

# RSVP

Volume 3 Number 2

Fall 2010

# Silver Voice

GETTING THINGS DONE IN-

CALEDONIA ESSEX LAMOILLE ORANGE ORLEANS WASHINGTON

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## RSVP and Senior Companion Volunteers Shine at the 2010 Governors Award for Community Service



The Governor's Awards for Outstanding Community Service honors individuals groups, and businesses that best exemplify the spirit of volunteerism and community service in Vermont.

"It is the people of Vermont who represent our greatest hope and best opportunity for a brighter tomorrow" Vermont Governor Jim Douglas

Three RSVP volunteers from this project and Two Vermont Senior Companion Volunteers received recognition this year for service to their community. From building wheel chair ramps to working at blood drives to helping seniors age in place. It is without a doubt our volunteers go over and above to get the things done in their community.

Read more about how they made a difference in their community and how you can make a difference as well.

# Thank You For Your Service to Others



visit [www.volunteervt.com](http://www.volunteervt.com) - join our cause on Facebook

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## Director's Message

Hopefully, you have all enjoyed Vermont's beauty during this fantastic summer. Those of you who have gardens have been enjoying the fruits of your labor and have, I trust, begun to make preparations for next year's crop.

In this issue we again highlight members of this project who were recipients of the 2010 Governor's Service Awards. Congratulations to all of you, and thank your nominators for taking the time to submit the nominations.

Certainly a big thank you is in order to those who took the time to contact your local legislators about the importance of saving the state funding for the Vermont Senior Companion Program and the Foster Grandparent Program. Your message was heard and your arguments convincing. Don't put them away just yet as the 2011 legislative session shapes up to be another challenging one as the State and the country continue a recovery that is closer to the snail's pace that was predicted. Clearly, your efforts are supported by the recent volunteer survey that is covered in this issue.

We mentioned in our last issue that the new federal regulations are requiring RSVP projects to have their grants recompleted every three years. We are beginning to understand the potential side effects of this new requirement.

Step 1 will require that we perform an internal survey that will have folks share the strengths and weaknesses of the project. We are developing that survey piece and will be sending it to our many community partners. Be honest when you receive a request for feedback. Your thoughts will only strengthen our position to compete for the grant.

One of the strengths of our project is the dedication of our members and your continued willingness to raise your hand when your talents are needed.

We will be embarking on a new project in the Fall. It will be called the Telecare Program. This effort will allow volunteers to make reassurance calls to individuals who may be isolated in their own homes and have few contacts with the community. This is not a new concept to RSVP, but one that has to be reintroduced as our state ages and the services needed get compromised. This will provide an opportunity for long-time members to continue their services, even though they can't be as active as they once were.

By the time you read this, the Vermont election will have been held and the stage set for next legislative session. This was an important election for Vermont because, regardless of your political views, there will have been a massive turnover in our leadership, not only at the top, but especially in the Senate.

Thanks for your service to others. Have a great Fall season.



J. Guy Isabelle



## Advisory Council

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# VOLUNTEER SPIRIT &

Current Community Needs

JoEllen Calderara

Program Coordinator, Barre Office

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**Battered Women's Services and Shelter in Barre** – needs volunteers to help with meals, read to children and help with the hotline. Full training is available.

**Central Vermont Adult Basic Education** – is looking for volunteers to help with filing and basic office assistance in their Barre office. They are also in need of tutors to work with adults on basic literacy. Training is provided.

**Central Vermont Council on Aging** – is looking for volunteers to assist with filing and collating. They are also looking for volunteers who are interested in learning about Medicare parts A, B, C, and D who may have some computer skills. If you are interested in visiting with elders in their homes and helping to provide transportation to appointments, opportunities are available.

**Friendly Visitors** - Looking for volunteers to spend a free hour or two visiting with, or reading to, residents of our local nursing homes. Visits needed at Mayo HealthCare in Northfield; Heaton Woods in Montpelier; Woodridge Nursing Home and Berlin Health & Rehab in Berlin.

**Good Beginnings** – needs visitors to new Moms and babies in their homes in Washington County, assisting families with information and support. Training is provided.

**Good Samaritan Haven** – needs volunteers to serve as overnight monitors for the shelter, checking guests in and having friendly conversations over a shared meal.

**Greater Barre Community Justice Center** – is looking for volunteers for Circle of Support Teams and Reparative Board Members. Come represent your community by helping people who have done wrong to understand the effects of their actions and work towards making emends. Training will be provided.

**Green Mountain Transit** – needs drivers to transport clients for medical appointments, shopping and activities. Mileage will be reimbursed.

**Home Share Now** – is looking for volunteers to interview home owners and home-seekers who want to join the program. This work helps older people stay independent and remain in their own homes.

**Knitters** – RSVP is looking for knitters to knit teddy bear sweaters for our Holiday Teddy Bear project, prayer shawls and chemo caps for local residents in need. Please call the office for patterns and additional information.

**Meals on Wheels** – both the Montpelier Home Delivery Program and The Galley in Barre are looking for volunteers with a valid driver's license and some spare time to deliver meals to housebound residents in Montpelier and Barre.

**Prevent Child Abuse** – needs children's group leaders for its weekly meetings. All training and curriculum is provided. They are also in need of volunteers to help make dinner for 10 adults and 5 children for their Monday night meetings. Meal ingredients and assistance with menu are available.

# VOLUNTEER SPIRIT &

Current Community Needs

Diana Lopez

Program Coordinator, Lyndonville Office

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NEW! Burke Senior Meal Site needs volunteers in all areas of operating the meal site. These include servers and a receptionist on Monday, Wednesday and Friday, an event/activity planner, help with bingo on Saturday night, help with the cribbage tournament on Fridays, kitchen assistance, food bank pickup on Tuesday and a shopper once a week. In addition, a new program, Farm to Table, will begin soon and help will be needed with raised bed gardens in the spring. The Burke Senior Meal Site is under new direction and in a new facility, so your help is needed now.

NEW! The Caledonia North Supervisory Union Safe Schools/Healthy Students needs mentors for its after-school programs. The mentor will take the lead in supporting a young person through an ongoing one-to-one relationship, help set goals and work toward accomplishing them, and make connections with the family. A one-year commitment of one hour per week during the school year and bi-monthly during the summer is needed. Training and on-going supervision will be provided.

The Darling Inn Meal Site in Lyndonville would like musicians to volunteer Monday, Thursday or Fridays for an hour to perform before the noon meal. Any commitment, once a week or once a month, would be appreciated and is looked forward to by those attending the meals.

Northeastern Vermont Regional Hospital Anyone interested in knitting chemo hats or caps for babies can contact RSVP for directions.

The Kingdom Animal Shelter opened their cat shelter in St. Johnsbury Center last year and wants to increase the hours the shelter is open to the public. Volunteers can work directly with the animals or assist in the office.

Northeast Kingdom Youth Services is seeking volunteers for the JUMP Youth Mentoring program to meet with youth entering 1<sup>st</sup> through 8<sup>th</sup> grade at their school during the day, for one hour each week. Mentors and "JUMPers" share activities, play games, do projects, shoot hoops, explore computer resources or just talk and have lunch. Mentors are needed in Lyndon, St. Johnsbury, Sheffield and Concord. If you are interested, a one-year commitment is necessary and training is provided.

Faith in Action in Lyndonville needs volunteers in the office on Depot Street to answer phones and greet people stopping in. They have a particular need for Tuesdays. In addition, volunteers help with transportation, friendly visiting, errands and at a food giveaway held several times each year. On-going training and support is provided.

The Northeast Kingdom Chamber of Commerce needs volunteers to work at the Welcome Center in St. Johnsbury, particularly on Sunday. Volunteers are needed to assist with regular mailings several times each year.

Fairbanks Museum needs volunteers to provide information to patrons about items in the museum and upcoming events, collect donations, have patrons sign the guest book and staff the gift shop. Hours are flexible and training is provided

HOPE would like volunteers to work in the store taking donations, keeping the store neat and orderly and sorting clothes. Also needed are volunteers to put quilt tops and backs together and to make children's pajamas.

# RSVP Teddy Bears Take a Jump



As many in the NEK already know, RSVP purchases teddy bears each year and then asks volunteers to sew or knit clothes of their own design to dress the bears. These bears are then donated to disadvantaged children in a five-county area over the Christmas holidays. This year, the Newport & Lyndonville offices

got 200 bears each and they are already flying out the door. “Last year, I’ll bet I had at least 10 requests for bears to dress after they were all gone,” said RSVP’s Don Worth. “I’ve increased our order this year, but the bears are so much in demand that we’ll need another increase for 2011”

Do volunteers enjoy making clothes for the bears to support such a worthy cause? Ask Alena Sherlaw of Newport Center or Mona Reynolds of Island Pond who made clothes and dressed 60 bears between them. Ask Kitty Crowe of Derby who did an even dozen by herself or Betty Hutchins, also of Derby, who did a half-dozen.

Those receiving RSVP teddy bears from the Newport office last year included the Parent-Child Center of Newport and the NEKCA Outreach Programs in Island Pond & Canaan. Although the bear supply has just arrived, if interested in becoming a part of this process, please call Don Worth in Newport at 334-7047 or Diana Lopez in Lyndonville at 626-5135 immediately. Call early. They won’t last long.

## Teddy Bear Picnic at Barre Head Start School



On May 4<sup>th</sup> RSVP donated 105 “dressed” teddy bears to the Barre Head Start program to be given out to their 3-5 year old students during a teddy bear picnic where RSVP and Foster Grandparent volunteers read teddy bear books to the students and their new bears.

At the May 4<sup>th</sup> picnic, RSVP volunteers Lucille Aja of Barre and Donna Jean Legare of North Montpelier, along with Foster Grandparent Lou Grearson of Barre, had the opportunity to read books to the children and their new friends. Channel 3’s Anson



Tebbetts attended the picnic and interviewed several of the children along with Grandma Lou. While the news coverage was wonderful, the biggest reward came from the reaction of the children when they learned that these bears would be theirs “forever and ever, no matter what”. Often these children are shuttled from home to home with no possessions making the transition with them. Now they will carry a special RSVP teddy bear with them on their journey. If you would like to knit or sew sweaters for future bears or help dress them, please contact JoEllen at 802-828-4770.



# RSVP Coordinator Receives Award for

## Community Service

The Board of Directors for the Lamoille Economic Development Corporation is proud to announce Dan Noyes as the recipient of this year's award. Dan has been active for many years with various community organizations and well deserves this recognition. He currently serves as Chairman of the Wolcott Planning Commission and has been active in many environmentally-themed organizations. He is a member and past president of the Lamoille River Anglers and has served as a member of Friends of the Lamoille Valley Rail Trail. Dan is also active in several health and wellness organizations, including the Lamoille Fit & Healthy Council, the RSVP Bone Builders and Lamoille County's Osher Lifelong Learning committee. In addition, he has served as a youth coach for Lamoille Area Hockey Association.

For the past four years he has served as Lamoille County Program Coordinator for RSVP, working with individuals and businesses to place volunteers in programs run by other non-profits in the county. Dan has been integral in starting and running various programs, including a Volunteer Ride Program with RCT and the United Way's popular wheelchair ramp and firewood programs. He earned a BS in Environmental Science from Johnson State

College in 1998.

Originally named in memory of Caddy (Cadwallader) Brooks, this award is presented annually to someone who has gone above and beyond all expectations in service to community. The award went to Chris Potter in 1999 and on his death in 2001 following a battle with cancer the award became the Brooks - Potter Award.



Dan Noyes and the incoming LEDC Board President, David Hallquist, CEO of the Vermont Electric Co-op.

## VERMONT SENIOR CORPS NETWORK SECURES TELECARE GRANT

The Vermont Senior Service Corps Directors have recently learned that they have secured a Program of National Significance grant from the Corporation for National and Community Service to help support a statewide telephone reassurance program. The project will train RSVP volunteers who will provide that service to individuals

who are frail and live in their own homes.

The project is the brainchild of Nan Hart, the Director of Rutland- Addison RSVP and Volunteer Center. While this type of program is not new to our network, it is of utmost importance as the population in Vermont ages and the services needed to support them continue to be compromised.

This project has begun the planning stages to establish a program. We hope to work with the Area Agencies on Aging and others who provide services to the elderly.

If you are interested in becoming a Telecare Volunteer, call the RSVP office nearest to you and the Coordinator will make sure you get involved.



# How Do Your City and State Rank in Volunteerism?

The Corporation for National and Community Service has published a comprehensive collection of data based on current volunteering trends that includes state and city rankings.

According to this data, 63.4 million Americans volunteered through a formal organization in 2009 serving 8.1 billion hours of time worth about \$160 billion to American communities. For the fifth year in a row, Utah leads in service with 44.2 percent of its population giving to community service. Just behind Utah are the Midwestern

states of Iowa and Minnesota coming in second and third.

Top ranking large cities for their volunteer efforts included: Minneapolis/St. Paul, MN; Portland, OR; Salt Lake City, UT; Seattle, WA; Oklahoma City, OK.

Top five ranked mid-sized cities for their volunteer rate include: Provo, UT; Iowa City, IA; Ogden, UT; Fort Collins, CO; Madison, WI.”



Vermont volunteering statistics appeared in the August 4, 2010 issue of *Volunteering in America*, which reported as follows:

“Volunteering in Vermont:

The following are all based on an average using 2007 to 2009 data:

- 183, 800 volunteers
- 36.3 % of residents volunteer – ranking them 7<sup>th</sup> among the 50 states
- 20.7 million hours of service
- 40.9 hours per resident – ranking them 15<sup>th</sup> among the 50 states of service contributed”

The August 2010 Volunteer Management Report also included Key Findings in Volunteer Research:

“After a comprehensive study of volunteering in America as of 2008, The Corporation for National and Community Service (CNCS), Washington, D.C., has published these key findings:

- Despite the challenges of a tough economic situation 2009 showed the largest single year increase since 2003 – 1.6 million more volunteered compared to 2008.
- More than 100,000 more adults ages 16 to 24 volunteered in 2009 than in 2008.
- Women again volunteered at higher rates than men with working mothers coming in at the highest rate. The study also shows that volunteer rates increased among African Americans, especially women, in 2009 more than among any other group.”

## Volunteers in Vermont Rock!

# Zita Boardman, of Barre, receives 2010 Governor's Community Service Award



Zita Boardman, an RSVP member in Central Vermont, is a selfless person who is always thinking of the needs of others. Since 1997 alone, Zita has volunteered over 4000 hours for RSVP. She has brought comfort and kindness to countless patients and visitors at CVMC, Red Cross Blood Drives and at The Benefit Shop. Blessed with still being able to drive, she is now driving neighbors to doctor's appointments that they might otherwise not be able to make and assisting with the foot clinic in her housing building. At 87, one would expect her to be slowing down, but instead she is looking for new ways to help people less fortunate than herself. Program Coordinator JoEllen Calderara, who nominated Zita for the Governor's award, had the following to say about Zita "I was struck by her genuine desire to be of service and her amazing warmth. She is such a caring and giving person and, while she does all of this without wanting recognition, I thought she deserved to be recognized for her service to her community and friends." Congratulations Zita!

## Louise Bissonne of Caanan has served over 2,500 Hours!

This is Louise Bissonnette. "Louise and her late husband Louis, volunteered in Canaan, VT and Colebrook, NH, continuously since August of 1992. Louise has continued her service at an independent living facility, often taking meals to residents and running errands into town for others. Louise has served more than 2,500 hours of exemplary community service through RSVP."





## Senior Companion Betty Bell gives over and above

“Betty Bell has served as a Senior Companion for elders in her community for over six years and, at this time, is a steadfast presence in the lives of eight elders in the Central Vermont area, serving over 25 hours every week. She is a concerned and caring companion. Betty goes above and beyond the guidelines set forth by her program.”

## Habitat, Wheel Chair Ramps and Firewood

“Gene Vossler – RSVP member of Morrisville, exemplifies the spirit of volunteerism in Vermont, working on issues that affect Lamoille County. He led the effort to build wheelchair ramps at community organizations across the county, creating accessible environments for all people to enjoy. Gene is also a board member of the Lamoille County Habitat for Humanity.”



## Theresa Lorton goes above and beyond

“Theresa Lorton is a Senior Companion for the Champlain Valley Agency on Aging, serving since 1996. She offers support and friendship to seven to ten elders on a weekly basis. These “clients” live mostly alone in their Chittenden County homes. Theresa’s service helps isolated elders live with independence. She goes above and beyond the call of duty with each person she sees.”

# The RSVP Energy Rabbit, Gemma Philcox

The Administrative Assistant for this project, Gemma Philcox, recently turned 91 years of age. Yes, that is correct. It's not a misprint!!! Gemma has been working with RSVP since 1998. That means she was 79 when she started her new career. Her past careers have included (among many other things):

While living in New Jersey, she was Secretary to the Director of Admissions of Rutgers, the State University; Secretary to the Director of the International Trademark Division of Johnson & Johnson, where duties included the translation of French and Spanish letters; for 3 years she was one of the first female fulltime Fuller Brush door-to-door salespeople; columnist and then 12 years as staff reporter for the weekly Sentinel Publications, which covered 7 cities; and 9 years as Administrative Assistant and Coordinator for the President of MarketSource; and a paid Director for the Roosevelt Park Plays in the Park summer program.

Volunteer community positions included elected member of the Spotswood School Board; appointed member of the 3/person Juvenile Justice Committee; appointed member of the Planning Board of Adjustment, Chair of the Environmental Committee, and six years as Director of the American Cancer Society Annual Fund Drive for the Borough of Spotswood. Of course, there were also things like Den Mother, PTO (Parent Teacher Organization) member, Little League fund raiser, etc.

Moving to Vermont, where her daughter, Kathleen, lived, she took a job, after some temporary work in Burlington, as Cook/Manager of the Twin

Valley Senior Center in Plainfield, where she had bought a house. She became the Substitute Librarian of the Cutler Memorial Library until, at the age of 73 she finished the courses necessary to get her Certificate to become a Vermont Certified Librarian, and she stayed at Cutler for four years. Moving to Barre, she then became the Administrative Assistant to J. Guy Isabelle, Director of RSVP.



Gemma takes a little time out from her busy schedule to tool around in the Director's FIAT. The passenger is Colby, a frequent visitor to the Berlin office.

Volunteer community positions in Plainfield included Board of Civil Authority for six years, member of the Recreation Committee, Volunteer at the Council on Aging, and many positions at the Grace United Methodist Church. She is now also a volunteer for the Vermont Historical Society, transcribing letters from Civil War soldiers.

Her role at RSVP is invaluable. Even

though she works from home, she is responsible for the bulk of the office communications, special projects and not so special projects. She has become quite proficient with the use of computers and transfers all of her files on to a thumb drive (better known as The Gadget) for Director Guy Isabelle to review and make sure it ends up where it needs to go.

Gemma does a great deal of proof reading and earned that editorial skill from her years in the newspaper business.

RSVP Director Guy Isabelle has often referred to her as the Energizer Bunny, when she just keeps on trucking. He says she does twice the work of someone half her age and makes a tremendous contribution to the organization.

The next time you get some correspondence from RSVP, there is a good chance Gemma had a hand in its production. Nice job, Gemma.

# Volunteers Ramp it up!

## A great way to volunteer in your community

It all starts with an e-mail from the Vermont Center for Independent Living (VCIL). “We have a HAP (Home Access Program) peer who is in need of a ramp.” HAP is the program that funds ramps and bathroom modification for low income Vermonters so they can remain independent, living in the setting they want. The under funded program relies on volunteers that make it happen; without them, the person who needs the ramp would likely end up on a waiting list until funding is found.

How hard is it to build a wheel chair ramp you ask? To start, you need a group of 4 to 6 volunteers with at least one having basic construction skills to lead the group. Construction takes the better part of the day and, on some larger ramps, you may have to finish up a few odds and ends the following day.

There is a lot that goes on before construction begins: developing a set of plans, making sure all the material and tools are on site, and locating any underground utilities.

During the week before a ramp is built measurements have to be taken of the building and the site photographed. This information is given a volunteer architect who



draw up a set of plans to ADA specifications. Those specifications require that the ramp be no more than a 1:12 pitch (1" drop over 12" of ramp) at least 48" wide and have a run of no more than 30'. Ramps longer than 30' need a 5' flat area to allow for the person



support posts are installed, the boxes are attached to the posts and volunteers can begin to install the 5/4x6 decking. Handrails are installed to the support posts and the ramp is finished.

Volunteers are needed to help with all aspects of the process, from organizing to leading the group, to just being an extra set of hands on the day the ramp is built. Volunteering to build a ramp is a great way to meet new people, learn a few building tips and help someone in your community remain independent.

To see more photos of wheel chair ramps visit our Flickr site at [www.flickr.com/photos/40037508@N02/sets/](http://www.flickr.com/photos/40037508@N02/sets/)

ascending to rest. Sturdy hand rails finish off the ramp.

On the day the ramp is to be built, volunteers typically show up around 8:00 am. The first order of business is to set the posts into the ground that will support the ramp. While this is being done, other volunteers build 2x8 pressure treated boxes that are 4' wide. These will be used as the underpinning of the ramp supporting the decking. Once the

The United Way of Lamoille County Ramp Project is a partnership between the Vermont Center for Independent Living and RSVP and the Volunteer Center of Central Vermont and the Northeast Kingdom. It all started when the existence of a waiting list was brought up one too many times at various meetings. Something had to be done. People in our community needed access to their homes and there just wasn't enough money to hire contractors. By utilizing volunteers the problem was solved and over the past three years over 15 ramps have been built, but there is still more work to be done. Consider contacting one of the RSVP offices today to find out how you can help keep people in your community.

# Is Your Board Successful?

## Simple tips to help you turn the corner

Deal making. If you wake up one morning feeling like Monty Hall, go back to bed. The boardroom is no place to play “Let’s Make a Deal.”

So, what happens when you find this high profile person you really want, somebody like, well... Paul Newman. He says yes to your board, but then he says he can’t come to any of your meetings. What do you do?

Here’s the answer: there is a place for that person in your organization, and it’s not at the board level. He can chair an endowment, be honored at your charity ball, or be on your advisory committee. But if he can’t come to the board meeting, he cannot be on your board. Trust me, if they say they can’t show up, they won’t. So it’s not fair to the people you serve. And it’s certainly not fair to a great guy like Paul Newman, who’s going to get a bad rap even though he was straight with you in the first place.

The other Paul Newman dilemma. Don’t assume that having a well-known person on your board means you will have an active board member. These people are often willing to help, but they are often short on time. Again, there is a place for them, but it’s not on the board.

Friendly competition. Once again, let’s go back to our AIDS example. We may know of a great potential board member who’s active in the AIDS community. Not only is she a dynamic person, but we can talk shorthand with her because she already understands what AIDS patients need. But here’s the glitch: she could be up against us when it comes to funding. So, we may want to partner with her in some way, but we may not want her in our boardroom.

Misplaced experts. If you go after a board member with specific expertise, make sure he or she really belongs in the boardroom. This mistake often happens in medically-related groups. Folks who should be on an advisory committee are brought into a boardroom, where they decide on policy matters that really don’t interest them.

Selective listening. Don’t tune out your prospective board members the minute they say yes. You may miss out on important information that literally makes or breaks someone’s success on your board.

I recall a conversation with a PR executive

from a major metropolitan newspaper. She told me, “they do the same darn thing every time I’m on a board, they don’t listen to me. I always tell them, if I’m on your board, do not expect me to do your PR, and I can’t get you coverage in the paper. That’s a conflict of interest.”

But guess what? When she accepts board nominations, they ask her to do the PR. And it happens time after time after time. Now, she won’t even join boards. It’s a shame, because she has a lot to offer in other areas.

The big lie.

All of us have our “big lies.” For some of us, the big lie is that “you can wear that bridesmaid’s dress again.” But in the boardroom, it’s this: “Serving on our board is not going to take much time.” You and I both know that’s not the case. So don’t mislead your candidates to believe otherwise. You just set them up to fail.

Fear of rejection. Being afraid the word “no” can stop us from getting the board of our dreams. I’ve been turned down many times. But not once has anyone yelled at me and called me names for asking them to help. No one is ever insulted. After all, you’re bestowing an opportunity and an honor, you’re not imposing on them. It always needs to be perceived that way, and the perception starts with you.

Excerpted from *Secrets of Successful Boards: The Best from the Nonprofit Pros*, by Carol E. Weisman, 1998, F.E. Robbins & Sons. Found in the Energize website library at: <http://www.energizeinc.com/art.html>

You volunteer for an organization whose mission you believe in. You know what they do, and why it is important to your community. Have you ever considered joining their board? Many non profits around the state are in need of board members who will be help them meet their goals and your life experiences may be just the ticket to their success.

RSVP and the Volunteer Center is always looking for active volunteers to serve on our advisory council. We meet quarterly at various location. Consider joining the team that gets things done! Contact any of the coordinators to get involved today!



On March 5, 2010, 23 Employees of Blue Cross Blue Shield of Vermont spent the day volunteering at Woodridge Nursing Home, Central Vermont Humane Society, The Galley Meals on Wheels Program and the Barre City Parks Department. This event was coordinated by RSVP.

One of the volunteers who spent the day at Woodridge Nursing Home had this to say “This community service experience not only brought us closer together as individuals but also as BCBSVT team players. This opportunity allowed us to give back to those who really needed a helping hand. The staff we worked with at these locations seemed to sincerely appreciate the extra help. It was shocking to learn just how often they are understaffed and overburdened. A few extra moments of our time is so very precious to someone who is already giving their all.”

Another volunteer commented “I had a wonderful experience at the Woodridge Nursing Home. The ability to connect with our elderly community gave me an overwhelming urge to continue this invaluable service. The individuals that I met fed my soul and gave me a sense of pride. “

Of the experience at The Galley, a volunteer wrote this “We were all appreciative of all the hard work that Charlene and her staff do there and absolutely in awe of the regular volunteers who, despite their age, commit their time there. We enjoyed helping the community as a team and look forward to being able to do it again. “

RSVP enjoyed assisting Blue Cross Blue Shield of Vermont in planning their volunteer day and want to thank the volunteers for giving their time to serve their community needs! Thank you to TEAM BCBSVT!!

## Changing Times...

River’s Reach Resource Center, featured in the last issue of The Silver Voice, closed June 1. According to the group’s volunteer director, Connie Philleo, clients now have other resources such as the care coordinators at each of the three Little Rivers Health Care clinics and Vermont’s toll free 211 telephone number or its

website. “There’s a need for people to have one-to-one help,” Philleo said. “However, if you have an organization like Little Rivers Health Care you already have an outlet for that kind of access.” In addition, technology allows people to access information and referrals 24 hours a day from their own homes. Philleo said she doesn’t want to duplicate efforts, and Little Rivers makes a natural successor for River’s Reach.

# VOLUNTEER OPPORTUNITIES &

Don Worth

Program Coordinator Newport Office

Current Community Needs

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Prevent Child Abuse VT (Newport) – is seeking volunteers to cook a meal once a week for about 15 or 20 parents. Volunteers may either cook in their own homes or at a meeting place with kitchen facilities. Meal to be served between 4:30PM and 6PM.

Old Stone House Museum (Brownington) – is seeking volunteers to act as Tour Guides and to work on a cataloging project. Work schedules will be adjusted to volunteers' wishes.

Welcome Center (Newport) – is seeking volunteers for Thursday morning shift, both shifts on Saturday and the afternoon shift on Sunday. Prior experience not needed...will train.

NEKCA Outreach (Newport) – is seeking a volunteer to transport baked goods to its office on Main Street from Shaw's & Price Chopper for about an hour on Monday's & Friday's. No heavy lifting...additional opportunities may arise.

Community Emergency Response Team (CERT) (Newport) – is seeking volunteers to become members of the area CERT to assist with public emergencies. Volunteers will be professionally trained by state instructors and will be equipped through local resources. This training is applicable to home emergencies as well and includes First Aid/CPR...everyone is welcome.

NorthWoods Stewardship Center (E. Charleston) - is seeking volunteers to answer phones between 7AM-9AM, Monday through Friday, from June 29<sup>th</sup> to August 6<sup>th</sup>. Training will be provided and this is an excellent opportunity to become involved in a very active nonprofit.

St. Paul's School (Barton, VT) – is seeking volunteers to assist with an After-School Program for children aged 4-9 years. Program runs weekdays from 2:20P until 5:30P and can involve as many as 10 students. Volunteers are always accompanied by the School Coordinator and a staff person. Training & background check provided.

Handyman Program (Orleans & Essex Counties) – RSVP & the Area Agency on Aging are seeking volunteers (of both sexes) to perform simple chores around the home for older citizens and disabled persons of all ages. Duties may include such jobs as changing storm windows, installing grab bars or shoveling a sidewalk. If handy around the house and interested in lending a hand, please apply.

Michaud Manor (Derby Line) – is seeking volunteers to work as Activities Assistants to interact directly with residents. Schedules will be tailored to volunteers' desires and be very flexible...no experience necessary.

Island Pond Welcome Center (Island Pond) – is seeking volunteers to work 3 or 4 hour shifts to answer questions and assist travelers find their way in northern VT & NH. This is a wonderful opportunity for volunteers of all ages to get involved in a new venture.

Up-East Chamber of Commerce (Derby) – is seeking volunteers for office/informational tasks at the Chamber office in the same building as Cinta's Bake Shop in Derby. Shifts will be arranged to meet volunteer personal schedules.

How to Apply – call Don Worth in Newport at 334-7047.

# Help! I need a ride!

How many times have we all heard...I need a ride to my doctor's appointment or I need a ride to get groceries? Calls come in daily to RSVP, Faith in Action, Little Rivers Health Care, Northeast Kingdom Mental Health, Area Agency on Aging and Central Vermont Council on Aging. The rural nature of the Northeast Kingdom, Lamoille County, and Orange County presents challenges in getting residents to medical appointments and essential services.

One solution comes through two public transportation providers, Rural Community Transportation (RCT) in St. Johnsbury and Stagecoach Transportation in Randolph. According to RCT director, Mary Grant, over 300 volunteers provide transportation outside of the regular bus and van routes in the 56 towns covered by RCT. All requests are coordinated through the St. Johnsbury office, which also determines if the cost of an individual's transportation can be covered through one of the public programs, such as Medicaid. More and more people of all ages are getting out of their cars, as indicated by the over 200,000 rides that were provided last year by RCT.

Holly Brown, Stagecoach Transportation, says "While Stagecoach has a strong core of Volunteer Drivers in the immediate Randolph/Braintree area, there is a pressing need in Bradford and towns along the Route 5 corridor for such services." Destination

facilities include Dartmouth Hitchcock Medical Center, Cottage Hospital, Little Rivers Health Care, Northeast Vermont Regional Hospital in St. Johnsbury, and the VA Hospital. Scheduling of rides requires coordination, patience and flexibility.

Both services require advance notice of 24-48 hours to make arrangements; however, emergency situations are given priority. Individual needs can be met with volunteers, but not always in exactly the manner an individual might want which can create the misconception that transportation is not available to that individual. The key to essential transportation services is volunteers! Volunteers for Stagecoach Transportation and RCT use their own vehicles and are paid mileage reimbursement of .50 per mile. Volunteer transports are scheduled according to the individual's flexibility.



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## IN MEMORIAM

RSVP and the Community mourn the passing of the following members:

Gladys Aldrich  
George Andrus  
Fernande Barnes  
Alice Beadle  
Romain Bessette  
Phyllis Blakely  
Harold Carpenter  
Shirley Champine  
Shirley Gorham  
Yolande Gould  
Doria Grady  
Florence Hamilton  
Ruth Hanson

George Hollos  
Raquel Kliman  
Libby Latta  
Patsy Lewis  
Lorraine Maloney  
Beverly McCann  
Thelma McCready  
Elsie McKee  
Shirley McLaughlin  
Frances Newton  
Evelyn Petelle  
Geraldine Reilly  
Hester Rice

Vera Roy  
Densie Stepanek  
Mary Taylor  
Pauline Willard



# VOLUNTEER OPPORTUNITIES &

Dan Noyes

Program Coordinator Morrisville Office

Current Community Needs

802-888-2190 dan@volunteervt.com

⇒ **The Central Vermont Adult Basic Education** is in need of tutors in Cambridge, Morrisville and Stowe. By giving one to two hours a week, you can make a difference in the lives of people here in Lamoille County. Volunteers will work one-on-one with students who are learning English as a second language or working to get a high school diploma or GED. No experience is necessary, and training is provided.

⇒ Play a game of cards, fill the bird feeder or just reminisce about the old days. The Manor in Morrisville is looking for volunteers to pay a friendly visit to their residents. If you have a couple of hours to spend in the morning, afternoon or in the evening there are a number of seniors who would love to have you stop by.

⇒ Volunteer drivers are always needed at **Meals on Wheels**. Volunteers deliver meals Monday - Friday on seven out of eight of the delivery routes. Volunteers may choose to deliver the same route weekly or may sign up to volunteer as a substitute driver. Each route takes between 1 1/2-2 hours and ranges from six to 45 miles. Volunteers receive mileage reimbursement at 38 cents per mile, and also have the option of having a meal for the day. Most of our volunteers gain the satisfaction of knowing they are making the difference in the lives of area seniors.

⇒ From filing, to answering the phone, many area non profits are in need of people to help out in the office. If you are organized, have a basic understanding of computers, please give us a call for an interview today.

⇒ Second Chance, the used clothing store in Morrisville is looking for volunteers to help sorting cloths, working the register and helping customers in the store. Various shifts are available please call for details.

⇒ There are area wheel chair ramps that need to get built this spring. There are seniors in your community who need help with light yard work, and there is always firewood to be cut, split and delivered to our neighbors in need. These things, and more, are great ways for your group, business or organization to make a difference in our community.

⇒ ⇒ ⇒ If you are interested in any of these opportunities, or you have a friend who would like to join RSVP, please call 802-888-2190

# Mentoring...You Can Make a Difference!

“Do volunteers derive any benefits from mentoring? The potential rewards to mentors are rarely considered in youth mentoring. Instead, relationships are conveyed mainly in terms of the mentor selflessly giving to the mentee in a decidedly one-sided relationship. It would be a mistake, however, to assume that mentors stand nothing to gain. In fact, when mentors don't derive benefits, relationships are a greater risk for early termination. One-sided relationships drain mentors of enthusiasm and leave mentees feeling

burdened by the imbalance. Alternatively, when mentees see that admired adults find it personally rewarding to spend time with them, they feel a new surge of self-worth and empowerment.” (Benefits from Mentoring, [www.mentoring.com](http://www.mentoring.com))

There are many mentoring programs around Central Vermont, Lamoille and the Northeast Kingdom that need volunteer mentors. The children are there, the training and supports are there, but



there is a desperate need for mentors. Qualifications for both programs include an ability to communicate with youth, strong listening skills, the ability to establish a relationship based on equal responsibility and respect

and a good sense of humor. The JUMP Mentoring Program in St. Johnsbury asks for a minimum of one school year with a one-hour contact per week during the school day; the CNSU program is an after-school program and also asks for a one year commitment of at least one hour per week with a stu-

dent.

The school in your town is surely in need of mentors. Many of these students are “at-risk” for a variety of reasons, with a genuine need of the support a volunteer can give as a mentor. If you are interested in learning more about mentoring, contact any of the RSVP coordinators and you will be amazed how rewarding it is to make a difference in the life of a child in your town.

## Fire Wood!

### *Volunteers solving the heating needs of our neighbors*

The Lamoille Fire wood Project provides supplemental heat to people in the community who fall through the cracks of traditional heating assistance. Each spring log length firewood is donated to the program from the State of Vermont and local residents. Volunteers are called upon to cut, split and stack the wood so it can season through the summer. In the Fall, volunteers deliver and stack the wood for those who cannot provide their own transportation.



This year we have about 60 cord of firewood that will need to be processed. If you are an expert wood stacker, have a couple hours to run a chain saw or want to donate the use of your wood splitter, please call Dan Noyes at the Lamoille Office, 802-888-2190 or e-mail [dan@volunteervt.com](mailto:dan@volunteervt.com)

# Instructors Needed: Lead a Class in your Community and Make a Difference

Are you concerned about the health of your bones? Would you like to make a difference in the lives of people in your community through exercise? Help RSVP expand its popular Bone Builders exercise program by adding a class in your community.

Recipient of the Governors Award for Healthy Aging, RSVP Bone builders is a free, ongoing program open to anyone who wants to strengthen their bones, improve balance and feel better. No experience is necessary to be a Bone Builders instructor. Anyone with a positive attitude, enthusiasm and an interest in staying healthy can learn to lead the class during a one-day workshop.

To participate as a class-leader, instructors make a six-month commitment to lead two one-hour classes per week, but optimally teach

in teams to allow for vacations and sick days; so bring a friend.

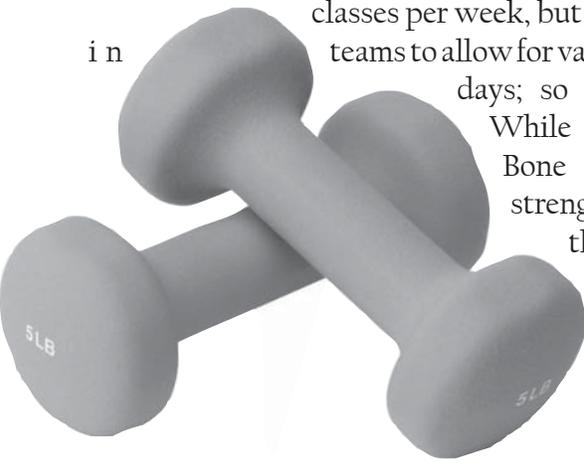
While the focus of Bone Builders is on strength training through the use of light free weights and



body weights, the program also uses balance exercises to enhance agility and decrease the likelihood of falls. Flexibility exercises enhance joint mobility and reduce the risk of injury. Participants also form friendships, providing a fun, social atmosphere during the classes.

In a recent informal survey, over 90% of current RSVP Bone Builders participants reported improved strength and balance after only three months of participation.

To learn more about starting a class in your town, or to find out when the next training is, please contact Dan Noyes, RSVP Coordinator, at 888-2190 or [dan@volunteervt.com](mailto:dan@volunteervt.com)



## Make a Lasting Mark on Your Community

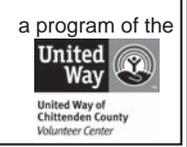
Be a role model, a mentor, and a friend. Get involved, become a Foster Grandparent today!

Join caring people who share experiences and support learning with kids.  
Tax-free income and generous benefits.

Washington County 223-8128

Chittenden County 860-1677

Franklin/Grand Isle Counties 524-6337



# RSVP and the Volunteer Center of Central Vermont and the Northeast Kingdom would like to welcome the following new members.

Carole Baker  
Lorrie Besaw  
Marguerite Boucher  
Carolyn Brusetti  
Jessica Chambelin  
Patricia Coffin  
David Colwell  
Patricia Cooper  
John Covey  
Sheila Covey  
Velma Crowell  
Suzanne Day  
Patricia Diego  
Christiane Donahue  
Caroline Chaffee Dopp  
Larry Dopp  
Janice Dunn  
Jadyn Dupont

Sheila Farrell  
Kathy Frye  
Carolyn Gardner  
George Gerrish  
Carol Gray  
Marie Guertin  
Maurice Guyette  
Frank Hickory  
Nikki Hill  
Peter Jewett  
Dona Kulckowski  
Maurice LaClaire  
Elsie LaFlamme  
Elaine Larson  
Janice Manning  
James Milne  
Jeannie Milne  
Pat Moore

Dan Morrow  
Cynthia Nichols  
Sherry Noyes  
Gerard Perreault  
Stephen Richards  
Patti Rubin  
Lucille Ryan  
Kelley Sorrell  
Milo Spencer  
Lucien St. Onge  
Carol Sweeney  
Laurence Thomas  
Floy Virge  
James Wedding  
Anna Whitelaw  
Wayne Whittemore  
Jean Wortman  
Donna Youngblood

## Thank you for your service to others!

**Change of Address. Mail to RSVP**  
Keeping us up to date saves on our postage costs. Thanks!

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Please mail  
Change of Address to:

RSVP  
Guy Isabelle  
P.O. Box 433  
Barre, VT 05641

# RSVP

The Silver Voice  
P.O. Box 433  
Barre, VT 05641

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
PERMIT NO.207  
BARRE VT 05641

Change Service Requested



RSVP is a member of United Way of Lamoille County & Green Mountain United Way and is sponsored by the Central Vermont Council on Aging and is funded in part by the Corporation for Community Service



## RSVP and the Volunteer Center needs your help to recruit new volunteers.

Your children, friends and neighbors can become active members. If you know someone interested in volunteering but they don't know where to start, or who to call, RSVP can help.

All it takes is encouragement from you  
and a phone call to us

Tax Prep volunteers are needed in the spring, contact your local RSVP office to learn more about how you can help.

Barre Office  
JoEllen Calderara  
P.O. Box 433  
Barre, VT 05641  
802-828-4770  
Fax 802-828-5476

Lyndonville Office  
Diana Lopez  
P.O. Box 1194  
Lyndonville, VT 05851  
802-626-5135  
Fax 802-626-1159

Newport Office  
Don Worth  
1734 Crawford Farm Rd.  
Newport, VT 05855  
802-334-7047  
Fax 802-334-4421

Morrisville Office  
Daniel Noyes  
167 Park St.  
Morrisville, VT 05661  
802-888-2190  
Fax 802-888-2571