



RSVP & The Volunteer Center



Volunteer Voice

Summer 2017

A Newsletter for RSVP Volunteers
Sponsored by Rutland Community Programs



Bone Builders
Operation Dolls
& More
Telecare Program



One-2-One Program
Rutland County
Reads

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RSVP Signature Programs

The Volunteer Voice

Is published twice a year by
RSVP and the Volunteer Center of
Rutland and Addison Counties.

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Notes From the Director

Nan Hart

This past year was once again a wonderful testament to the amazing service that volunteers provide to the communities we serve. **803 RSVP/VC volunteers gave 148,669 hours of service valued at \$3,908,874 to over 200 nonprofits in our two county service area.**

Our new three year federal grant was approved but it remains to be seen how the current funding will shake out when it is all said and done. We will keep you posted. Donors are generous, but there is only so much money to go around and so we are always writing grants, making funding proposals and accepting private donations to be able to continue to do provide our services. Programs like RSVP Bone Builders, Operation Dolls and More and TeleCare are thriving and growing and we are doing our very best within a very tight budget to ensure they remain alive and well! Rest assured that we are doing everything we can to adjust our budgets so that our service to you and the community will continue but it is a challenge. Please know that our mission of service is no less passionate or relevant than it ever has been and we will do our very best to provide the services that our communities rely on.

Please check out the information in this newsletter about our upcoming 44th RSVP Recognition Event for Rutland County to be held at the Holiday Inn on Wednesday, September 13. Once again this year it will be an afternoon reception and we will have our wonderful raffle with donated items. Come mingle, enjoy some refreshments and celebrate the years of service of so many wonderful volunteers!

Remember September marks the beginning of the United Way campaign. United Way works on behalf of over 25+ area agencies in Rutland County that are all doing their best to provide you and your loved ones with crucial services. I encourage you to consider United Way for your charitable donations as many of our most valued local agencies rely on United Way funding to operate and provide programming. RSVP/VC is one of them.

"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi

Nan



Check Out Our Website!

A reminder to all of our Volunteer Station supervisors, as well as our volunteers – have you visited our website? You can find lots of information about RSVP and our programs there and also download any forms (Registration forms, Volunteer Hour Reporting forms, etc.) Go check it out!

At **volunteersinvt.org**

CLICK HERE

Save The Date

Rutland RSVP & The Volunteer Center
Cordially invite Rutland County volunteers

To join us

For the 44th Annual Recognition Event
As we celebrate our volunteers' Years of Service

WHERE: The Rutland Holiday Inn

WHEN: Wednesday September 13, 2017 2:00 PM - 4:00 PM

Light refreshments will be served
Including snacks, desserts and beverages.
We will also be having our annual auction and door prizes.

Doors will open at 1:45 PM to allow time
For check in and auction bidding.

Watch for your invitation in the mail

Recognition Awards for 2016

Please come join us as we honor the following volunteers
for attaining milestones in their service to the community as volunteers

25 Years of Service

Sadie Laramie
Roma Pulling

20 Years of Service

Martha Alexander
Irene McCarthy
Sally Wheeler

15 Years of Service

Marie Bradbury Alison Briggs Donna W. Brown Lois Dansereau
Marie Dubray Patricia Hannegan Nancy Jenkins Alta Johnson
Kathleen Maher Nancy McKirryher Rogene Perry Claire Stanley D. Billings Wheeler

10 Years of Service

Judith Boss Catherine Chadburne John Davis Ernie Dematties Laraine Frazier Mary Goding Nancy Goodale
Bonnie Goodrich Delores Guarino Myron Jone Sandra Machia Lucille McLellen Susan Newth Maryann Philipsen
Charles Rouse Marguerite Salengo Cynthia Sheehan Philip Stephan

5 Years of Service

Carol Ballou Trudy Booth Joan Chader Barbara Cooley Sharon DiLorenzo Eileen Dolan Sue Doran
Beth Eaton Deborah Gibbons Carla Hornbeck Linda Hunt Celia Kulig Howard Lacombe Lorraine Massores
Patricia Moore Judith Nevin Deborah Oberkirk Charlene Patch Buddy Phelps Judy Sheldon Ginny Stoddard
Marianne Wildgust

Active 90 + Year Old Volunteers

Jean Ambrosini Anne Baker Mary Beth Bloomer Howard Lacombe Lucelia Lincoln Mary Ojala
Norma Patterson Mary Riordan Pauline Torri Pat Tucker Pauline (Toddy) Worthen



New Opportunities.....

If interested in learning more about any of these organizations or how you might find some new and rewarding volunteer work or a new placement, kindly call our office at 775-8220.

Dismas House- Would you like to share time cooking a meal, mentoring individuals who are in need of a second chance, helping with mailings, doing some building maintaining tasks???

Libraries- Many local libraries are in need of volunteers to help with events, read to children, help with book sales, serve on boards. Give us a call!

Loretta Home/St. Joseph's Residence- Both senior residences are in need of activity helpers, friendly visitors, special event helpers, folks to present information or share talents, skills or hobbies with residents.

Interage Day Program- Interage is always in need of volunteers, if you have a skill to share or would enjoy helping out at meal time, this senior day program might be a great match.

Prevent Child Abuse Vt.- This national initiative offers a variety of support programs to young parents or grandparents raising children. If you would enjoy facilitating a nurturing fathers program or a parenting class, this might be a match for you.

Rutland County Parent Child Centers – Do you love small children? This agency is looking for volunteers to help out in our Rutland and Brandon sites. Support is needed during the lunch hour, nap time, and with daily activities.

Marble Valley Correctional Facility- Volunteers needed to facilitate movie hour, give presentations on informative topics, offer art music enrichments.

Area Food Shelf's- Most communities have food shelf's that require staffing and support around Rutland County. Community Cupboard, Pittsford Food Shelf, Fair Haven Concerned, BROCC Food Shelf and Commodities, Castleton, and the Poultney area all work hard to maintain their on- going service.

Essential Driving Programs- *One to One and Bridges and Beyond* are always looking for drivers. If you would like to transport an individual to the doctors or grocery store, this might be the job for you. Travel reimbursement is available.

RSVP Bone Builders-

Come solo or team up with a friend and take a workshop to become a certified Bone Builders instructor. Have fun, get healthy and meet new friends all at the same time!



Operation Dolls and More.....

BUT WE ARE OPEN for Business even in the Summer! Yup, Our Operation Dolls and More Volunteers are ramping up their efforts and meeting throughout the summer months, no shutting down these talented volunteers.

Our volunteers share skills which include sewing, knitting, crocheting, wood working, painting, shopping, organizing, wrapping, shopping, as well as donation and fund raising efforts. The unique and individual personal touches added to the handiwork created by these folks makes for a surprise each and every time we open a bag or box of finished items. The long standing volunteers that have been involved since the inception of this Project over 16 years ago... take great pride and ownership, overseeing many of the cumbersome layers of a project this large. Due to the tremendous efforts of 75+ volunteers who have been so loyal and generous in supporting and sustaining our efforts, we have come to feel like a big family that works together collaborating efforts that will provide over 55 agencies holiday items for the clients that they serve in and around the greater Rutland area.

We can't thank the community members enough for the ongoing donations and thoughtful support. It is amazing to see how donated items are given new life....fabric, yarn, craft items, paints, ribbons, toys, books, and stuffed animals are used in the most creative and resourceful ways. We are ever grateful to Trinity Church who has provided more than just space for our program. They have entrusted us to share good will to those who seek out or stumble upon the goodness that takes place within programs like this and the community partnerships that are formed and speak volumes about the many amazing collaborators that are willing to step up in support of good programs. Remember to thank them if given the opportunity...and remember to spread the word that we are always in need of donations and support. Perhaps you belong to a club or group that might like to collect items that would be helpful to our needs. If any questions, kindly call the RSVP office at 775-8220.

RSVP Operation Dolls and More Volunteers wish you the happiest summer and even though it's too early to think holidays ...ask you to jot down the Op Dolls Reception date for this year.....**Nov. 30th** Thursday...open to the public from 1:00-5:00pm. Sure hope to see you there!



The RSVP Operation Dolls and More Project is always in need of craft supplies and items that allow us to expand our work. If you have fabric, poly fill, yarn, ribbons, tissue paper, sewing notions, sewing machines, children's books, toys, school supplies, dolls and accessories, toiletries, cosmetics and costume jewelry for older girls, infant and plush toys, bikes and like new children's items,.....Please, please send them our way.

Drop them off at Trinity Church or call our office for any assistance at **775-8220**.



Within our Operation Dolls and More volunteer group we have many talented and skilled knitters and sewers. Pictured here is one of those talented volunteers, Lois Dansereau. Displayed next to Lois is a small sample of her handiwork. She is an extraordinary knitter with the skill to work with such small and detailed pieces as those shown. Some of the tiny dolls in the picture were part of a kit donated by a volunteer in Middlebury.

A big Thank You to all of our Op Dolls volunteers!



Bone Builders News
Patricia Facey
Bone Builders Coordinator



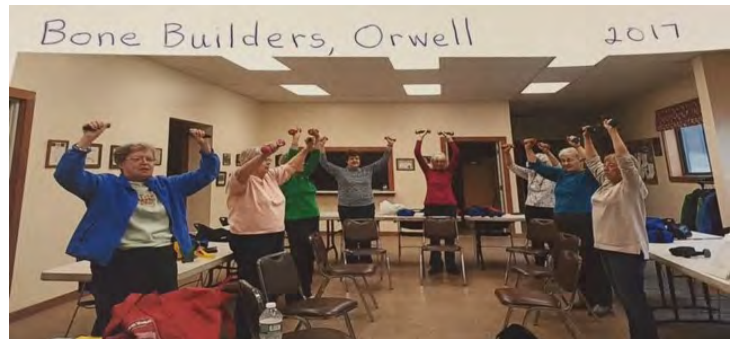
I would really like to see a men's Bone Builders class get started in our area and here are the reasons why : Osteoporosis is primarily considered a woman's disease but men get osteoporosis too. As our population ages, even more men will get the disease. In fact in the past few years the problem of osteoporosis in men has been recognized as an important public health issue, particularly in light of estimates that the number of men above the age of 70 will continue to increase as life expectancy continues to rise. Up to one in four men over age 50 will break a bone due to osteoporosis. Approximately two million American men already have osteoporosis. About 12 million more are at risk. Men older than 50 are more likely to break a bone due to osteoporosis than they are to get prostate cancer. Each year, about 80,000 men will break a hip. Because men break bones later in life, it is more difficult for them to recover. Men are more likely than women to die from a broken hip. By age 65 or 70 men and women are losing bone mass at the same rate.

I am certain that a group of men would enjoy the same camaraderie as all the other classes enjoy. To get this class started we would like two or three men to be trained as instructors to lead the class. If anyone is interested , please give me a call at 775-8220 Ext. 102 .

We had three very well attended Refresher Workshops in May for our current instructors, two in Rutland County and one in Addison County. One of the things we discussed at the refresher was the importance of ankle stability as it relates to balance. Poor ankle mobility affects older adults ability to walk with a safe and confident gait. It also reduces sensory input to the brain and disrupts balance, potentially causing a fall. Stronger, more flexible ankles can also reduce knee and hip pain. Building ankle flexibility can be achieved by moving and exercising the ankle. Ankle circles are great because they result in a 3 way motion and increased neural drive to this important joint. Ankle circles also help strengthen your core. So if you have a spare minute, do a few ankle circles , both clockwise and counter clockwise.

As always, please give me a call if you have any questions or problems you need help with . If you were not able to attend the any of the Refresher Workshops please call me at 775-8220 Ext. 102 and we'll arrange a time for me to come visit your class and get you updated on the new information.

Pat



The Orwell Bone Builders class working hard!



RSVP Bone Builders instructors enjoy getting together for our annual Refresher Workshops.





United Way Giving

As many of you know the respective United Way campaign for Rutland County will commence in September. Remember that a gift to our Rutland County United Way supports over 25 agencies who provide desperately needed services to area residents of all ages. RSVP is a proud member of the Rutland County United Way . We strongly encourage you to show your support for the dedicated efforts of area service providers by giving to United Way .

Tammy Brown, Coordinator; Jillian Ayres, Assistant 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 **775-4318**.

This year One-2-One has provided **5,450 rides**, to **276 area seniors** free of charge, for a total of **186,000 miles**, and almost **8,000 volunteer hours!**

Here are some photos from this year’s recognition luncheon for our volunteer drivers and staff :



Do you love to read?



Interested in reading a story to a very appreciative audience? RSVP’s Rutland County Reads program places reading volunteers in K-2 classrooms. Call Tammy today! **775-8220**.



Senior Service by the Numbers

Fiscal Year 2017 (July 1, 2016 through June 30, 2017)

One-2-One by the numbers:

24 volunteer drivers provided 7840 hours of service.

They provided 5,450 round trips to 276 individuals driving 186,322 miles.

Green Mountain Foster Grandparent Program by the numbers:

56 volunteer grandparents provided 207 children at 25 sites with services totaling 57,288 hours of their time and talents to the youth of our region.

RSVP & The Volunteer Center by the numbers:

RSVP only (55+): 774 volunteers provided 144,919 hours of service to 170 nonprofits organizations in Rutland and Addison Counties.

VC (under 55): 29 volunteers provided 3,750 hours.

Total Numbers for ALL volunteers: 803 volunteers gave 148,669 hours of service valued at \$3,630,497.

GRAND TOTAL: 859 volunteers provided 205,957 hours. This amount represents a value of \$5,029,470 of service to our communities.

RSVP Bone Builders has 61 classes at 53 sites in the two county region with 966 individuals participating last year. 291 volunteer trainers provided 56,129 hours of their time leading these strength training classes.

79 Operation Dolls and More volunteers gave more than 10,000 items to 20 organization that were distributed to over 2000 children in our region last year, devoting 13,377 hours of service to the youth of our community.



Calling All Bakers!

If anyone would like to share their expertise and the delicious results, we would welcome any additions to our dessert table for the Recognition Event on Wednesday September 13 in Rutland. Please call Michele at 775-8220 , Ext 103, if you have something you would like to share.

Auction Items

We are accepting items to place in our auction for the Recognition Event on September 13 in Rutland. A new item, a gift card or a White Elephant type item will all be greatly appreciated!

If anyone would like to donate an item, please contact Michele at 775-8220, Ext. 103.





Addison County RSVP

We would like to extend a warm welcome to the following newly registered RSVP members:

Barbara Ball	Leslie Carr Amadora	Joy Bora
Rebecca Emery	Steve Ingram	Sandra James
Peggy Kadima-Mazela	Gail Lyall	Alyce Millson
David Millson	Holly Puterbaugh	Laurie Reilly
Jan Walker		

Thank you to all!

WARM HEARTS WARM HANDS VOLUNTEERS

Our area organizations greatly value the handmade items made by our Warm Hearts Warm Hands volunteers. WHWH Volunteers knit hats, mittens, and other warm clothing/items as well as sew heat packs, walker bags and make hats for cancer patients. Our most recent request has been for knit or sewn blankets for the patients in the Palliative Care Unit at Porter Medical Center.

"I appreciate the big, beautiful bag full of microwavable rice packs you delivered here! Thank you so much to you and your volunteers for helping us with this! We have recommended these to three folks in the past few days- it is such a simple but effective way to treat muscle pain."

Thank you again!
*Jody Brakeley RN, Clinic Manager, **Open Door Clinic***

Would you be interested in helping our program? We are looking for:

Adult and child hats and mittens	Adult and child socks
Adult and child neck warmer or balaclavas	Chemo caps
Adult lap blankets	Baby blankets
Adult hospice blankets (slightly smaller than twin sized blanket)	Rice packs— pattern available
Animal blankets for animal shelter (all sizes)	Infant hats
Adult and child scarves	Walker bags— pattern available

This year the following organizations received our Warm Hearts Warm Hands donations:

American Cancer Society, Addison Central School, Addison County Farm Workers Coalition, Addison County Home Health and Hospice, Addison County Parent/Child Center, Addison Respite Care Home, Armory Lane, Beeman Elementary School, Bingham Memorial School, Boys & Girls Club of Greater Vergennes, Bridport Central School, Bristol Family Center, Charter House Coalition, College Street Children's Center, Eastview, Elderly Services/Project Independence, Ferrisburgh Central School, Helen Porter Rehabilitation & Nursing, Homeward Bound, John Graham Housing & Services, Leicester Central School, Living Well, Mary Hogan School, Mary Johnson Children's Center, Middlebury Co-op Nursery School, Monkton Central School, Northland Job Corps, Open Door Clinic, Orwell Village School, Otter Creek Child Center, Park Village, Porter Medical Center, Residence at Otter Creek, Ringer Home Care, Ripton Elementary School, Robinson Elementary School, Salisbury Community School, Shoreham Elementary School, Starksboro Cooperative Preschool, Sudbury Country School, Turning Point Center of Addison County, Vergennes Residential Care Home, Vergennes Union Elementary School, Vermont Adult Learning, Whiting Elementary School, Womensafe

WHWH items can be delivered to the Addison RSVP office in Middlebury located at 79 Court Street, Suite 7. If you would like to learn more, please call us at **388-7044**. *Thank you!*

News from Lynn Bosworth

Program Coordinator for RSVP and Foster Grandparents in Addison County

RSVP Volunteers Honored for Service to Area Non-Profits

RSVP recently held its Annual Volunteer Recognition Luncheon at the Middlebury Inn. The event was well attended; a hundred volunteers gathered to be honored for their service to non-profit organizations throughout Addison County. The recognition event provides the opportunity to acknowledge the accomplishments of volunteers during the course of the year. This year RSVP volunteers :

- § Helped further the mission of 96 local organizations through their service.
- § Spent 1,073 hours preparing taxes for individuals and families at sites throughout the county.
- § Spent 15,000 hours leading exercise classes at 21 class sites in Addison County.
- § Donated over 1,000 handmade items which were distributed to over 30 organizations.
- § Partnered with Hannaford Food & Pharmacy to deliver approximately 380 food boxes to individuals and families at 7 local food shelves.
- § 39 RSVP volunteers served as volunteer drivers for Addison County Transit Resources assisting 600 riders with over 16,000 trips.
- § 70 RSVP volunteers helped to deliver 38,000 nutritious Meals on Wheels meals to neighbors.
- § RSVP members provided over \$1.5 million dollars in contributions to the Addison County community during the past year.

Each year, RSVP presents 'Years of Service Awards' to its members. These are RSVP volunteers who have been actively volunteering in one or more local non-profit agencies. The recipients of the 2017 Years of Service Awards are as follows:

Pat Anderson, Kay Bussiere, Lionel Cloutier, Judy Cole, Kathleen Duclos, Arthur Flemings, Sr., Silvia Gonzalez, Maureen Gour, Ian Hart, Judith Holler, Linda Kelton, Joy Minns, Tiffany Nourse, David Preble, Will Pyle, Joyce Sargent, Carol Steady, Karen Taylor, Janice Whitman, Robert Whitman and Janice Whittemore were each recognized for their 5 years of service.

Anne Baldwin, Laura Begnoche, Lindi Bortney, Charlotte Chase, Teresa Churchill, Fern Cloutier, Rachel Coddling, Mary Lew Collins, Patricia Coursey, Dawn Daly, Ceci Desautels, Deborah Dickerson, Sylvia Fisk, Elwyn Flynn, Peter Grant, David Hallam, Patty Hallam, Agnes James, Sheila Khalladeh, Deborah Kirby, Barbara LaFramboise, Mary LaRose, Marlene Latourelle, Kathy Malzac, Myrdith McKinley, Nancy Merolle, Priscilla Pierce, Barbara Pratt, Marilyn Prior, Sharon Saronson, Jerome Shedd, Thomas Spencer, Becky Stratton, Lois Thompson, Susan Werle, Barbara Whitney and Nancy Wollum were each honored for 10 years of service. Both Lois Higbee and Rosie Kemp were each acknowledged for their 15 years of support, and Jane Miller was honored for her 20 years of service.

Addison County businesses and individuals showed their overwhelming support by contributing special items and gift certificates. RSVP would like to express its most sincere gratitude to Almost Home Market, American Flatbread Middlebury Hearth, Autumn Gold, Laura Begnoche, Leslie Blow, Broughton's Farm Supply, Champlain Valley Apiaries, Barbara Clearbridge, Fern Cloutier, Anne Collins, Judy Cole, Florence Gill, Cole's Flowers, County Tire, Danforth Pewter, Fire & Ice Restaurant, Denise Gibeault, Golden Russet Farm & Greenhouses, Green Pepper's Restaurant, Halfway House Restaurant, Hannaford Food & Pharmacy, Renee Hendricks, Kinney Drug, Barbara LaFramboise, Norene Lattrell, Elizabeth Lowry, Maplefields, Maple Grove Farms, Maple Landmark, Myrdith Mckinley, Middlebury Sweets, Monument Farms Dairy, Alice Munson, Bob Nixon, Nino's Pizza, Olivia's Croutons, Pratt's Store, David Preble, Vera Ryersbach, Sabai Sabai Thai Cuisine, Shaws, Vermont Cookie Love, Vermont Soap, Woodware and Janice Whittemore.

Thank you to Advisory Council Members Connie Bumbeck, Tom Frankovic, Hannah Magoun, Alice Munson and Nikki Zammuto and to our special contributors, Fred Belanger, Denise Gibeault, Valerie Tilford and Janice Whittemore.

The Addison County RSVP Recognition Luncheon June 6, 2017



A good time was had by all!

This listing provides a sampling of volunteer opportunities in Addison County. Opportunities are categorized by type and also denote those ideal for families. If you are interested in learning more about any of these opportunities or exploring others, please contact us for an appointment!

Recreation

BMP Summer Music & Movie Series

The Better Middlebury Partnership (BMP) is looking for 1-2 volunteers to help with their summer music and movie series. Support may include helping with set-up, manning a table, assisting with an activity such as face painting or handing out popsi-cles, and take-down/clean-up. Music nights will take place from 5:00 – 8:00 p.m. and movie nights will be from 8:00 – 10:00.

Education/Mentoring/Tutoring

Volunteer Tutors Needed

Vermont Adult Learning is looking for volunteers to work with adult learners (age 16 and older) both in our study lab, where students can drop in for extra help as needed, and on a scheduled basis to work with particular students. Our students include adults who are working to earn their diploma or GED, building their basic skills for their job or to go on to college, learning to read, new to America and learning English. Volunteers need strong reading, writing and/or math skills and a desire to help others master these subjects. Volunteers also need to pass a background check, including fingerprinting.

Boys & Girls Club Volunteers

The Boys & Girls Club of Greater Vergennes is seeking volunteers to lead activities with youth ages 11 to 18 yrs. old, once a week from 4 pm to 6pm. If you have a hobby you would be able to share/teach our youth for ex: painting, drawing, scrapbook-ing, cooking, photography or jewelry making, we would love for you to join our volunteer staff. Volunteers must be at least 18 years of age.

Seeking Classroom Aides for Addison County Schools

A handful of local elementary schools, childcare centers and after school programs are seeking classroom aides. Volunteers will receive a stipend for their assistance. The Foster Grandparent Program (FGP) is a federally funded program that has successfully placed thousands of volunteers in schools nationwide. Individuals must be at least 55 and willing to work a minimum of 15 hours/week. Participants receive travel reimbursement, fifty paid vacation/sick days and a tax free hourly stipend if their annual income is less than \$42,000. It consistently receives overwhelmingly positive reviews from principals, teachers, stu-dents, parents and Volunteer Grandparents alike!

Starksboro Cooperative Preschool Volunteer

The Starksboro Cooperative preschool is organization that promotes child hood literacy through its mailing of free books from Dolly Parton’s Imagination Library to young children, ages 0-5. Children who are registered for the program receive a new, age-appropriate book each month at no cost to the family. ACR is looking for volunteers to assist with the following: Recruiting children from Addison County, fund raising, serving as a liaison between ACR and your town, creating and distributing promotional materials, assisting with public relations events.

Childcare Classroom Assistant

The Otter Creek Child Center is seeking volunteers to help out in their interactive classrooms. Volunteers would collaborate with teachers, parents and children in an environment that fosters a love of learning through imaginative and creative play. Daily tasks could include holding infants, reading books to children, preparing snacks and meals, and providing support with household chores.

Mentor a Teen

Addison Central Teens (ACT) is looking for two community members to volunteer a couple of hours per week. Volunteers should enjoy working with young people, be sympathetic to the ups and downs of teenage life, and like loud music! This is a wonderful opportunity to help our local kids become part of the larger Middlebury community.

Housing Support & Community Meals

Opportunities to Provide Food and Emergency Housing for Neighbors in Need

Would you like to join a team of volunteers in helping feed and house those in Addison County who are living in difficult cir-cumstances? Charter House is where community comes together in the Vermont tradition of neighbor helping neighbor. It is currently home to many families and individuals. Volunteers serve approximately 275 meals a week for those who are food insecure and staff our emergency housing throughout the day, seven days a week. Shifts run from 2 to 3 hours. Whether you can volunteer once a week or once month, all are welcome. Training is provided on request and new volunteers are paired with long term volunteers while learning the ropes. Volunteering at the Charter House is an enriching experience. As many volun-teers have said, “I get more out of it than I put into it.”

Enjoy a delicious meal while you volunteer!



The Middlebury Community Supper Program is seeking volunteers to help out during the fall months. Every Friday evening, volunteers meet at the Congregational Church to make delicious meals and share them with members of our community. Tasks include setting up buffet tables, simple food preparation, and clean-up. This is a great opportunity for groups or businesses that would like to volunteer as a team.

Eldercare

Helping Hand Volunteers Needed



Project Independence, a part of Elderly Services in Middlebury, is seeking volunteers to participate in activities with their guests. These are simple, fun activities such as playing scrabble, helping with table bowling, ring toss or indoor nerf tennis, and taking residents on daily walks. There are many other opportunities from which to choose, such as reading, playing cards or arts and crafts. A Helping Hand Volunteer can come in as frequently or occasionally as the individual wishes.

Lead Activities /Visit with Residents at Living Well



We are looking for volunteers who are interested in running an activity or program at Living Well in Bristol. Do you have a skill or interest that you'd like to share with residents? We have many activities that are extremely easy to facilitate. Full training provided!

Food Delivery/Shelf

John Graham Housing and Services – Pick up/Delivery



The John Graham Housing and Services in Vergennes is seeking volunteers to help pick up a local food donation and deliver it to the organization one time per week. Pick-up and delivery will take place on Wednesday mornings before 9:00a.m. Staff will be available to help volunteers unload their car and the total time commitment of the pick-up and delivery would be approximately one half hour.

Meals on Wheels Drivers Needed

The Meals On Wheels program is looking for volunteers to deliver hot, nutritious meals to elder neighbors, allowing them to remain independent and in their homes. This is a vital and very rewarding volunteer opportunity. Full training will be provided.

Health

Open Door Clinic Volunteers

The Open Door Clinic is seeking licensed physicians, nurses, and medical practitioners for primary patient care at the free clinic. MDs, NPs, RNs, LPNs, PTs, massage therapists, chiropractors, and mental health professionals are all welcome. Spanish interpreters are also encouraged to call!

Addison County Community Athletics Foundation

ACAF is looking for volunteers to support tennis and other healthy activities for youth, adults, and families in Addison County. Individuals volunteering with ACAF will have the opportunity to be a part of outreach and ensure programs are accessible to the community. ACAF programs occur on site at schools, in partnership with local recreation programs, as well as at Middlebury Indoor Tennis. There are 2-3 hour shifts during special events, programs, tennis activities, or at the front desk.

Bone Builders Instructors

RSVP Bone Builders offers free workshops to qualify volunteers to become instructors for the strength training and osteoporosis-prevention exercise program. Lunch and snacks are provided and no experience is necessary. To register for the next workshop or find out more information about RSVP's free Bone Builder classes, let us know!

Help Make Someone's Day!

A welcoming smile and helpful direction can make all the difference in someone's day! Helen Porter Health Care & Rehab is in need of a few volunteers to help greet and direct incoming visitors. They are looking for volunteers to help from 10am to 3pm on Saturdays and Sundays, however any amount of time would be appreciated (minimum of a two hour commitment a week). If you want to make a difference, and enjoy meeting new people this opportunity may be just right for you!

Administrative Support

Administrative Support

The Turning Point Center is a peer-to-peer recovery center that provides a welcoming, safe, sober space for anyone in or seeking recovery from addiction, as well as the family members and friends of those struggling with addiction. The center is looking for caring, friendly volunteers to greet visitors when they enter, keep track of attendance for meetings, and do some light cleaning and organizing. The ability to come to a regular, 2-4 hour shift each week is important, and good communication with the volunteer coordinator is essential. Visitors to the center may be at any point in their journey to recovery, and they may be on which ever path is right for them, so it is essential that volunteers are able to suspend judgment and listen compassionately. Volunteers must also be able to abide by confidentiality guidelines so that all visitors feel safe and comfortable coming to the center.

Volunteer Opportunities (Cont.)

Sheldon Museum

If you enjoy working with people and learning about history, the Sheldon Museum may be just the place for you! Located at One Park Street in downtown Middlebury, the museum is seeking volunteers to work in the Museum Shop. Duties include greeting visitors, processing admissions and shop sales, answering the phone, and assisting the staff with various projects. Shifts are 10 am-1 pm and 1 pm-5 pm, once a week. The Wednesday afternoon shift is currently open, but they may be able to adjust the schedule to accommodate you.

Addison County Restorative Justice

Addison County Restorative Justice Service is seeking 2-3 volunteers to provide administrative support approximately 10 hours per week. Responsibilities include providing phone reception, and assisting with general administrative tasks including typing and filing. Volunteers will receive an orientation and ongoing training and support. This position requires an application process and criminal background check.

The Addison County Chamber of Commerce

The Addison County Chamber of Commerce operates a Visitors Center located at 93 Court Street, Middlebury. The center is open Monday through Friday, 9a.m. to 5p.m. Volunteers are needed to assist the two full time staff people with the following duties: Greeting Visitors and answering questions, researching and responding to visitor/residential inquiries, answering phones, assisting with mailings, assemble mail tourism packages, making sure literature in Visitors Center is stocked. Basic computer skills are necessary as well as the ability to search the internet.

Transportation

ACTR Volunteer Drivers

ACTR is seeking Volunteer Drivers to safely transport residents of Addison County to necessary services. Volunteers must have at least five years driving experience and have clean background checks. Volunteers will be helping vulnerable populations such as the elderly and the disabled, as well as disadvantaged families who require medical transports. ACTR also transports critical care patients for dialysis, radiation and chemotherapy. ACTR Volunteer Drivers are provided with an orientation and ongoing training and supervision. They also receive mileage reimbursement of 56 cents per mile.

Living Well Drivers

Living Well, a Community Care Home in Bristol, is seeking three volunteers to drive residents to places they may want or need to go (i.e. to a doctor's appointment, to the store, or downtown for a cup of coffee.) Living Well staff will contact volunteers in advance to schedule the drive, and keep an "on call" roster of drivers for unscheduled rides. Days and times are flexible, however drivers should be able to volunteer two hours per week and be at least 18 years of age.

Interviewers

HomeShare Vermont Staff

HomeShare is seeking individuals to conduct in-depth interviews with people who are looking for housing and individuals who are looking to share their homes. Duties include: completing assessment forms, describing services and fees, calling references, maintaining files, and facilitating introductory meetings at the provider's home. This position takes approximately 5-10 hours per week and requires basic computer skills and the ability to drive. Volunteers are provided with full training and ongoing support.

Community Justice/Advocacy

Reparative Board Member for Court Diversion

Addison County Court Diversion and Community Justice Projects are seeking volunteers to serve on their Reparative Board. The volunteer board meets once per month with low-level offenders to develop contract requirements that focus on repairing the harm that they caused and helping them to avoid re-offending. Volunteers should be 18+ and must be personable, thoughtful and understanding. Most importantly, they must operate from a non-punitive mindset.

Guardian ad Litem

Right now, there are children involved in the Addison County Family and Probate Courts who need help. They don't need your money – just your time and attention. In some cases, these children have been abused, neglected or caught in the middle of a custody dispute – but they all have the same need: to have a judge-appointed advocate who will look out for their best interest. To be a Guardian ad Litem, you needn't have any specialized experience – just a willingness to volunteer your free time, strong interpersonal and communication skills, a passion for helping vulnerable children and the ability to think critically, be assertive, work with others effectively, and use sound judgment. Training is provided, and the personal reward is immeasurable.

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Volunteer Opportunities (Cont.)

Guardian ad Litem

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Trainers & Facilitators

Earn it, Keep it, Grow it! Teacher

The United Way is looking for qualified volunteers to teach our “Earn it, Keep it, Grow it!” or “EKG” program. Volunteers must be able to teach to a variety of audiences in a fun and interesting way, and have a good understanding of personal finances. As many of you know, life issues can get in the way of work. Creating and implementing a family budget can be complicated by transportation, childcare, and housing (just to name a few!). EKG was designed to meet the needs of low to moderate workers by learning basic financial concepts and strategies in addition to techniques for leveraging employer benefits and community resources. There are five financial workshops, each an hour in length.

Peer-to-Peer Meeting Facilitators

Has addiction touched your life in some way? Do you enjoy group discussions? The Turning Point Center is a non-profit recovery center that provides a safe, friendly, fun and substance free environment where all people in recovery from addictive substances, and their families and friends, can meet for peer-to-peer recovery support, social activities, recovery coaching, education, and advocacy. As a peer-support organization, Turning Point relies on individuals with lived experience with addiction to support its visitors. They are looking to train new group facilitators to lead small, intimate support meetings. Group facilitation options include, but are not limited to: All-Recovery, Friends & Family All-Recovery, Youth Support and SMART Recovery.

Sewing/Knitting

Sew Walker Bags, Heat Packs or Chemo Hats



We are seeking volunteers to sew walker bags, heat packs or chemo hats. We provide the pattern to make these invaluable bags and heat packs. We have received so many thank you notes from folks who are recovering from an injury and have appreciated the usefulness of these simple gifts. We are also in need of sewers to make chemotherapy hats for cancer patients. They are distributed to area hospitals as well as to the American Cancer Society.

Warm Hearts Warm Hands Initiative



RSVP Volunteers provide fleece and knitted items to local schools, nursing homes, social service agencies and hospitals. Volunteers can bring their handmade items directly to the RSVP office for distribution.

Animal Care

Condo Cat Companions



Homeward Bound is seeking volunteers to provide daily socialization, exercise, and enrichment for cats residing in cat condos. Regular weekly 1-5 hour commitment during 12-5pm window.

Wagging Dog Walker

Homeward Bound is looking for volunteers to provide shelter dogs with regular exercise and social interaction. Must be available 8-10am, 11-1pm, or 3-5pm.

Super Scrubber

Homeward Bound is seeking volunteers to provide support to shelter staff in the daily cleaning chores that accompany caring for the animals. Must be available from 11am-1pm.



- Ideal Opportunities for Families

RSVP

79 Court Street, Suite 7 Middlebury, VT 05753

rsvpaddison@volunteersinvt.org 802

**RSVP & THE VOLUNTEER CENTER
RUTLAND COMMUNITY PROGRAMS
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Changing Addresses



Please remember to keep us posted about any address changes you may be making. This newsletter does not get forwarded so please let us know of any changes so we can get your newsletter to you. Call the Rutland office at 775-8220 or the Addison office at 388-7044.

R_x PRESCRIPTION:

Doing Good is Good for You
Volunteering

Reduces	Increases
depression	physical fitness
chronic pain	mental functionality
stress	sense of purpose
risk of disease	social connection
social isolation	longevity

Just what the doctor ordered!

*Are you 55+ and interested in reaping the health benefits of volunteering?
Call RSVP/FGP to learn more about opportunities in your area!*

RSVP
Making a Difference
Rutland/Addison Counties, VT
802-775-8220 Rutland County
802-388-7044 Addison County

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where Love Grows
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