevention programs, any exercise that improves endurance, muscle strength and flexibility can help prevent falls and related injuries.

Beyond better balance, the other benefits of multi-component exercise programs include:

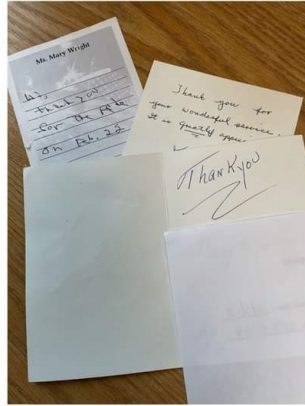
- Faster reaction time. This can help you keep yourself upright if you start to fall by putting out an arm quickly to grab something stable.
- Improved coordination. This can directly help prevent falls but can also help you roll rather than crash as you go down.
- More muscle. Stronger and larger muscles can buffer the impact of a fall, providing some protection to bones and joints.
- Stronger bones. Resistance exercises strengthen bones, and stronger bones are more resistant to fractures.
- Better brain function. Regular exercise helps maintain brain function with age. Clearer thinking may help you avoid situations that increase fall risk.

Efforts to prevent falls are best started early in life rather than late in life. Even so, [you are never too old or too frail to exercise](#). During a Bone Builders class we do specific balance exercises and we also work on strengthening mus-

cles and bones to help prevent falls. Come join us!

Pat

A huge thank you to all of our wonderful One-2-One volunteer drivers. Our clients really appreciate all you do!



one 2 one

 **Community
Care Network**
thriving community, empowered lives

*Thank
you*

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 AARP Tax Preparation Program

This year RSVP has again teamed up with a wonderful group of volunteers from the **AARP Foundation** to provide free tax preparation assistance for low and middle income residents.

We want to say a big thank you to the following volunteers : **John Wilson, Barbara Trepanier, Gerry Carbine, Shirley Markland, Jean White, Phil Goss, Jack Blount, Jim Reddy, John Crowley, Steve Wooster, Don Spruit, Mike McCormick, Phil Stephan, Kathy Ross, Carl Scott.**

Their hard work and dedication has provided a very worthwhile service to our community. **THANK YOU ALL!!**



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

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, 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





OPEN HOUSE RAFFLE 2023



RSVP OPERATION DOLLS & MORE

DATE: JUNE 24TH, 2023 DOORS OPEN AT 10A

Activities



- Take a tour of the RSVP Operation Dolls & More Program Space
- Participate in the raffle (all proceeds go back into the program)

Contact Us

Any questions please contact
Maryesa White
 Phone: 802-468-7056
 Email: maryesarsvp@gmail.com

Address

Trinity Church Rutland
 85 West St, Rutland, VT
 05701

Raffle Information

Doors open at 10a Raffle drawing starts at 12p. ***You do not need to be present for the drawing we will call you and drawing pick-up will be from 1p to 2p
 ***Please note that the date could change if an unexpected church event needs to happen...Thank you for your understanding!





TAKE A GREAT STEP

Become a walking leader!!

RSVP is seeking volunteers to lead walking groups throughout Rutland and Addison Counties.



Walking groups help participants increase balance, strength, and walking pace., improve overall health and make social connections. Volunteers are needed to lead walking groups twice per month.

If you are interested on becoming a Walking Club Leader in your town, please contact us! RSVP of Rutland County : **802-468-7056**

RSVP of Addison County : **802-388-7044**

Or email us at : rsvpfgp@gmail.com



RSVP
Veterans Connection

Join us for our Rsvp Veterans Connection Program:

Where: Rutland Open Door Mission(Park Street)

★ ★ ★ June 21st, 2023 ★ ★ ★
Time: 10a to 11a

Presenter:

Broc's Elizabeth Eddy "Weatherization"

Veterans, military families, and support personnel
all are welcome.



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 **802-774-8711**

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.

Join our volunteer team today. If you are interested in a volunteer opportunity or would like more information please contact **Maryesa** at **802-468-7056** or by email maryesarsvp@gmail.com.

RSVP of Addison County

A Note from Lynn

It has been such a privilege to be a part of RSVP & The Green Mountain Foster Grandparent Program. I have loved meeting and working with so many interesting, talented and inspiring people and knowing we are providing much needed and appreciated support to our local organizations and those they serve. I truly admire your compassion, commitment and willingness to help others and enrich our community. I feel fortunate to have had the opportunity to work with Maryesa, Pat, Deb and Tammy for so many years, and will miss everyone!



Thank you for all you do and best wishes,

Lynn

Tax Aide Program

Thank you to our tax prep, schedulers and mailing team for their incredible work this tax season: **Kathy Duclos, Kathy Starr, Stan Turner, Tom Spencer, Dinah Bain, Mary Conlon, Julie Parkinson, Sandi Bauer, Cindy Wemette, Dave Sullivan, Joyce Stephens, Cherie Vachon, Diane Hermann-Artim and Susan Jeffries.** We are so grateful to you for your work.

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 volunteers, businesses and organizations that help us with this vital assistance.

We are required by Federal Law to include the following information:

Prohibited Activities for Volunteers

Volunteers may not engage in any of the following activities during their scheduled RSVP service time:

Participate or engage in any political or electoral activities, voter registration, voter transport to polls or efforts to influence legislation, displace a paid worker, receive a fee-for-service or compensation of any form, finance labor or anti-labor organizations or related activity, may not perform any religious activity

Please feel free to contact RSVP and The Volunteer Center staff in the event you have questions regarding these policies.

VOLUNTEER OPPORTUNITIES

If you or someone you know are interested, please email or call us at **802-388-7044**

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. We are looking for volunteers to help publicize the program, recruit children, and assist with fundraising.

Board positions are also available.

TRI-VALLY 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.

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 in throughout Addison County, especially in the Middlebury Area.

MORE ADDISON COUNTY VOLUNTEER OPPORTUNITIES

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.

VOLUNTEER COMPANION AT THE RESIDENCE

Do you enjoy visiting with others? Are you interested in getting to know some neighbors in our community? Isolation is a serious risk for all seniors, regardless of where they live. The Residence is looking for volunteers to visit with residents who prefer one-to-one interactions in both independent and assisted living homes. Just an hour a week could drastically improve a neighbor's quality of life.

BOYS & GIRLS CLUB

The club provides a safe, inclusive and supportive environment for children and teens to help them reach their full potential. They have rewarding opportunities with very flexible scheduling:

Do you enjoy cooking? The Boys and Girls Club needs volunteers who can come in occasionally to prepare a healthy meal or after school snacks for 15 to 25 children.

Would you be interested in helping kids with their homework? The club needs volunteers who enjoy writing, math, science or other subject areas that they can share.

Do you sew or quilt? The club would love someone to help teach sewing or quilting skills!

Warm Hearts Warm Hands Volunteers

Dear WHWH Volunteers,

We feel your thoughtfulness and your love! Your beautiful handiwork will keep us warm and in style! Our hearts overflow with gratitude! Thank you, *Your friends at Project Independence*

Thank you so much for your recent donation of knit hats and blankets to help fill our holiday shop! Please know that many children of local families in need are warm and cozy this holiday season. We truly appreciate the time and effort taken. Thank you for your support of HOPE! *The Staff at HOPE*

Thank you for the beautiful hats, mittens and blankets that you kindly made for the children in our car. They are already wearing them on these chilly fall mornings! Warmly, *College Street Children's Center*

Thank you to Joy Minns, Karen Taylor, Judy Cole, Jenn Nixon, Amy Douglas, Gaziena Roorda, Gareth Parizo and Lois Higbee for their recent donations to our program.

Spotlight on HomeShare Vermont!

Consider volunteering your time by matching people who have a home to share with others who hope to find affordable housing through **HomeShare Vermont**, a nonprofit screening and matching organization, that has served Vermont for over 40 years!

This rewarding work can't be done without the support of great volunteers. Working as a team with HomeShare staff, volunteers conduct in-depth interviews with people looking for housing and with others who want to share their homes, including seniors and people of all ages. Volunteers facilitate introduction meetings, assist with homesharing agreements, and provide ongoing support to homesharing "matches."

On a flexible schedule, volunteers give about 2 hours each week providing casework and contributing their unique insights to the screening and matching process. This could be a rewarding opportunity for someone wanting to utilize their professional skills. HomeShare Vermont hopes to find volunteers with good listening and interviewing skills who are willing to make a one-year commitment. Basic computer abilities, willingness to do some driving and proof of insurance required. Ongoing support, supervision, and training opportunities provided.



Connie Kenna of Brandon has been an integral part of providing homesharing services in Addison County by volunteering for the past 17 years! As a homesharing advocate, Connie interviews seniors and others who want to share their homes, as well as candidates who might provide household help or rent in exchange for affordable housing.

She facilitates the matching process and provides ongoing support. Connie finds the work very meaningful, sharing, "I really enjoy meeting people from all walks of life. Another benefit is becoming familiar with the scenic beauty in Addison County as I drive to interview or introduce prospective homesharing hosts and guests. I most appreciate the support I get in my volunteer work from the staff at **HomeShare Vermont** through phone calls, emails, and visits."

Connie has mastered the art of "making a match," HomeShare Vermont's goal of bringing together people who are very compatible. Connie's skills and input are priceless at HomeShare Vermont and, as a small nonprofit organization, the volunteer component makes it possible for HomeShare Vermont to provide its services. Volunteers are at the heart of what makes **HomeShare Vermont** a successful organization!

Rutland Community Programs

RSVP & The Volunteer Center

16 North St Ext.

Rutland, VT 05701

802-468-7056

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.

RSVP and The Volunteer Center
Invite you to join us for our annual
recognition open house event.

When: Wednesday May 31st, 2023

Time: 1030a to 1p

Raffle starts at 12p ~ We will call you if you
win.

Where: RSVP and The Volunteer Center Office
(Courcelle Building)
16 North Street Ext. Rutland VT 05701

Muffins, packaged snacks, and beverages
provided. Awards and door prizes. Please call
RSVP (802-468-7056) if you plan on attending
by May 15th, 2023 seating is limited.

