

Greetings from Maryesa:

Happy Fall Everyone! I hope you enjoyed your Summer and were able to explore some new. I got out of the Green Mountain State for a bit and enjoyed Virginia Beach, Washington, DC, and Baltimore, Maryland. While in Baltimore I attended the AmeriCorps Federal Conference. I learned about a lot of different programs across the country and gained some great knowledge to help strengthen our programs for years to come.

You may remember that back in the Spring newsletter we discussed that AmeriCorps was conducting a demographics survey. I would like to thank all of those that participated. If you would still like to participate, please let us know and we can mail you the survey. Please note that this survey has nothing to do with RSVP and it does not affect anything when it comes to you serving with us.

I wanted to let everyone know that our Addison Office will be moving remotely after the sale of the building is finalized. I will still be present in Middlebury and will meet with volunteers, potential volunteers, and stations when a meeting is requested. The meetings can be held in-person at your volunteer site or in a public location. Please note that I can always arrange a phone meeting or virtual if you prefer. For everyone that drops off items or needs to pick-up items. Please give me a call to set up a drop off or pick up time. I do not mind meeting you. Our Middlebury number will stay the same 802-388-7044 or you can reach me on my Rutland number 802-468 -7056.

I am excited to announce that we will be holding our volunteer appreciation this year in the fall for both counties. The Rutland one will be held at the Courcelle Building and the Middlebury one will be held at the Rec Center in Middlebury. Please note that you can attend whichever one best fits your schedule, just please let us know which one you want to attend when you RSVP. Please see the invitation for more details. Also, be on the lookout for some pop-up volunteer appreciation get togethers throughout the year. We hope to see you there!

Attention all RSVP Operation Dolls and More Stations: Please be on the lookout for an email or a phone call from myself or Johanna to discuss a pick-up time for items. We are having stations starting to pick up their items because we are starting to run out of storage space for this year. We wanted to let everyone know that if you are picking up your items early and realize closer to the holidays that you don't have enough things to serve all the individuals in need, please reach out to us and we can see what we can put together for you. Thank you for your continued support and cooperation this year.

Continued —>



RSVP & The Volunteer Center Staff

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Greetings from Maryesa (continued)

We have some new and exciting things coming to RSVP so please be on the lookout for ways that you can help. I want to thank everyone that has stuck with us through our many different transitions and all the regulations that AmeriCorps throws at us. I want to let everyone know that we have many different volunteer opportunities including an open spot on our RCP Board of Directors. If you are interested in volunteering or would like more information about the different opportunities that we have to offer, please give us a call..

With the school year just starting we wanted to let everyone know that the Green Mountain Foster Grandparents are looking for volunteers to join the program. To be eligible for the program you have to be at least 55 years or older, work a minimum of 10 hours per week, and meet an income requirement. There are many benefits that are offered with this program as well like a non-taxable stipend, mile to and from your site, holiday/leave time stipend, and monthly in-service training. If you would like to learn more about this wonderful program, please give the FGP office a call at 802-774-8711.

Just remember to all our volunteers that you are the true heart of our community, and you are truly making a difference. I want to welcome all of our new volunteers, and I truly appreciate you joining our team and helping us serve the needs of our community.

I want to wish everyone a wonderful fall season, happy holidays, and a safe new year!

-Maryesa

Attention Volunteers:

We are updating our records and want to make sure everything is accurate. If you are no longer volunteering with RSVP if you could please let us know that would be great. Thank you! **802-468-7056**

Community Members & Volunteers We want to hear from you:

We want to make sure we are bringing in the information that you want to hear about for our RSVP Veterans & our Community Connections Program. If there is something that you are interested in hearing about, please let us know.

Phone: **802-468-7056**



RSVP Bone Builders News

Patricia Facey, RSVP Bone Builders Coordinator

We had a very busy Spring and early Summer season for holding Bone Builders training workshops and refresher classes. We had one refresher class in April and also another in May for our Rutland County Bone Builders instructors. We also had a very well attended refresher class in Middlebury for the Addison County instructors at the end of May.

It's always really fun to see everyone and for instructors from so many different classes to get together. The refresher classes are an excellent opportunity for everyone to ask questions and clear up any concerns they may have. I think one of the best parts is that we all share ideas about how different classes make it more fun and interesting by doing things like adding a song they sing or counting in a foreign language or taking turns telling a joke between exercises. It also confirms that one of the unexpected outcomes of joining a Bone Builders class is that everyone really looks forward to getting together and socializing a bit twice a week. I think it's wonderful that we can increase our bone density, get stronger and more flexible, improve our balance and have a good time while we do it!

We also had a workshop to train new Bone Builders volunteer instructors in Addison County on May 7 and one in Rutland County on May 20. We had several new instructors join the Bone Builders family and we are very happy to welcome them. We also had a workshop to train new instructors in Bennington County in April and two workshops over the border in New Hampshire in June. I know that our colleagues with the RSVP in Chittenden County have also been busy with refreshers and training workshops. I think it's safe to say that Bone Builders is thriving and growing!

I can't emphasize enough that I know the volunteers who step up and become certified to lead a class are the backbone of this program. Some of you have been volunteering for a very long time. To the longstanding volunteers as well as the newer volunteers, thank you all so much for your enthusiasm and dedication!

With the winter months, the colder weather and the shorter days coming up, it's time to remind everyone to make sure you are getting enough Vitamin D. Vitamin D is a nutrient your body needs for building and maintaining healthy bones. That's because your body can only absorb calcium, the primary component of bone, when vitamin D is present. Vitamin D also regulates many other cellular functions in your body. Its anti-inflammatory, antioxidant and neuroprotective properties support immune health, muscle function and brain cell activity.

Many older adults don't get regular exposure to sunlight and have trouble absorbing vitamin D. If your doctor suspects you're not getting enough vitamin D, a simple blood test can check the levels of this vitamin in your blood. We know we can't get it from the sun during the upcoming months so make sure you are getting it in a multivitamin or a Vitamin D supplement. The recommended daily amount of vitamin D3 is 400 international units (IU) for children up to age 12 months, 600 IU for people ages 1 to 70 years, and 800 IU for people over 70 years.

Please feel free to reach out to me if you have any questions or concerns. I am also happy to come and visit your class if you would like me to do that. You can reach me by phone at (802) 774-8680 or by email at pfaceyrsvp@gmail.com

Pat

RSVP Operation Dolls and More has been in operation for 27 years according to the original creator Michele Dauphinais. The program started with 12 dolls that went to Rutland City Schools for children in need. The program has grown and evolved and has been officially open to Rutland County for their major holiday distribution for 25 years.

The program has not only supported the holidays but has fulfilled many needs of the community when it comes to families in crisis throughout the year. This year the program expanded to serve Addison County as well. With that being said we are gearing up for our holiday distribution and all of our volunteers are working very hard to fill all of the community's needs. Our storage is filling up and we are reaching out to our stations to let them know the process for this year's distribution.

If you are a station that has families in need of holiday packages and have not received a call/email from us, please reach out to me so we can get you added to the list. Please note that we don't just serve the community during the holiday season. If you have needs throughout the year, please let us know. Phone: **802-468-7056** or Email: marye-sarsvp@gmail.com

I want to thank each and everyone of our RSVP Operation Dolls and More Volunteers. We have been hit with many different challenges over the past few years but that never stopped any of you when it comes to doing what you do best. You truly are a talented group of volunteers, and our program would not be where it is today without your hard work and dedication. Thank you for all you do and congratulations for 27 years of serving the community and putting smiles on so many faces during times of need.

Cleaning Out?

Don't Throw Out

Help ***RSVP Operation Dolls & More***

continue to serve & expand their work!


Items we need :

Dolls	Craft Supplies	School Supplies
Blocks	Poly Fil	Costume Jewelry
Yarn	Step Stools	Doll Accessories
Infant Toys	Wooden Toys & Cradles	Children's Books
Chapter Books for Teens		Toys (Boys & Girls)
Legos		Wrapping Paper

We are accepting donations for Operation Dolls until October 31, 2024.

We will begin accepting donations for 2025

beginning on March 1, 2025.



I joined because I like to shop and I volunteer because I want to give back.
Ellen

I big on recycling reusing things is a great way to do it as well as kids benefit from this.
Jane

I joined after I retired and wanted to help make doll clothes. My "job" now is to keep the fabric organized!
Cynthia

Why I Joined and Why I Volunteer For RSVP Operation Dolls & More

After I retired a friend suggested I join Op Dolls. Putting together packages with books, fleece, and stuffed animals allows me to continue working with children. Fills my teaching void.
Wanda

I joined because I could be surrounded by things I love. Dolls bears children's toys etc.
Dartene

Joined Op Dolls to have something fun to do and to meet new friends. I stay with the program because of advice we are doing good things for a lot of children.
Linda

I like the idea of doing random acts of kindness. Op Dolls gives my retired self a purpose.
Justine

I love to sew for kids + being prosocial keeps the hubs caps of Rutland safer... ☺ - Gale



Americore Seniors Prohibited Activities: Volunteer service activities that expand or enhance the work of a non-profit or public agency are acceptable, within the limits of safety and appropriateness for the volunteer. Requests for volunteer assistance which would otherwise be performed by an employed worker, or which would supplant the hiring of or result in the displacement of employed workers or impair existing contracts for service are not acceptable; nor will volunteers engage in religious, sectarian, or political activity, instruction, or work. Proprietary Health Care

Organizations: All such placements must limit volunteer assignments to those which provide direct and traditional assistance to patients such as: visiting, teaching, counseling, entertaining, etc. Placements must avoid other staff or clerical assignments which would accrue to the profitability of the proprietary health-care organization.

Religious Organizations: Volunteers may be provided to churches and other religious organizations for non-sectarian service programs. They cannot be placed in religious institutions, conduct religious services, or engage in any form of proselytization.

In-Home Assignments: Individual private homes may not be volunteer stations. In-home assignments are made only through volunteer stations. When in-home assignments are made, a letter of agreement will be signed by the parties involved.

Rutland County Volunteer Opportunities

Contact Johanna at 802-379-9512 or johannarsvp@gmail.com



AARP Tax Assistant Program: AARP Tax Preparers to help prepare taxes and AARP Facilitator who helps fill out intake forms

ARC: Assist with Projects

Brandon Senior Center: Meal Help – Mon & Wed 9am-12pm, Thur & Fri – 12pm- 3pm

Bulk Mailers: Helping nonprofit agencies with bulk mailing - we call you when to see if you are available to help

Castleton Cares Inc: Help with the food shelves and assist clients

Castleton Community Center: Senior Meal Volunteers, Knitters, Front Desk/Receptionist

Chaffee Art Center: Gallery Sitting, Art Class Assistant, Volunteer Outreach, General Help on Saturdays from 10am-2pm and Art in the Park Volunteers

Mountain View Center (Genesis): Activities Department Volunteers (flexible)

One-2-One: Drivers Needed

Operation Dolls & More: Looking for volunteers for a variety of different opportunities to serve children in our community

Paramount Theatre: Ushers

Pen Pals: Be a pen pal with another volunteer

Pittsford Food Shelf: Stock shelves, sign people in and help new people sign up

Postcard Program: Write postcards for Military Personnel and anyone isolated from the community

RCP Board of Directors: Opening for a board member to support our community programs

Reinbow Riding Center: Many different volunteer opportunities including helping with lessons

Rutland County Restorative Justice Center: Volunteer to sit on court diversion restorative justice panel

Rutland Regional Medical Center: Various Opportunities throughout the hospital

Rutland Community Cupboard: Volunteers to help 1-2 hours before opening

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

Rutland County Free Clinic: Putting kits together

School Readers: Benson Village School and Mount Holly School – Grades K-3

Slate Valley Cares: Food Shelf (hours are flexible)

Trio Meals on Wheels: Packing Containers/Bags 7am-12pm, Delivering Meals to Sites or Home Deliver to Clients 10 am-2 pm

Vermont Association of the Blind & Visually Impaired: Drivers Needed

Vermont Farmers Food Center: Help package and distribute meals – flexible hours 9am-4pm

Wells Village School: Readers Wanted – Pre K – 1 st Grade Reading

Wonderfeet Kids Museum: Variety of Opportunities

**RSVP & The Volunteer Center of Rutland County
& RSVP of Addison County Are Having A
CHALLENGE**

Please Donate New or Hand Made



**Hats, Mittens, Back Packs, Blankets & Tote Bags
For Our Crisis Bags**

**Everyone who participates will be entered
in a drawing to
Win Two Tickets to**

**The Flynn for the Snow Queen
December 8, 2024 @ 7pm
(Only One Entry Per Person)
Drawing will be held on Tuesday, November 26th
Contact Johanna before dropping off donations**

**802.379.9512 or
johannarsvpfgp@gmail.com**

**Volunteer Foster Grandparents Needed
Apply Now!**

Foster Grandparents support and mentor children in various educational settings.

There are many benefits to becoming a *Foster Grandparent* including :

- ◆ A non-taxable hourly stipend
- ◆ Mileage to and from site
- ◆ Holiday and leave time stipend
- ◆ Monthly in-service trainings



To participate, you must be 55 or older, volunteer 10 hours per week or more, and meet income-eligibility requirements.

To learn more, please visit www.volunteersinvt.org or call **802-774-8711**

Volunteer Spotlight



Betty Rozell **One-2-One Driver Extraordinaire!**

The One-2-One agency supports volunteer drivers who provide essential transportation for eligible Rutland County Seniors. Betty Rozell certainly qualifies as a “senior” herself, at 87 years of age! Betty has been a One-2-One driver since 2018. She also serves as a Senior Companion through the Southwestern Vermont Council on Aging (SVCOA).

Betty Rozell continuously goes above and beyond for our One-2-One Clients. She covers more trips per month than the total of all 14 other drivers combined. This is because she takes the majority of One-2-One’s local trip requests, taking clients to medical appointments, taking their pets to the vet, going grocery shopping – here and there, all around town.

While several of our other drivers cover more mileage – taking trips to doctors in Burlington, or Dartmouth Hitchcock, for example, no one meets as many client needs for transportation each month than Betty. Not to minimize the need for longer-distance transport at all! But most of the requests One-2-One gets are for things like trips from the Maples to Community Health, which is right across the street, but folks can’t walk there, and are no longer able to drive themselves! Or someone might need to get to the Verizon store because their phone isn’t working; or a trip to the hairdresser. Enter, BETTY to the rescue!!!

Betty was interviewed 2 years ago, by Nina Keck from Vermont Public Radio. Betty told her, “I like to stay busy; ... and it feels good to help!” We want Betty to know how much she is appreciated. Clients request her as their driver all the time. She is warm, friendly, and willing to fill the needs of so many people who just can’t get out and about on their own anymore.
THANK YOU, BETTY!!!!!!!!!!



MaryAnn Jakubowski **Super Senior**

We have a star in our midst and even though she has recently received some very nice recognition, she remains unassuming and steadfast in what she does to serve the community she lives in. MaryAnn Jakubowski of Castleton was recognized in April by WCAX as a Super Senior. MaryAnn, age 83 likes to stay busy and she has some very important roles in town to help her to do just that. MaryAnn leads a Bone Builders class twice a week and she also works seven days a week as the owner and manager of the Amtrak station in Castleton. The Boston Globe also heard about this Super Senior in Vermont and wrote an article that appeared in July 2024 in the Globe.

Since May 2001 MaryAnn has been a certified Bone Builders instructor at the Castleton Community Center, leading Bone Builders classes twice a week. The Bone Builders program was started in July of 2000 and is now 24 years old. MaryAnn got in on the ground floor and has been leading classes for 23 of those years. Even through the pandemic the class found ways to continue to meet outdoors under the pavilion. MaryAnn’s enthusiasm and dedication as a class leader is definitely one reason for the long standing success of the Bone Builders class in Castleton. RSVP and Castleton are very fortunate to have MaryAnn as part of our community and our organization. Keep inspiring us MaryAnn!

RSVP of Addison County



VOLUNTEER OPPORTUNITIES IN ADDISON COUNTY

AARP Tax Assistant Program: *AARP Tax Preparers to help prepare taxes and AARP Facilitator who helps fill out intake forms*

Addison County Fair & Field Days: *Help with Vendor Booths – 2 hour shifts 12-2 pm and 4-6pm*

Age Well: *Delivering Meals on Wheels – Mon–Fri 8am-4pm*

American Red Cross: *Volunteers to help with Blood Drives*

Boys & Girls Club of Greater Vergennes: *Mentors working directly with school aged children*

Bulk Mailers: *Helping nonprofit agencies with bulk mailings. We call you when we receive a request to see if you are available to help*

HOPE: *Food Shelf Help – Flexible Hours*

Homeward Bound: *Dog walking volunteers, dog fosters, rabbit socialization volunteers – volunteers are asked to make a commitment of 6 months to their volunteer service*

Peaceful Packs Blanket Project/Warm Hearts Warm Hands has incorporated with RSVP Operation Dolls & More Crisis Program – *Volunteers to knit, crochet, sew blankets, hats and mittens*

Pen Pals: *Be a pen pal with another Volunteer*

School Readers: *Go into a school to read to children*

Postcard Program: *Write postcards for Military Personnel and anyone isolated from the community in the comfort of your own home*

Tri-Valley Transit Dial-A-Ride Program Drivers: *Volunteer Drivers Needed*

*Please note we are always getting new volunteer opportunities and if there is an opportunity that you don't see we can help you find it! Join our volunteer team today. If you are interested in a volunteer opportunity and would like more information, please contact Johanna at **802.379.9512** or johannarsvpfqp@gmail.com*

Equal Employment Agency: RSVP & The Volunteer Center/RSVP of Addison County is an equal opportunity agency. Enrollment is done without regard to race, color, religion, national origin, sex, age or disability. AmeriCorps RSVP provides reasonable accommodations to the known disabilities of individuals in compliance with the Americans Disabilities Act. For accommodations to complete the application process, please contact RSVP (Rutland/Addison Counties) @ 802.468.7056

We Appreciate Your Support!



Thank you to **The Poultney United Fund** for the donation of \$150 to RSVP. This donation will help us continue to serve the community through the work of our volunteers involved in many different settings. Our volunteers also serve the community through Signature Programs like Bone Builders and Operation Dolls and More .

Thank you **United Way** for your continuous support ! We received \$1500 to the RSVP Bone Builder Program and \$5000 to the One2One Transportation Program. We would not be able to support the community in the way that you do without your support. United Way Director Tina Van Guilder delivered the funding to Maryesa White, Director of RSVP, One2One and Foster Grandparents and Patricia Facey, RSVP Bone Builders Coordinator.





Volunteers Needed to Write Postcards

RSVP & The Volunteer Center & RSVP of Addison County are looking for volunteers to write postcards from the comfort of your own home! The completed Postcards are given to Military Personnel and anyone that may be isolated from the community. The many postcards we have given have been so appreciated. Come join a rewarding program.

We love to have your help!

Contact: Johanna 802.379.9512
johannarsvpfgp@gmail.com

A New Project Share Your Story

With age comes wisdom, a greater sense of empathy,
and lots of experience .



We are reaching out to see if anyone would be interested in helping create a social group for older adults to come together to share and write their life story or a short story . It could be a short story about an event in their life or their entire life story.

Reliving and telling the stories of our lives enables us to share the lessons we've learned, the journeys we've been on and the knowledge that we've gained. We have an important perspective that only comes with age and it deserves to be heard!

If you are interested in finding out more please call Johanna at
802-379-9512

Rutland Community Programs

RSVP & The Volunteer Center

16 North St Ext.
Rutland, VT 05701
802-468-7056
www.volunteersinvt.org

Non-Profit Organization
U.S. Postage Paid
Rutland, VT.
Permit No. 9

CHANGE SERVICE REQUESTED



Our Mission

RSVP & The Volunteer Center is an “invitation to serve” program for people who want to make a difference, get involved, and enjoy the experience of volunteering. We serve individuals and organizations in Rutland and Addison Counties.

Recognition Events

Each and every volunteer is a valued and important part of our communities. To show our appreciation for your dedication we have two events scheduled to say Thank You. Please look inside for your invitation to our upcoming volunteer recognition events .

Maryesa