

Greetings from Maryesa:

Happy Fall Everyone! Our office has been busy this year. You as volunteers have been busy as well, based on all the data that we received at the end of our fiscal year. Please see our write-up later in the newsletter. I am sad that the warm weather will soon turn cold, but I have so many memories this Summer from volunteers and family. My family and I recently returned from the most magical place on Earth "Disney." It was so much fun!

I want to thank each of you for your hard work and dedication this past year. I want to thank you for not giving up on us with the challenges from the Pandemic. You are the true heart of the community!

We have many different volunteer opportunities throughout the community, and we even have volunteer opportunities that can be done from the comfort of your own home. If you are interested in picking up a new volunteer opportunity or have friends that would like to volunteer, please reach out to our office at 802-468-7056.

I am excited to let everyone know that our crisis programs are growing though both of our counties that we serve (Rutland and Addison). We are currently looking for some items to help us fill **Crisis Bags**. The items that we are looking for are hats (all sizes), mittens (all sizes), personal care items, and blankets (lap size works the best but can be bigger). If you are interested in donating items, please call me at 802-468-7056.

Our RSVP Operation Dolls & More Program has entered their 23 rd year. This program is growing and expanding but has had to evolve. We want to thank everyone for all the wonderful donations. They are amazing and will help serve hundred children throughout the community. We are gearing up for this years holiday season and it will look a little different from in the past. Due to the loss of storage space, we will be reaching out to stations/organizations to see if they could take their holiday items earlier than normal this year with the understanding that if they realize that they need more items close to the holidays that they can reach out to us and we will see what we can do to help. If location and space allow us, we will do a minimal drive-thru with stations that cannot pick up early. Excess items can go to previous stations. Op Doll Volunteers please be on the lookout for a phone call about needing extra hands to help.

Please note we will be stopping all donations for Op Dolls on October 1st, 2023. We will open back up in January 2024.

We have some exciting news that our RSVP Veterans Program has restarted (April through November). This program is held at the Army Reserve Center on Post Road in Rutland. The meeting is on the third Wednesday of each month starting at 11 AM and ends by 12 PM. We hope that you will join us to socialize with community members, learn about different benefits, programs, and services in the area.

Please be on the lookout for information about our holiday get-together. This will be our recognition event this year. This will be for both Rutland and Addison County. Information will be coming out soon.



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One thing that the Feds (AmeriCorps Seniors) would like to remind all our volunteers on is Prohibited Activities: Volunteer service activities that expand or enhance the work of a non-profit or public agency are acceptable, within the limits of safety and appropriateness for the volunteer. Requests for volunteer assistance which would otherwise be performed by an employed worker, or which would supplant the hiring of or result in the displacement of employed workers or impair existing contracts for service are not acceptable; nor will volunteers engage in religious, sectarian, or political activity, instruction, or work. Proprietary Health Care Organizations: All such placements must limit volunteer assignments to those which provide direct and traditional assistance to patients such as: visiting, teaching, counseling, entertaining, etc. Placements must avoid other staff or clerical assignments which would accrue to the profitability of the proprietary health-care organization. Religious Organizations: Volunteers may be provided to churches and other religious organizations for non-sectarian service programs. For example, a church that sponsors a community meal program may request volunteers for that service. The station would be the "Friendly Church Meals Program." They cannot be placed in religious institutions, conduct religious services, or engage in any form of proselytization. In-Home Assignments: Individual private homes may not be volunteer stations. In-home assignments are made only through volunteer stations. When in-home assignments are made, a letter of agreement will be signed by the parties involved. The document will authorize volunteer service in the home and identify specific volunteer activities, periods, and conditions of service. Any questions please let me know.

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

Welcome Johanna

Johanna Wheeler is the new **Program Coordinator** for RSVP and FGP and we are happy to welcome her to Community Care Network. Johanna was born in Delaware where she grew up and eventually married. Her mother was a Switchboard Operator and her father was a Jukebox and Pinball Machine Mechanic. Johanna has two grown sons. Ricky, her oldest is married to Kate and they reside in Northfield, New Jersey. Robin, her youngest son, is married to Kim and they have a son, Mason, who is 1 ½ years old and is the very first grandchild for Johanna. They reside in Truckee, California.

While her children were growing up, Johanna was an avid volunteer in the public schools and held various positions in different youth sports programs. She has enjoyed residing in several states such as Delaware, Maryland, New Jersey and Vermont throughout her life.

Johanna said, "Working as a Program Coordinator is one of the best and most rewarding jobs I have had and I'm thankful for the opportunity to work with such a great team." It's amazing all the volunteers we have in our community.

Our programs just to name a few - Veterans Connection, One-To-One, Bone Builders and The Foster Grandparent Program and Operation Dolls and More really do make a difference in peoples lives and that is the best feeling - that you are helping others and making a difference.

Johanna will be assisting with special projects, helping Maryesa with Volunteer recruitment/ Volunteer Requests, working with the Veteran's Connection Program, and the Addison County Foster Grandparent Program. She can be reached at **802-379-9512** or **johannarsvpfgp@gmail.com**

RSVP Bone Builders News

Patricia Facey, RSVP Bone Builders Coordinator

Summer in Vermont always feels like it just flies by and this Summer has been no exception. Just to add insult to injury, it gave us a lot of rainy days and a big damaging storm to boot. The silver lining is that the Green Mountains are very green and hopefully our Fall will be beautiful.

We held two Refresher Classes for the Rutland County Bone Builders instructors in May. It was so nice to see everyone and have a chance to thank you for being the backbone of the program. Without you Bone Builders would not exist. We also had several new people take the workshop to become certified instructors and we welcome them into the Bone Builders family. We are planning a Refresher Class and a Training Workshop for Addison County this Fall.

Between Rutland County and Addison County we now have 51 Bone Builders classes and 742 participants in those classes who are getting healthier and stronger! ***I am proud of you all.*** Keep up the good work!

One thing I always like to remind people of as Fall and Winter approach is the importance of making sure that our **vitamin D** levels are sufficient. In the summer months we get vitamin D from the sun on our skin. Anyone who lives north of Columbia, South Carolina is not able to have enough sun exposure in the Fall, Winter and Spring to keep our vitamin D levels where they should be.

Vitamin D is a nutrient your body needs for building and maintaining healthy bones. That's because your body can only absorb calcium, the primary component of bone, when vitamin D is present. Vitamin D also regulates many other cellular functions in your body. Its anti-inflammatory, antioxidant and neuroprotective properties support immune health, muscle function and brain cell activity.

Vitamin D isn't naturally found in many foods, but you can get it from fortified milk, fortified cereal, and fatty fish such as salmon, mackerel and sardines. Your body also makes vitamin D when direct sunlight converts a chemical in your skin into an active form of the vitamin (calciferol).

Many older adults don't get regular exposure to sunlight and have trouble absorbing vitamin D. If your doctor suspects you're not getting enough vitamin D, a simple blood test can check the levels of this vitamin in your blood. Taking a multivitamin with vitamin D may help improve bone health. The recommended daily amount of vitamin D is 400 international units (IU) for children up to age 12 months, 600 IU for people ages 1 to 70 years, and 800 IU for people over 70 years.

What the research says : Research on vitamin D use for specific conditions shows that sufficient vitamin D supplementation may reduce the risk of **certain cancers**. Research shows that low levels of vitamin D in the blood are associated with **cognitive decline**. However, more studies are needed to determine the benefits of vitamin D supplementation for cognitive health. Research also suggests that long-term vitamin D supplementation reduces the risk of **multiple sclerosis**. Studies suggest that people who get enough vitamin D and calcium in their diets can slow bone mineral loss, help **prevent osteoporosis** and reduce bone fractures. Ask your doctor if you need a calcium and vitamin D supplement to prevent or treat osteoporosis.

Since many older adults don't get regular exposure to sunlight and have trouble absorbing vitamin D, get it checked out. A simple blood test can check the levels of this vitamin in your blood. Make sure that getting your vitamin D levels checked is part of your next check up!



Cleaning Out? Don't Throw Out

Help ***RSVP Operation Dolls & More***
continue to serve & expand their work!



Items we need to serve & expand:

Craft Supplies

Poly Fil

Yarn

Wooden Toys & Cradles

Chapter Books for Teens

Infant Toys

Doll Accessories

Legos

School Supplies

Costume Jewelry

Step Stools

Children's Books

Toys (Boys & Girls)

Dolls

Blocks

Wrapping paper

(Except: Birthday, Wedding or Shower)



Donations will end **October 1st , 2023**, this year
and will reopen in January 2024.

Please call Maryesa with any questions
802-468-7056. Donations are only taken at Trinity Church
on Tuesdays 10: 15 am to 11:30 am



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**

Join our RSVP Sewing Group!

Do you like to sew and have some free time?

Help make fidget blankets, children's blankets, doll clothes, backpacks, etc. for our **RSVP Operation Dolls & More Program**. The items will be used during our holiday program and crisis program throughout the year. This volunteer opportunity can be done in the comfort of your own home.

If you are interested, please contact Maryesa.

Phone: 802-468-7056

or Email: maryesarsvp@gmail.com

Rutland County Volunteer Opportunities



Meals On Wheels: Driver - Pick up and deliver food (Monday-Friday 10:30am-12pm)
Mileage reimbursement, Meal Box Packers - (Monday -Friday 8:30am-3:00pm), Clean-up Help Volunteer - (Monday-Friday 11:00am-3:00pm)

*Please note this site will work with your schedule.

Rutland Regional Medical Center: Many different opportunities throughout the hospital.

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 8:30am-11:00am

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.

Genesis: Activities Department Volunteers (flexible)

Fair Haven Concerned: Food Shelf (flexible)

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

Osher: Volunteer Committee Members - 2nd Wednesday of the month at Godnick Center.

Reinbow Riding Center: Many different volunteer opportunities including working with the riding groups

Rutland Free Clinic: Community Outreach (flexible 4-6 hours per week)

Boys & Girls Club: Mentors (flexible)

Wonderfeet Kids Museum: Weekday and Afterschool volunteers - variety of opportunities

Castleton Community Center: - Reception Area Volunteer (1 half day per week)

Rutland County Reads: School readers - one on one, small groups or classroom

Paramount Theatre: Ushers

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**

Volunteer Spotlight

Meet Carolyn Brown

Carolyn was born in 1929 and has been a lifelong resident of Vermont. She graduated from high school and went on to take classes to become a Licensed Practical Nurse. Later she decided on a career change and went to work for Tambrands Inc. Carolyn ran three machines in the factory and was employed there for over thirty years. She also had a talent as a baker and made delicious Wedding Cakes.

Carolyn has two grown children, John, who lives in Colorado, and Candice who lives here in Vermont. Carolyn loved reading mystery books, but she is unable to read them now. Her greatest love and enjoyment is crocheting! Carolyn has been crocheting all her life. She makes beautiful blankets that you can see all over her home.

She is a very artistic and talented woman; you can't help but admire her beautiful and colorful blankets. It was that love of crocheting that connected her to RSVP and The Operation Dolls Program. She makes lovely blankets to go with the dolls that are given to children. She has been with RSVP for 33 years and while visiting with her she showed me with pride the clock she received for her thirty years of service with RSVP.

She told me when she started the Operation Dolls program there were only 5 volunteers at the time and they refurbished a small number of dolls to give away. Now the Operation Dolls Program provides over 10,000+ new and restored dolls, toys and books. The items are then distributed through 50+ nonprofit organizations to over 2,000 Rutland County children.

Carolyn has had the opportunity to travel extensively in her lifetime. She went to Europe and visited eight countries, she has been to Seattle, Washington, Santa Fe, New Mexico, Biloxi, Mississippi, New Orleans and out west to Colorado to visit her son.



I asked what was one of the biggest changes she has seen in her lifetime, and she said the pay scale. When she started working, she made \$1.57 an hour. I asked Carolyn if there was any parting advice she would like to tell everyone. She said, "to get out there and do something for others - don't just sit at home and feel sorry for yourself!"

Carolyn is an inspiration to all of us for being an active volunteer at the age of 93 and still being able to crochet and give back to the community. Thank you Carolyn for your many contributions !



ATTENTION All Knitters!!

We have a challenge !

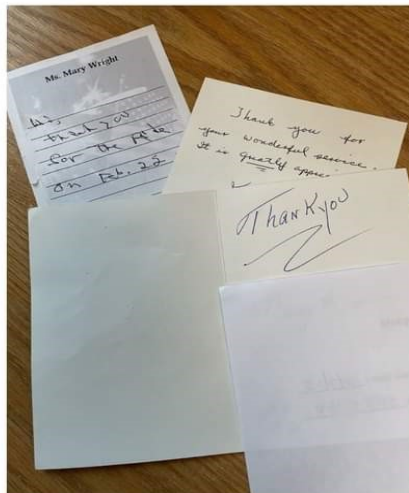
We need 300 children's hats by the start of the year 2024.

**If you are interested in making hats for children in need,
please let us know so we can get you signed up.**

We can also provide yarn if you are interested.

Please call Maryesa at 802-468-7056 to join the challenge!

**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*

Volunteer Foster Grandparents Needed 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





**Community
Care Network**
Rutland Community Programs

thriving community, empowered lives



**AmeriCorps
Seniors**

RSVP & The Volunteer Center, RSVP Addison County, and Green Mountain Foster Grandparent Program Makes a Difference in 2022-2023



742 Older Vermonters participated in Bone Builder exercise classes offered at 44 different sites throughout Rutland & Addison County provided by 209 volunteer instructors with a total of 51 classes running twice a week the total amount of volunteer hours contributed equals 31,846 hours

519 AmeriCorps Seniors Volunteers selflessly donated 90,425 hours of their time! Our Volunteer Center had 38 volunteers that donated 1,868 hours of their time!



74 volunteer contributed 15,188 hours

Holiday Program: volunteers served approx. 1200 Rutland County Youth through 37 agencies providing approx. 15,188 items

Crisis Program: volunteers served approx. 78 Rutland County Youth through 3 agencies providing approx. 120 items



20 volunteers provided 3,084 trips to 159 clients averaging a total of 105,980 miles

Thank you to all of our volunteers that help serve our community!
You are the true heart to our community!



560 cheerful postcards were made by 18 volunteers and were sent to homebound seniors



27 Volunteer Grandparents in Rutland, Bennington, and Addison County provided services to 141 children at 16 different sites. These volunteers provided 22,384 hours.



356 volunteers supported 60 community partners agencies throughout Rutland and Addison County



1332 Tax returns were filed for 1658 clients by 29 volunteers with the AARP Tax-Aide Program, generating \$953,536 in refunds (Rutland & Addison County)

Addison County Volunteer Opportunities

RSVP of Addison County has many volunteer positions that need support. If you have a few hours to give, please contact us at **802-468-7056** or email Maryesa at maryesarsvp@gmail.com

Addison County Readers: Do you value books and the importance of early childhood literacy? Are you an active reader and an active member of the community? Addison County Readers wants to talk to you! As the local Dolly Parton's Imagination Library partner Addison County sends free, high quality books to county preschool children 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.

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 your 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.

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.

Age Well Meals on Wheels Drivers : *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 . You can deliver once a week or once a month (weekdays only), whatever works best with your schedule. Delivery is typically from 9:00 AM- 11:00 AM. Drivers are needed throughout Addison County, especially in the Middlebury area.



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.

Holiday Event

Please be on the lookout for information about our Holiday Get Together. This will be an event for both Rutland and Addison County volunteers.

More information will be coming soon!!

Maryesa